

## How to wear your Karate-gi properly

### Karate-gi

- The Karate-gi is traditionally white and a part of international rule. It denote purity of spirit and conformity of mind. The Karate-gi should be tailored, washed and pressed. It is an important discipline for every Karate practitioner. Every Karate-Do Practitioner should take this responsibility seriously.

### Proper Fit and Style

**JKO Emblem:** The JKO patch must be on the left chest. It is the symbol of your instructional roots. Wear JKO emblem proudly. JKO is the premier Karate-Do Organization you belong to.

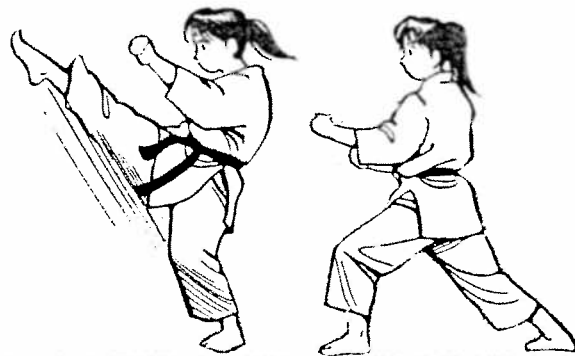
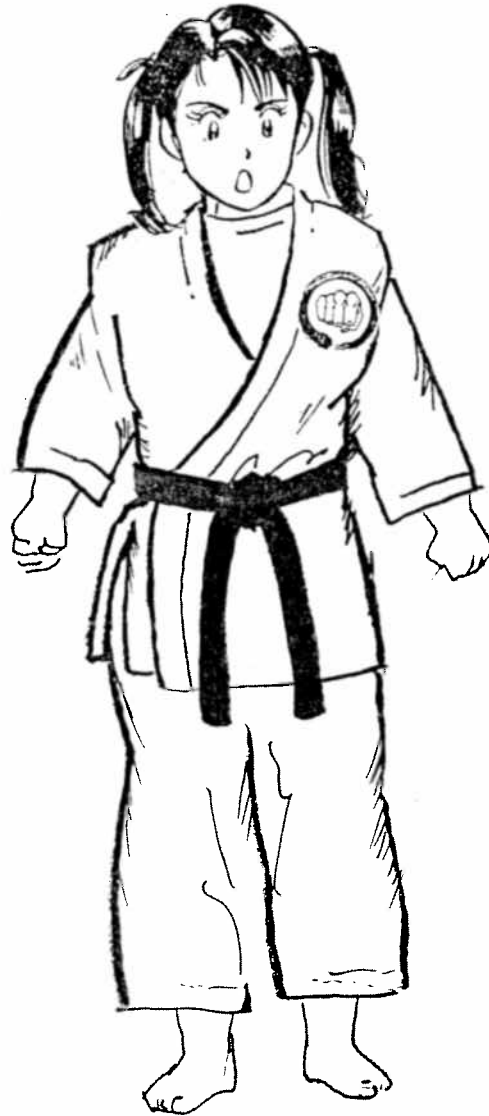
**Top Coat :** The Jacket should be long enough to cover buttocks completely.

**Sleeves:** The proper length is a little above your wrist. It usually requires alteration.

**Pants:** The proper length is a little above your ankles. It usually requires alteration.

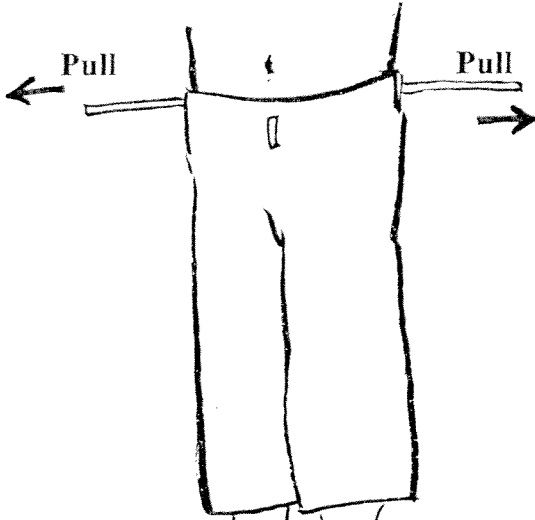
**Belt:** It should be adjusted so that the ends hang between the bottom of your top coat and your knees.

**Female students** are required to wear a white tank top or a white T-shirt under your Karate-gi.



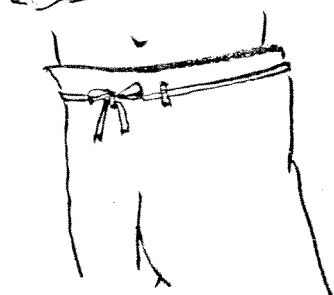
Wearing Your Karate-gi Properly

Step 1



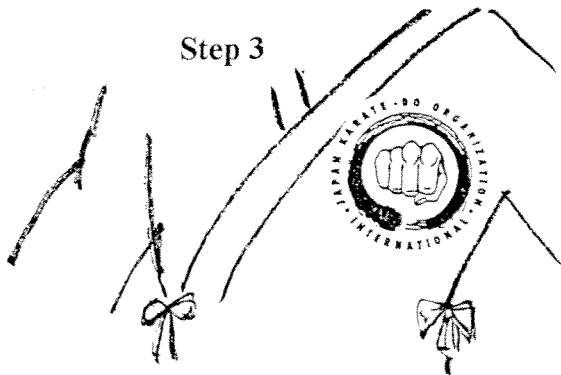
Step 2

Ties in a bow



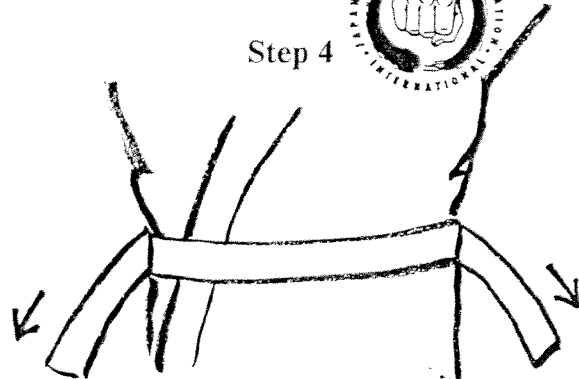
Keep loop to your front

Step 3



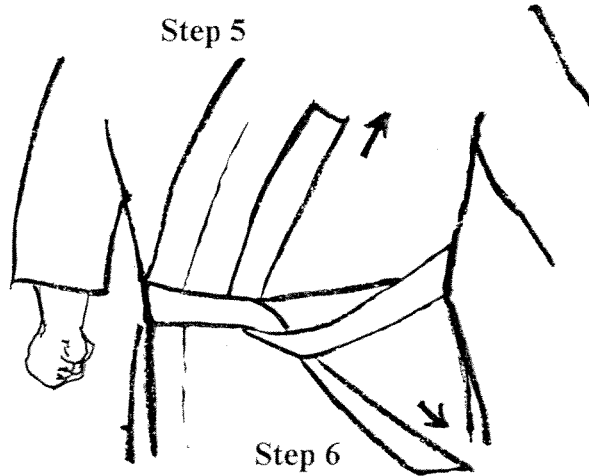
Unlike western tradition, males and females wear the same side on top; left over right.

Step 4



- A) Start wearing the belt from front of your lower abdomen.
- B) With midpoint of belt at back, criss cross for good back support.
- C) Wrap once and bring ends to front so they are equal length.

Step 5



Step 6

Ties is a squire knot.  
Ends should hang at equal length.

