

分稽古着 Fun no Keikogi Parts of a Uniform



The Karate Uniform

稽古着	Keikogi	Practice Uniform
上着	Uwagi	Jacket
衿	Eri	Collar
襟	Eri	Lapel, collar
袖	Sode	Sleeve
?	Shita	Jacket bottom Trim
帯	Obi	Belt
黒帯	Kuroi Obi	Black Belt
白帯	Shiro Obi	White Belt
結び帯	Musubi Obi	Belt Knot
袖口	Sode Guchi	Sleeve opening
ズボン	Zubon	Pants

紋	Mon	Family crest
紐	Himo	Cord, lace, Strings
草履	Zori	Sandals for outside the dojo
袖無半纏	Sodenashi Hanten	padded vest

の着方 Keikogi no kikata
Part I Etiquette for Wearing a Uniform

Tying Your Belt...

1. Place the center of your belt in the middle of your stomach.



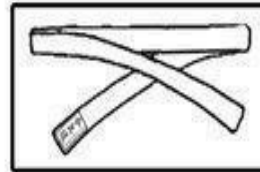
2. Wrap both ends of the belt around yourself.



3. Cross both ends and continue towards the front of your body. The left part you are holding should be tucked under the loop of the right part.

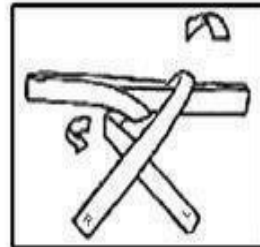
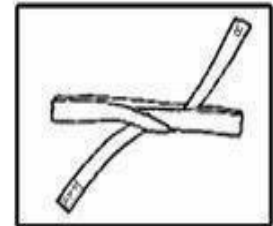


4. Have two equal ends ready to make a knot, the left part should be the inner most layer. (nearest your body)



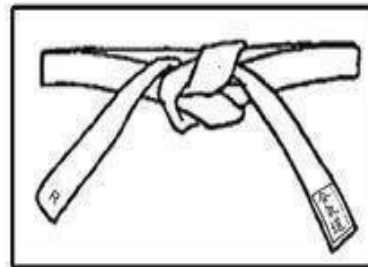
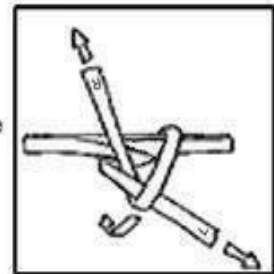
5. Cross the right part over the left.

6. Continue the right end up under both wrap.



7. Place the right end (the one coming out of the top) on top of the other end making an "X".

8. Continue bringing the top end up through the hole that is formed by the "X".



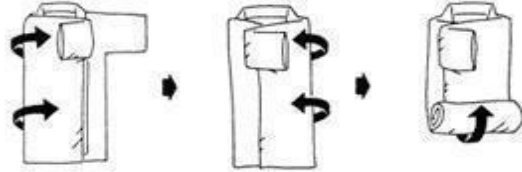
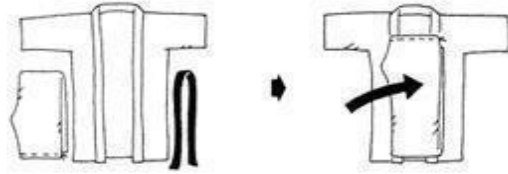
9. Tighten the knot by pulling sharply to the sides. End result should be a neat, tight square knot.

Please ensure in the back that both parts of the belt, one is over top of the other!

の着方 Keikogi no kikata
Part II Etiquette for Wearing a Uniform

1. Keikogi must be washed regularly. **You must wear a newly washed Keikogi due to COVID 19 each class.** Cold water wash and hung to dry is best way. **Do not WASH the belt (Obi).**
2. It must always be kept in good repair
 - a. Holes and tears repaired
 - b. Stains removed
 - c. 紐 Himo, strings, sown back on, when torn off
3. Jackets must be worn right side out.
4. Over sized uniforms (on children) please ensure Sleeves and pant legs are folded/rolled up properly. Temporary stitches can be used to prevent the sleeves/pant legs from unfolding during class time!
5. Over sized uniforms (adults), Sleeves and pant legs should be tailored, please ask Sensei for measurements.
6. 紋 Mon, Family crest, sown on correctly. It must be current. Fewer are better!
7. When travelling to the Dojo, Keikogi should be carried in a Gym bag or Gi Bag. One should not come dressed to the Dojo but if trying to be on time wearing a proper warm up Uwagi (jacket) over your upper uniform is fine or a T-shirt instead of your Uwagi and Obi.
8. Training with bottoms only or with a T-shirt is allowed with permission. No Obi is worn in either case!
9. Do not wear **street clothes** under the Uniform!!
10. Women/girls must wear t-shirts under Uwagi. T-shirts worn must be appropriate.
11. Men/boys must **never** wear T-shirts under Uwagi.
12. Zori are the preferred wear from the change room (in a Community centre) to Dojo Keikoba.
13. In colder weather, warm up jackets/uniforms or Sodenashi Hanten can be worn over Keikogi before Keiko starts. If you are practising, they come off!
14. If you are getting embroidery on your uniform, please remember this is only to identify your personal uniform. Please do not let your ego get in the way. Except for formal Keikogi, worn for Shinsa and Embu; a Keikogi is working clothes! As a substitute name tags can be worn on the inside. They can be bought online.
15. Embroidery on the obi:
 - a. Personal name is worn on the right side.
 - b. 流 Ryu or 格 Kakugen - Wise Sayings, Proverbs and/or Favourite saying on the left.
 - c. Can be in Romanji or Kanji/Katakana

Preparing Dogi for Travelling



帯色

Obi Iro

Belt Colours

00) No Rank

白

Shiro

White

10) 十級

Jū Kyū

Tenth level or rank

白と黄

Shiro to Ki

White and Yellow

09) 九級

KuKyū

Ninth level or rank

黄

Ki

Yellow

08) 八級

Hachi Kyū

Eighth level or rank

黄とストライプ

Ki to sutoraipu

Yellow and a stripe

07) 七級

Nana Kyū

Seventh level or rank

橙色

Daidaiiro

Orange

帯色	Obi Iro	Belt Colours
-----------	----------------	---------------------

06) 六級 緑	Ro Kyū Midori	Sixth level or rank Green
05) 五級 緑とストライプ	Go Kyū Midori to sutoraipu	Fifth level or rank Green and a stripe
04) 四級 青	Yon Kyū Ao	Fourth level or rank Blue
03) 三級 紫	San Kyū Murasaki	Third level or rank Purple
02) 二級 茶色	Ni Kyū Chairo	Second level or rank Brown
01) 一級 茶色とストライプ	Ik Kyū Chairo to sutoraipu	First level or rank Brown and a stripe

有段者	Yūdansa	Person possessing a grade
------------	----------------	----------------------------------

黒	Kuro	Black
---	------	-------

試合	Shiai	Contest
-----------	--------------	----------------

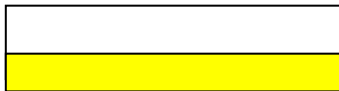
赤	Aka	Red
白	Shiro	White
青	Ao	Blue

7 years old and up Belt Program Chart

Mudansha



白色 White Belt



十級 10th (Ju)Kyu



九級 9th (Ku)Kyu



八級 8th(Hachi) Kyu



七級 7th (Nana)Kyu



六級 6th(Rok) Kyu



五級 5th (Go)Kyu



四級 4th (Yon)Kyu



三級 3rd (San)Kyu



二級 2nd(Ni) Kyu



一級 1st (Ik)Kyu

Yudansha



初段補 Sho Dan Ho
(Ages 13 & 16)



有段者 Yudansha
Shodan – Judan
(Ages 17 & up)