



How to Put on Dōgi or Gi (Uniform)

Step 1

Step into your pants. If they have a drawstring, then use it to tie a tight bow, so that your gi pants do not loosen during training.



Step 2

Put on the jacket. Put the right side of gi on the inside against your body, and then fold or put the left side over the right side. If there are ties on the sides, then tie them together (to each other, securing the dōgi top).

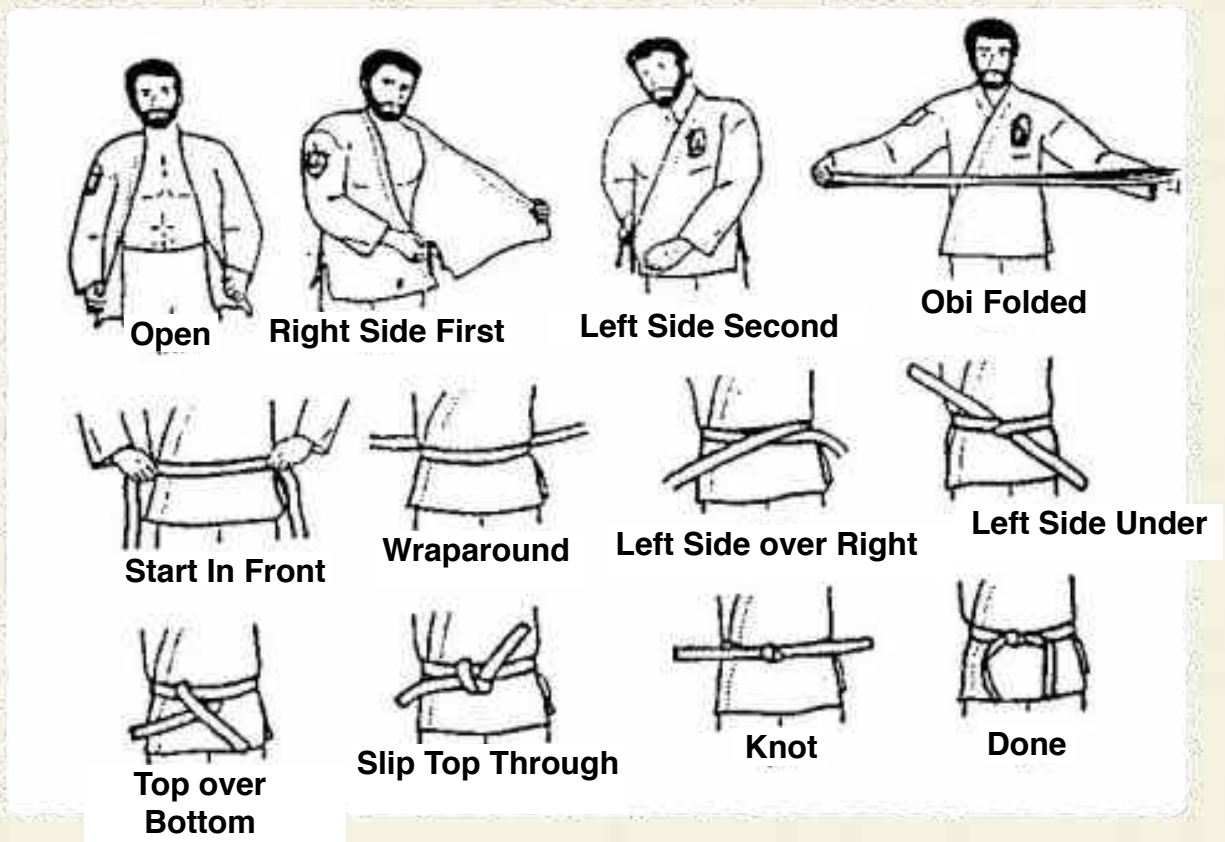


Step 3

Wrap the obi/belt around your waist outside of your gi top. Be mindful of how you tie your belt, because different schools/disciplines of martial arts often tie their belts differently using a variety or types of knots. Thus, it is imperative (important) to follow the instruction of the Sensei in this regard.

Official Arm Patch: Sew onto left arm, three inches from the seam at the shoulder.

Official Chest Patch: Sew onto left breast/chest six inches from the shoulder seam.



リベラ 道場

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