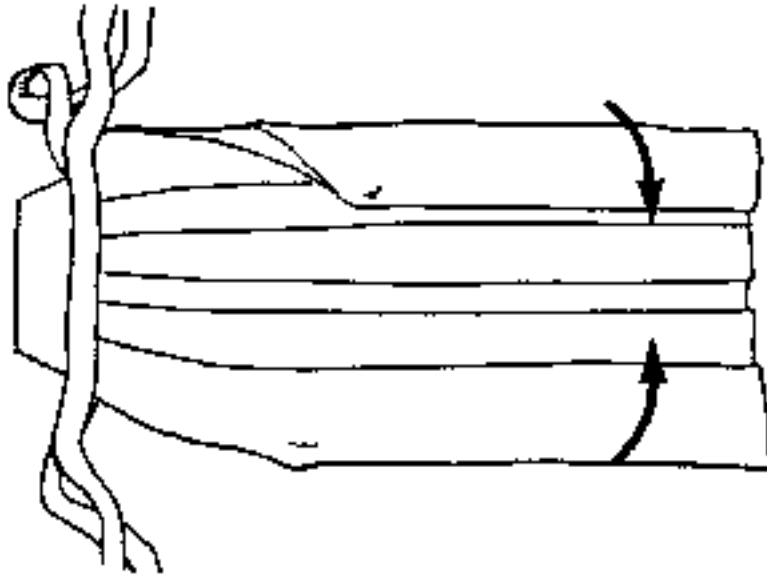


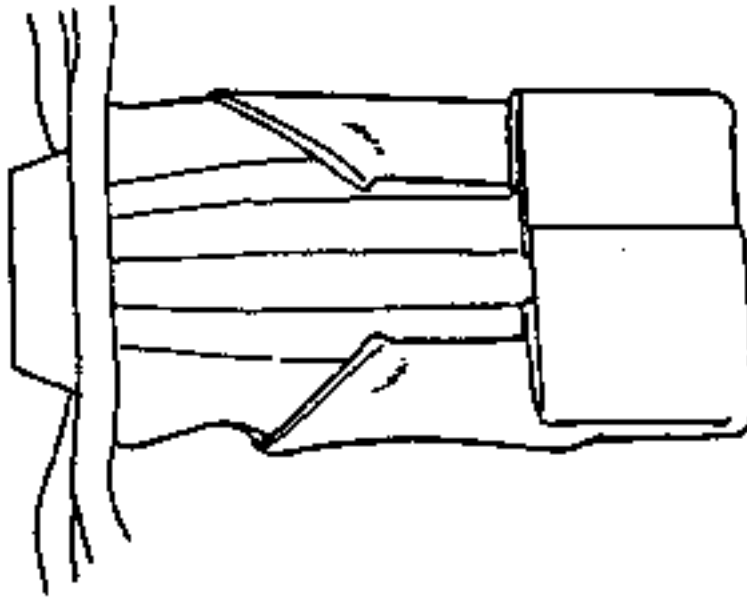
Lie the hakama front down on the floor with the right hand side 2 cm over the left, and straighten out all the wrinkles.



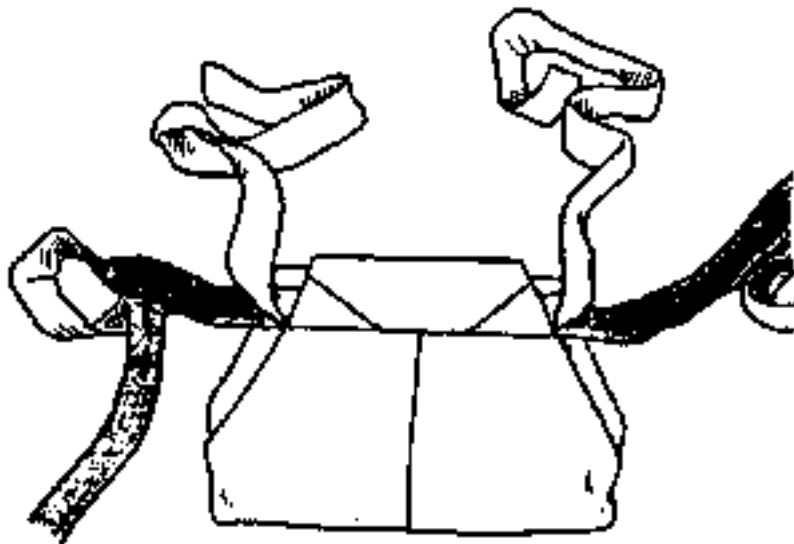
Take the koshi-ita with the right hand and flip the hakama over by securing the bottom of the hakama to the floor with the left hand. The back should be on the floor with the front facing up.



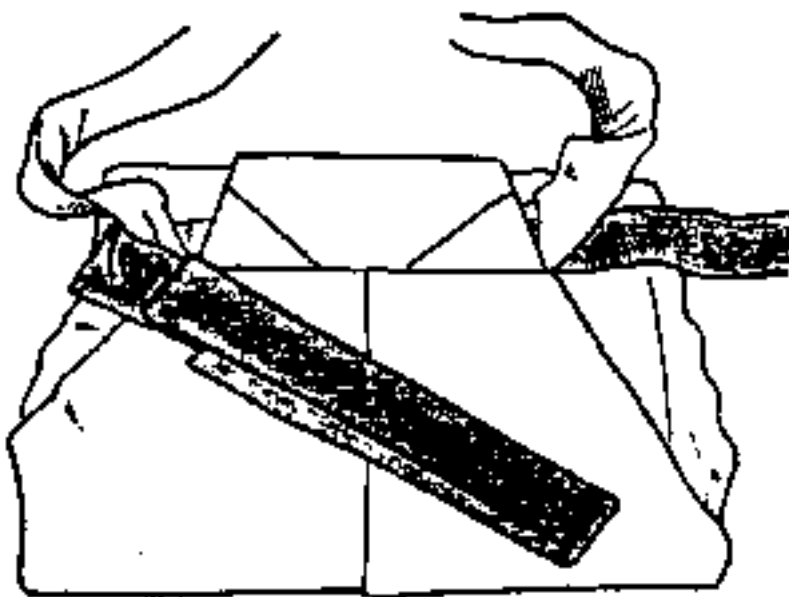
Fold the left and right sides 10 cm into the middle.



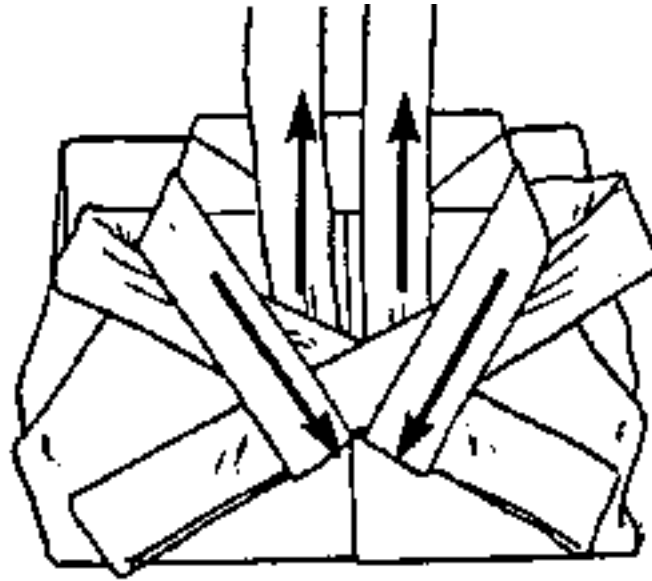
Fold three or four times from the bottom.



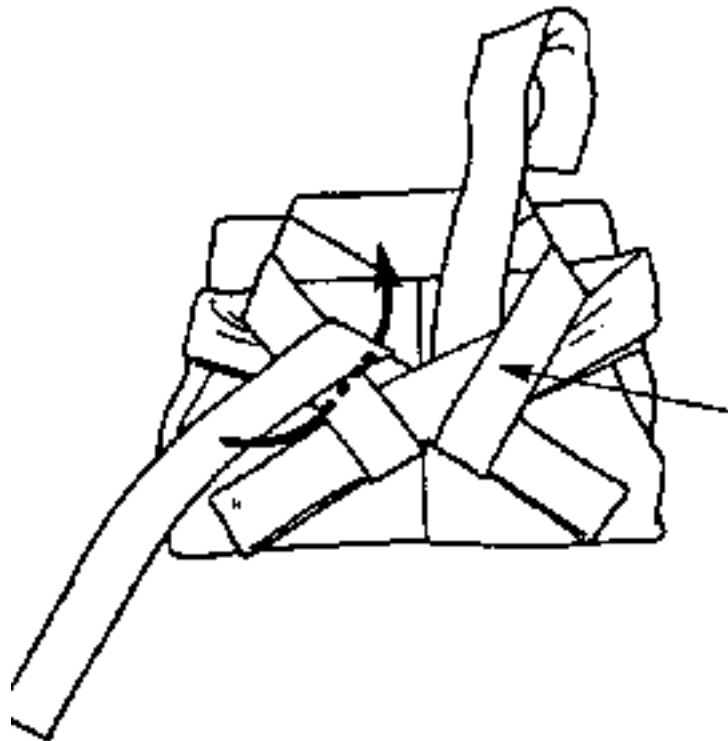
Turn the hakama over so that the koshi-ita is facing up.



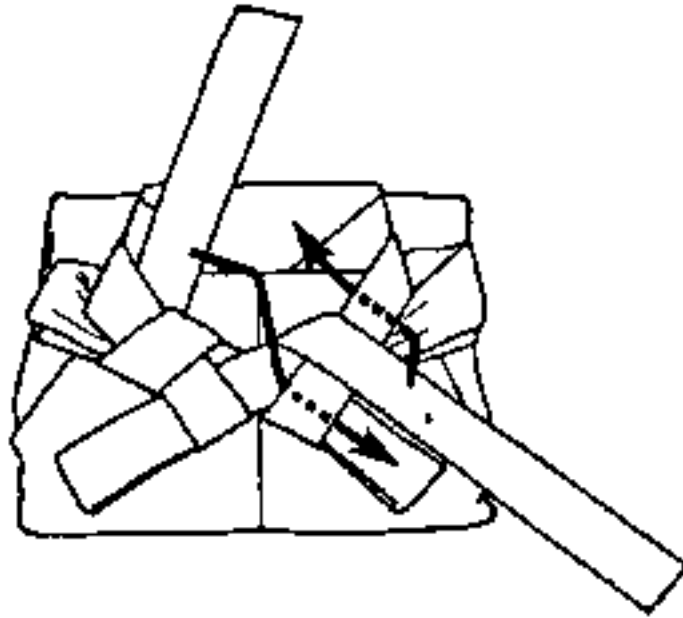
Fold the cords (himo) into four and cross them diagonally.



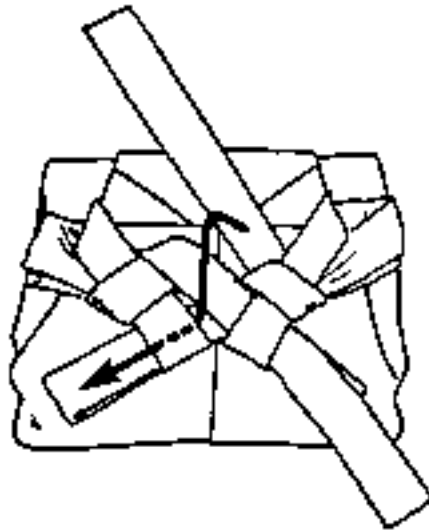
Feed the two back cords
over and then under the
crossed front cords.



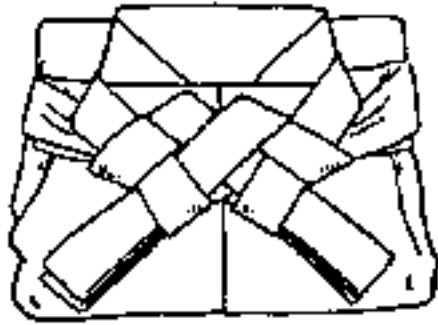
Thread the back cords
back down and under
where they crossed over
the front cords.
Arrow on right side
points to back cord.



Pull the left cord up and
move it down to the
diagonal right and
thread it through the
loop where the right
back cord is wrapped
around the front cord.



Do the same for the
right side.



Completed folding of
the hakama.