

General Instructions for Uniform (gi - pronounced “gee”):

Please wear complete uniform in class.

No markings or unauthorized patches allowed on gi.

Wash uniform in cold water.

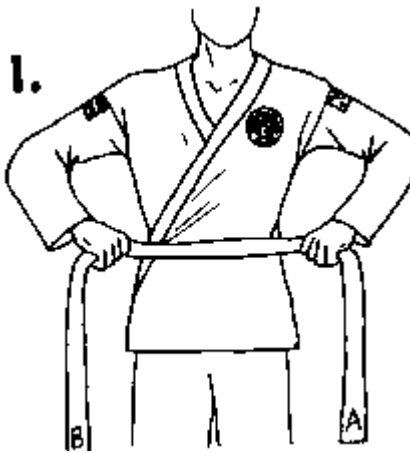
Do not wash the belt.

How to Put on Jacket:

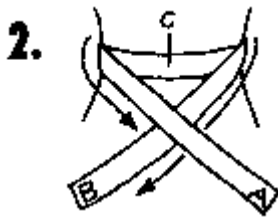
Left lapel over right lapel.

Tie hip strings of jacket together.

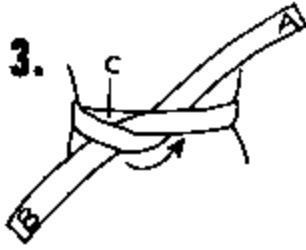
How to Tie the Belt:



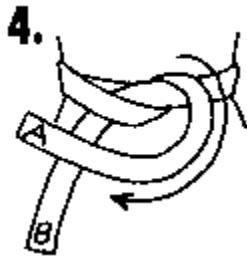
Hold your belt in front of you with both ends even (left side A and right side B).



Wrap both ends of your belt around you, cross in the back. Keep both sides even. Holding ends in front of you, cross right over left (as in diagram above, side A over side B).



Tuck right (side A) under both (side B and C) and pull up. Pull on both ends to tighten the belt. Now side A is on the left, side B is on right.



Left over right (side A over side B).



Tie in square knot. (Side B comes up over A then tucks through A.) Pull both ends to tighten Knot.



After tying, both ends of the belt should be even (within an inch or so).