

HOW TO TIE A KAKI OBI

Have your kaki obi rolled up. Take the outer end of the obi and fold it lengthwise.

A piece of around 50cm goes around your right hip.

Make the first wrap to prevent the obi from falling. The folded end will stick out at the top. Wrap it around your waist 2 or 3 times – enough to create an opening for a daisho.

Hold the extra bit inwards until there is about 40cm left and tuck the rest beneath the folds.

Both ends will now be the same length.

Fold the narrow side downwards at an angle of 45% and fold the wide part around it so it comes out at the top. Tighten the knot but keep the obi flat.

Fold the narrow part back at 45% and again the wide part goes around the narrow end and comes out at the side.

Move to back, slightly off centre. Insert your sword at the second fold.