



SHUSWAP DOJO

**TAKING  
CARE OF MY  
DOGI**

10 JANUARY 2022

## 1 **DOGI (uniform)**

Proper dress and appearance are an important part of the martial arts discipline. Only a white uniform with the Shorei-Kan crest is accepted in the Dojo or anywhere a student represents the Dojo. New students must start wearing their dogi within two weeks of starting classes. The dogi must be kept in good condition. Never wear a torn, stained or wrinkled dogi. ANNEX A shows how to fold your dogi.

## 2 **PURCHASE**

Dogis and equipment used in the Dojo must be purchased through the Dojo; exceptions with the Chief Instructor's permission only. Cost of the dogis can be found on the Dojo website.

To facilitate the dogi selection, a uniform size chart can be found on the website and sample uniforms are available at the Dojo for sizing.

## 3 **FITTING**

Wash the uniform before making any alterations.

- (1) Sleeves to be 1 to 3 inches above wrist.
- (2) Pants to be 1 to 3 inches above ankle.
- (3) Dogi top should cover the hips.
- (4) School crest goes on left side of dogi.
- (5) Keep dogi cleaned and pressed.

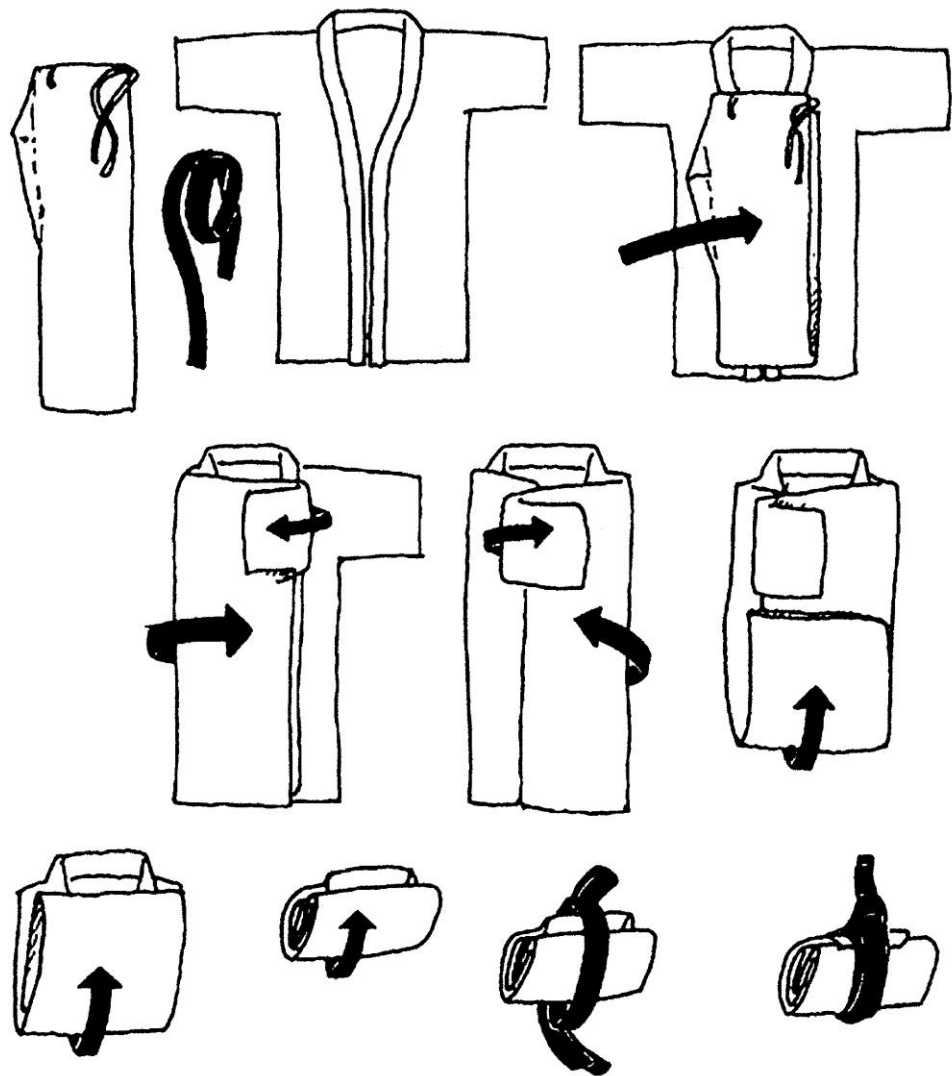
## 4 **BELT (obi)**

Do not wash the belt.

The Obi represents a student's progression in karate. It symbolizes the student's growth. It demands respect and honor. Tying the belt correctly and evenly is an external sign of pride. Students will be shown how to tie the belt correctly during classes. ANNEX B shows how to tie your belt.

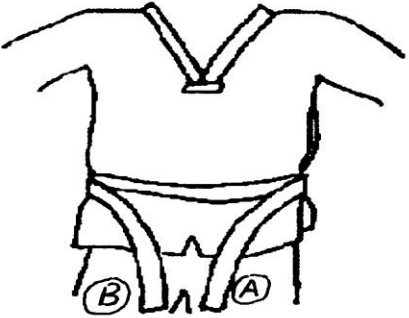
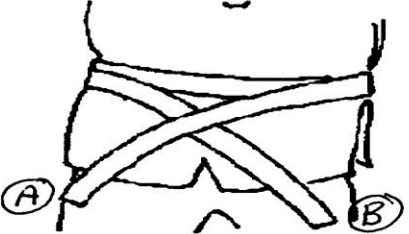


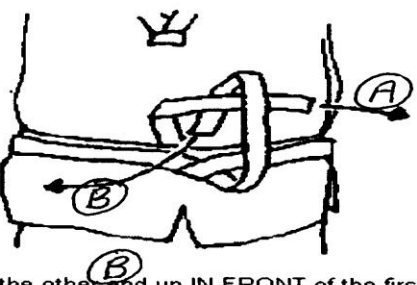
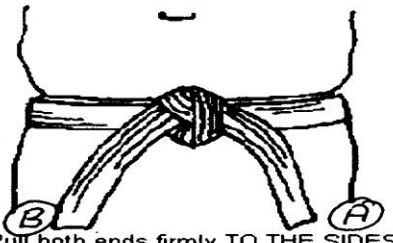
## ANNEX A – HOW TO FOLD YOUR DOGI

### HOW TO FOLD YOUR DOGI



## ANNEX B – HOW TO TIE YOUR OBI

# HOW TO TIE YOUR OBI

<p><b>1</b></p>  <p>Start with both ends of the belt the same length.</p>	<p><b>2</b></p>  <p>Choose <b>A</b> and cross it in front of the other, <b>B</b></p>
<p><b>3</b></p>  <p>Fold that end up behind BOTH layers of the belt and pull it tight.</p>	<p><b>4</b></p>  <p>Then fold it across your stomach.</p>
<p><b>5</b></p>  <p>Fold the other end up IN FRONT of the first end, then down BEHIND it.</p>	<p><b>6</b></p>  <p>Pull both ends firmly TO THE SIDES. The belt ends should hang down diagonally.</p>