

# YOUR NEW GI

## **Before wearing:**

1. Wash a few times in hot water and dry in dryer before hemming
2. Hem sleeves and pant legs to approximately 2 inches above wrist and ankle (leave growing room for children)
3. Sew patch on left breast of jacket (for patch placement, put gi jacket on with black label showing)

## **Washing instructions:**

- Wash in cold water to prevent further shrinking
- Avoid drying gi in dryer if possible – hang dry overnight
- Avoid bleach – concentrated amounts will weaken fabric and discolor the patch
- Do not wash belts

## **To Wear the gi:**

1. Put on pants with strings hanging in the back
2. Pull strings tightly to the sides to cinch the waist
3. Bring strings around the front, through the loops, and tie in a double knot (tie the strings slightly off center -avoid tying right at navel)
4. Put gi top on – right side first, then left side over the right (black label and patch should be showing)
5. Tie strings together at each side

## **To Put on the belt:**

1. Find the center of the belt by folding in half
2. Place center on navel
3. Bring ends of belt around waist and bring to front
4. Holding the left end and center together, fold right end under both and pull tight
5. Tie ends together in a knot

**NOTE: Please put your name or initials somewhere inside the gi in permanent ink to avoid gi mix ups!!!**