

# Kyahan

Kyahan were worn as padding underneath the samurai greaves (suneate). Some types of kyahan could be covered with mail armour (kusari kyahan or kyahan suneate); these were worn by foot soldiers (ashigaru) or by samurai as protection. kyahan's were worn by ordinary traveler's as protection from cold, insects and underbrush.



FIG 1



FIG 2



FIG 3

## Step 1

Your first step is to place both Sageo cords together at the support end of the Kyahan, then role the full length of the fabric from top to bottom making sure both cords are secure inside the Kyahan, and the roll created is firm.

## Step 2

Start at the top of the leg at the outer portion, just below the knee joint at the depression of the Tibia bone. Now begin to unroll the Kyahan like a bandage working down the leg until the Kyahan Support reaches the ankle joint. Each wrapping motion should cut half the width on each turn, and keeping the tension firm as you move around and down the leg.



FIG 4



FIG 5

## Step 4

Pull the two Sageo cords to the front and cross then both over then round the back of the leg and to the front at least three time up the leg in a crisscross motion until you are about an inch from the top rim of the Bandage, finishing by bringing both ends inward for the final knot.

## Step 5

Before securing the Kyahan it is important that it feels snug not tight, or you may experience either restrict blood flow in the lower leg or even pain during prolonged use. If the Kyahan is to loose then eventually it will either unravel or slip down the leg to the ankle. Now tie the final knot on the inside of the leg using an overhand knot followed by a vertical Bow



FIG 8

## Step 3

Bring the two ends of the Sageo cord across keeping the tension and tying a simple overhand knot. The lower cord is in fact looping over the free end of which this cord is passed round the back of the ankle making sure the knot is dead centre at the Achilles heel. Doing the knot in this way not only is extremely secure, but allows one of the cords to be shorter at the top of which is deliberate and traditional.



FIG 6



FIG 7



FIG 9