

# Shemagh Head Scarf

Traditional Head Dress



The shemagh (pronounced “schmog”) – also called a keffiyeh and ghutrah – originated in the Middle East. They are a scarf-type wrap commonly found in arid regions to provide protection from direct sun exposure, as well to protect the mouth and eyes from blown dust and sand. It’s similar to a bandana, except much larger – approximately 42” x 42”. It has been adopted by military forces all over the world as a standard issue garment because of its sheer functionality. This Shemagh is also the formal head dress used by Shadow Warriors of the Kokido-Ryu-Ninjutsu style and competition members of the Honjojutsu Katori Ryu during the “Shadow Trials”.



(A)



(B)



(C)



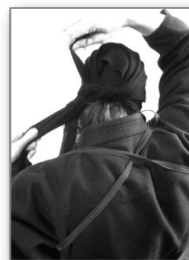
(D)



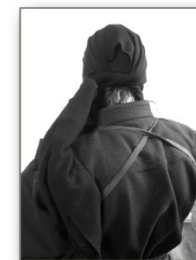
(E)



(F)



(G)



(H)



(I)

Fold the width of the scarf in half then place the centre portion to the forehead ( make sure the fold is facing downwards and covering the eyebrows, just above the eyelids). Pull both ends back behind your head and tie a basic overhand knot at the nape of the neck. Now focus on opening up the right end of the scarf pinching the corner between the thumb and index finger ( make sure the scarf is not twisted but draped at this point ). Take this end over the face covering the mouth, nose, and touching the lower eyelid before making a second overhand know with the left free end of the scarf. Now tuck any loose ends into space between your Gi to cover any open flesh or skin that may be visible. The feeling of the scarf is taught not tight around the face, and keep the minimum of opening for the eyes as possible not to expose any skin.