

Dear customer,

you are now a proud owner of your new Shadow Warrior outfit of which is the standard uniform worn by all members of both the Kokido-Ryu-Ninjutsu and Honjojutsu Katori Ryu styles of martial arts disciplines. You must now begin to learn how to master wearing the uniform correctly as it was design and intended to be worn in battle and competitive Shadow Trials competitions. Each uniform that student members purchase or acquire are identical, regardless of your individual build or size, and over time with adjustments and modifications becomes individualistic and personal to each member. Your shadow Warrior uniform is a battle dress and if worn correctly whilst kept maintained will be a most valuable asset in order to complement you skills and mode of combat. It should be worn with a snug fit, "not tight" and always keeping all loose ends and cords secure and tied correctly.

## 1/ THE Gi

You are provided with "One" heavy duty 190 patterned stitched Gi of which are also used competitively in the arts of Judo & Jujutsu and is an extremely tough and durable woven cotton material. Your Gi top should always be a large fit and come with standard ties to secure any lose ends of the garment. The Gi is a large fit as an under garment usually a 160 new or old Gi can be worn under the 190 for additional protection, warmth, or carrying additional weapons and potions if required. The inner garment is worn by placing the trousers over the lose ends and tied by the trouser cord at the waste.

## 2/ TABI SOCKS - TABI BOOTS - KYAHAN

Now raise each knee in turn preferably on a chair or stool before beginning step two. This will allow flexibility in the knee of the trousers once completing all three steps, reducing the necessity for re-adjustments later. Your aim here is to keep a constant pressure between the trouser leg, the boot, and the Kyahan throughout the hole sequence when you are tying in order to reduce slack, slipping, or items falling apart in training or combat. Pinch the lower seam of one trouser in turn, making a centre fold, then moving each end to the offside of the heel whilst placing and securing the Tabi Boot in position ( do not let the trouser move upward ) now hold the Kyahan rolled up in your free hand placing the beginning of the roll at the top of the boot inside leg and begin wrapping the shin over the Tabi Boot in an outward direction covering the lip of the boot and behind the calf muscle. Allow six wraps moving down to the heel in an outward wrapping motion until reaching the foot, then hold both ties in you hand and tug fit to the heel. Now you are going to hold one tie in your whilst moving the other round the back of the heel, then the other tie forward to cross the first tie at the front of the heel. Now you have one tie in each hand to begin cross wrapping the cord from the front to back of the leg and moving up the leg to until both cords cross behind the calf muscle, then tie a bow knot on the inside of the leg just below the knee. ( Remember to keep everything in place before tying the Kyahan & and strait from the top to the heel, then from the heel to the top. Your aim is to stop the garment moving, slipping or coming apart, so snug not tight or you may in-pare circulation of the leg in you wrap to tightly. To stop the Kyahan slipping tie the last part of the cord around the back of the calf muscle at the top ).

## Kokido-Ryu-Ninjutsu Shadow Warrior Uniform



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