Proper Karate Uniform and Belt Wear

The karate uniform is called a *gi* (pronounced "gee"). It should be a clean, white karate-cut *gi* and worn correctly at all times to reflect the pride and professionalism of the person wearing it.

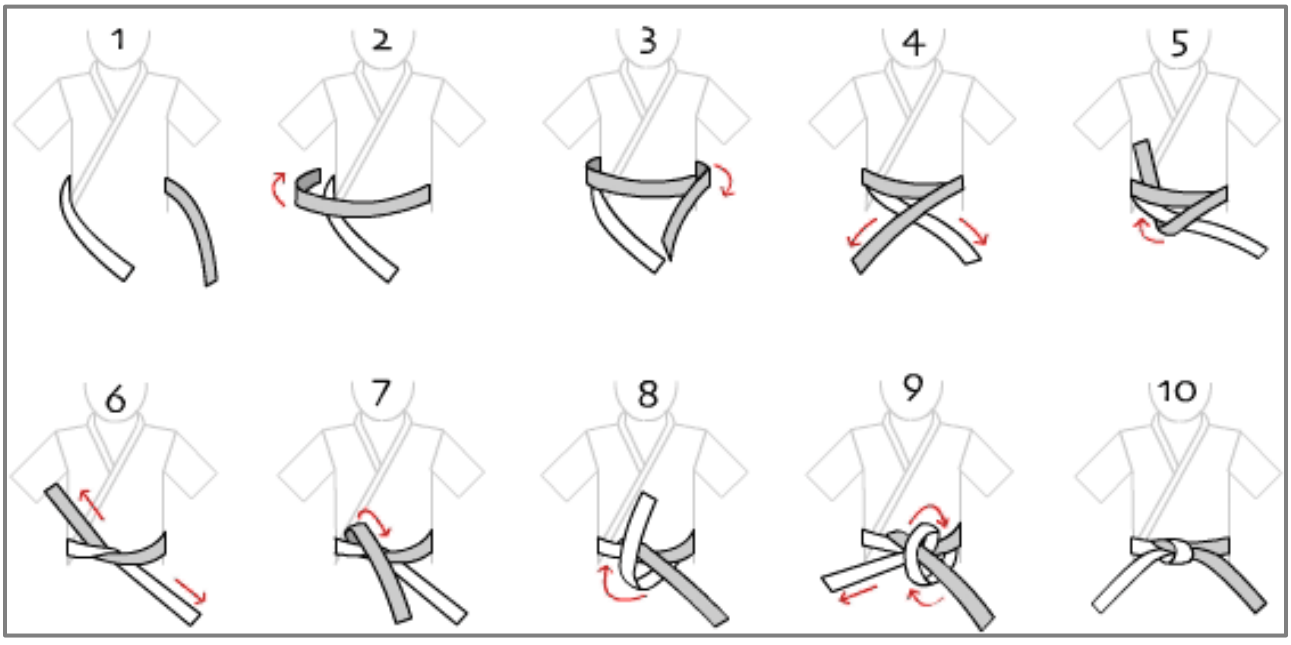
Gi pants must be sewn, **not cuffed**, to a length equal at least ¾ shin length. You may opt for longer; however, pants must never touch the floor or go under the foot.

- Pants have extra material (gusset) sewn into the crotch making the pants affording greater flexibility but adding 3" or more to bottom line. You may roll pants up 1 – 2 times at the waist to lift pants off the floor and adjust for the gusset's bottom – which can hinder flexibility.

Gi jacket sleeves must be sewn, **not cuffed**, to a length equal to or between the wrist and ¾ length of forearms. The left front panel (manufacturer's label on bottom corner) should overlap the right front panel.

- The dojo patch should be displayed on the left breast side over the heart. The word "Warriors" should be parallel to the ground when positioned correctly. Patch exceptions:
  - Athletes who participated in NKF Nationals are permitted to wear the NKF patch
  - No TKC member may teach or workout displaying an IKGA patch due to USA restrictions on use of this logo/patch. Display for ceremony only when permitted
- Female students ***are required*** to wear a plain, crew neck (or V-neck *if* not too low), white tee shirt under their gi jacket at all times; and, male students ***do not*** wear shirts
- Illustration below shows how jacket panel crossing should be displayed

The karate belt is called an *obi* (pronounced "oh-bee"). When one looks at the *obi*, there is a manufacturer's label on one side – this is the displayed side (away from the body). The *obi* encircles the waist once and then directly overlaps itself - creating a look of a single belt width all around with the exception of the knot. Both ends of the *obi* are display to the front. It is a very old karate tradition to NOT wash the *obi*. A worn/tattered Black Belt is a symbol of dedication, diligence and tenacity. These illustrations provide good directions on tying your *obi*:



Like learning to tie your shoelaces, it takes practice before you learn how to tie it correctly. TKC instructors will gladly clarify any questions regarding your gi and obi.