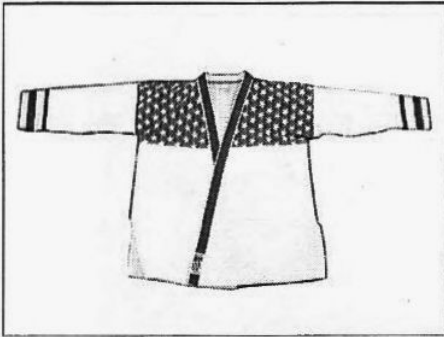
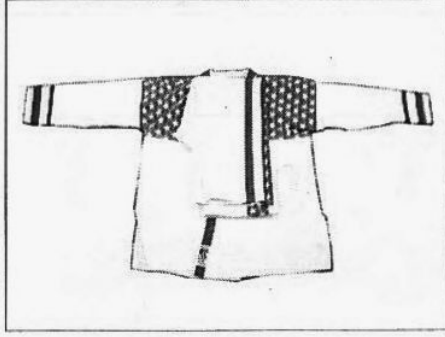


UNIFORM CARE

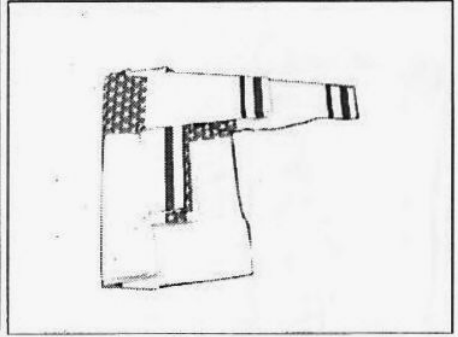
How to Fold the Uniform (*Gi*)



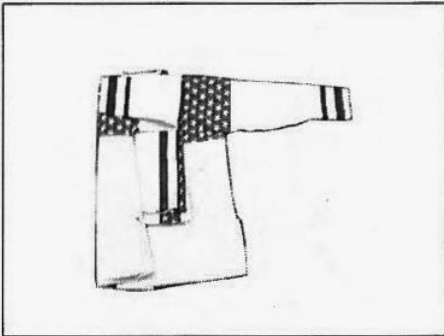
1.



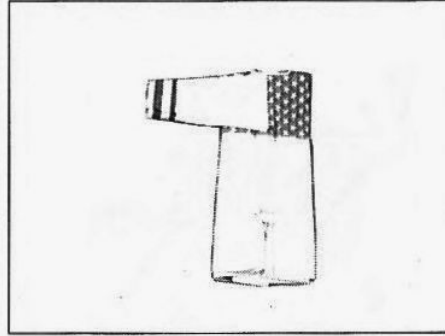
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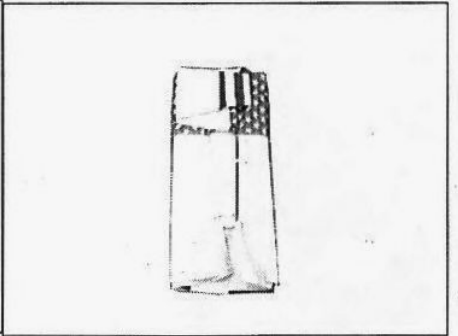
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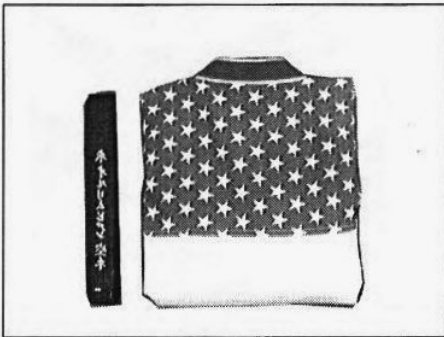
4.



5.



6.



7.

STEP 1: Lay Gi top flat with left lapel over right lapel.

STEP 2: Place folded Gi pants in center.

STEP 3: Fold right sleeve to the left.

STEP 4: Fold the top half of the right sleeve back to the right.

STEP 5: Fold left sleeve to the right.

STEP 6: Fold the top half of the left sleeve back to the left.

STEP 7: Fold Gi in half.

Remember Practice Makes Perfect!