

Japanese traditional clothes

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What is a Hakama?

- **Hakama** is a type of Kimono.
- **Hakama** is a divided or pleated skirt worn over a Kimono.
- In the early modern period, **Hakama** was considered to be men's formal wear.
- In modern times, women's **Hakama** have become the standard wear for graduation ceremonies. It looks like this" →



Why did women start to wear them?

• In the Asuka and Nara periods, Hakama was the underwear of aristocratic women.

• In the Meiji period (1868-1912), lifestyles changed from sitting on tatami mats to sitting on chairs.

Therefore, women could live without wearing kimonos, and Hakama became popular.



Tatami style



Many modern Japanese houses also have some Tatami rooms.



Western style

Japanese traditional pattern



japanese traditional clothes

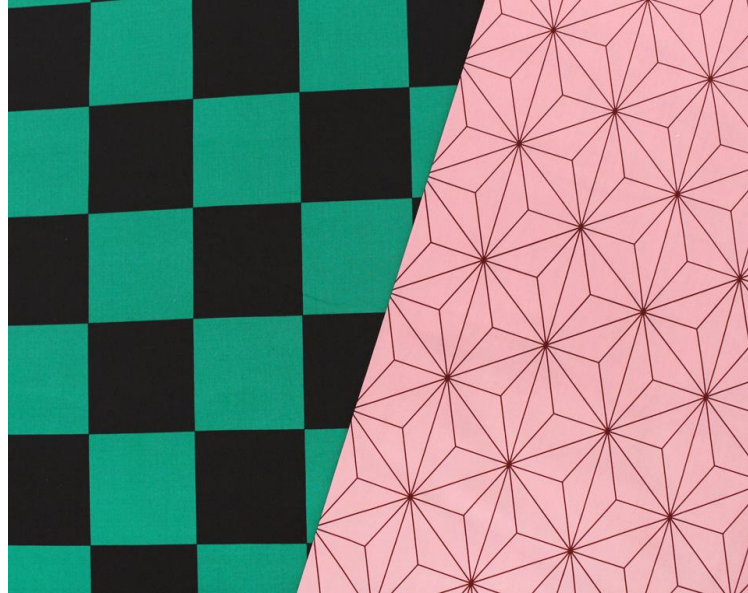
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KIMONO

Japanese traditional pattern

ICHIMATUMONNYOU

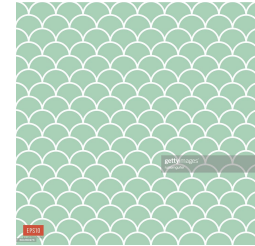
Mean:
forever and prosperity



ASANOHAMONNYOU

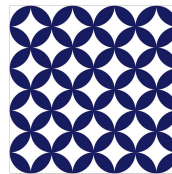
Mean:
**A wish for the healthy
growth of children.**

Japanese traditional pattern



“UROKOGARA”
means:charm

This pattern is also
ICHIMATUMONYOU



“SIPPOUGARA”
mean:good-luck talisman

A woman with her hair in a bun is kneeling on a white surface, performing a grateful carriage (onigiri) pose. She is wearing a dark blue kimono with a large white and green floral pattern. Her hands are pressed together on the floor in front of her, and her head is bowed. A large, light-colored fabric bundle is tied to her back. Three callout boxes with lines pointing to specific parts of her pose provide instructions: 'The angle of the bow' points to her head, 'One's eyes' points to her eyes, and 'The position of the hands' points to her hands.

The angle of the
bow

One's eyes

The position of
the hands

A grateful carriage with **Kimono**

How should we act to look beautiful when we wear Kimono?

We can borrow Kimono and enjoy Japanese sightseeing spot.

Since you wear Kimono, we might as well get how to act a grateful carriage to have much fun!



When you walk...

1. Walk with short steps
2. Walk pigeon-toed (with your toes pointed inward)

×→Walk with long step
...not to be fold over





When you sit...

1. Keep a little space between your knees
2. Tuck your chin in and straighten yourself

×→sit cross-legged
make your back rounded

Let's borrow Kimono and enjoy around Japan!!



Clothing and Martial Arts

- History since the Warring States Period
convenience rather than beauty in
kimonos.
- Aspects as a sport
Kendo has a strong cultural aspect.
- Cultural preservation is changing.
A culture that is connected from
person to person.



Reference

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- [第32回オリンピック競技大会\(2020/東京\) 日本代表選手団公式服装 - JOC](http://joc.or.jp)
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