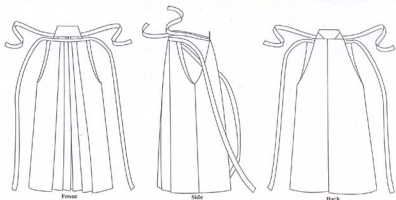


FRONT, SIDE AND BACK VIEWS



NOTES ON JAPANESE HAKAMA

Japanese men traditionally wear Hakama over the kimono on formal occasions, such as tea ceremonies and weddings. They are now worn by women as well, typically when acting as attendants during religious ceremonies or while practicing "masculine" arts like kendo.

Traditional colors for men's Hakama are dark brown or gray, worn with similarly colored kimonos. Men and women in martial arts normally wear dark blue. Women of the shrines wear scarlet Hakama over white kimonos. In past times, both Hakama and kimono were brightly colored and wildly patterned. In certain periods, Hakama were so long that they dragged on the floor and the wearer had to walk on them.

For more information on Hakama and other Japanese garments, we recommend *Make Your Own Japanese Clothes*, by John Marshall, Kodansha International, 1988, and *The Book of Kimono*, by Norio Yamanaka, Kodansha International, 1982.

Folkwear gratefully acknowledges John Marshall for his assistance in the development of this pattern.

CUTTING GUIDE

FABRIC PREPARATION

Preshrink fabric if necessary and press. Check grain of fabric and straighten if needed. Permanent press fabrics cannot be straightened.

LAYOUT

Choose layout corresponding to your waist size. If you fall between waist sizes given, use the next size larger. Or, use the mathematical formulas at the bottom of the page to make any other size.

CUTTING

Fold the length of fabric in half widthwise, right side in. Lay out the pattern according to the Layouts. Mark all fold lines with chalk or washable marker.

After marking, cut out the fabric along waist edge including crotch (A-H-J-L-Q), hem edge (S-J-I-Y), and sides (Q-S and A-Y) if necessary. Cut Belts at this time as well. Save fabric scraps for later.

SEAM FINISHES

FRENCH SEAM:

Wrong sides together, stitch seam only a scant $\frac{1}{8}$ in (4mm) wide (fig. 1).



Press to one side. Turn right sides together, press again. Stitch on seamline, taking care to enclose width of previous seam (fig. 2).



FLAT-FELTED:

Stitch on seam line, right sides together (fig. 3).



Press seam allowances to one side. Trim underneath seam allowance to a scant $\frac{1}{8}$ in (6mm) (fig. 4).



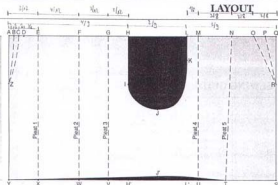
Turn raw edge of upper seam allowance over trimmed edge. Stitch down, keeping close even distance from seam (fig. 5).



BOUND EDGE:

To bind the raw edges of seam, enclose the edge with seam binding or double-fold bias tape (fig. 6).





Cutting Directions

Fold your fabric in half crosswise, right sides together. Cut along foldline. Draw out all of the points and lines shown in the layout at left, using the measurements for your waist size in the chart below.

For All Sizes

Points Z and R are both 1/3 of the way down from the waist. Point J is halfway between H and L, and J' is halfway between H' and L'. Point J is halfway down from the waist. Point J' is ankle-height up from the floor.

To Cut Belts

Divide your waist measurement by 30. The belts are 4/30 wide. Cut two back belts this width and as long as your waist measurement, and one front belt this width and four times your waist measurement.

Waist Size	24	26	28	30	32	34	36	38	40	42	in.
A-Q	48	52	56	60	64	68	72	76	80	84	in.
A-H	21 1/2	25 1/2	24 1/2	26 1/2	28 1/2	30 1/2	32	33 1/2	35 1/2	37 1/2	in.
H-L	10 1/2	11 1/2	12 1/2	13 1/2	14 1/2	15 1/2	16	16 1/2	17 1/2	18 1/2	in.
L-Q	16	17 1/2	18 1/2	20	21 1/2	22 1/2	24	25 1/2	26 1/2	28	in.
A-E	5 1/2	5 1/2	6	6 1/2	7 1/2	7 1/2	7 1/2	8 1/2	9	9 1/2	in.
E-F	7 1/2	8 1/2	8 1/2	8 1/2	9 1/2	10 1/2	11	11 1/2	11 1/2	12 1/2	in.
F-G	5 1/2	5 1/2	6	6 1/2	7 1/2	7 1/2	7 1/2	8 1/2	9	9 1/2	in.
G-H	3 1/2	3 1/2	4	4 1/2	4 1/2	5	5 1/2	5 1/2	6	6 1/2	in.
A-B, B-C and C-D	1/2	1/2	1	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	in.
L-M	2	2 1/2	2 1/2	2 1/2	2 1/2	2 1/2	3	3 1/2	3 1/2	3 1/2	in.
M-N	6	6 1/2	7 1/2	7 1/2	7 1/2	8 1/2	9	9 1/2	10 1/2	10 1/2	in.
N-O	4	4 1/2	4 1/2	5	5 1/2	5 1/2	6	6 1/2	6 1/2	7	in.
O-Q	4	4 1/2	4 1/2	5	5 1/2	5 1/2	6	6 1/2	6 1/2	7	in.
Y-S	48	52	56	60	64	68	72	76	80	84	in.
Y-H'	21 1/2	25 1/2	24 1/2	26 1/2	28 1/2	30 1/2	32	33 1/2	35 1/2	37 1/2	in.
L'-S	16	17 1/2	18 1/2	20	21 1/2	22 1/2	24	25 1/2	26 1/2	28	in.
L'-T	6 1/2	6 1/2	7 1/2	8	8 1/2	9	9 1/2	10	10 1/2	11 1/2	in.
T-S	9 1/2	10 1/2	11 1/2	12	12 1/2	13 1/2	14 1/2	15 1/2	16	16 1/2	in.
L'-U	2	2 1/2	2 1/2	2 1/2	2 1/2	2 1/2	3	3 1/2	3 1/2	3 1/2	in.

OR,

TO FIND YOUR OWN MEASUREMENTS:

1. Measure your waist at your belt line.
2. To find how much fabric you will need, multiply your waist size times four for the yardage. For the minimal width of fabric, measure from your waist to the floor and add about ten inches. See charts on package back for approximate yardages.
3. Fold your fabric in half, right sides together. Begin to draw out all of the points and lines shown in the layout above, carefully following the directions below.
4. The line formed between the points A and Q equals your waist measurement times two.
5. Measure from the small of your back to the floor. This is how long lines Q-S and A-Y are.
6. Divide the length of A-Q by nine. A-H is 4/9, H-L is 2/9, and L-Q is 3/9.
7. Divide the length of A-H by twelve. A-E is 3/12, E-F is 4/12, F-G is 3/12, and G-H is 2/12.
8. Divide the length of A-E by six. A-B is 1/6, B-C is 1/6, and C-D is 1/6.
9. Divide the length of L-Q by eight. L-M is 1/8, M-N is 3/8,

N-O is 2/8, and O-Q is 2/8.

10. The length of Y-S is also two times your waist size. Y-H' is the same length as A-H, and L'-S equals L-Q.

11. Divide the length of L'-S by five. L'-T is 2/5, T-S is 3/5.

L'-U is the same as L-M.

12. J' is halfway between H' and L'. J' is above the line Y-S. It is above the line as much as your ankle is above the floor.

13. Draw a curving line that goes from Y to J' and then to T. This will be your cutting line.

14. Draw in your pleats 1 (E-X), 2 (F-W), 3 (G-V), 4 (M-U), and 5 (N-T). Notice that pleat 5 (line N-T) slants a bit off to one side.

15. J is halfway between the lines formed by A-Q and Y-J'-S. It is also halfway between the lines G-V and M-U.

16. Measure the distance between point J and the top line A-Q. Divide this length by three. Point K is 1/3 of the way down, directly below L. I is 2/3 of the way down, directly below H.

17. Draw a straight line from H to L, and a straight line from L to K. Draw a line from I that curves as it passes through J and on up to K. This line, H-I-J-K-L, will be your cutting line.

18. Draw lines O-R, and P-R, as well as Z-B and Z-C. Notice how these last two lines curve slightly.

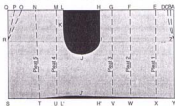
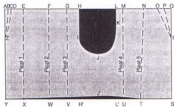
SEWING GUIDE

Note: Shading  denotes right side of fabric.

Note: Shading  denotes right side of interfacing.

STEP ONE: PRELIMINARY CONSTRUCTION

Mark all points and foldlines on the wrong side of your fabric according to Layout and chart on previous page. Make sure to mirror the marks on the opposite half.



Cut out the fabric along A - H - J - L - Q - S, S' - J' - Y, and Y - A, as well as the belts. Save the scraps for later.



Right sides together, match up the croch seam (H - I - J - K - L) and stitch from point J to H, and from J to L, using a 1/2 in. (13mm) seam allowance. Overlap stitching slightly at J. Finish seam allowances, pressing outside of seam open. A flat-felled seam is ideal here.

Fold cut edge between R and Q wrong side in along line R - P so that cut edge lines up with line R - O.



Fold in again to the wrong side along line R - O. Handstitch the folded edge (R - P) invisibly to the outer layer.



Fold cut edge between Z and A wrong side in along Z - B to line up with Z - C. Notice how these lines curve slightly, in what is called a bamboo leaf fold (it curves gently like the edge of a bamboo leaf).

Fold once more in the same direction along line Z - C.



Turn your fabric right side up, and fold along Z - D, this time with right sides in. When the folds are in place, Z - B should extend slightly beyond Z - D. Invisibly handstitch folded edges of Z - B and Z - D together, as well as folded edge along Z - C.

Pleats 1, 2, 3, 4, and 5 are what are referred to as "mountain pleats". That means that when creased they will form a peak that comes toward you, or if viewed from the side, goes up like a mountain.

To make your mountain pleats, fold your fabric, wrong side in, along each pleat line one at a time and press in place. The "valley pleats" will be pressed in later.

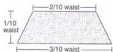


STEP TWO: BACK SUPPORT AND BELT

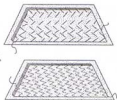
To make the back support, you will need to laminate several layers of interfacing together. (Traditionally this is done by pasting several layers of hand-made paper together to form a stiff board.) For our purposes it is best to make the support out of several layers of fusible interfacing. You will need to build up enough layers to make the support piece quite stiff. Plan on using three to five layers depending on the weight and nature of the material you choose to use.

To cut interfacing:

Divide your waist size by ten. The back support is $\frac{3}{10}$ your waist measurement at the base, $\frac{1}{10}$ from the bottom to the top, and $\frac{2}{10}$ wide at the top. Cut all pieces but one to these measurements, lining up the base with the cross grain of the interfacing. Cut the last piece larger than the others by $\frac{1}{2}$ in. (13mm) on each side.



Beginning with two layers, fusible sides together, fuse all layers together. Add one at a time, ending with the larger piece. When all layers are fused, stitch through all layers using a feather stitch (by hand) or a wide zig-zag (by machine).



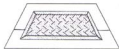
Clip the corners of the larger layer and press the seam allowances around the other layers to produce a smooth edge.

Stitch the seam allowances through all layers using a machine zig-zag or a hand feather stitch.



From scraps of self-fabric, cut two pieces about 1 in. (2.54 cm) larger on each side than your support shape, again lining up the base with the crossgrain of the fabric. Place the front of the support (the smooth side) against the wrong side of one of these pieces.

Make a mark $\frac{1}{3}$ of the way up each side of the interfacing piece. Clip horizontally into the seam allowances of the outer fabric to the marks.



Fold in seam allowances above clip as illustrated. Handstitch raw edges of fabric to interfacing.



Fold up bottom seam allowance, leaving extensions below clips. Handstitch the fabric to the interfacing along raw edge.



Using the cut width of your belts ($\frac{1}{3}$ the height of the back support piece) as the radius, cut two quarter-circles from scraps of self-fabric (the arrow indicates the straight of grain).

Measure the outer curve of the quarter-circle. Divide this measurement by 8. Mark a point along the curved edge $\frac{1}{8}$ of the way down from the top.

Fold vertical edge in along the line created from the center to the point, wrong side in.



Along the bottom horizontal edge, fold up $\frac{1}{2}$ in. (13mm) to the wrong side.

Japanese Hakama



SEWING GUIDE, continued



Turn the piece right side out, and fold the exposed flap at the bottom between layers, concealing it. Press in place.

Repeat the above steps with opposite quarter-circle; make sure to mirror all steps.

On outside of layered back support piece, make a mark $2/3$ of the way up each side. Place folded quarter-circles on back support piece, right sides up. Line up point of quarter-circle to mark at side of support, and align folded outer edges of both pieces. Pin in place.



Fold the bottom seam allowance of the quarter-circle to the wrong side and handstitch the raw edges. Do not stitch the front section yet.



Repeat with opposite quarter-circle.

Fold the back belt pieces (cut size of each is $4/3$ the height of the back support piece by your waist measurement) in half lengthwise, wrong side in. Press. Fold long raw edges in to meet at center crease; press in place.



Clip along the center fold about two inches in from one end. Fold the corner in diagonally as illustrated. Press in place.

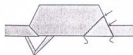


Unpin the quarter-circle flaps from the support piece, and allow them to hang free.

Place the clipped end of the back belt over the bottom corner flaps of the support piece, sandwiching them inside the belt. Clip excess belt fabric and handstitch folded edges securely in place through all layers.



Bring the quarter-circle flap pieces back up, covering the attached portion of the belt. Handstitch around both folded edges of flap pieces invisibly. Tack at arrows through all layers.



Find the center of the base of the support piece. Mark a point on the interfacing side 1 in. (2.54cm) up from the center of the base.



Match point L (Center Back) of the Hakama with this point on the support piece, wrong side of the Hakama fabric against the right side of the support. Pin in place temporarily.



Fold pleats 4 to the middle so that they meet (the points M should be meeting at Center Hook). Press the "valley folds" formed along the straight of the grain.

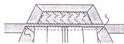
Repeat with pleats 5, only this time overlap them slightly, as you face the outside, right over left. The edges (points O) should line up with the edges of the support piece. Press in the valley folds formed, again along the straight of the grain.



Unpin the support piece and set it aside.

Staystitch through all layers along the pleated top edge of the Hakama.

Reposition the support piece, but this time position it right side up on the right side of the Hakama fabric. Securely handstitch the top edge to the back of the support piece, taking care not to allow any stitching to show on the front.



OPTIONAL: If you wish to make traditional Hakama, a "hook" must now be attached to the back of the support, which is inserted from the top into the obi to keep the support piece from sagging.

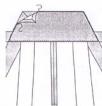
If you wish to make the modern version (without the obi hook), skip the next step.

The hook is the size and shape of a tongue depressor. It is most often made of bone or ivory. A wooden tongue depressor may be substituted if you shellac it with several coats, sanding with fine sandpaper between each. Drill five holes in it and hand-stitch it to the back of the support piece as illustrated.



(Following illustrations will not show hook.)

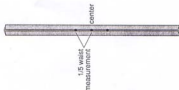
On the remaining fabric back support piece, trim the seam allowances down to about $\frac{1}{2}$ in. (13mm) larger all around than the finished support piece. Press all four seam allowances $\frac{1}{8}$ in. (16mm) to the wrong side. Pin this piece wrong side down to the interfacing side of the support piece. Handstitch this piece invisibly to the support piece along the pressed edges to cover all handstitching beneath it.



Stitch the remaining open edges of the back belts closed.

STEP THREE: FRONT BELT

Fold and press the front belt as for the back belt (cut size of front belt is the same width as the back belts by four times your waist measurement). Open up the belt to expose the inside fold as illustrated. Mark the center of the length. Also make a mark to each side of center that equals $\frac{1}{5}$ of your waist measurement.



OPTIONAL: Although they are not traditional, you may wish to add side "modesty panels" which will fill in the gap at the sides. If so, see **OPTIONAL SIDE PANELS** at the end of these instructions now.

From a scrap of self-fabric, cut a piece that equals the total measurement between marks (above) plus $\frac{1}{2}$ in. (13mm) seam allowances on each end. The width of this piece is double the finished belt width. Press the $\frac{1}{2}$ in. (13mm) seam allowances in, and then press the piece in half lengthwise, wrong sides together. Pin in place on front belt as illustrated.



Japanese Hakama

SEWING GUIDE, continued



Pin the Center Front seam (points H) of the Hakama to the center point on the belt, wrong side of Hakama fabric to inside of belt.

Bring points G (pleat 3) to the center point, underlapping left pleat by about $\frac{1}{2}$ in. (19mm). Right pleat should still be at center point. Pin pleats in place to belt.



Bring points F (pleat 2) to about 2 in. (5cm) to either side of center point; pin in place.



Points E (pleat 1) should be brought over until points D can be pinned to outer marks on either side of center point on belt. Pin D to belt at marks.

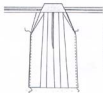
Adjust pleat 2 if necessary so that it falls equally between pleat 1 and 3. Securely pin each pleat in place on belt.



Fold the belt over to the outside, sandwiching the pleats and the added rectangle. Handstitch the belt closed along its entire length through all layers. Finish the raw ends of belt by folding in raw edge and handstitching closed.



STEP FOUR: FINISHING



Stitch the side seams along $\frac{1}{2}$ in. (13mm) stitching lines R - S and Z - Y (match R to R, S to S; Z to Z, Y to Y). Finish seam allowances to flat-felled or french seam is ideal here).

Try on Hakama; turn up hem as desired. Blind stitch hem up.

OPTIONAL SIDE PANELS

From scraps of self- or coordinating fabric, cut two rectangles measuring $\frac{1}{3}$ of your waist measurement wide by $\frac{1}{3}$ of your Hakama length (or A - Z) plus 6 in. (15cm) long. Finish the two long edges and the bottom edge with a rolled hem (by machine or hand).



Before pinning the Hakama to the front belt, pin or baste the panels right side up to the inside of the belt, leaving a space of about 4 in. (10cm) at Center Front. Continue with pleating and stitching as instructed.

