

## THE HAKAMA

The Hakama is a long split skirt traditionally worn by Japanese Samurai. It has 7 pleats in the front, and each pleat is named to symbolise the 7 virtues of Budo.

1	Jin	Benevolence
2	Gi	Honour
3	Rei	Courtesy
4	Chi	wisdom
5	Shin	sincerity
6	Chu	loyalty
7	Koh	peity

The hakama is sometimes worn in Judo when demonstrating some kata.