

Kendo Hakama Care: Washing Instructions (courtesy of Arnold Matsuda)

STEP 1: Fill a bathtub* with cold water, unfold the hakama (keep himo knots tied) and place it face down in the water, saturating the fabric so it settles to the bottom.



STEP 2: To push out dirt and salt, either step on the hakama in bare feet or use your hands to agitate. A tiny amount of light fabric detergent like Woolite or ALL Free and Clear can be used, however, sho-ai-zome (indigo dye) has natural deodorizing and anti-bacterial properties so you don't need much of it.



STEP 3: Flip the hakama to the other side (you may use the same order as when folding the hakama, i.e., the back side first, then flip it to the front). Continue to push dirt and salt out of the fabric. Drain the tub while the hakama is still lying flat on the bottom then rinse it off there with fresh water a couple of times.



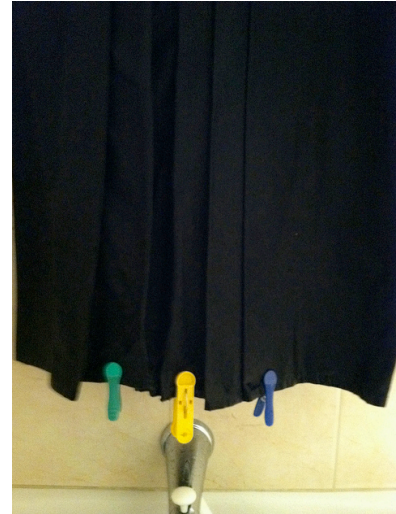
STEP 4: Use two plastic hangers to hang the hakama by the himo knots and the koshi-ita folded over inside. Rinse it well with a shower wand while suspended.



STEP 5: Once rinsed, align the pleats of the hakama, both in the front and back, and let the water drip off the suspended fabric.



STEP 6: Use clothes pins to keep the pleats together while drying. Once drips have stopped, hang the hakama in a cool, dry place with light ventilation. NEVER hang hakama in direct sunlight.



*WARNING: New hakama fabric may stain tub surfaces blue, especially if fiberglass, so check before trying this. An alternative to a tub is to use a large, flat plastic storage bin and keep the hakama folded to fit inside.