



start with front himo

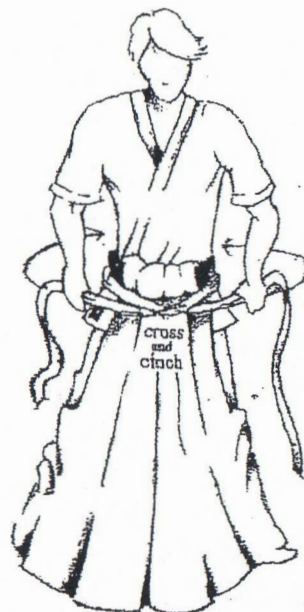
1



tuck

2

bring both sides around back to front



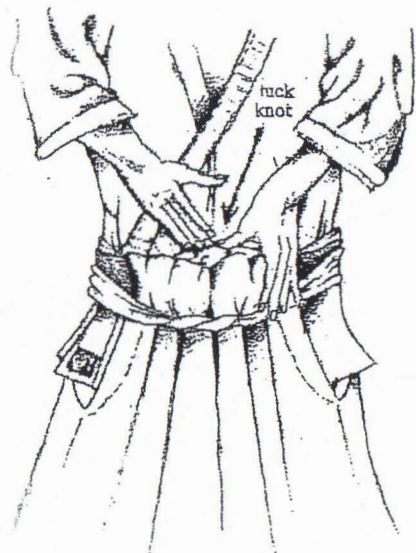
cross and cinch

3



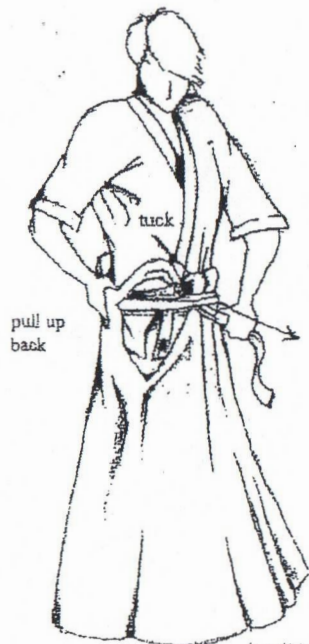
straps come around and tie in front

4



tuck knot

5

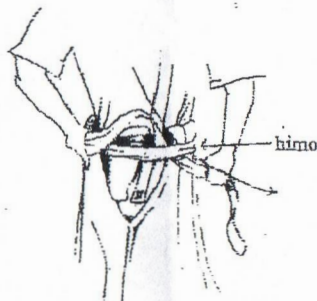


tuck

pull up back

6a

(traditional koshita) tie through himo



himo

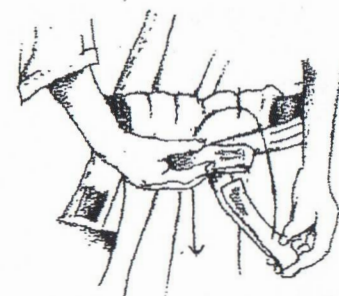
6b

(aiki koshiita) tie through himo only

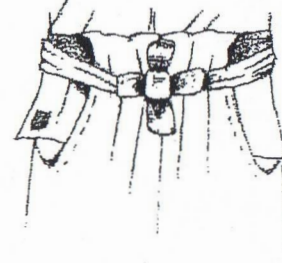


tie both sides in front

7

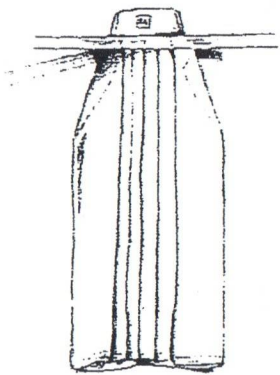


fold ties and...

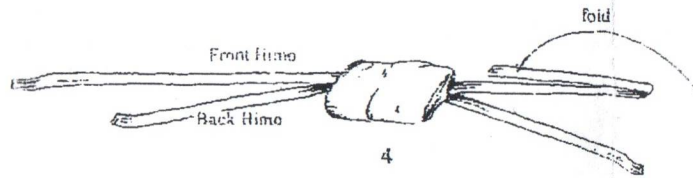


tie into bow

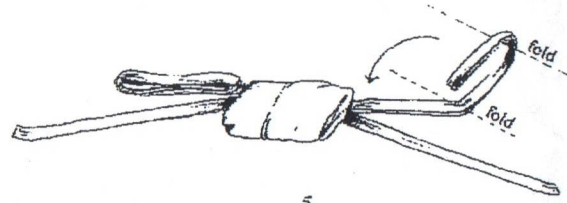
8



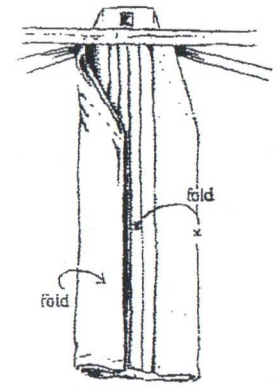
1



4



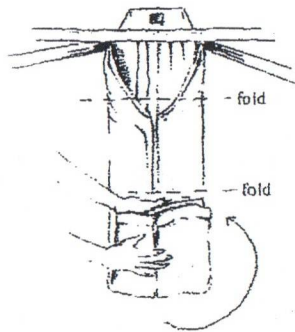
5



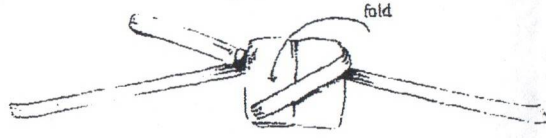
2



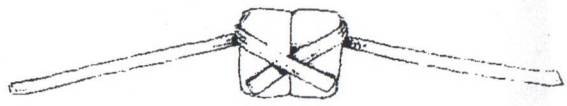
6



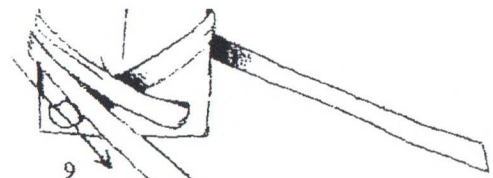
3



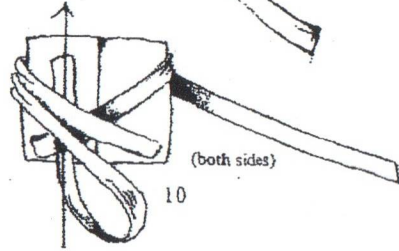
7



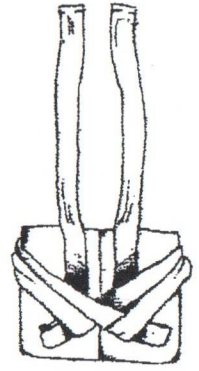
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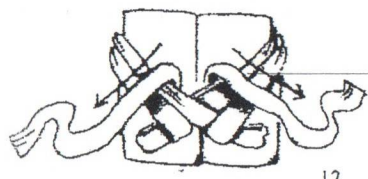
9



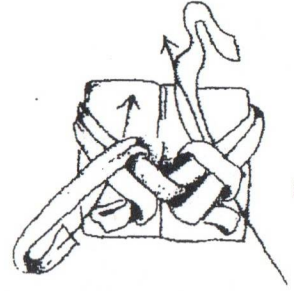
10



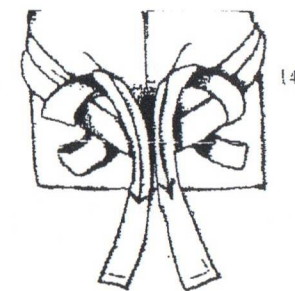
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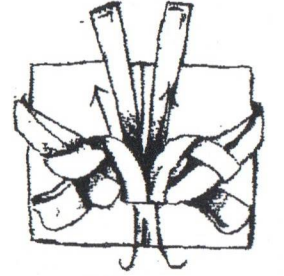
12



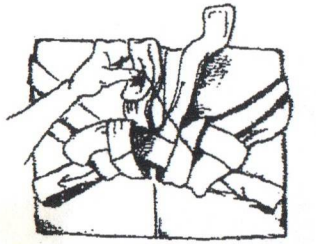
13



14



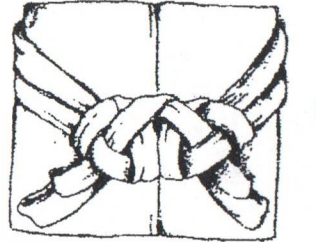
15



16



17



18