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https://www.etsy.com/shop/kmaassociation.com

The Shadow Warrior Uniform



Information and Fitting Instructions Leaflet for the complete Shadow Warrior Outfit worn by members of the KMA-Association Challenge Team, Kokido-Ryu-Ninjutsu and Honjojutsu Katori Ryu Schools.

Dear customer,

you are now a proud owner of your new Shadow Warrior outfit of which is the standard uniform worn by all members of both the Kokido-Ryu-Ninjutsu and Honjojutsu Katori Ryu styles of martial arts disciplines. You must now begin to learn how to master wearing the uniform correctly as it was design and intended to be worn in battle and competitive Shadow Trials competitions. Each uniform that student members purchase or acquire are identical, regardless of your individual build or size, and over time with adjustments and modifications becomes individualistic and personal to each member. Your shadow Warrior uniform is a battle dress and if worn correctly whilst kept maintained will be a most valuable asset in order to complement you skills and mode of combat. It should be worn with a snug fit, “not tight” and always keeping all loose ends and cords secure and tied correctly.

1/ THE Gi

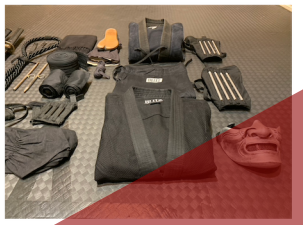
You are provided with "One" heavy duty 190 patterned stitched Gi of which are also used competitively in the arts of Judo & Jujutsu and is an extremely tough and durable woven cotton material. Your Gi top should always be a large fit and come with standard ties to secure any lose ends of the garment. The Gi is a large fit as an under garment usually a 160 new or old Gi can be worn under the 190 for additional protection, warmth, or carrying additional weapons and potions if required. The inner garment is worn by placing the trousers over the lose ends and tied by the trouser cord at the waste.

2/ TABI SOCKS - TABI BOOTS - KYAHAN

Now raise each knee in turn preferably on a chair or stool before beginning step two. This will allow flexibility in the knee of the trousers once completing all three steps, reducing the necessity for re-adjustments later. Your aim here is to keep a constant pressure between the trouser leg, the boot, and the Kyahan throughout the hole sequence when you are tying in order to reduce slack, slipping, or items falling apart in training or combat. Pinch the lower seam of one trouser in turn, making a centre fold, then moving each end to the offside of the heel whilst placing and securing the Tabi Boot in position (do not let the trouser move upward) now hold the Kyahan rolled up in your free hand placing the beginning of the roll at the top of the boot inside leg and begin wrapping the shin over the Tabi Boot in an outward direction covering the lip of the boot and behind the calf muscle. Allow six wraps moving down to the heel in an outward wrapping motion until reaching the foot, then hold both ties in you hand and tug fit to the heel. Now you are going to hold one tie in your whilst moving the other round the back of the heel, then the other tie forward to cross the first tie at the front of the heel. Now you have one tie in each hand to begin cross wrapping the cord from the front to back of the leg and moving up the leg to until both cords cross behind the calf muscle, then tie a bow knot on the inside of the leg just below the knee. (Remember to keep everything in place before tying the Kyahan & and strait from the top to the heel, then from the heel to the top. Your aim is to stop the garment moving, slipping or coming apart, so snug not tight or you may in-pare circulation of the leg in you wrap to tightly. To stop the Kyahan slipping tie the last part of the cord around the back of the calf muscle at the top).







9/ TACTICAL GAUNTLETS

The Tactical Gauntlets are worn over the top of the Tekkou Gauntlets between the wrist and elbow joint, and level to the Ulna & Radial bone of each arm. The Gauntlets are to protect the user against close quarter blows or strikes to the forearm that would otherwise cause you to drop your weapon due to pain or damage to your forearm. All Tactical Gauntlets are designed to limit damage to areas they cover, and designed for. The Gauntlets however should not be used as a weapon themselves. You may still be injured depending on the force being applied to them, but your injuries would be far greater if you were not wearing one.

9b/ How to wear

You are lacing the Gauntlets in the same manner as you would lace up the Tactical Shin Guards of which is done sliding your arm through like a glove. The only difference here is how to tie the final knot with one hand?. Pull both cord with the one hand to secure the Gauntlet, then cross the cords at the back of the elbow in an overhand knot with one hand. Now place one end of the cord between your teeth and the free hand on the other cord end and pull to secure.
(This next step must be done correctly or your Gauntlet will not be secure). Take each end of the cord and overlap at the fold of the elbow joint then raise the elbow so both cords fall at the back of the elbow joint obo e the hing of the elbow. Now take both cords in your hand and pull again to secure. Keep holding both cords to keep the tension on them make a overhand knot with one hand, place one free end between your teeth and pull to secure, then repeat a second knot to hold the Gauntlet in place. Everything is difficult at first, but the more you practice then it will become second nature to you.

10/ TACTICAL GLOVES

The Tactical Gloves are again worn over the top of the Tekkou Gauntlets, of which the hand slides through and are secured by a Velcro strap at the wrist.

notes:

Always air your uniform when finishing training practices to avoid moisture damage to the uniform. Always hand wash with soap not washing powder to avoid excessive fading of the fabric, and air dry to avoid excessive shrinking. If drying outdoors then turn the uniform inside out before hanging in direct sunlight to reduce fade marks or bleaching from UV light. Treat your uniform with respect and it will serve you well, and try to hang rather than fold especially if left for long periods of time without use. Remember to use an inner garment for additional protection and warmth. Shadow Warriors are stealthy individuals so slight variations of colours within the garment is good in order for the eye to overlook your position. This uniform is not a Halloween costume, it is a the spiritual embodiment of who you chose to be. Wear your Shimenawa Rope with pride and remember a Shadow Warriors veins flow with the blood of Warriors, as there values were built upon the graves of men.

3/ KAKU OBI

The Kaku Obi is your next task of which many overlook and is often tied in-correctly, this may well be to your peril if not mastered and worn correctly. The Obi gives three wraps starting from the left hip and wrapping clockwise around the body to the front. The end of which should tail 3 ft in length then decided and folded together. The division and beginning should now come together in alignment and twisted to the front to be tied. Take the folded end and move forward and under all wraps made, then bring both ends closest to the abdomen out and make a basic overhand knot, then slide the created bow to the nape of the spine to the rear. A good firing belt will allow the flat of the hand to slide between the Gi and the Obi.

4/ THE SAGEO CORD

A traditional means of keeping the sleeves of your Kimono raised to avoid your sword becoming snagged during the performance of Iai or drawing of the sword. As with a standard Gi this is however unnecessary due to the sleeves falling short at the wrist. The Shadow warrior uniform is no exception to the rule and has two eyelets sewed into the garment sleeves in order to accommodated and enhance the functionality of the uniform required of the Sageo cord, as with this function re-established for a Gi gives back the ability not just to raise the sleeves due to the additional weigh of the Gi as with the Kimono made of silk, but also to give free movement to the Shadow Warrior uniform, and to avoid any excessive movement of the fabric and combat gauntlets when worn.

4b How to wear:

Take one free end of the Sageo cord into the right hand and pass this through the eyelet sewed into the Gi of the left elbow, pull the cord through whilst moving your right over the cord then pull the free end behind the neck in your right hand and stretch the right arm out to the right keeping the cord stretched. Moving your right elbow over the cord and under you armpit, take the free end of the. It's in your left hand and pass this through the right eyelet sewed into the garment near your right elbow starting from rear to front, pulling the free end back around your neck and over you left shoulder. You should now have both ends of the cord facing each other in order to make one overlapping knot, followed by a basic bow at your left shoulder.

5/ SHEMAGH HEAD SCARF

Fold the width of the scarf in half then place the centre portion to the forehead (make sure the fold is facing downwards and covering the eyebrows, just above the eyelids). Pull both ends back behind your head and tie a basic overhand knot at the nape of the neck. Now focus on opening up the right end of the scarf pinching the corner between thumb and index finger (make sure the scarf is not twisted but draped at this point). Take this end over the face covering the mouth, nose, and touching the lower eyelid before making a second overhand know with the left free end of the scarf. Now tuck any loose ends into space between your Gi to cover any open flesh or skin that may be visible. The feeling of the scarf is taught not tight around the face, and keep the minimum of opening for the eyes as possible not to expose any skin.

Shimenawa Rope



No matter which is the actual origin, they are undoubtedly thought to be the boundary between the sacred and the profane, used to ward off diseases and evils. When you see it around a tree a rock or the neck of a Shadow Warrior, that means it is a **Yorishiro** -- an object capable of attracting spirits called Kami. Never cut down such a tree, or challenge a Shadow Warrior in which is believed to be inhabited by spirits, because it's thought to bring the misfortune or Death. This also is explains why a Shimenawa is used in Sumo Wrestling to denote the highest rank of sumo because Japanese people believe that the **Yokozuna**-- the highest rank of sumo is a living Yorishiro inhabited by a spirit.

6/ TEKKOU GAUNTLET

The Tekkou Gauntlets are make from a tough and durable Twill fabric primarily to keep as much of the arms and hands covered to avoid detection at night. They are also used as a sleeve or under garment to be worn with the Tactical Gauntlets for additional protection and comfort when tying the Gauntlets to the forearm.

7/ SHINENAWA ROPE

The shimenawa is a special rope tied around or across an object or space to denote its sanctity or purity. "Shime" means hold or embrace, and "nawa" means rope. It is believed that this twisted rope keeps the impurity away from the kami's place, and is also a protect against evil spirits. Dark arts warriors and shadow warriors can all be identified by this rope, as it is worn around the neck for practical and spiritual protection. The dark arts warriors drape the shemagh scarf over there heads then anchor into position by using the Shimenawa Rope. Shadow warriors use this to banish evil spirits, identification as a Shadow Warrior to others, and to neck restrain challengers or prisoners during the shadow trial if required.

8/ TACTICAL SHIN GUARDS

The Tactical Shin Guards are worn over the top of the Kyahan shin wraps and will protect the shin bone and sub-tissues against excessive damage caused by either a glancing blow from katana or fall.

8b/ How to wear

You are lacing up the Tactical Shin Guards almost the same way as you would lace up a shoe or boot in a crisscross fashion from bottom to top before placing each guard to your legs. it is easier this way to avoid trying to hold each guard in position with one hand whilst lacing the cord through each eyelet with the other hand, as all you would need to do if pre-laced would be to slide each leg into the Gauntlet like a sock before finishing off the final knot. Once you have one tactical shin guard in place you should have two cords coming through the top eyelets right and left hand side. Holding one in each and pull to secure, then cross each cord over at the rear of the leg above the top of the calf muscle below the knee, then bring the outer cord around the front and passing it through the eyelet at the top of the Tactical Shin Guard and finish by tying and overhand knot followed by a bow at the top inner portion of the Tibia bone at the inside of each leg. (Remember that it is important to crossing the cord securely at the top of the Calf Muscle to keep the Guard in place during normal practices).