

1. Lift the front edge of Mawashi long enough to tuck under the chin.



2. When unload the front edge of Mawashi, pull up Mawashi by first (index) fingers to tighten up.



3. Then, unload the front edge of Mawashi, long enough down to the upper part of the knee joint. By doing so, we could avoid to face incident of Mawashi comes undone.



4. Adjust the length of back edge of Mawashi equivalent to the width of the fist.
In case the back edge of Mawashi is longer than the fist, please cut to adjust.
This is very important on good fitting and also safety.

