

Basic Hakama Instructions

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Overview

Hakama (hah-kah-mah) are the basic lower-body “pants” type garment in Japanese clothing (*wafuku*). There are different styles of *hakama* to accommodate the fanciness of the outfit and/or the social status of the wearer. Some versions at either end of those scales have different names, such as *monpe* pants for field workers or *sashinuki* to wear with a courtier’s *kariginu* robe, but they are all variations on the basic *hakama* style. Most variations involve the type of fabric used, the number of panels used, the length and width of the panels, and the presence and type of any embellishments.

This document is intended to accompany an in-person class on constructing basic *hakama* of a style common in the SCA period. As such, it does not contain fully-detailed instructions or process diagrams. It is intended to serve as a reminder of what you learn in class, but cannot serve as a replacement for detailed instruction.

Take your measurements

- Length of leg panels = distance from top of waist to ankle = _____ inches
- Length of back waist tie = waist measurement + 3 feet = _____ feet
- Length of front waist tie = (waist measurement x 2) + 3 feet = _____ feet

Buy fabric

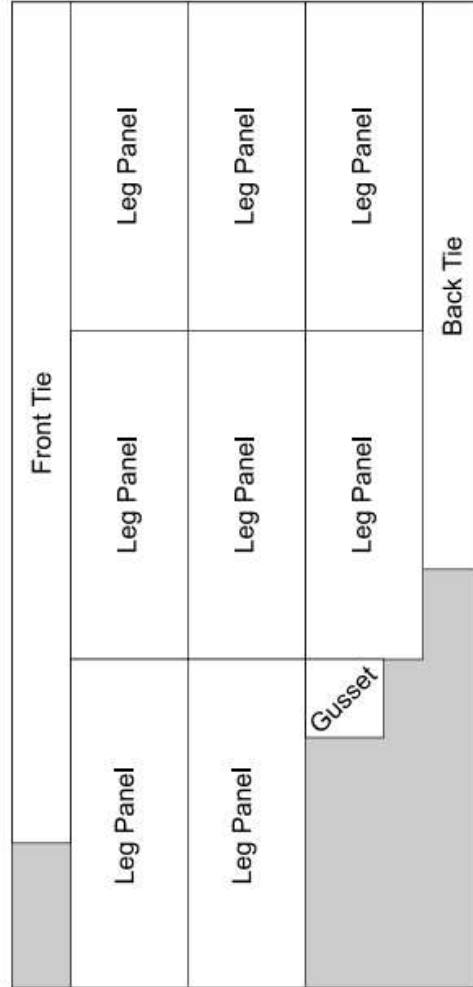
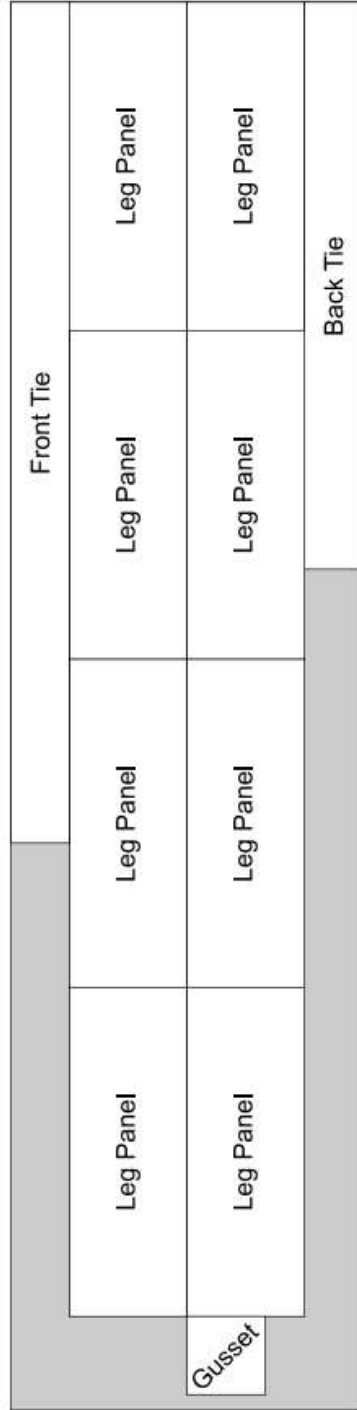
For basic *hakama*, I recommend mid-weight linen in a dark solid color like black or blue. Other good fibers are ramie or hemp, though price may be a factor. If only cotton fabric is available, a mid-weight cotton twill or a simple weave (like drill, or trigger) would work fine. Avoid light flowing silks like habotai, though heavy silks like brocades are good fancy choices.

This document assumes a 15” panel width, which is a good width for average-size people. If your body is wider or narrower than average, adjust the panel width to accommodate your body shape. Do not be afraid to make your panels a bit wider than you think. Japanese clothing is not form-fitting.

- For 45” wide fabric = 4 times length of leg panel + 1 foot for gusset
- For 60” wide fabric = 3 times length of leg panel

If you plan to make a matching *kataginu* vest for your *hakama* (an outfit called *kataginu kamishimo*) then measure from your shoulder to your knee and buy two times that length of additional fabric.

Cutting patterns



Sewing instructions

1. Cut fabric into panels & half-panels, and serge all cut edges.
2. Cut gusset square and serge all four edges.
3. Cut front and back waist ties, fold into four layer ties, turn in ends, and iron flat.
4. Cut eight leg panels to length.
5. Sew leg panels together in pairs, full length.
6. Sew panel pairs together to form back and front, roughly 1/3 of their length.
7. Measure triangles for all four side openings, fold to inside, and sew.
8. For the back, make one big double pleat, pin, and baste if you don't like pins.
9. Unfold back waistband (shorter) at center top of outer back, placing edge of fabric along top of back panels, and sew along first fold to attach band to back.
10. Re-fold back waistband over the top of the back panels to the inside, and topstitch full length of waistband and ends to finish.
11. For the front, make six 2" pleats (3 each side, towards center), and pin or baste.
12. Attach and finish front (longer) waistband at center.
13. Sew gusset into angle of back crotch.
14. Sew gusset into angle of front crotch.
15. Sew inseams of left and right legs.
16. Sew outseams of left and right legs.
17. Hem bottoms of left and right legs.

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Mistress Roxanne de Saint Luc (Rebecca Stear)

Hakama Pattern

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