



Lakewood Budo Kai

Fujitsu, Karate, and Women's Self Defense

History of the Martial Arts Uniform (Gi)

If you look around at other schools that study martial arts you will see all sorts of uniforms, blue, black, red, checkered, and most likely covered with writing and patches. In our dojo, students wear a traditional white gi (uniform). The gi is comprised of a jacket, pants, and belt. The heavy gi top holds up to modern day grappling and throwing techniques while the loose pants promote ease of movement. The belt is wrapped around the hips to hold the jacket in place.

So why does our uniform look the way it does? Well, there are some pretty interesting practical (and hidden) reasons.

- Jacket. The jacket is loose and often billowing, thus allowing the wearer to hide a weapon or something of value.
- Pants. The pants have a draw string that can be removed to choke an opponent.
- Belt. The belt is purposely long and can be used to tie up an opponent and restrain him while you wait for assistance.

Why is our uniform plain white? The white gi represents purity, simplicity, and humility. Each student, regardless of rank, wears the same white gi that shows a willingness to learn.

So the next time you put on your gi, remember that it is not only designed to be your training uniform, it also helps you subdue an attacker, and reminds you to put humility and a willingness to learn above all else.