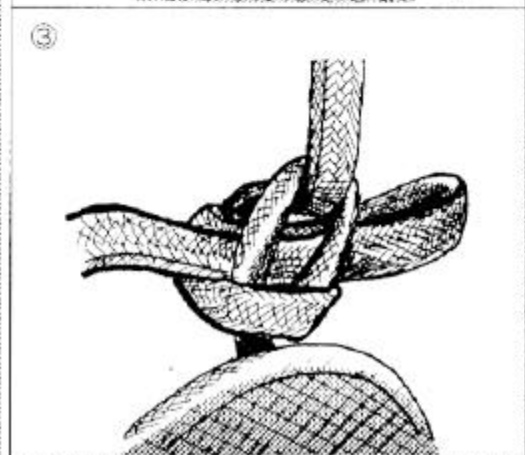
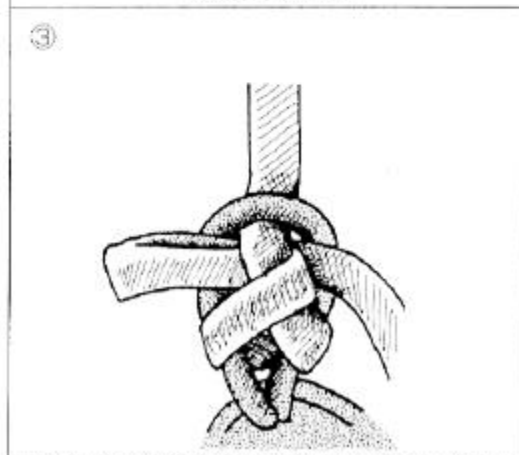
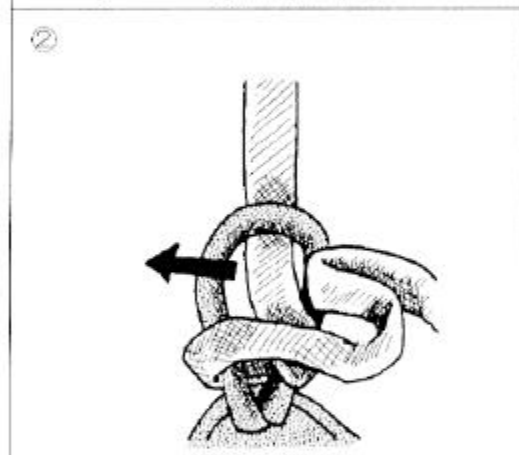
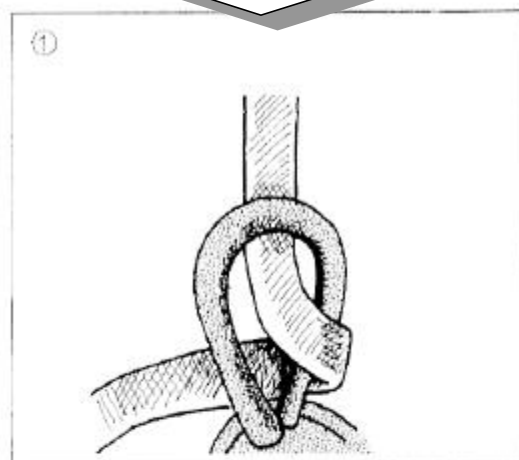


## How to tie the cords - method • B

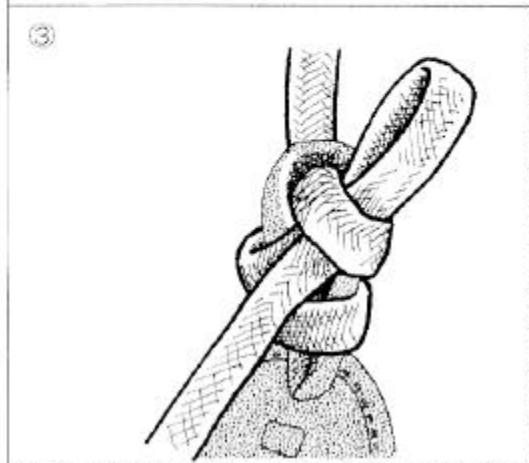
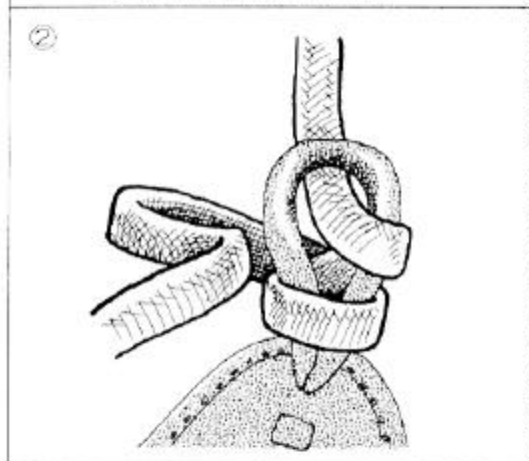
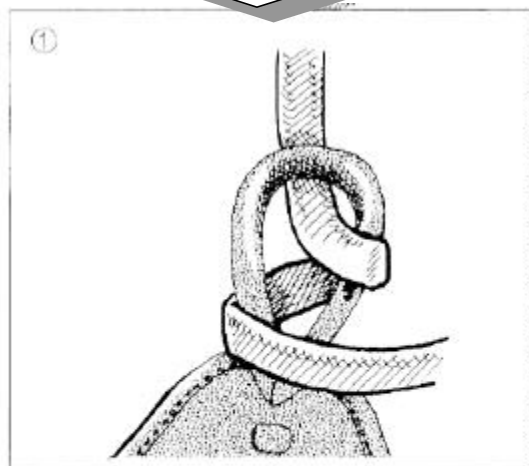
Seen from in front

Seen from your point of view



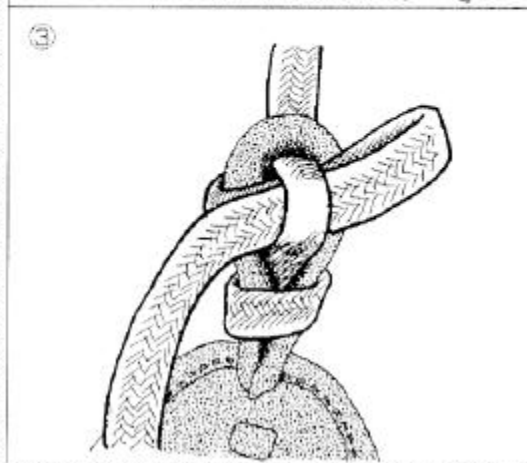
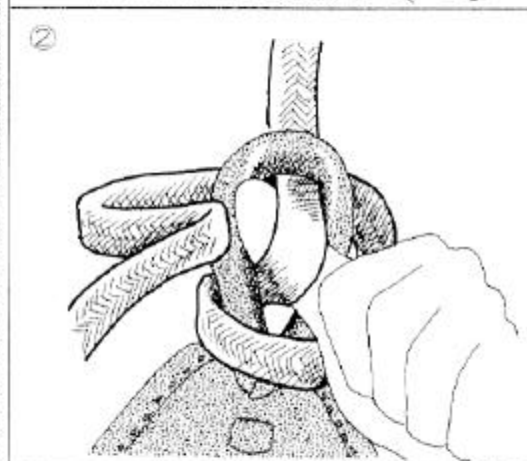
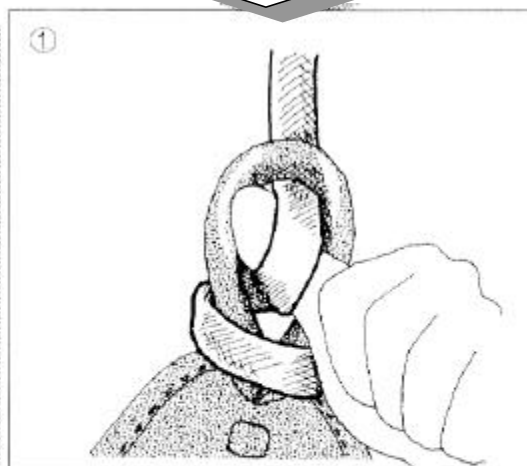
**method • C**

**Seen from in front**



**method • D**

**Seen from in front**



## 5－3. How to keep your *do* well.

- ① Salinity and the waste matter included in the sweat hurt armor. Then, after practices, the sweat must be wiped off.

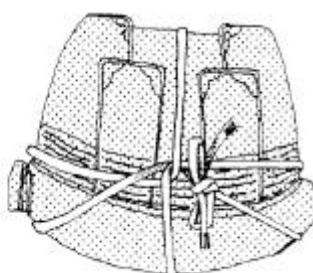
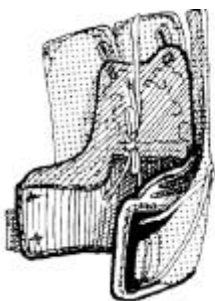
Occasionally clean the decorative section (***shokkou***) with a toothbrush.

Beause the string and ***chigawa*** are articles of consumptions, when these are rubbing and decreasing, you change new one.

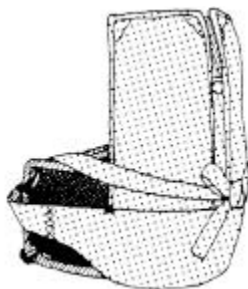


- ② Put the ***tare*** on the *do*. We recommend the method of coiling them round the ends, to avoid them twisting and tearing.

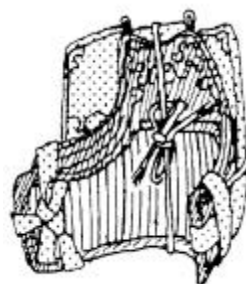
(ア) Tie the *do* cords flatly.



(イ) Tie the *do* cords loosely.



(ウ) Tie the *do* cords tightly.



### How to attach the leather loops (***chichi-gawa***)

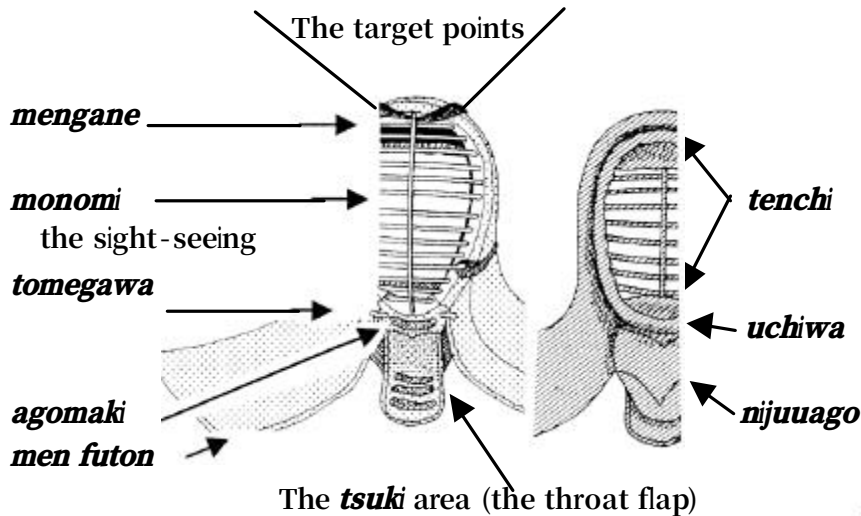
(the right and left should be mirror images).



Use an awl to widen the holes and pass the loops through.

## 6. The *men* 'helmet' 面

### 6-1. The construction of the *men*



Size : Shape and the size of the head and the face are various because of the person. Then, length in surroundings to the mandible of the head in amount is measured. You order in that length. And, you actually matches and adjusts *men*. Back of the head does not go out so much, and Men is made the one that the positions of eyes are suitable, and fit for the sight-seeing *monomi*

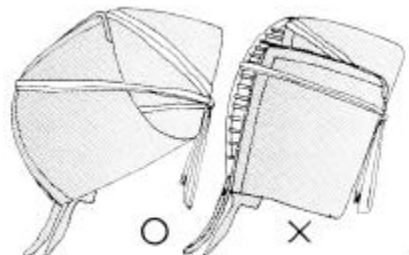


Material : The material of Mengane is iron, a duralumin, a stainless steel, titanium, and German silver. The protections of side are 13 in the adult for the boy 14(There are as many as 15 large-scale) usual.

The purpose of the other side's having painted red is to prevent light being reflected, and to see the outside brightly.

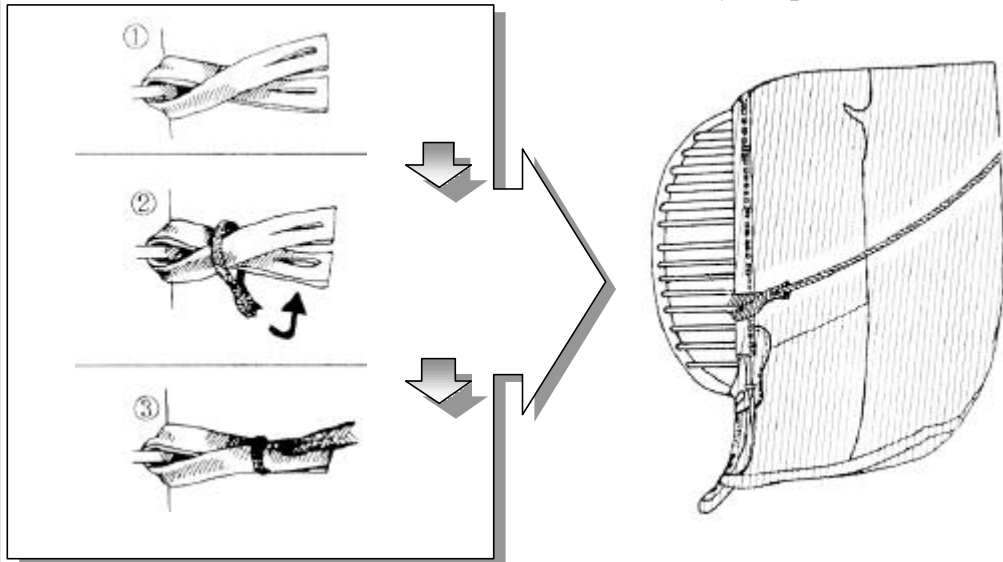
#### How to shape the *men* flaps.

When you just bought respect and it is not easy to move hard, shape is applied to the side bedding. About three days are diagonally folded to the way below, and binds firmly. You will come to put and never to have a pain in the god and the ear if you do like this.



### How to connect the *men chikawa*

Tie the *men-chichi-gawa* 'leather loops' to the fourth bar (from the bottom). It is the third bar for childrens *men* which has only 13 protections.



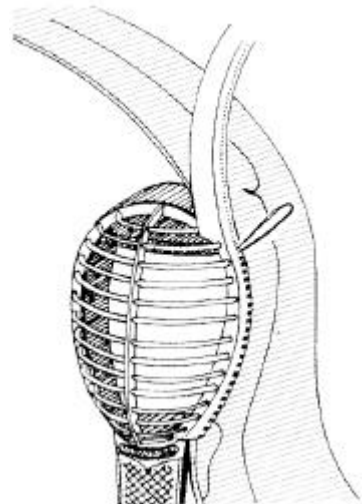
### How to make the *men*

The construction of the *men*

The *men* is made as follows:

- (1) Straw is wrapped around the *men* grill.
- (2) The chin pad is attached.
- (3) The inner frame is made.
- (4) The inner frame and *men-buton* are attached with strings
- (5) The inner frame and *men-buton* are attached with water-buffalo leather. (Water buffalo leather is soft when it is wet, so it is fastened on while it is damp and then dried.)
- (6) Finally the leather is painted with *urushi* lacquer to stop it from becoming damp.

Note: If you leave your *men* wet, the leather will swell up and distort, so it is important that you dry it after you use it.

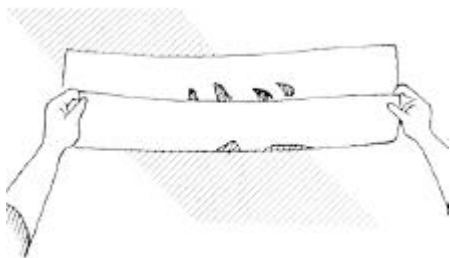


## 6-2. Putting on the *tenugui* 'men towel'

### A. For beginners

This is the easiest method. Fold it so it fits your head exactly.

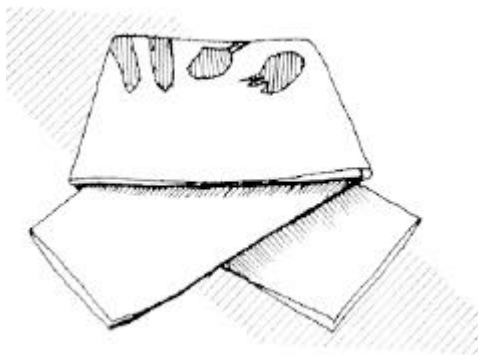
- ① Lay the *tenugui* in front of you and fold it in half lengthways.



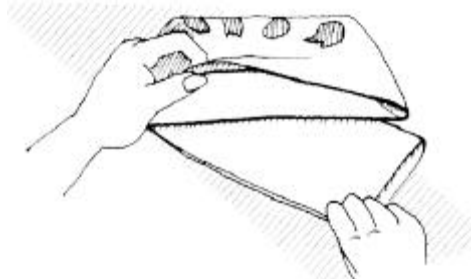
- ② Fold it in about a third from each end.



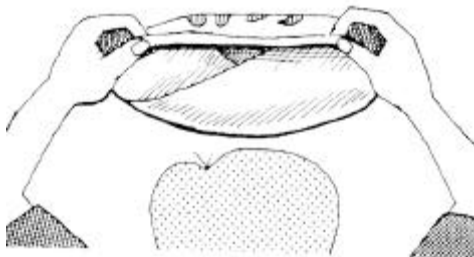
- ③ Turn it over.



- ④ Insert the corners into the doubled over central section.



- ⑤ Put it on, with the thick side facing the front.



- ⑥ It should hide your ears, and the thick part should be on your forehead.



## B.

- ① Fitting it exactly. Be careful not to make it too thick over your ears as it will become painful.

- ① Hold the ends of the **tenugui**



- ② Bring the **tenugui** to your forehead and slide it up until the edge lies on your forehead, with your hair gathered within.



- ③ Bring the right corner of the **tenugui** to above and behind your left ear, holding it taught. Keep it in place with the other side of the **tenugui**.



- ④ Bring the left corner round to above and behind your right ear, and tuck it in.



- ⑤ Lift up the flap formed in front of your face.



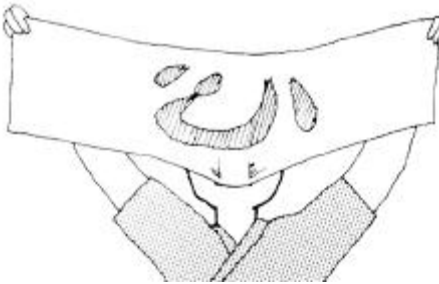
- ⑥ Your ears will be exposed.



## C.

Wrapping it around your head.

- ① Hold both ends of the **tenugui**, bite the middle of the edge and draw it back over your head.



- ② Wrap it round your head, left to right and then right to left.



- ③ Swap hands and tie the two ends in front of your forehead.



- ④ Lift up the front and tuck it in.



- ⑤ Pull it down on both sides.



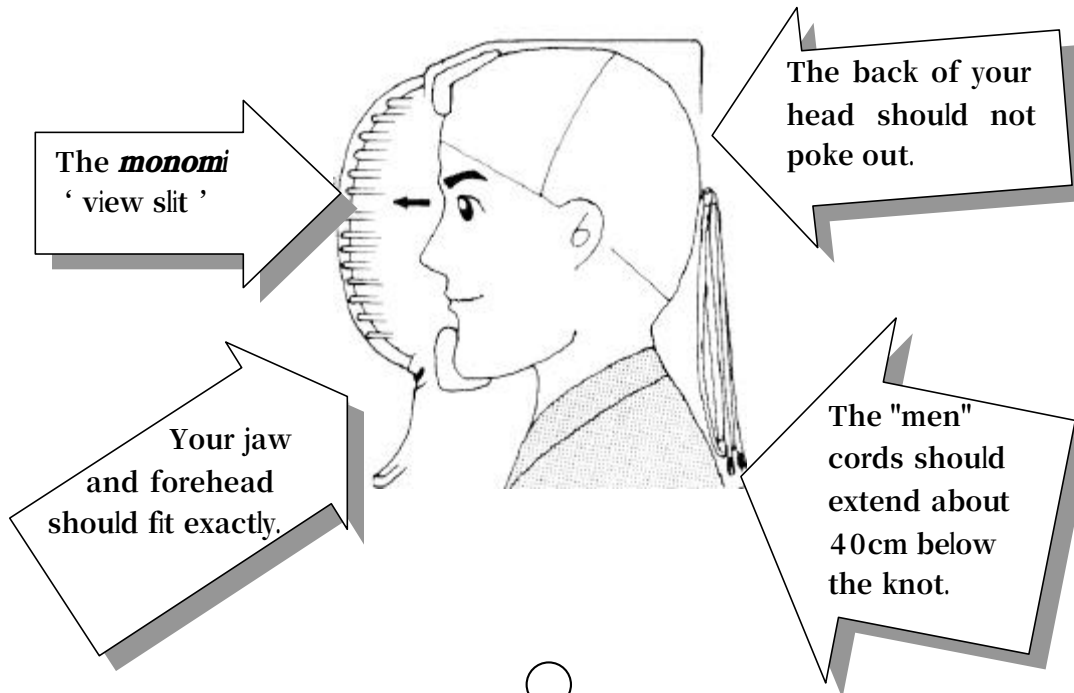
- ⑥ Your ears will be hidden.





## 6 – 3. Putting on the *men*

You should wear the “*men*” so that you can see from the *monomi*, the slightly wider gap between the 6th and 7th bars. If you are looking out from the *monomi* then your posture should be correct.

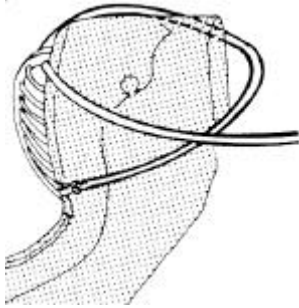


If the jaw is not stored like the right, it is dangerous. The impact comes directly to the throat, and there is danger by which back of the head is hit when falling in addition in the pain when pierced when respect is hit.



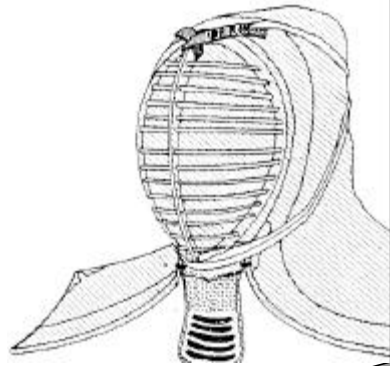
## Putting on the *men* A

- ① Take the cords from the fourth or fifth bar of the *men* grill, cross them behind the *men* then pass them through the top bar and back behind again.



## Putting on the *men* B

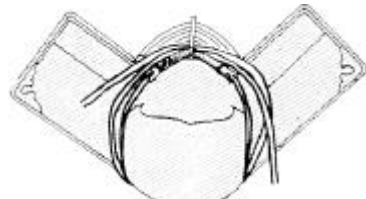
- ① Put your chin in and put the *men* on, then cross the cords, once behind your head and then in front of your jaw.



- ② Gather the cords in your hands, open the *men*, put your chin in and pull it over your head.



- ② Cross the cords behind your head once more and then pass them through the topmost bar of the *men* grill.



- ③ Firmly tie the cords in a bow so that the *men* will not twist and adjust the lengths of cords so they are even.



- ③ Firmly tie the cords in a bow so that the *men* will not twist and adjust the lengths of cords so they are even.

