

How to make Hakama

A Garbing for Dummies How-To by Alona TwoTrees

Hakama are a great and easy set of pants to make, and period (the period ones usually have a piece of wood in the back to help support it, but I find that the hakama do not need it) alternative to the normal wrap pants. You can place these over jeans or shorts and they keep you warm (because you can layer it in these huge pants) or cool in the summer (a pair of boxers or shorts only underneath them as they will stick out on the sides at the triangle if you do not wear a kimono or shirt tucked in).

First, collect the items you will need:

1 Flat Twin Sheet. (approximately 4 bucks at Walmart) or approx 3 yards of fabric

Thread of the same color as the fabric

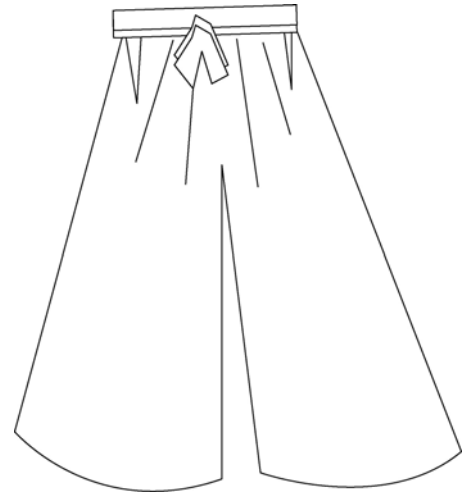
Scissors

Sewing Machine or Needle for hand sewing

Pins

Optional:

Seamripper for when you mess up



Open and unwrap then wash and dry the fabric. This makes sure that any shrinking will be done before the fabric gets sewn.

Second, open the fabric so it is full length on the floor or table for cutting. Cut off the finished and hemmed edges of the fabric, including the sides.



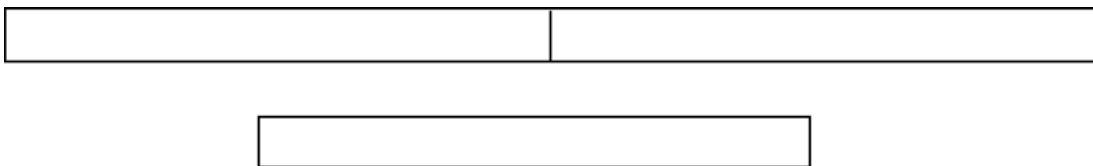
Cut on the dotted line, removing the sheet top and the finished edges and hemmed bottom, leaving a piece of cloth without any finished edges.



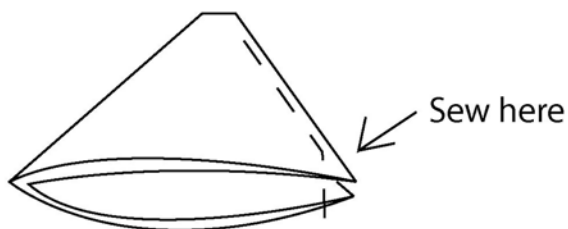
Cut three strips, each approximately 4 inches wide, along the long edge of the fabric. These will become the straps that are tied in the front of the hakama.

Now you have a piece of fabric with no edge finished. Cut three strips, approximately 2 inches wide apiece along the long edge of the fabric.

Sew the short edge of one the strips to the short edge of another one, making two strips, one twice as long as the other. Now sew these strips into tubes by folding them in half, one long edge to the other and sewing. Reverse these tubes so the sewn part is on the inside, and you can see no thread on the outside.



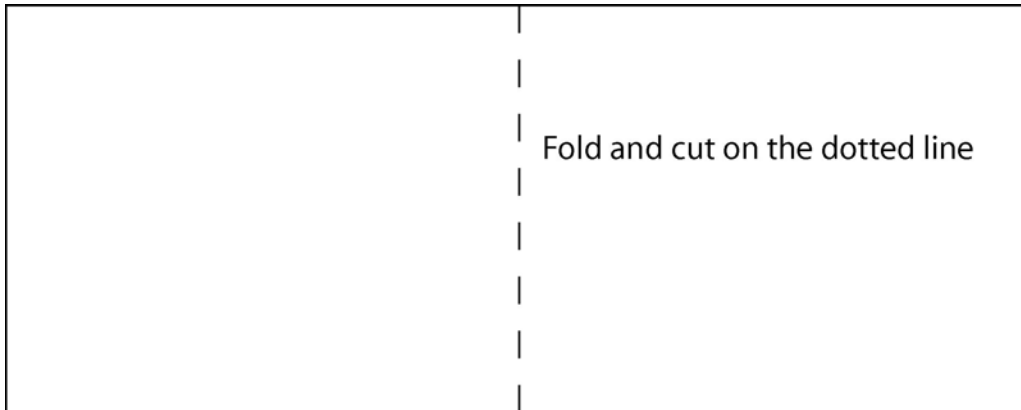
Sew the short edges of two strips together to make one long strip and one half it's size.



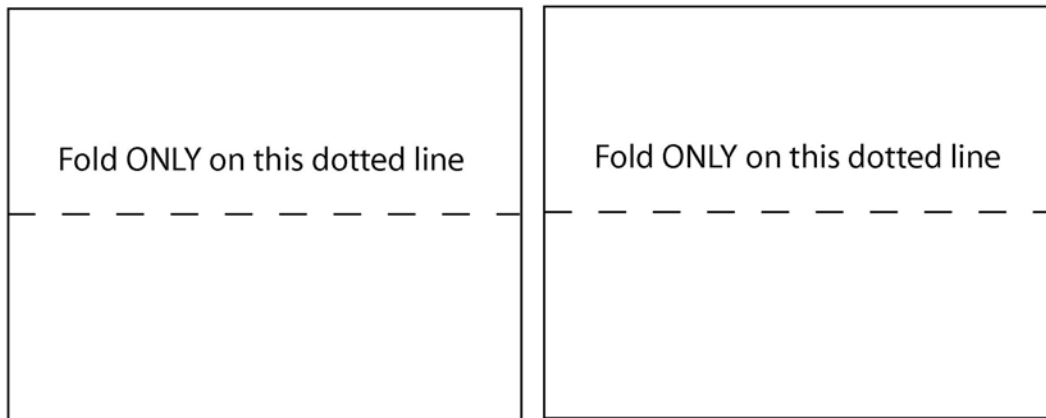
Make a tube by folding strip in half lengthwise and sewing the edge without the fold.

Set the three tubes aside for now.

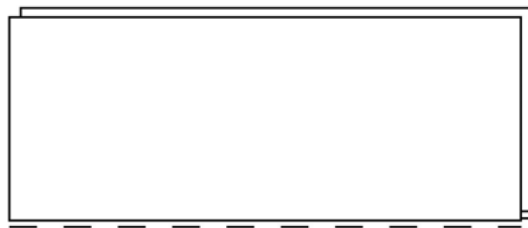
Take the remaining fabric (the legs) and fold it in half like so:



Fold the remaining fabric in half on a vertical axis. Cut the fabric in half along this fold.



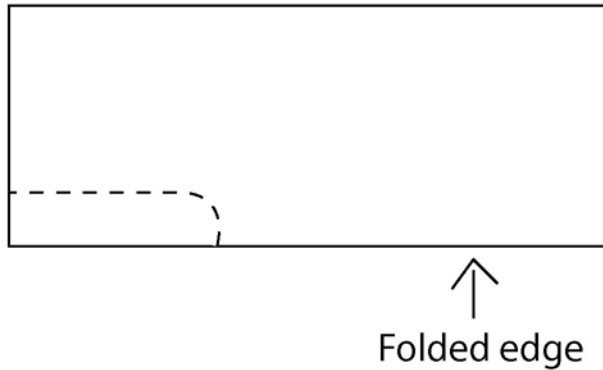
Fold both pieces in half lengthwise to make two legs.



Now fold both in half and place on top of one another, both with folded side facing downward. (except line them up so they are even)

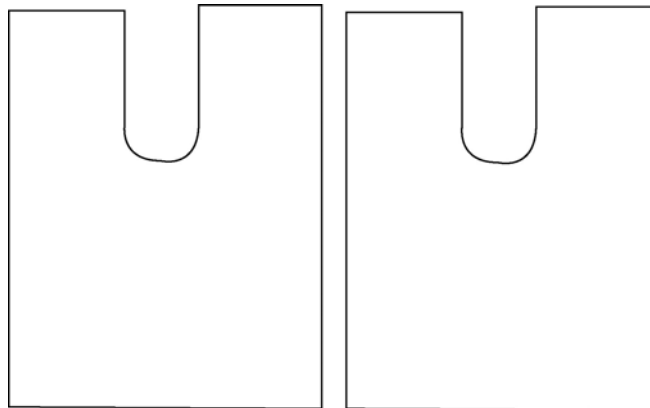
Now that you have two legs on top of one another, you will need to make the cut for the crotch of the hakama.

(One placed on top of the other)

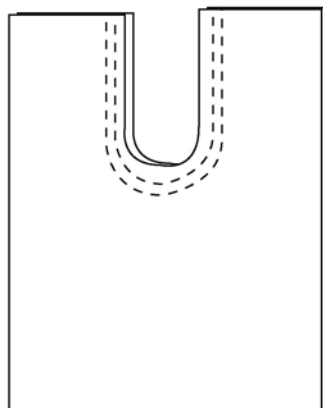


About 2/3rds down the leg, cut the above dotted line out of the pant. This will create a crotch for the hakama.

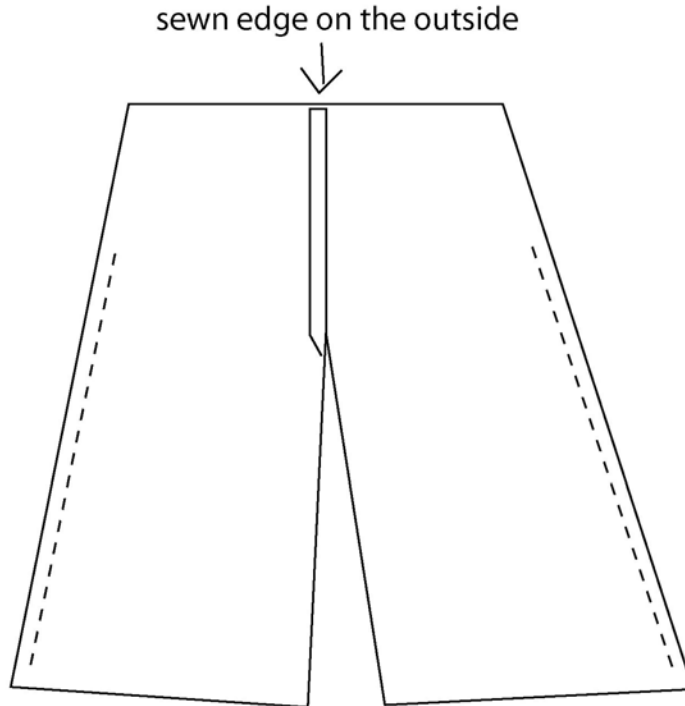
With the two legs together on top of one another, cut a curved line out of the fabric. Make sure you cut evenly on both of the legs, so they match. Cut through both legs. Unfold the legs and place on top of one another so they are even. Now sew the two U shapes together. You may wish to sew them twice to reinforce the seams. This will keep the crotch from ripping.



Now you will have two legs that look like this. Place them on top of each other so they match. Now sew the crotch (or U shape) to the other one on the other leg. You may wish to sew across it twice (or french seams, if you know how to do them) to reinforce the crotch.

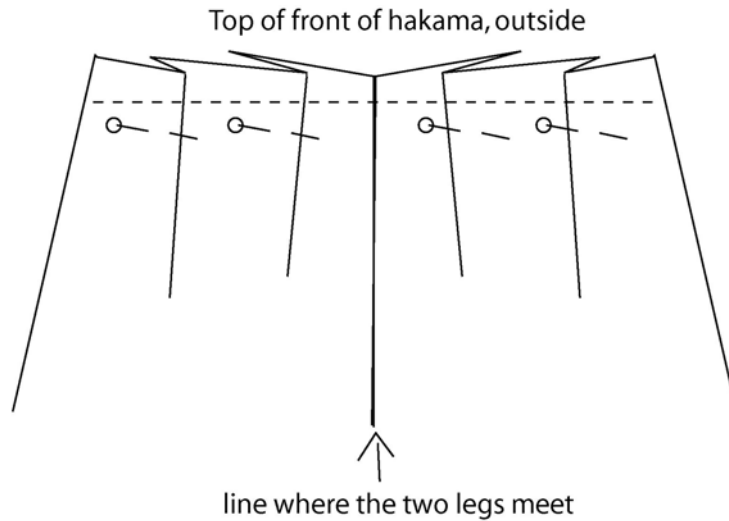


You will have the hardest part done now. Unfold the legs so they look like this:

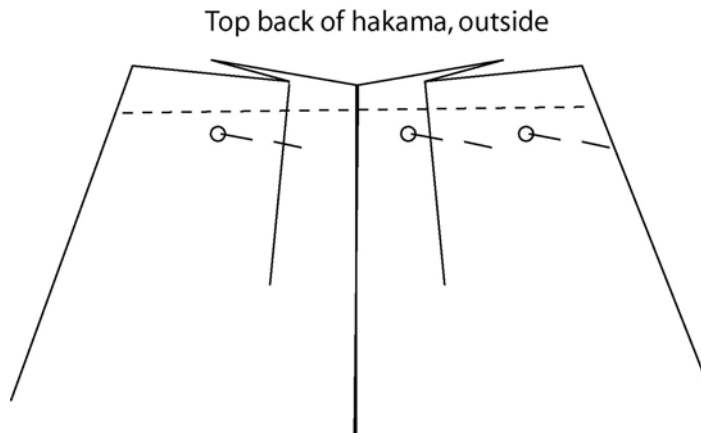


Unfold the pant and place as shown, with the sewn hem sticking out on the outside. This will eventually be the inside of the hakama. About 6 to 8 inches from the very top of the hakama (this is the triangle shape found on hakama where the front and back pieces meet) sew the legs to the bottom edge. This is the outside of your legs.

Sew the legs together, but remember to not sew all the way to the top. Sew on the dotted lines. Flip the hakama inside out now, so all sewn parts are now on the inside. It is now right side out. You will now have to do some pinning. Figure out which part will be the front of the hakama, and the back. Until now they could be either one. You will be making 4 pleats in the front of the hakama, and two on the backside. Pin the pleats together. Sew a line across the top of the hakama, so the pleats stay sewn together. Remove the pins you used. Now you will want to sew a hem on the inside of the triangle that is created when the front and back pieces come together. Simply fold in about a quarter of an inch and sew so the unfinished edge is on the inside of the hakama. You may wish to sew this two times, because this edge can rip fairly easily.

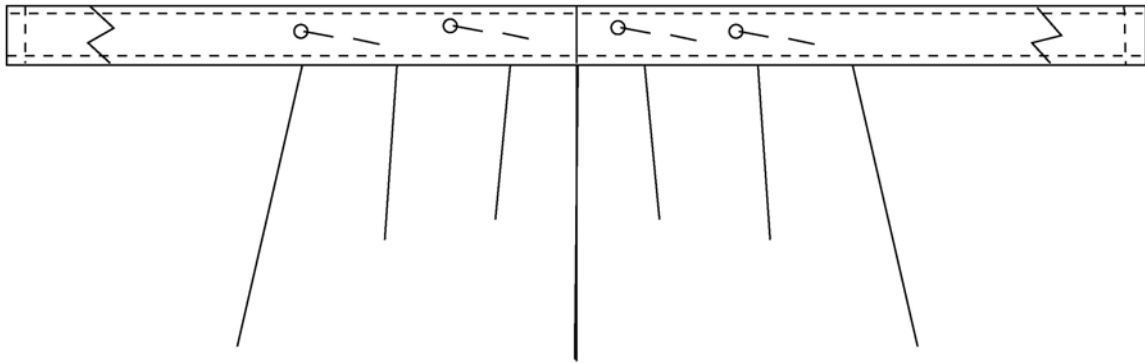


Place four pleats, folded over each other, like so. Make sure the pleats are even with each other and pin them. Now sew along the dotted line, making sure that the pleats are even and stay. Do not worry about being messy about this line, as long as it is near the top edge of the pants, it gets the strip folded over it and sewn later. Do the same for the back of the hakama, only with two pleats.



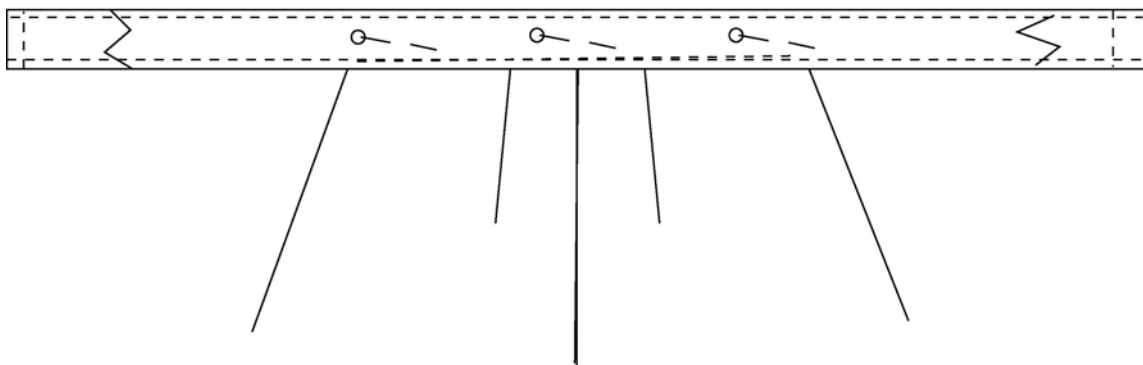
Now use those tubes you made earlier. The one that is twice as long as the other will go over the front of the hakama. This strip will go behind your back and back to the front and tie in the center. The back tube, the shorter one, will only have to wrap around to the front to tie. Find the center of the longer one. It's easy it's the seam that you made before and match it up with the center line of the hakama. Pin it together securely. Sew the bottom of the tube together, over the front of the hakama, and back to just the tube. Sew the ends of the tube shut by folding in the ends about a quarter inch, and sewing on top of the strip. To add strength to the strip, you may wish to sew the top of the tube as well, on the folded edge. Now do the same to the back strip, finding the center of the strip by folding it in half and marking it with a piece of chalk, then lining that mark with the center crotch line. Make sure you sandwich the tube over the hakama. Remove all the pins.

Top of front of hakama, outside



Sew the tube sandwiched on top of the top of the hakama. Sew on the tube on the dotted lines. Do the same for the back piece as well.

Top Back of hakama, outside



Your hakama are almost finished. Try them on, tying the back straps in the front first, then the front piece around the back and back again to the front. It may take some time to figure out how to put them on without assistance, but soon you will be able to put them on without any help. Fit to length, and hem the bottom cuffs, cutting off as much fabric as you need to so you don't trip, and then sewing with the pant inside out, so the thread is on the inside, pulling the unfinished edge up and inside.

