

There are several types of fundoshi, including Kuroneko, Mokko and Etchu. This one is Rokushaku-style.

MATERIAL

2.5m x 30cm 8 feet x 1 foot

We bought a 2.5 metre (8') length of natural cotton. It's cheap and comes in a variety of weights (we chose a light weight).

If you're a larger size and you think you'll need more fabric, the Japanese standard is 3x your waist measurement.

We cut it into 30cm (12") wide strips, which gave us 3 fundoshis and a little left over to use as polishing rags.

TECHNIQUE

Hold your arm at waist level, about level with your navel, and flop the fabric over it so that the length at the front reaches to your ankles. That will be about one third of the length. Throw it over your shoulder.

Rokushaku Fundoshi

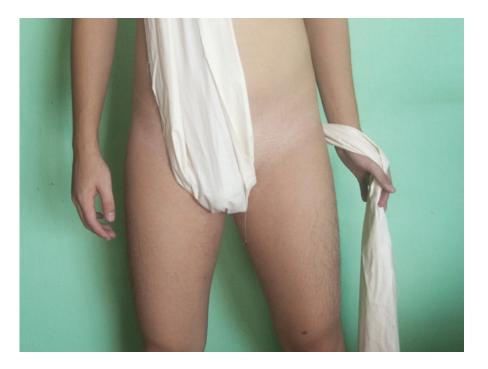




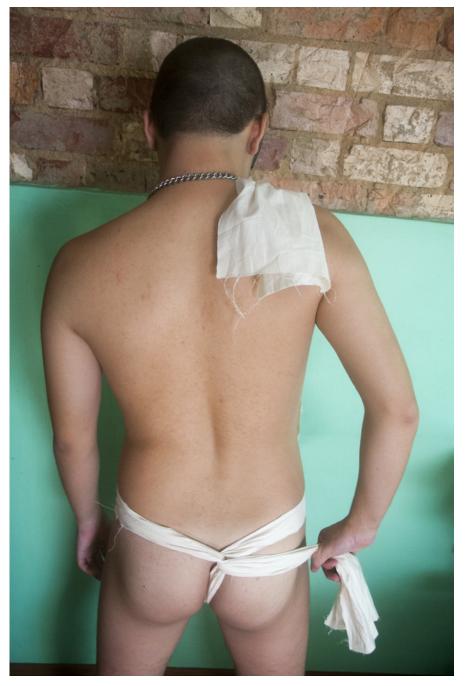
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Bring the rest up between your legs. The finished fundoshi will look best if you keep it nice and tight as you go, so hold the piece that was over your shoulder with your hand or teeth.



Wrap the long piece around your body and hook it through at the back.



Bring the piece that was over your shoulder between your legs too.





At this point tuck and tighten everything so that it's snug. Sloppy fundoshis look sloppy, but neat ones look hot.



Twist the ends around the waistband to secure it and finish it off.

It might not look secure, but a well-tied fundoshi will stay on. Japanese warriors used to wear them under their armour.





