



“PERSONAL GOLD” and PERSONAL GOLD BLUE” Measurement Instructions

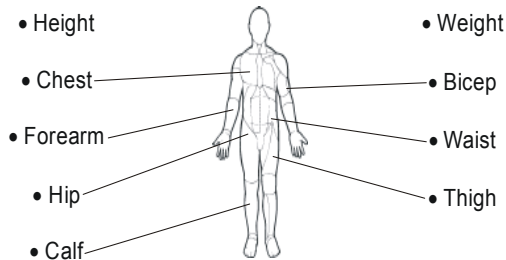
In order to make sure you receive the best fitting uniform that is available from **toraki**, we kindly request that you complete the following process:

These measurements will take approximately ten (10) minutes to complete. We recommend you print this form to help you as you take the measurements.

Please ensure you have the following;

- Your uniform (clean and dry);
- Measuring tape and pen/pencil;
- The assistance of someone

Body Measurements:



For all body measurements:

Please ensure you measure at the largest part of the body (no flexing please).

Note:

Hip measurement: Please make sure you measure the largest part (including buttocks).

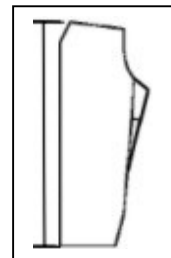
Judogi Specific Measurements

- A) Pant Outseam (PO)
- B) Sleeve-to-Sleeve (S2S)
- C) Wrist-to-Wrist (W2W)

A) Pant Outseam (PO)

To determine the pant outseam measurement, please follow this procedure:

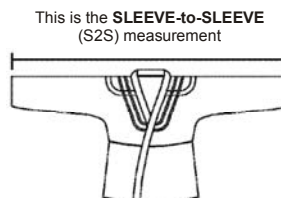
- 1) Please “lay” your judogi pants on a table or flat surface.
- 2) Please measure the length from the waistband of the pant to the leg opening.



NOTE: If you require additional/less length on your current pant in terms of length, please add to or subtract from the "Pant Outseam" length that you provide accordingly.

B) Sleeve-to-Sleeve (S2S)

To determine the “Sleeve-to-Sleeve” measurement, please follow this procedure:

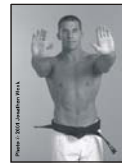
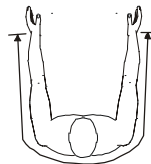
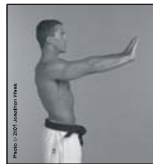


- 1) PLEASE DO NOT MEASURE WITH YOUR ARMS STRETCHED OUT TO THE SIDES. THIS WILL BE INCORRECT.
- 2) Please "lay" you judogi jacket on a flat surface with the arms outstretched (with the back of the jacket facing you).
- 3) Measure the distance from one sleeve opening, across the back and over to the other sleeve opening.

NOTE: If you require additional/less length on your current judogi jacket in terms of sleeve length, please add to or subtract from the "Sleeve-to-Sleeve" length that you provide accordingly.

C) Wrist-to-Wrist (W2W)

To determine the "Wrist-to-Wrist" measurement, please follow this procedure:



This is the **WRIST-to-WRIST (W2W)** measurement.

- 1) Obtain the assistance of someone.
- 2) Stand with your arms in front of you (as if you were being tested by the referee at judogi control).
- 3) Ask your assistant to measure the distance from one wristbone around the widest part of your back and down to the other wristbone.

Measurement (please check):

Metric

Imperial

PERSONAL GOLD

PERSONAL GOLD BLUE

Name: _____

Height: _____

Weight: _____

Chest: _____

Waist: _____

Hip: _____

Thigh: _____

Calf: _____

Bicep: _____

Forearm: _____

Wrist2Wrist (W2W): _____

Sleeve2Sleeve (S2S): _____

Pant Outseam (PO): _____