

## About Hakubi General Institute

A comprehensive study of Japanese culture. We provide various courses from clothing related classes such as; "Kitsuke" (How to wear a Kimono) to creative classes as "Kumihimo" (Japanese braiding techniques), "Chigiri-e" (Torn paper arts) and much more.

A One-Day Trial Lesson is also available! Feel free to contact us now!

### Course List

#### Kitsuke (How to wear a Kimono)

We will teach you the proper way to wear a Kimono, the traditional Japanese garment. Our goal is for you to master the techniques to not only dress yourself but others as well.

Our courses consist of a practical and efficient curriculum from the basic Kitsuke, T.P.O. - Time, Place and Occasion appropriate dressing, to the culturally correct manners and movements that are essential when one is wearing a Kimono.



#### Hakubi Dance

Dressing a Kimono elegantly and quickly with music, all completed in a limited time. Dressing to our original 3 minutes of music, we can express the beauty of various Kimono's.

Our goal is not only to perform the techniques of how to dress Kimono but also express the harmonized allure of the Kimono's fundamental beauty, and the graceful movements that reveal the sophistication of the Kimono's appearance.



#### The Bride Kitsuke (How to wear a Kimono)

You will learn how to wear a full-length Bride Kimono, including Uchikake and Ohfurisode, types of Kimono, how to wear wig, and how to make-up. White Kimono represents the purity of bride.

Historically, white color is worn to perceive the marriage to the god, since white color also means as color for serving god.



#### Walking

Walking is an aerobic exercise that utilizes all of your body functions in a naturally balanced way. Walking with less impact on your body and without stressing your knees or back can create a beautiful appearance.

In this course, you will learn the important points such as; basic walking techniques finding your body's distortion or mannerism, correcting your posture and how to present yourself beautifully.



#### Chigiri-e (Tone paper art)

Chigiri-e is visual art made entirely of Washi, Japanese Paper. No paints of any kind are used, rather countless numbers of handmade tiny papers (Washi) are meticulously assembled to create the final image. This is a classic traditional Japanese art form.



#### Manner

Manner is to express your thoughts through formality. We will guide you in; proper greetings, appropriate words and the lovely facial expressions and natural movements that complement correct manners. This course will provide you with the knowledge to become an attractive and thoughtful adult able to converse confidently in both Oriental and Western cultures. You will be comfortable in all social settings from the office environment, everyday situations to the social life scene. Currently we offer an intensive training course to become a coach for the Manner course.



#### Kumihimo (Japanese braids)

Limited only by your imagination. With just a simple idea in time you will have the ability to create an infinite collection. That's the fascinating side of Kumihimo.



#### Kimono dressmaking

You will master the Hadajyuban (underwear for Kimono), Tomesode (short sleeve Kimono) and the Furisode (long sleeve Kimono) Kimono creation techniques. On completion you will have the ability to generate an income with your new Kimono dressmaking skills.

This course trains Kimono specialists whom recognize that the heart of Japanese is living in the Kimono. Through you, Japanese heritage and culture from past generations can be passed down to the next generation.



#### Coaching

Questioning by the coach technique. Our coach will question you, and support you on how to fully understand your partner, identify (problems) and become proactive. Once realized you can act on your own, or possibly to strengthen and become supportive of your partner's performance (their results and/or achievements). The coaching contains very useful techniques that can be used for many life relationships, from the business environment to the parent child relationship, husband wife, and dating couples.

