



ESSENTIAL GUIDE

Find Your Perfect Gi

A practical guide to materials, fits, sizes and care — so you can choose with confidence.



MATERIALS & FABRICS

Understand the differences



FITS & SIZING

Find your ideal fit



CHOOSE BY DISCIPLINE

Kendo · Aikido · Iaido · Jujutsu · BJJ



CARE & LONGEVITY

Keep your gi in top condition

FREE PDF DOWNLOAD 

PRACTICAL | AUTHENTIC | TIMELESS



JAPANESE HERITAGE
MODERN PRACTICE



Precision in every stitch.

Tradition, comfort and customizable quality



At My Keiko Gi, every product begins with respect for Japanese budo tradition - not as something static or nostalgic, but as a living foundation that guides how we design, measure and produce.

A uniform should bring peace of mind, support focus and remain reliable through years of daily training and professional use. Traditional cuts and proven materials are combined with contemporary craftsmanship, thoughtful fabric selection and complete personalization.

CUSTOMIZATION AS A STARTING POINT

A gi only works if it fits correctly. Chest size, sleeve length, shoulder width, back length and proportions can be adapted so the garment supports movement without distraction.

Materials, finishes and color fastness are selected so the uniform retains its appearance even with intensive use. For My Keiko Gi, a uniform is more than clothing: it is an extension of attitude, discipline and identity.

Find your perfect gi

Match material, cut and construction to the way you train.

01

DISCIPLINE

Kendo, Aikido, Iaido, Jujutsu, BJJ and technical daily training each place different demands on cut, weight and freedom of movement.

02

FABRIC & WEIGHT

Pearl wave cotton emphasizes strength and grip resistance. Lightweight poly/cotton reduces heat and drying time. Mesh technology adds airflow during intense practice.

03

FIT & MOBILITY

Traditional cuts prioritize posture and clean movement. BJJ-specific cuts balance control and mobility. Custom measurements can refine the fit further.

04

CARE & LONGEVITY

Frequent training rewards easy-care fabrics, reinforced stitching, correct washing and controlled drying. The right care helps preserve structure and color.

Which product fits your practice?

Start with the way you train, then choose the construction that supports it.

01

Traditional daily Kendo

Kendo Gi 450 GSM

Structure + breathability

02

Hot dojo / summer sessions

Summer Kendo Gi

Lowest weight + quick drying

03

Frequent intense Kendo

Double Layer Mesh

Structure + advanced airflow

04

BJJ / gripping & rolling

BJJ Keiko Gi

Grip resistance + reinforced stress points

05

Light technical training

Light Gi

Low weight + easy care

06

Traditional budo silhouette

Hakama

Pleats + posture + tradition

07

Indoor grounded movement

Japanese Tabi

Floor sensitivity + stable contact

At-a-glance model comparison

A technical snapshot to make the trade-offs clear.

MODEL	WEIGHT	AIRFLOW	DURABILITY	BEST FOR
Kendo Gi 450 GSM	HIGH	●●○	●●●	Daily / intensive Kendo
Summer Kendo Gi	LOW	●●●	●●○	Heat / summer
Double Layer Mesh	MED	●●●	●●●	Frequent intense keiko
BJJ Keiko Gi	HIGH	●●○	●●●	Grips / rolling
Light Gi	LOW	●●●	●●○	Technical daily training
Hakama	MED	●●○	●●●	Traditional disciplines
Japanese Tabi	LOW	●●○	●●●	Indoor grounded movement

HOW TO READ THE DOTS

●●● = strongest emphasis, ●●○ = balanced/moderate. These ratings are a practical guide, not laboratory performance scores.

Kendo Gi



DISCIPLINE
BUILDS
A BETTER YOU

MyKeikoGi
TRADITION FUELS PROGRESS

Kendo Gi

TRADITIONAL QUALITY
FOR TODAY'S PRACTICE

- 100% Cotton
- Pearl Wave Weave
- 450 GSM
- Traditional Kendo Cut
- Reinforced Stitching
- For Regular & Intensive Training
- Available in White & Blue



ALSO AVAILABLE
IN BLUE



PEARL WAVE WEAVE
DURABLE. BREATHABLE.
AUTHENTIC.



TRADITIONAL CLOSURE
CHEST-LEVEL SIDE TIE
FOR A SECURE FIT.

MORE
THAN A UNIFORM
—
A HIGHER STANDARD

Shop now >

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PRACTICE TODAY
A STRONGER TOMORROW

PRODUCT PROFILE

Traditional Kendo Gi designed for durability, ventilation and reliable daily use. The 450 GSM pearl wave cotton balances structure with breathability and supports unrestricted movement during regular and intensive keiko.

KEY SPECIFICATIONS

- 100% cotton
- Pearl wave weave
- 450 GSM
- Traditional Kendo cut
- Reinforced stitching
- Regular and intensive training

Summer Kendo Gi

MyKeikoGi
TRADITIONAL SPIRIT
FOR A BETTER YOU

Summer Kendo Gi

Lightweight comfort for
intense summer practice

夏の稽古着

TRADITIONAL QUALITY
ALL SEASON DEDICATION

SAME
TRADITIONS
BRIGHTER
TOMORROWS

継続
CONTINUOUS
IMPROVEMENT

剣道

DISCIPLINE
CULTIVATES
A BRIGHTER
TOMORROW

心

AVAILABLE IN
WHITE & NAVY

LIGHTWEIGHT
BREATHABLE FABRIC
POLY/COTTON BLEND
8 OZ

TRADITIONAL
CHEST-LEVEL TIE CLOSURE
WITH INTERNAL
LOWER TIES

QUICK-DRYING
& BREATHABLE
IDEAL FOR SUMMER TRAINING
AND WARM DOJO ENVIRONMENTS

LIGHTWEIGHT

QUICK-DRYING

IDEAL FOR SUMMER TRAINING
AND WARM DOJO ENVIRONMENTS

BREATHABLE

COMFORTABLE,
UNRESTRICTED MOVEMENT

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JAPANESE QUALITY FOR A BRIGHTER TOMORROW

TRADITION | DISCIPLINE | A HIGHER TOMORROW

PRODUCT PROFILE

Designed for warm dojos and intense summer sessions, the Summer Gi uses a lightweight 8 oz poly/cotton fabric to reduce heat build-up while remaining practical for frequent training.

KEY SPECIFICATIONS

- Poly/cotton blend
- 8 oz fabric weight
- Lightweight and breathable
- Quick-drying
- Comfortable full freedom of movement
- Summer training and warm environments

Kendo Gi - Mesh Technology

Kendo Gi Double Layer

Traditional strength.
Modern performance.

剣道
KENDO SPIRIT LIVES ON

Breathable mesh lining

Designed for intense keiko

Traditional fit • Advanced ventilation

Built for those who keep going.

BREATHABLE MESH LINING

PREMIUM CRAFTSMANSHIP

Shop now >

mykeikogi.com

BETTER PRACTICE
A STRONGER YOU

PRODUCT PROFILE

The double-layer Kendo Gi focuses on comfort and temperature regulation. The outer layer provides structure and durability, while the breathable inner mesh supports airflow and faster drying during demanding keiko.

KEY SPECIFICATIONS

- Durable cotton blend outer layer
- Breathable mesh lining
- Moisture management
- Improved ventilation and quick drying
- Traditional Kendo cut
- Intensive training and warm dojo environments

- 100% cotton
- Pearl wave weave
- 450 GSM
- BJJ-specific fit
- Extra-strong stitching at stress points
- Daily training and sparring
- Personalization possible

Light Gi



LIGHT KEIKO GI

COMFORT IN EVERY PRACTICE

A lightweight keiko gi designed for daily training. Breathable, durable and comfortable, so you can focus on what matters most: your practice.

稽古着

TRADITION
PRACTICE
PROGRESS

SAME SPIRIT
LIGHTER JOURNEY





LIGHTWEIGHT FABRIC
BREATHABLE AND COMFORTABLE FOR DAILY USE



STRONG STITCHING
DURABLE FOR INTENSIVE TRAINING



TRADITIONAL FIT
AUTHENTIC DESIGN
OPTIMAL FREEDOM OF MOVEMENT



SIGNATURE DETAIL
OUR BRAND
YOUR PRACTICE

JAPANESE HERITAGE | MODERN PRACTICE | LASTING QUALITY

PRODUCT PROFILE

A practical lightweight gi made from 8 oz poly/cotton fabric. Designed for speed, precision and comfort, it supports sharp movement while remaining breathable, easy to maintain and suitable for frequent technical practice.

KEY SPECIFICATIONS

- Poly/cotton blend
- 8 oz fabric weight
- Traditional karate cut
- Light and breathable
- Easy to maintain
- Regular training and technical exercises

Traditional Hakama

Genuine Japanese Hakama

*Crafted with Precision,
Inspired by Tradition*

Authentic structure. Elegant movement.
Built for daily practice.

- Traditional pleat construction
- Durable fabric
- Comfort & structure
- Suitable for Aikido, Iaido, Kendo & Aiki Jutsu
- Strict quality standards

Produced in Pakistan under authentic Japanese quality standards

STRONG WAISTBAND WITH LONG HIMO TIES

DEEP PLEAT CONSTRUCTION FOR AUTHENTIC FORM

Shop now >
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TRADITION
DISCIPLINE
A STRONGER YOU

継続
SAME
TRADITION
BRIGHTER
TOMORROWS

PRODUCT PROFILE

A traditional hakama inspired by Japanese budo construction and silhouette. Durable fabric, classic lines and carefully maintained pleats support posture, movement and visual discipline. Production origin and material specification should always be confirmed on the current product page.

KEY SPECIFICATIONS

- Traditional budo-inspired construction
- Available in blue or black
- Deep pleat construction
- Long himo waist ties
- Suitable for multiple traditional disciplines
- Check current product page for material and origin

Japanese Tabi



MyKeikoGi
TRADITIONAL SPIRIT
FOR A BETTER YOU

TRADITION
DISCIPLINE
A HIGHER
TOMORROW

—

継続
CONTINUOUS
IMPROVEMENT

Japanese Tabi

Traditionally Made

— 日本の足袋 —

INDOOR WORK, TRADITIONAL PRACTICE
& MARTIAL ARTS TRAINING

日本製
MADE
IN JAPAN

SAME
TRADITIONS
BRIGHTER
TOMORROWS





TRADITIONAL
KOHAZE CLOSURE



WHITE ISHIZOKO-ORI SOLE



100% COTTON



TWILL FABRIC WITH
SUBSTANTIAL THICKNESS



ISHIZOKO-ORI SOLE
FOR ENHANCED DURABILITY



TRADITIONAL
SPLIT-TOE DESIGN



SUITABLE FOR
INDOOR USE



MADE IN JAPAN

SHOP NOW >

—

mykeikogi.com

—

JAPANESE QUALITY
FOR A BRIGHTER TOMORROW

PRODUCT PROFILE

Traditional Japanese tabi designed for indoor use. 100% cotton twill, a separated big toe and a durable woven sole support stable posture, sensitivity to the floor and reliable movement during traditional practice.

KEY SPECIFICATIONS

- 100% cotton
- Twill fabric with firm thickness
- Ishizoko-ori woven sole
- Traditional split-toe construction
- Made in Japan
- Indoor work and martial arts training

Understand the fabric

The quickest way to choose well is to understand what the textile is designed to do.

MATERIAL	BEST MATCH	WHY IT MATTERS
450 GSM pearl wave cotton	Kendo Gi / BJJ Gi	Strength, structure, grip resistance, breathability
8 oz poly/cotton	Summer Kendo Gi / Light Gi	Lower weight, airflow, quicker drying, easy care
Double layer + mesh	Kendo Gi Mesh Technology	Structure outside, ventilation and moisture management inside
Durable cotton	Hakama	Pleat retention, posture, traditional appearance
Cotton twill + woven sole	Japanese Tabi	Firm feel, flexibility, durability and ground contact

"Choose the fabric for the practice - not the other way around."

Weight, weave and construction influence heat management, durability, grip resistance, freedom of movement and maintenance. A technically better choice is the one that matches how and where you train.

A fit that supports your practice

Size is only the start. Proportion determines how the garment behaves in movement.



01 CHEST SIZE Enough room for breathing, rotation and layered movement without excess fabric.

02 SLEEVE LENGTH Balanced for discipline, grip exposure and wrist freedom.

03 SHOULDER WIDTH Supports a clean upper-body line without restricting reach.

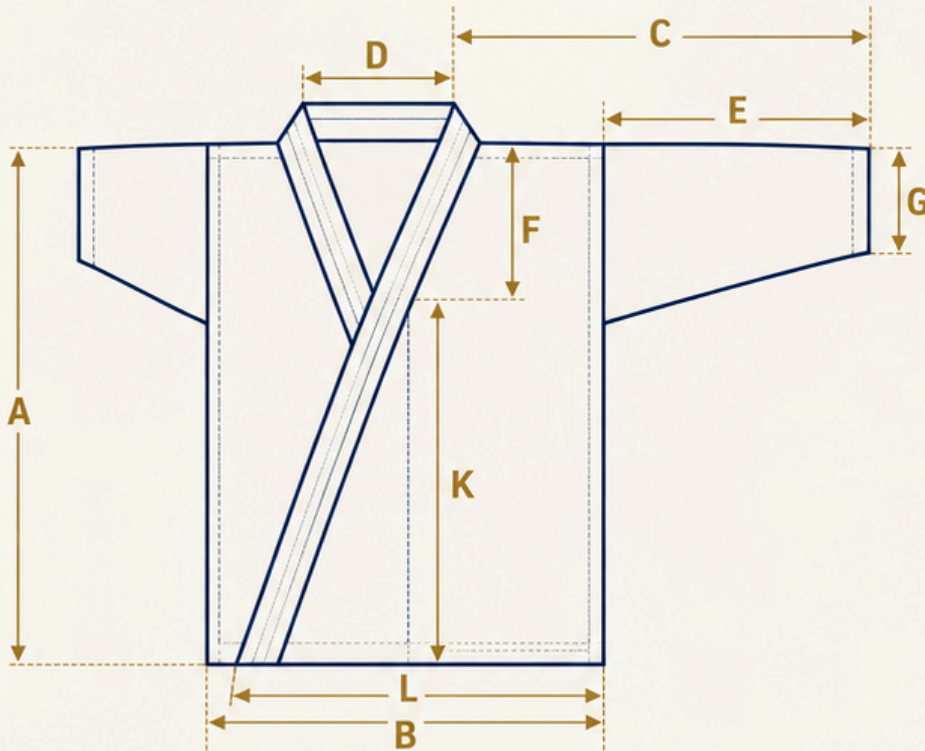
04 BACK LENGTH Controls coverage, balance and how the jacket sits during movement.

05 PROPORTIONS The relationship between all measurements determines whether the gi feels natural.

HOW TO MEASURE

A fit that supports your practice

Correct measurements improve comfort, mobility, and the final fit of your My Keiko Gi.



MEASUREMENT POINTS

- A** Body length
From shoulder to hem
- B** Width
Garment width at hem
- C** Sleeve length
From collar to sleeve end
- D** Collar / front overlap
Width of collar
- E** Shoulder
From neck seam to sleeve end
- F** Chest depth
From shoulder to underarm
- G** Sleeve opening
Vertical opening at sleeve end
- H** Cuff
Cuff width (sleeve end)
- I** Underarm depth
From underarm to hem
- J** Side opening
Side slit height
- K** Front length
From collar base to hem
- L** Hem / reference width
Bottom width across front panel

STANDARD SIZE GUIDE

HEIGHT AND WEIGHT RANGES
FOR REFERENCE

Size Groups	Size	Height (cm)	Weight (kg)
Youth Sizes	YXS (000)	36-41 (91-104)	30-50 (14-23)
	YS (00)	41-46 (104-117)	40-60 (18-27)
	YM (0)	46-51 (117-130)	55-80 (25-36)
	YL (1)	51-56 (130-142)	70-100 (32-45)
	YXL (2)	56-61 (142-155)	90-120 (41-54)
Adult Sizes	S (3)	61-66 (155-168)	110-150 (50-68)
	M (4)	66-70 (168-178)	140-180 (63-82)
	L (5)	70-73 (178-185)	170-210 (77-95)
	XL (6)	73-76 (185-193)	200-240 (91-109)
	2XL (7)	76-79 (193-201)	230-270 (104-122)
	3XL (8)	79-82 (201-208)	260-300 (118-136)

STANDARD COLORS

The gi will be made in four standard colors:
Black, Navy, Grey, and Dark Red.



Black



Navy



Grey



Dark Red

HOW TO MEASURE

- 1 Measure a well-fitting gi laid flat**
Use a gi that fits you well and place it on a flat surface.
- 2 Use a tape measure**
Measure each point as shown in the diagram.
- 3 Do not pull tight**
Keep the tape measure relaxed to get accurate measurements.
- 4 Add remarks if needed**
Let us know about special requests, embroidery, or any specific details on the order form.

Keep your gi in top condition

Simple habits preserve shape, fabric performance and appearance.

1

WASH WITH PURPOSE

Follow the garment care instructions and avoid unnecessary heat. Frequent training rewards consistent, gentle care.

2

CONTROL DRYING

Excessive heat can affect shrinkage and fabric structure. Air drying is generally the safer default when the care label allows it.

3

PRESERVE COLOR

Wash dark colors with similar tones and avoid aggressive bleaching products unless the garment instructions specifically permit them.

4

RESHAPE AFTER WASHING

Straighten collars, hems and pleats before drying. Hakama folds in particular benefit from careful handling.

5

ROTATE FOR FREQUENT TRAINING

If you train often, rotating between uniforms reduces repeated wear and gives each garment time to dry completely.

MATERIAL-SPECIFIC NOTES

100% cotton: allow for natural shrinkage and avoid unnecessary high heat. Poly/cotton: typically easier-care and faster-drying. Pearl weave: preserve structure with controlled washing and drying. Hakama: restore pleats before drying. Navy/black: wash with similar dark tones, especially during the first washes.

Questions before you order

A few answers that remove the most common points of uncertainty.

Which size should I choose?

Use the current size chart or provide your measurements. Custom sizing is available when standard proportions do not fit well.

What if I am between sizes?

Do not guess. Share your body measurements and intended discipline so the fit can be evaluated.

Can sleeve or jacket length be adjusted?

Yes, personalization can include proportions such as sleeve length, shoulder width and overall length.

Can I add my name or dojo logo?

Personalization and embroidery options are available depending on the product and order.

How should I wash a navy gi?

Wash with similar dark colors, follow the garment care label and avoid aggressive bleaching or unnecessary heat.

Can a dojo place a group order?

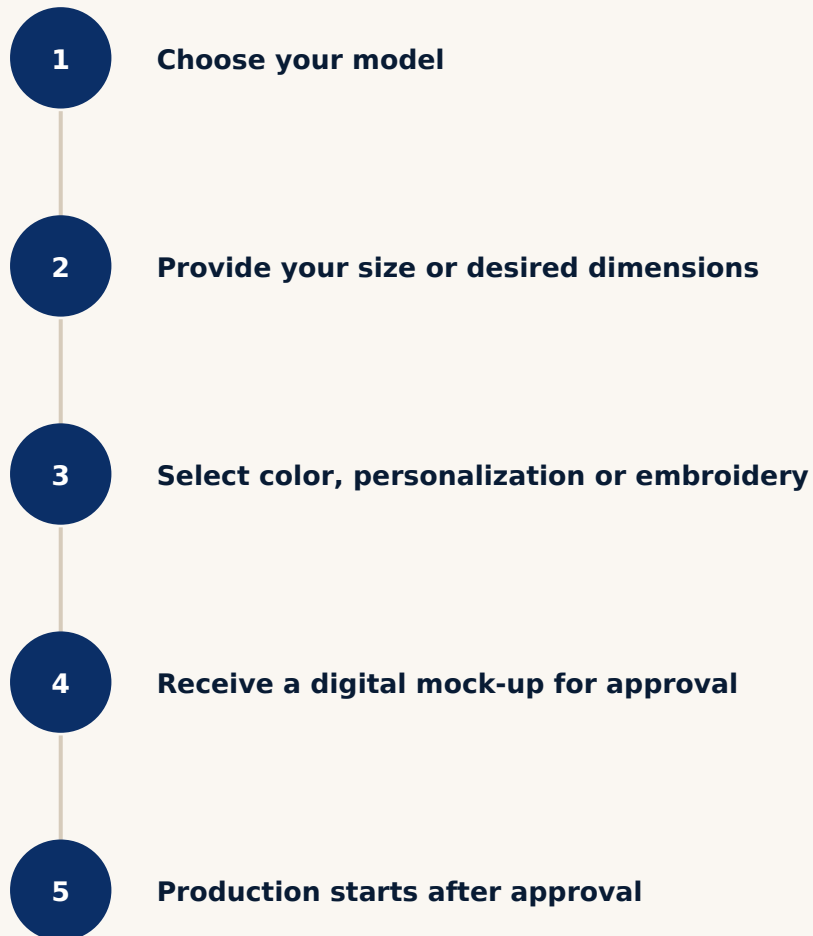
Group and small-series requests can be discussed directly so sizing, branding and delivery can be coordinated.

What is the lead time?

In-stock products are normally 3-5 business days; custom-made products are typically 4-5 weeks.

From choice to approval

A simple process for stock products, personalization and custom-made pieces.



DELIVERY TIME

3-5 business days

In-stock products

4-5 weeks

Custom-made products



MY KEIKO GI
WHEN TRADITION MEETS PERFECTION

Train with intent.

Choose with confidence.

MYKEIKOGI.COM

info@mykeikogi.com

TRADITION | PRACTICE | PROGRESS