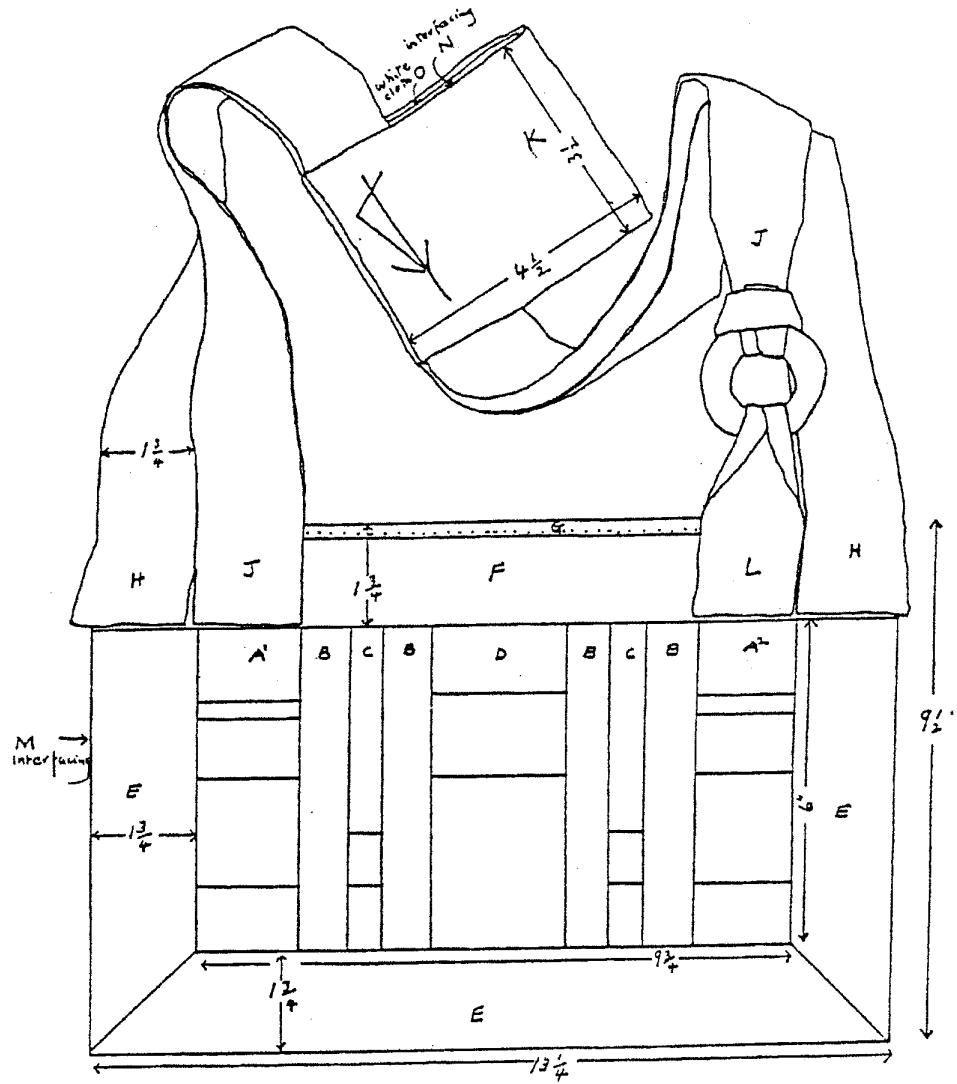
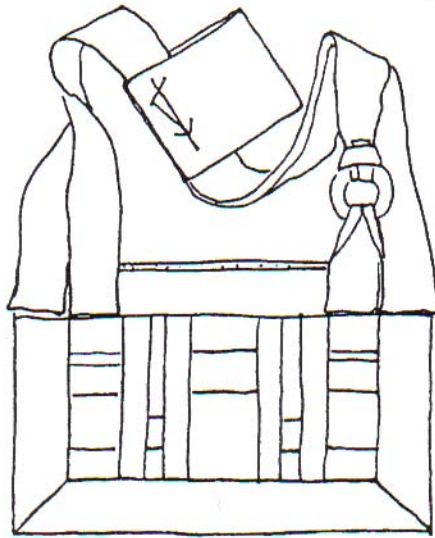
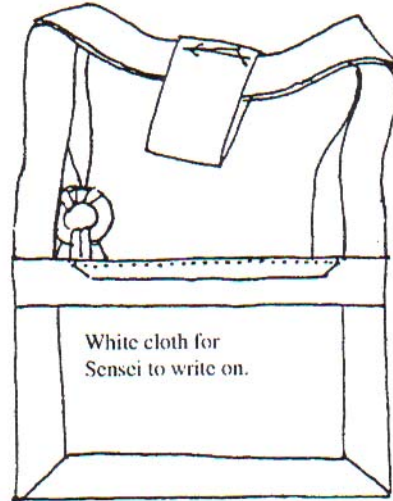


Rakusu Instructions





Front



Back

1. You will need:
 - 1.25 yards black cloth – Kona cotton or cotton polyester broadcloth
 - 0.5 yard white cotton drapery lining or silk (smooth white cloth that will be written on)
 - 0.5 yard white interfacing – non-fusible
 - 1 ring (wooden rings are usually available in craft supply stores like Zims in SLC)
 - 1 length of green embroidery thread
 - 1 spool of black quilters' thread
 - Optional 0.25 yard piece of lightweight fusible interfacing (see step # 8 to decide if you need it)
2. Your rakusu is an intricate and individual piece of work and should be made without rushing. Please allow yourself plenty of time to enjoy making it, particularly if you are not accustomed to sewing. It is very helpful to have a finished rakusu in front of you while you work.
3. Read all instructions carefully before you begin.
4. Mark all pattern pieces accurately on the cloth using a sharp white chalk pencil before cutting anything. Mark along the length of cloth, using the selvage as parallel. However, do not include the selvage in any of the pattern pieces. There are 16 pieces of black cloth, 2 pieces of non-fusible interfacing, 2 pieces of white cloth and optional strips of fusible interfacing.
5. On the next page is a chart that shows how to mark and cut out the black material. Be careful to use the straight grain of cloth at all times

Mark:

2 strips A1 and A2	9" x 2"
4 strips B	7" x 1.5"
2 strips C	8" x 1"
1 strip D	8" x 2.75"
1 strip E	36" x 4.5"
1 strip F	14.5" x 4.5"
1 strip G	9" x 2"
1 strip H	40" x 4.5" or 44" x 4.5" (if over six feet tall)
1 strip J	40" x 4.5" or 44" x 4.5" (if over six feet tall)
1 strip K	10" x 4.5"
1 strip L	9" x 4.5"

- 6 Now cut all these pieces using sharp scissors and making very clean lines. You will be using the seam allowances as your guide, so please take care.

J 40" x 4.5"					
H 40" x 4.5"					
E 36" x 4.5"					
F 14.5" x 4.5"		K 10" x 4.5"	L 9" x 4.5"	D 8" x 2.75"	
B 7" x 1.5"	B 7" x 1.5"	B 7" x 1.5"	B 7" x 1.5"		
A1 9" x 2"	A2 9" x 2"	G 9" x 2"	C 8" x 1"	C 8" x 1"	

Tall people should use 44" length for piece J and H.

- 7 Mark then cut from the non-fusible interfacing:

1 piece M 15.25" x 11.5"
1 piece N 10" x 4.5"

and from white cloth:

1 piece P 12.5" x 9"
1 piece O 10" x 3.5"

- 8 Start preparing the center section. Use the paper patterns on pages 10, 11, 12 and 13 to mark the lines on strips A, B, C and D. Iron the tucks in the directions indicated by the arrows on the patterns, then you may follow option A or B.

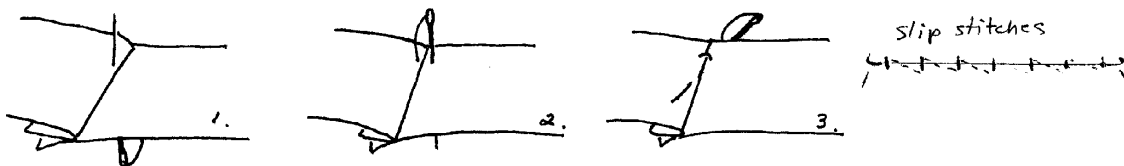
Option A (traditional). Baste then sew down the folds on the front side of the strip using slip-stitches.

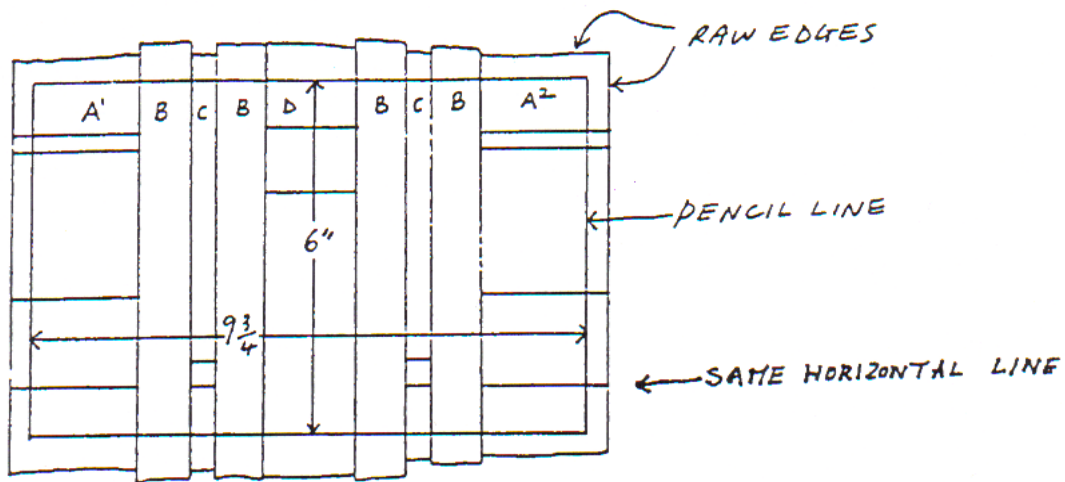
Option B (stitchless folds). Iron the pressed, folded strips A, C and D onto slightly larger strips of fusible interfacing (follow directions given for the interfacing). The bonding glue in the interfacing should hold the tucks in place. These tucks will later be secured when strips A, B, C & D are joined together.

- 9 Join pieces A, B, C, and D according to the diagram on the front page following your marked lines exactly. Press the seam allowances on to the B pieces and make alterations now.

- 10 Mark lightly with pencil a rectangle 6" x 9.75". There should be 0.25" at least outside your pencil line.

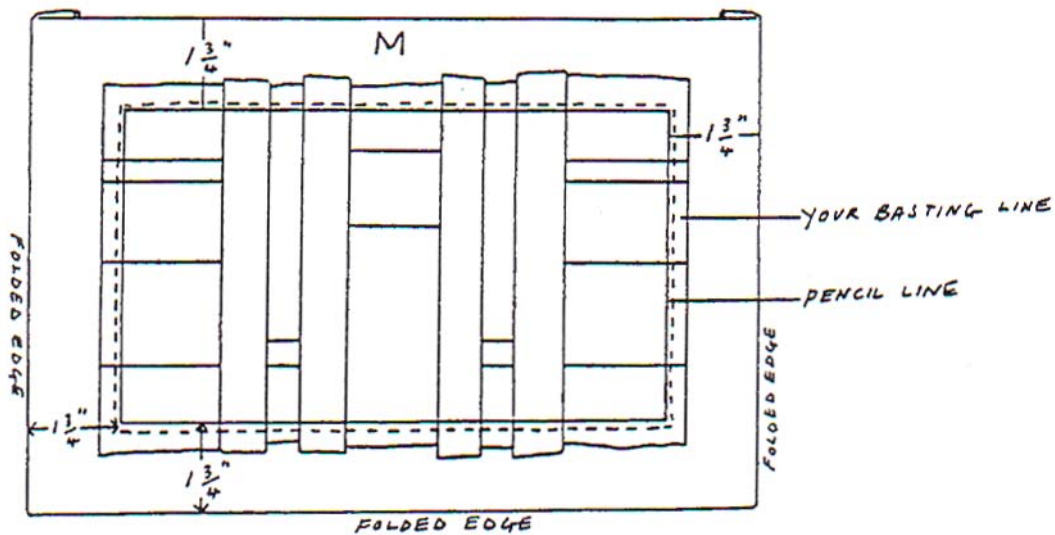
Slip-stitching





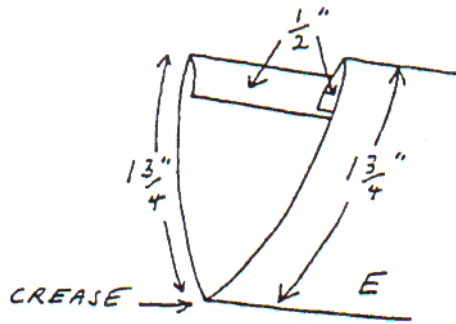
11 On interfacing piece M, fold and press a 1" turning on all four sides, so you have a frame that is exactly 9.5" x 13.25".

12 Place the finished center section (A – D) in the middle so there is a 1.75" space between the pencil line and the folded edge of the frame. Pin, then baste with small stitches. Press

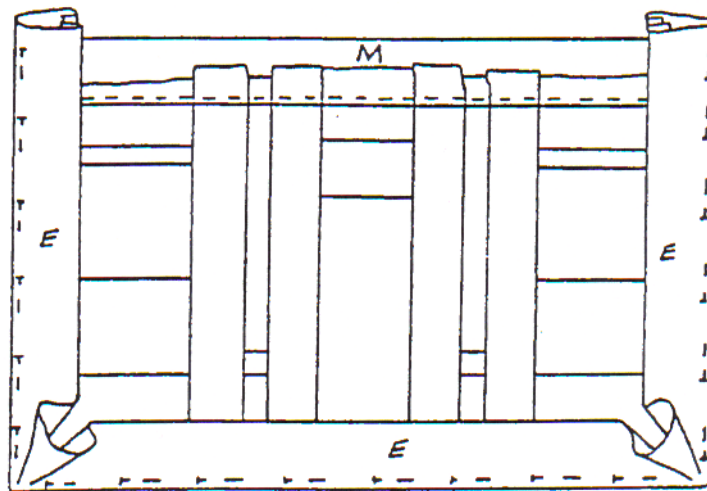


13 Now turn the frame over and place white cloth piece P in the middle so there is about 0.25" between the raw edges of P and the folded edge of the frame. Pin, baste with small stitches 0.25" from the edge of P. Press.

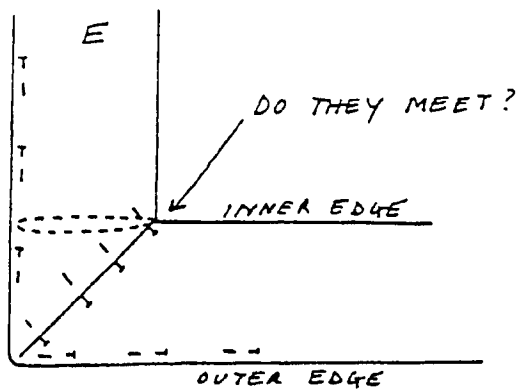
14 Press border piece E exactly in half lengthwise, then press both raw edges inside so that it measures 1.75" all the way along.



- 15 Starting at the top left corner, tuck the border around the fold edge of the frame, ending at the top right corner. Pin as you go, making sure that the edge of the frame fits very snugly into the crease of the border. Do not worry about the corners yet. Just keep the edge and crease together. The fold of border E should meet your pencil line on the center section exactly. Does it look like the diagram below?

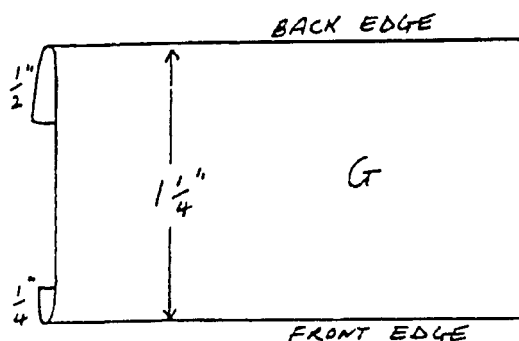


- 16 Now the corners. On the front, fold the excess cloth inside, towards the side edges. You may have to unpin a little to get the fold to lay neatly, then re-pin. On the back, fold the excess cloth towards the bottom edge of the frame, to distribute the thickness evenly.

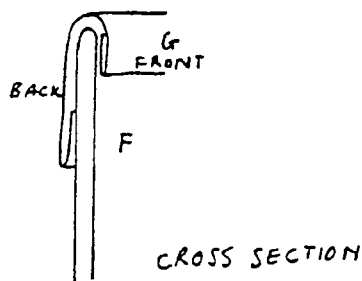


- 17 Baste inner and outer edges of the border, taking care not to shift the frame edge from the crease of the border.

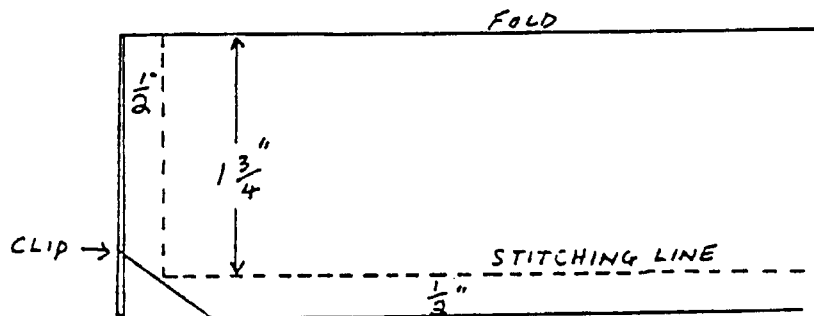
- 18 Slip-stitch by hand, the inner edge of the border and the corners on the front first. Your stitches should pick up the interfacing but not come through to the back. Then turn it over and stitch the back in the same way. Press carefully. Are you satisfied? Trim off raw ends of E so they are in line with the top edge of the frame.
- 19 Press piece F in the same way that you did E. Fold it over the top edge of the rakusu, again, making sure it's a snug fit. Pin. Baste. Tuck the ends of F neatly inside themselves with the excess cloth towards the back of the rakusu. Slip-stitch the front first, then the back.
- 20 On piece G, press a crease 0.5" from the back edge, press a crease 0.25" from the front edge. See the drawing below.



- 21 Center and fold G over the top edge of the rakusu, so that 0.25" shows in front and 1" in back.

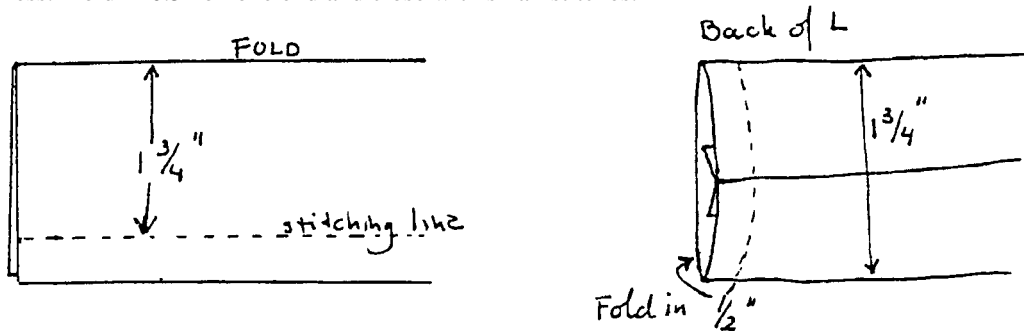


- 22 Pin G to F folding in the ends neatly at a right angle in front. On the back, form the ends into slants. See the drawing of the back of the rakusu on page 2. Baste. Slip-stitch. If you wish, stab-stitch through all layers to give the edge a firm finish.
- 23 Now the straps. Fold pieces J and H lengthwise and pin, raw edges together. Machine or hand stitch 0.5" from raw edges. Stitch across one end only on both pieces. Clip corners and turn through (inside out) with the aid of a chopstick. Press.

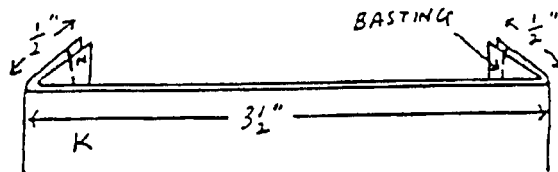


- 24 Strap piece L that holds the bottom of the ring in place is assembled a little differently than H and J. Fold L lengthwise and pin the raw edges together. Machine or hand stitch keeping both ends open.

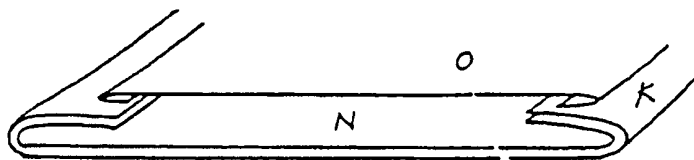
Turn inside out. Fold so that the seam is centered on the back of the strap. See drawings below. Press. Fold in 0.5" on one end and close with small stitches.



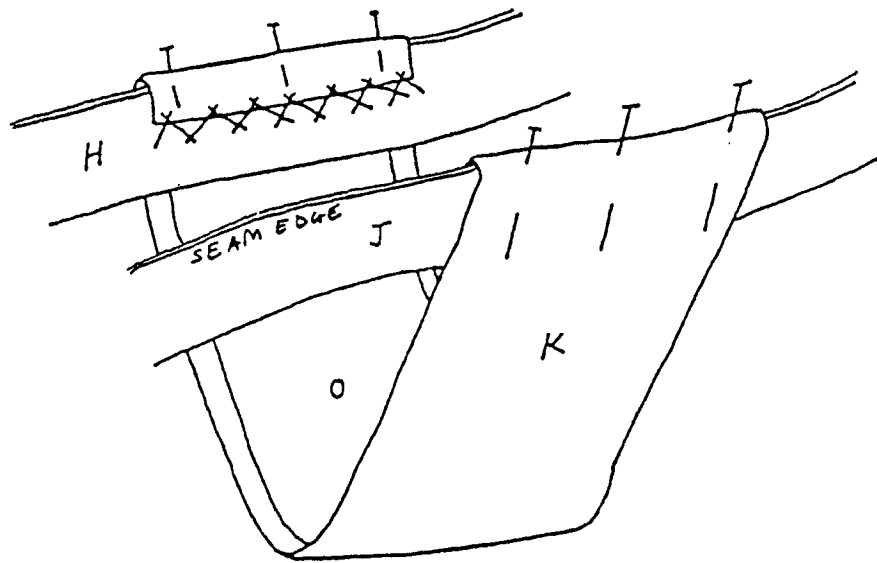
- 25 Pin black cloth piece K and non-fusible interfacing piece N together and baste the long sides 0.25" from the raw edges, allowing K to be a fraction looser than N. This is because K has to fit around N. Fold in 0.5" on each long side and press.



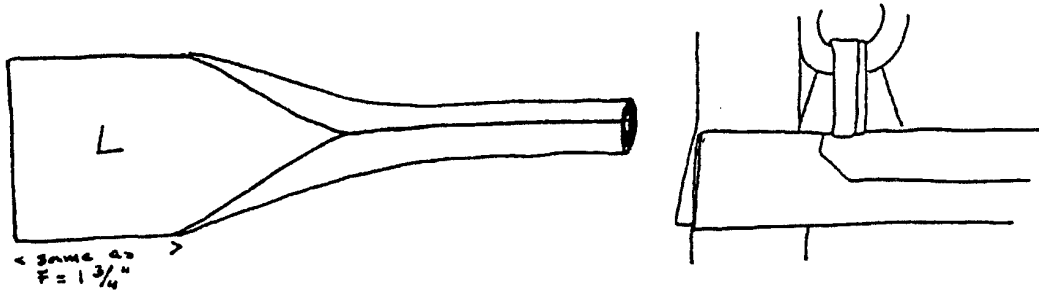
- 26 Fold in 0.25" on long sides of the white cloth piece O and press. Pin O to K/N so that 0.25" of K shows on either side of O. Baste then slip-stitch. Fold down raw ends 0.5" and press. Mark the center of the length with pins or pencil marks on the black side.



- 27 Pin the finished ends of J and H to the top edge of your rakusu, on the left as you look at it, as illustrated on the cover. Note that strap J is outside H at the neck. The seamed edges of the straps should be towards the center of the rakusu. Stitch them securely from the back without coming through to the front. Pin H and L in place on the right.
- 28 Draw the ends of J and L through the rakusu ring and pin to get an impression of how it will look.
- 29 Now try it on and check in the mirror. The bottom edge of the rakusu should come approximately 3" below your navel when you are standing up. Place hands in shasu to help you judge. When you sit in zazen your mudra should be covered. If it is too long, shorten the straps on the pinned side. When you are satisfied pin straps firmly in place.
- 30 Fold rakusu in half vertically to find the exact center point of the straps. Mark the center back on both straps with pencil. Fold the raw ends of K over the straps, lining up the center points and pin. See the diagram below. Cross-stitch the raw ends of K to straps and place both sides together, so the straps are sandwiched inside K. Slip-stitch folded edges together. Press.



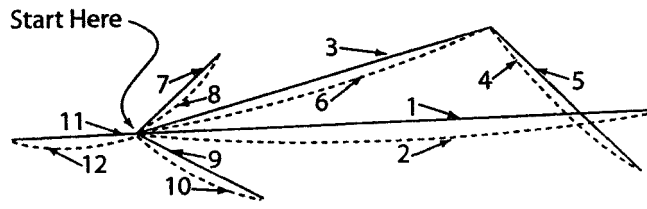
- 31 Fold the edges of L, one over the other, to the front, and stitch invisibly but firmly through all layers, finishing off the raw end neatly. Press well. Stitch it to the top edge of the rakusu. Draw the other end of L through the ring and stitch to the top edge of the rakusu at the back.



- 32 Finish the raw end of H and sew it onto the rakusu. Before cutting and finishing the end of strap J, test how you will tie it to the ring (see below) to establish the final length. Finish the raw end of J and tie it to the ring. It may take some practice to get the knot to sit at the right length. It will hold itself in place if you pull the strap taut after tying it. Usually, it is not stitched.

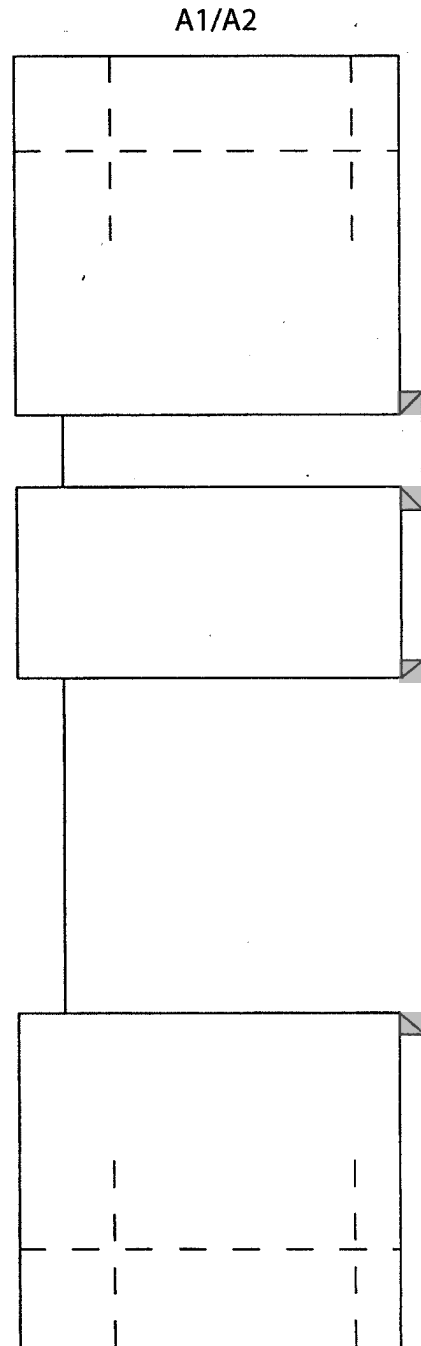
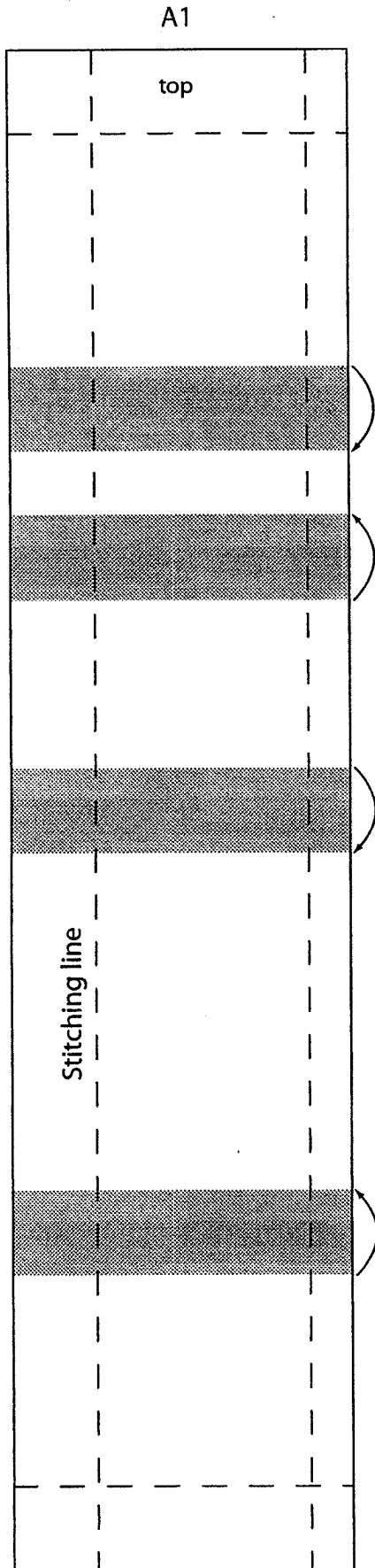


- 33 Lastly the broken pine twig that is embroidered on the neck piece of the rakusu. The cover picture shows where to place it. Thread your needle with green thread and practice on a spare piece of cloth. If you like, mark the main points with a pencil to guide you. The design should look as pleasing on the back as on the front. The numbers on the diagram below indicate in which order to stitch. Each line of the design is a single stitch. The solid lines will show on the outside of the neck piece, the dashed lines indicate that those stitches will be visible on the inside.



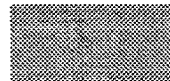
You have finished your rakusu. Congratulations!

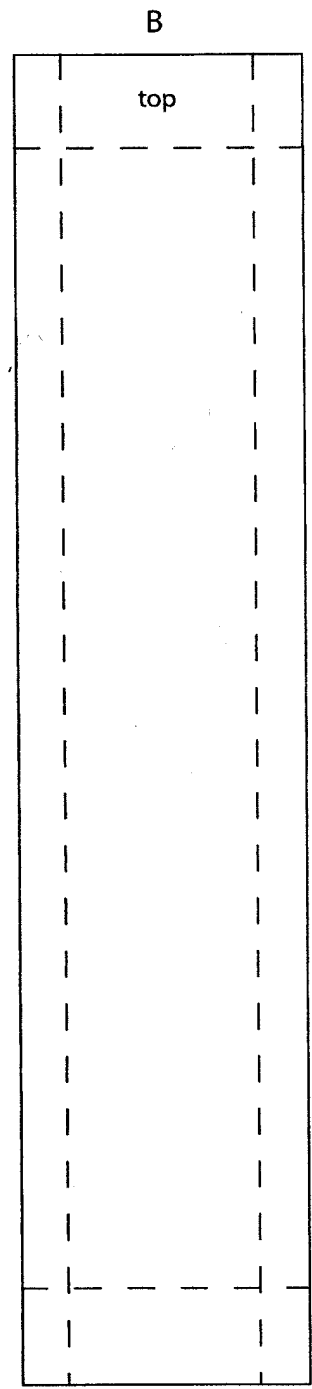
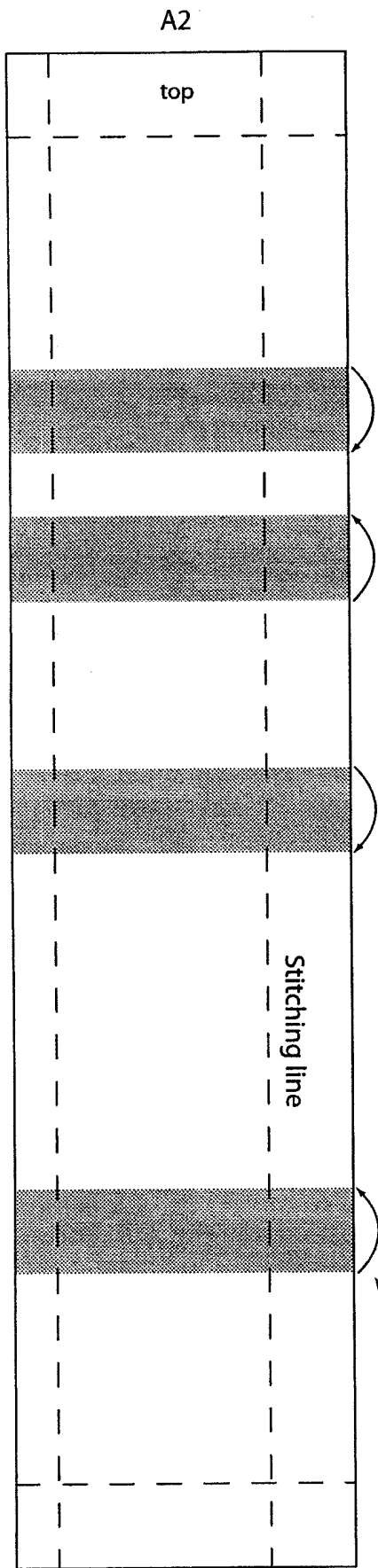
Patterns



Arrows indicate the direction in which to press the tucks.

Tucks are shaded areas.

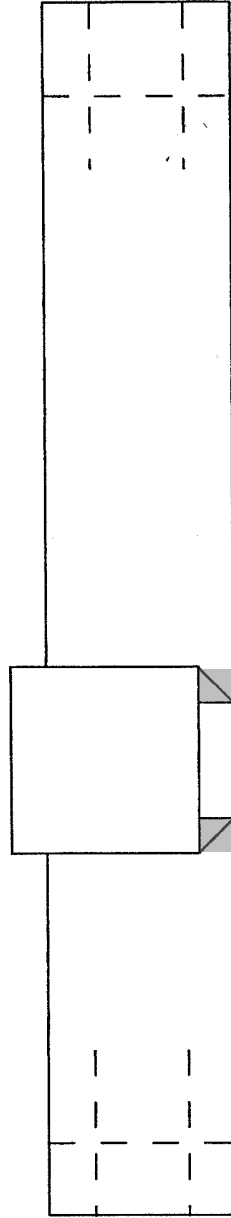
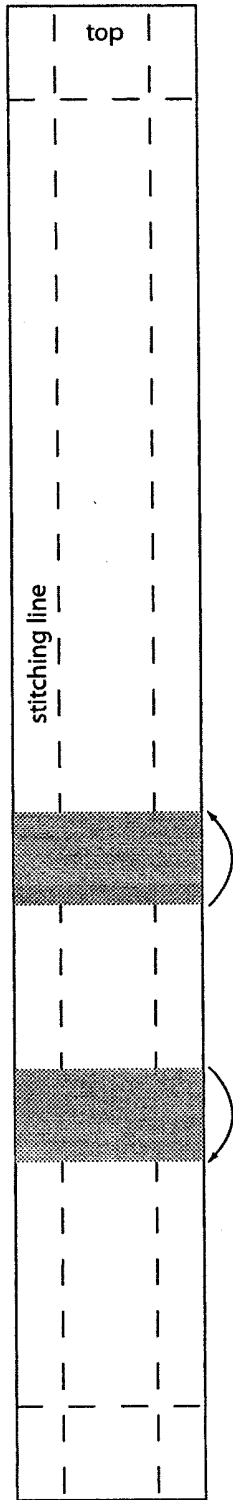




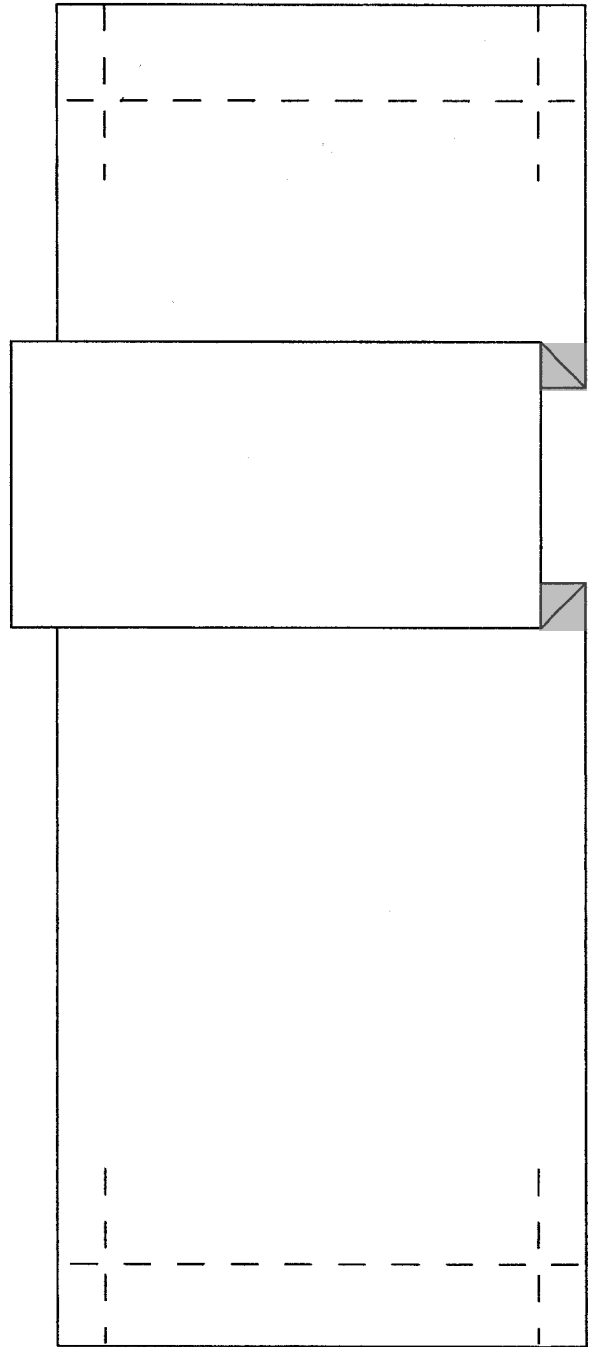
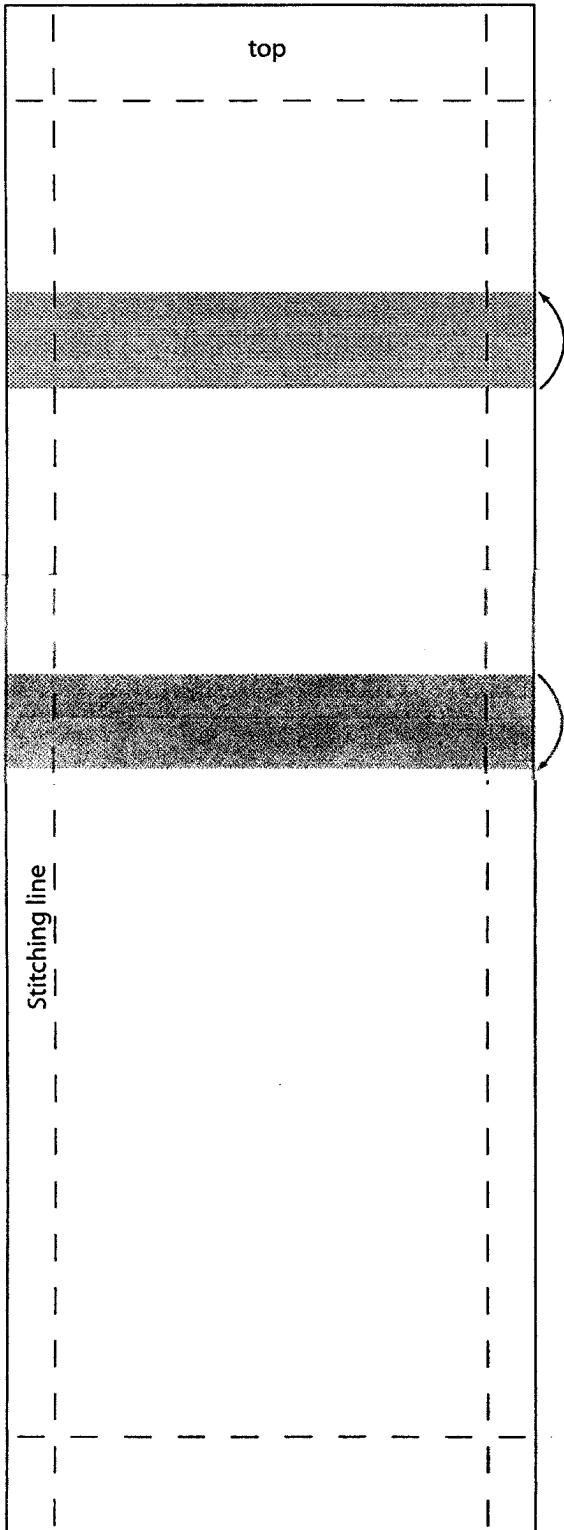
A1 and A2 are exactly the same, except the seam allowance is reversed.

Arrows indicate the direction in which to press the tucks.

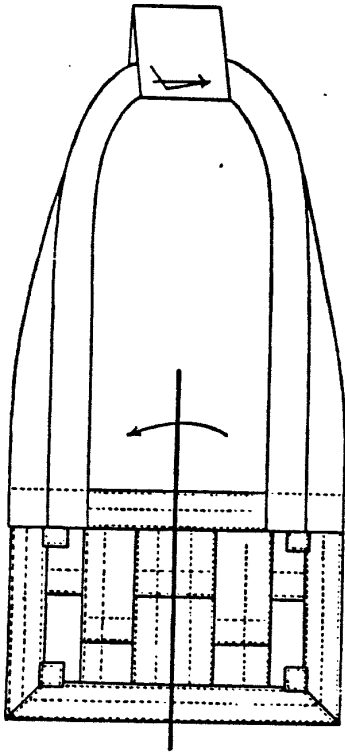
C



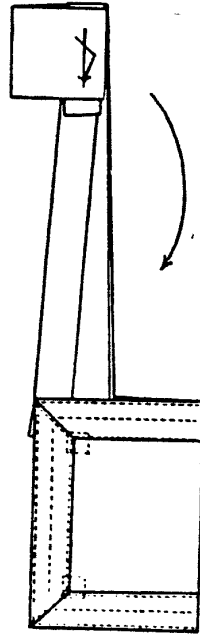
D



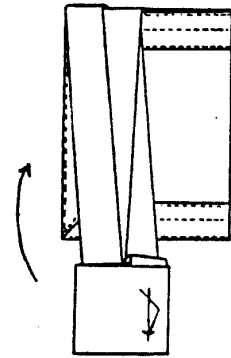
How to fold Rakusu.



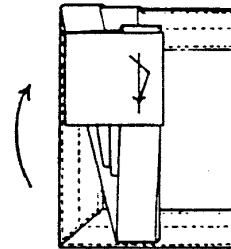
1.



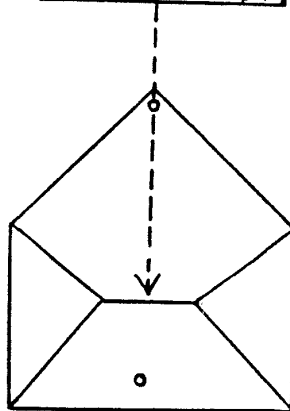
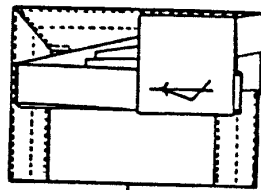
2.



3.



4.



5.