

How To: Adjustable Pant Legs

Materials:

- Dobok Pants
- 2 Buttons
- 2 lengths of Shoelace or Ribbon (preferably white)
- Sewing Needle
- White Thread
- Black Thread (optional)
- Sewing Pins (optional)

The position of the Buttons and the length of the Shoelaces/Ribbons vary based on the amount of pant leg that needs to be taken in. If you are unsure of the required lengths, start by pinning the materials to the pants and trying them on before sewing them into place.

Method:

- 1) Using the Black Thread, securely sew one Button onto the inside of the pant leg behind the ITF logo (see [red arrow](#) at right). If you do not have Black Thread, use the White Thread and sew the button in next to the ITF logo.
- 2) Using the White Thread, securely sew one length of Shoelace/Ribbon onto the inside of the pant leg at the bottom cuff (see [blue arrow](#) at right). The Shoelace/Ribbon should be sewn such that the top is sewn into the cuff, and the bottom trails down below the bottom of the pant leg (see [green arrow](#) at right) without bending. This allows the Shoelace/Ribbon to pull on the entire stitch and makes it more securely fastened to the pant.
- 3) Fold the pant leg up inside itself, then tie the Shoelace/Ribbon to the Button. Ensure the length of Shoelace/Ribbon and the position of the Button allow for the proper leg length by trying on the pants. Adjust the length of the Shoelace/Ribbon and the position of the Button as necessary (and make sure the Shoelace/Ribbon doesn't tickle the leg too much).
- 4) Repeat Steps 1 and 2 for the second pant leg.

Optional: If the pant legs are not staying secure with a single Shoelace/Ribbon and Button per leg, you can sew in a second set on the inseam.

Once the pants have been fully sewn, it is advisable to iron the roll of the pant cuff to help keep the crease in place (just be careful to not set any stains in the leg!).

