

# DISCOVER TOE POWER

tabi training shoes that harness the foot's innate abilities

Toes are meant to move separately.

The big toe and the little toes use different muscle groups, serving different functions in maintaining balance. However, modern shoes do not accommodate these muscular movements, ultimately hindering the foot's natural mobility.

Hitoe has created a product that harnesses the toes' innate abilities. The unique tabi shape allows the big toe to move separately, resulting in a better and more natural tread grip, better balance, and enhanced muscle performance.

Extremely efficient. Extremely simple.



toe movement

ultimate fit

terrain perception



ZEBRA GRAY



ZEBRA YELLOW



ORANGE

[COLORS] ZEBRA GRAY, ZEBRA YELLOW, ORANGE

## Toe Movement

grip strength enhancement

## Terrain Perception

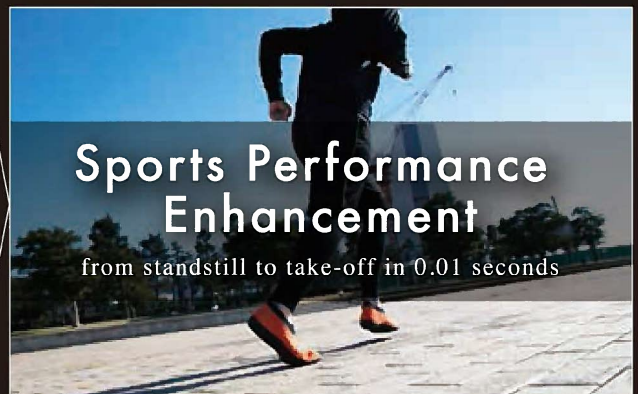
reflexive reaction enhancement

## Ultimate Fit

even distribution of force

## Sports Performance Enhancement

from standstill to take-off in 0.01 seconds





Traditional meets modern

## THE HISTORY OF TABI

Sandals were common footwear, even in ancient Egypt. In Roman sculptures, we commonly see leather sandals with the big toe separated from the other toes by leather strings. However, Western footwear eventually moved towards a shoe design that kept all the toes together.

In Japan, the word "Tabi" literally means a sack/pouch for the foot. The tabi entered society around the 10th century, and at that time, was likely a simple moccasin made of stitched animal leather. However, since Japanese people were already using other forms of traditional footwear such as "Waraji" and "Zouri" that separated the big toe from the other toes, the tabi was adapted to match. Eventually, the use of cotton tabi with a single separated toe came into common use.

In the 19th century, a new type of tabi appeared on the market. Jikatabi, tabi with vulcanized-rubber soles and cotton tops, became popular because they simulated the feeling of bare feet, protecting the foot while allowing for flexible movement.

Because the big toe and the little toes use different muscle groups to move, shoes with separated toes have been found extremely effective in improving foot grip strength. Meanwhile, shoes with all five toes separated use the little toe to balance, and are primarily designed to improve balance while running.



## Toe Movement

- Embodies the time-tested "Tabi" design principles
- Compliments the shape of the bare foot
- Enhances toe muscle strength (see graphs)
- Aids with balancing body weight



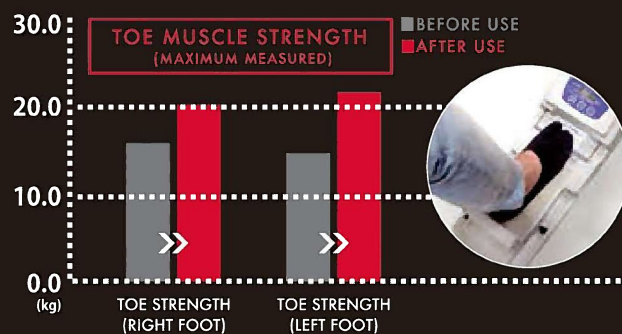
## Terrain Perception

- Thin, flat foot-bed with a soft out sole
- Enhances awareness of the ground by simulating bare feet
- Provides greater contact area with the ground

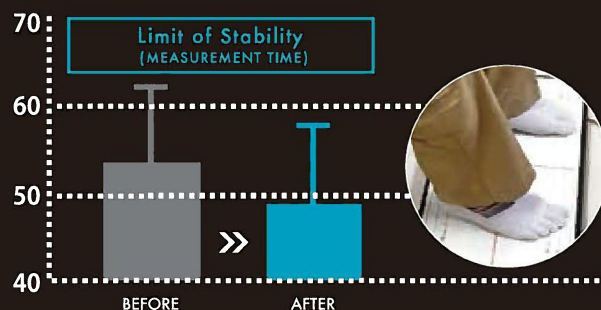


## Ultimate Fit

- Knitted, seamless construction
- WHOLEGARMENT™ (<http://www.shimaseiki.com/wholegarment/>)
- Imitates bare feet, allowing for better surface feedback
- Provides a comfortable and enjoyable experience
- Evenly distributes force



Muscle strength in the foot improved after a only a month of wearing hitoe.



The speed and efficiency of the user's Limit of Stability improved after only a month of wearing hitoe.

※These studies were conducted internally by Marugo Company Inc., and reflect the test results from June 19th, 2015 (before use) to July 24th, 2015 (after use).

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