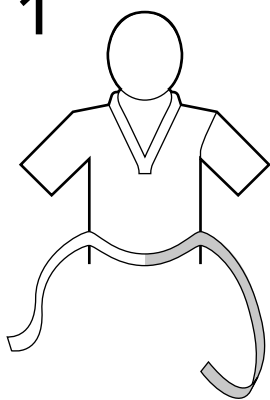


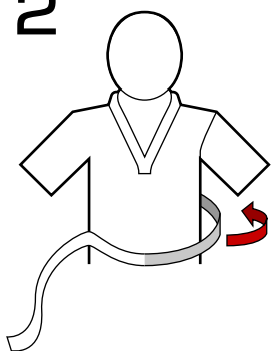
How to tie a martial arts belt

1



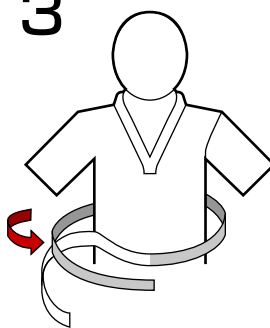
Place belt to belly button with more length on the left side.

2



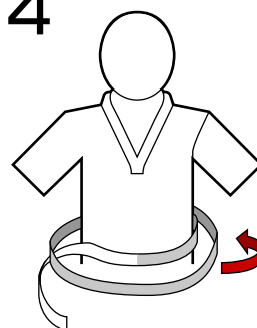
Wrap left side around back.

3



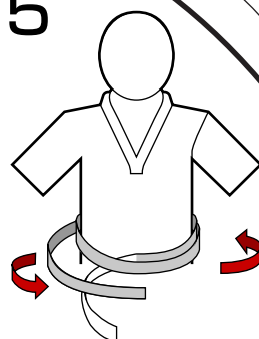
Continue strip around the front of the belt and body.

4



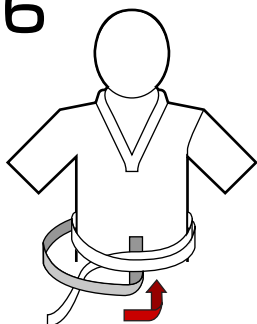
Go around the back a second time.

5



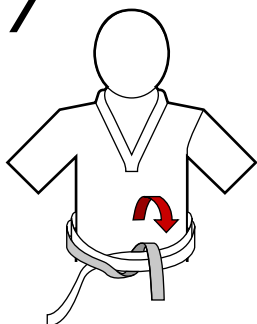
Keep the belt in one line with no twists back to the front.

6



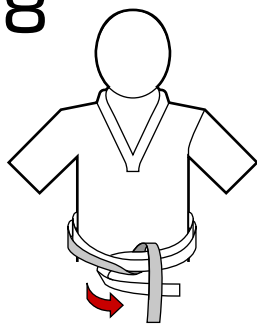
Push the strip behind both wraps of the belt from the bottom

7



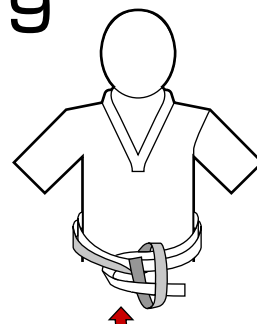
Continue over the top with same strip.

8



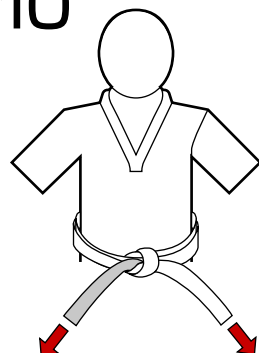
Turn the bottom strip under and inline with the waist line.

9



Take the top strip and go through the hole to complete the knot.

10



Pull sideways on the knot to tighten.