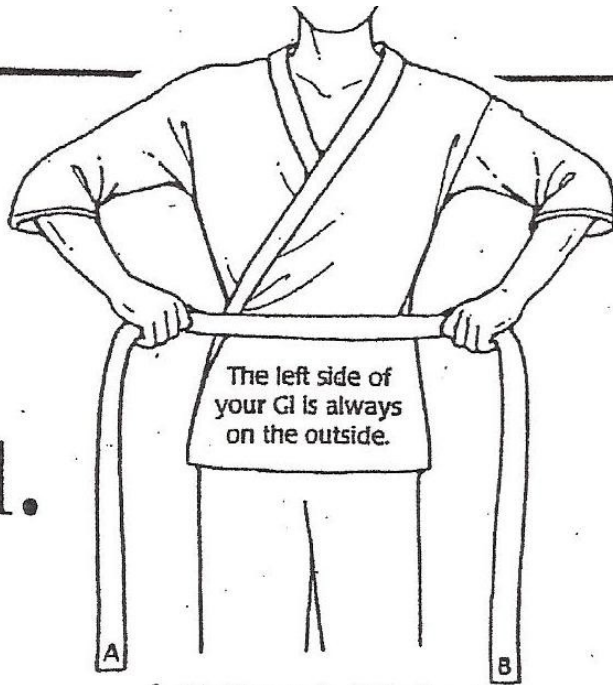


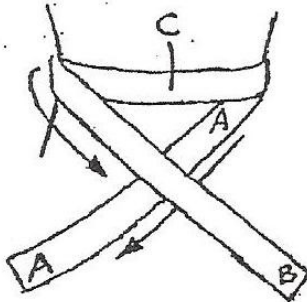
How to Tie Your Karate Belt

1.



1. Hold your belt in front of you making sure both ends (A and B) are even.

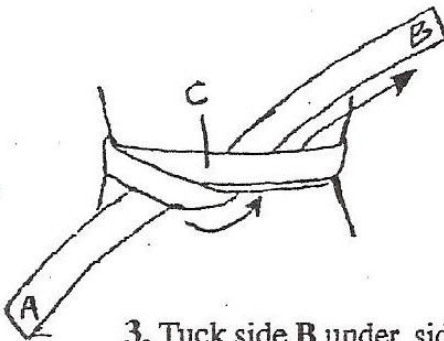
2.



Be sure side A is under C.

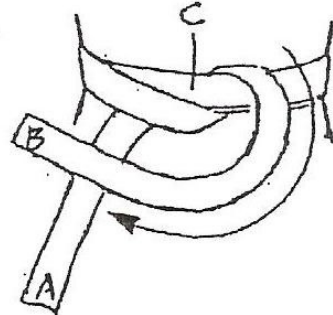
2. Wrap both ends of your belt around you keeping side A underneath C.

3.



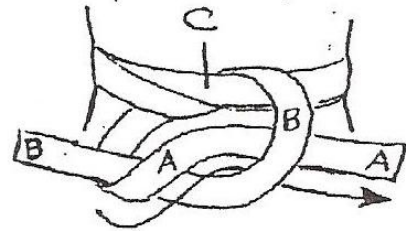
3. Tuck side B under side A and C and pull up. Pull on both ends to tighten the belt until it is comfortable.

4.



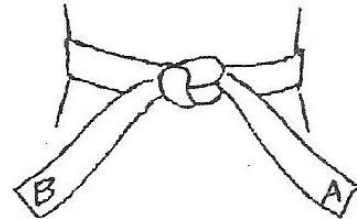
4. Bring side B down and point it to your right.

5.



5. Side A comes up over B and then tucks through B. Pull both ends to tighten the knot.

6.



6. When finished, your belt will look like this. Both ends of the belt should be even, if they are not, try again.

NOTE: Wearing the Gi and belt is a tradition handed down from generation to generation. It is important to tie your belt correctly and keep your Gi clean. You wear both with pride and respect for your art.