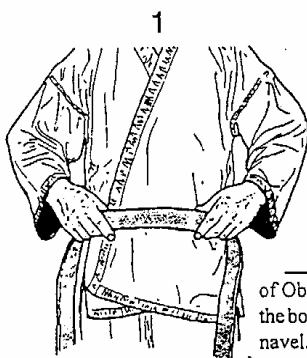


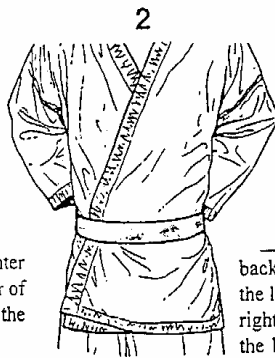


## Belt Tying

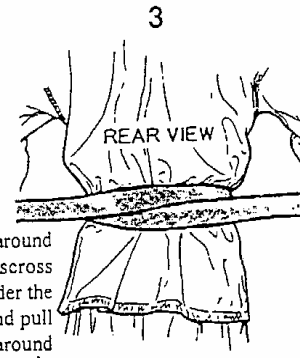
Tying of the belt is a basic, but important, skill for a beginning martial artist. Appearance of the uniform and belt are important to the presentation of the student for training and competition. When tied, the ends of the belt should be even, representing the mental and physical balance required to train in martial arts. Rank stripes, if any, should finish on the student's right side (left side when facing the student).



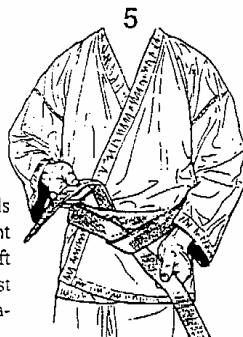
1  
Place center of Obi in the center of the body just below the navel.



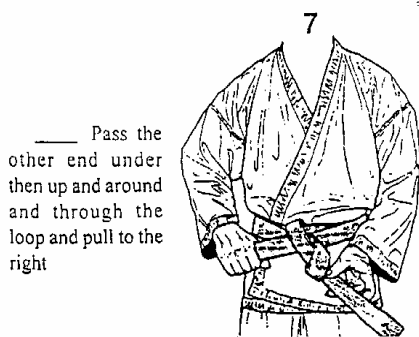
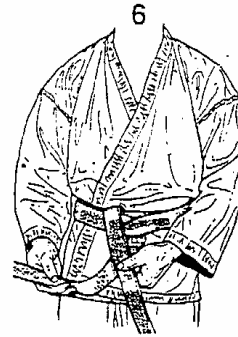
2  
Wrap around back and crisscross the left end under the right. Inhale and pull the belt tight around the waist.



3  
Bring ends around to the front and cross the left over the right just like the jacket lapels.



4  
Tuck the left end under & up behind BOTH strands and let hang down.



5  
Pass the other end under then up and around and through the loop and pull to the right



6  
When finished both ends must hang perfectly even. The knot will look like a small arrow pointing to the left.