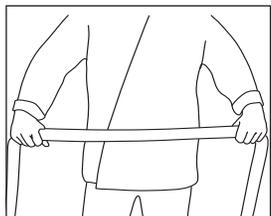
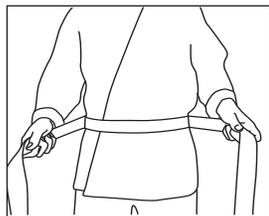


How to Tie your Belt

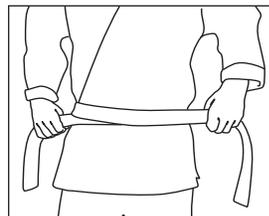
Beginner Belt Tying



Place the middle of the belt flat against the stomach and wrap the belt around the back.



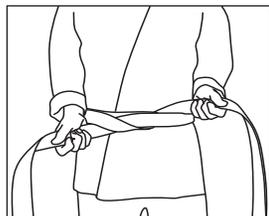
The belt goes around the back and crosses.



Both ends are brought around to the front, crossing again.



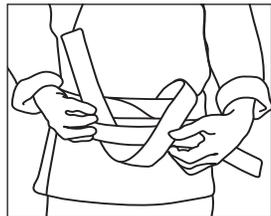
The belt on top tucks under both layers and points upward, the other end points downward



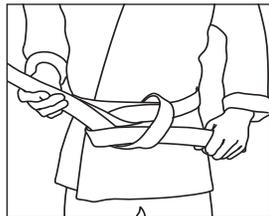
Pull both ends out to the sides.



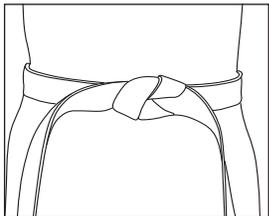
Place the belt pointing up over the top of the belt pointing down leaving a hole.



Bring the top end of the belt up and through the hole that is formed by the belt on the bottom.



Take the end of the belt up through the hole. Pull both ends out to the sides.



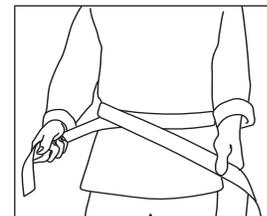
The knot is square and goes around both pieces of belt. Both ends are the same length.

Key Points: The beginner belt version will be crossed in the back.

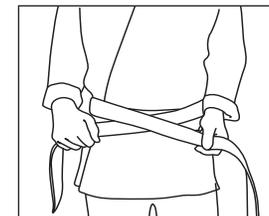
Advanced Belt Tying



Place one end of the belt flat against the stomach, leaving the other belt end longer.



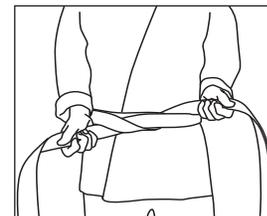
While holding the short end of belt, wrap the longer end around the waist twice.



Cross the belt in the front so that one end of the belt is on top of the other end.



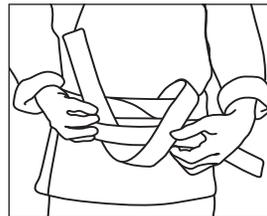
The belt on top tucks under both layers and points upward, the other end points downward



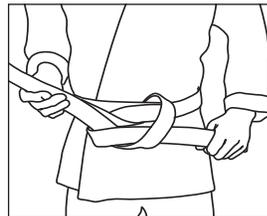
Pull both ends out to the sides.



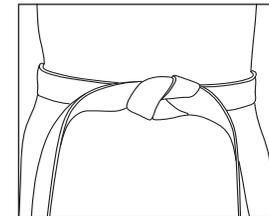
Place the belt pointing up over the top of the belt pointing down leaving a hole.



Bring the top end of the belt up and through the hole that is formed by the belt on the bottom.



Take the end of the belt up through the hole. Pull both ends out to the sides.



The knot is square and goes around both pieces of belt. Both ends are the same length.

Key Points: The advanced belt version appears as one around your back. The advanced version is the requirement to enter black belt prep.