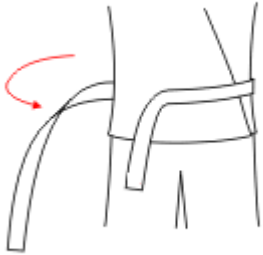
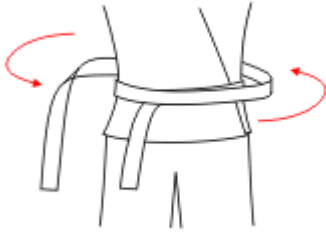




## How to.... Tie a Karate Belt

How to tie your karate belt? Here is a step-by-step diagram for tying your karate belt.

	<p>Start by holding the end of the belt on your hip, a couple of inches longer than the length you want the belt to be when it is tied (this end remains static throughout the tying of your belt. Wrap the other end of the belt around your waist.</p>
	<p>Continue around your waist a second time, while maintaining the position of the static end of the belt.</p>
	<p>Tuck the end of the belt that was moving under both layers and up. Pull both ends straight up and down to tighten the knot.</p>
	<p>Fold the top part of the belt down.</p>



Tuck the top end of the belt under the other end.



Loop it around the other end and through the knot.



Pull to tighten the knot. If done properly, both ends will be the same length.