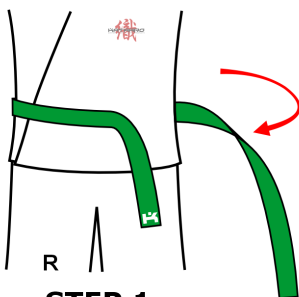


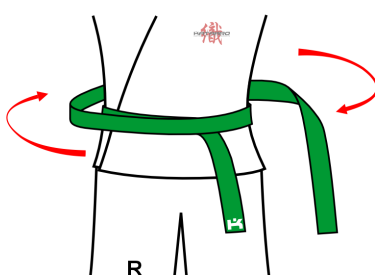
HOW TO TIE A KARATE BELT (OBI)

A step-by-step method that will eliminate the cross-over on the backside of the belt.



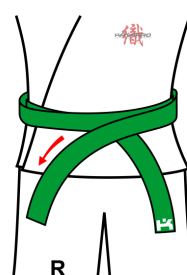
STEP 1

WRAP AROUND - Start by holding the label end of the belt (shown with a "K") across your abdomen, in front of you. It should hang a few inches longer than the length you want the belt to be when it is tied. Wrap the other end of the belt behind you and around your waist.



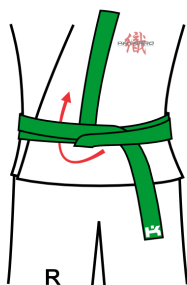
STEP 2

WRAP AGAIN - Now, wrap the belt around your waist a second time while maintaining the position of the label end of the belt. Keep the belt taut against your body.



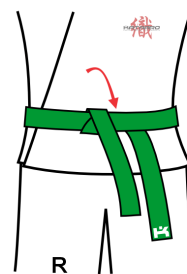
STEP 3

CROSS OVER - Cross over the front of the belt and adjust the belt so that the ends are the same length. The two ends now make an "X" shape directly in front of you.



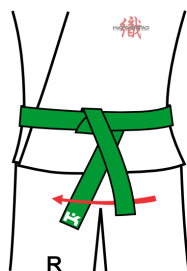
STEP 4

TUCK UNDER - Tuck the non-label end of the belt under both layers of the belt and straight up towards the ceiling. Pull both ends, one up and one down, to take up slack and start to tighten the knot.



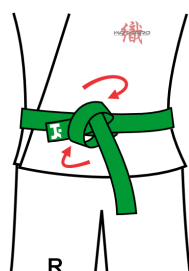
STEP 5

FOLD DOWN - At this point, fold down the non-label end of the belt parallel to the label end. The label end of the belt should still be on your far-left side. The label end is now slightly longer than the non-label end.



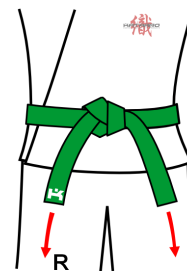
STEP 6

CROSS UNDER - Now, cross the label end of the belt under the non-label end, moving it to your right side. As you pull the ends away from your body, a gap between the belts will appear where the label end will loop around in the next step.



STEP 7

LOOP AROUND - Next, loop the label end of the belt up and around the other end, through the gap created in the previous step (the label end does a "backflip"). Pull it through the top of the knot opening. During this step, hold the non-label end firmly in place so that it does not twist.



STEP 8

PULL TIGHT - Finally, pull both ends outward and downward to tighten the knot. If the belt ends are not the same length, untie the knot and adjust the length. The final length, from the knot to the belt ends, should be about 12 inches for karate and taekwondo styles but shorter for grappling styles such as BJJ/Jujitsu and Judo.