

How To Tie Your Belt



Pelletier's Karate-Do

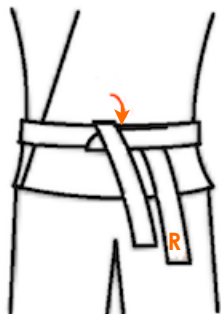
Lewiston, Maine

www.pelletierskarate.com

786.3731

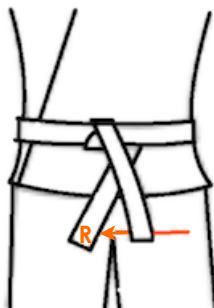
Step 1

Fold belt in half to find the center. Open belt and place the center point on your belly button.



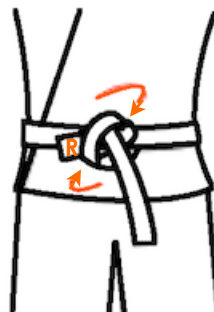
Step 4

Fold the top end of the belt down.



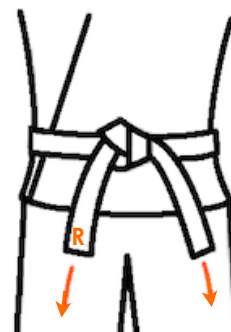
Step 5

Slide the left end (with an "R" in the picture) to the right under the folded down end.



Step 6

Move the right end of the belt up and over the left end. Pull it through the loop you just formed behind the left end.

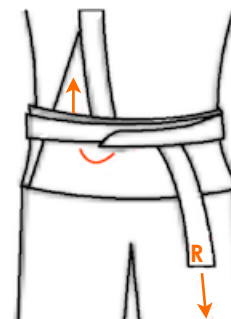


Step 7

Pull the ends straight to the side to tighten the knot.

Step 2

Wrap the belt around your waist so that the two ends of the belt are in front with the left end on top.



Step 3

Tuck the left end under both layers of your belt from the bottom up.