

Instruction on Tying the Belt

Your belt is a symbol of your learned knowledge of Taekwondo. Always keep your belt tied properly.

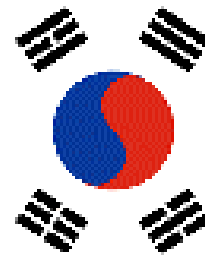
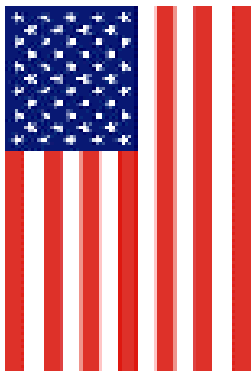
- 1. Locate the center of the belt and place it on the middle of your stomach.*



- 2. Wrap the belt around your waist, bringing both ends to the front.*
- 3. Make sure the ends are even. Put the right end over the left end.*
- 4. Now take that end and pull it up under both of the other layers.*



- 5. Make sure it is neat and snug, and then lay the top end down.*
- 6. Curve the bottom end to make a loop.*
- 7. Now pull the top end back up through the loop.*



- 8. Pull both ends horizontally, tightening your knot.*