

METHOD TO TIE YOUR MARTIAL ARTS BELT (OBI)

You will most surely receive help from fellow students in the dojo on putting your belt and hakama on. These pictures will only serve as a helpful reference while away from the dojo.

Figure 1 – The belt is held at the front before crossing the ends over at the back and pulling them back to the front.

Figure 2 – the left is looped under the right end.

Figure 3 – And then pulled tight

Figure 4 – Loop the left end under the right end again to form a double knot.

Figure 5 – The completed belt

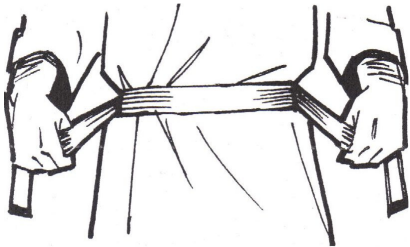


Figure 1

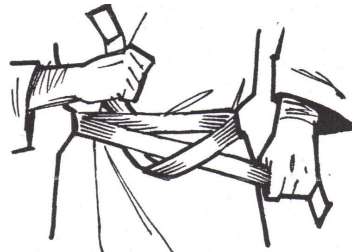


Figure 2

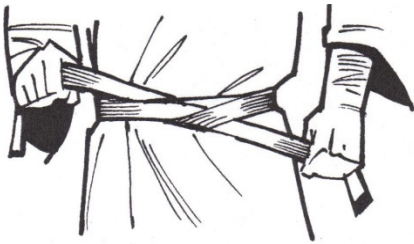


Figure 3

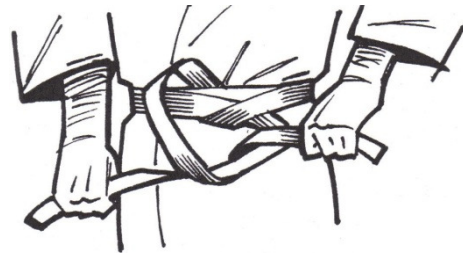


Figure 4

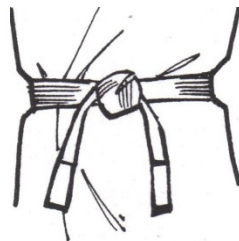


Figure 5