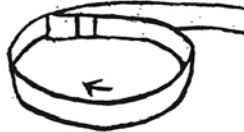


Your Belt

Tying your Belt:



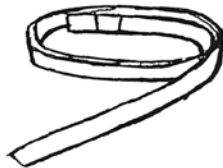
Place belt in the center of your back



Wrap your belt around your waist



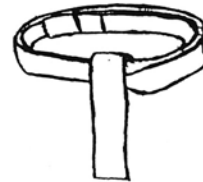
Wrap belt around your waist a second time



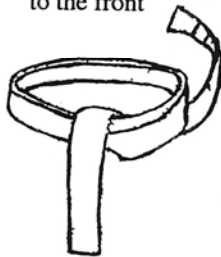
Bring end of belt around to the front



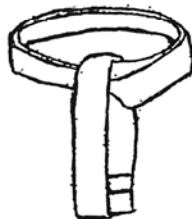
Tuck the end under belt



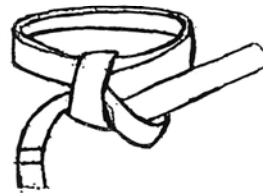
Hold belt in a downward position



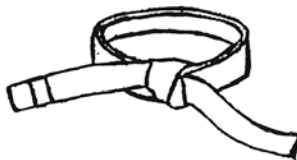
Pull other end out from UNDERNEATH



Make sure both ends are even



Take top end over the bottom end



Pull ends to form a square knot

Stripes

The stripes on your belt are used to measure your progress. On the White Belt, yellow stripes are used and are worn on the left side. On the colored belts, black strips are worn on the right and white stripes on the left.