

# DRAGON'S DEN MARTIAL ARTS

## How To Tie Your Belt

Adapted from Keystone Martial Arts ([www.keystonemartialarts.com](http://www.keystonemartialarts.com))

1. Grasp the center of the belt with both hands. If you have a stripe on your belt, the end with the stripe should start out on your right side.
2. Place the center on your abdomen and wrap the belt around your waist by moving the belt to the small of your back.

If you are a Gup student with a 2-color belt, the higher-rank color should be on top.



**Steps 1-2**

3. Switch the belt ends left-to-right and vice versa as you bring them around your waist and back to the front. Do not twist the belt. If you have a stripe on your belt, it should now be on your left.
4. Slide your hands along the belt as you move the ends directly in front of you. Make the left side of the belt slightly longer than the right.
5. First pull the right side across the front of your body (towards your left side); then cross the left end over the center of the belt (over the top of the right end).



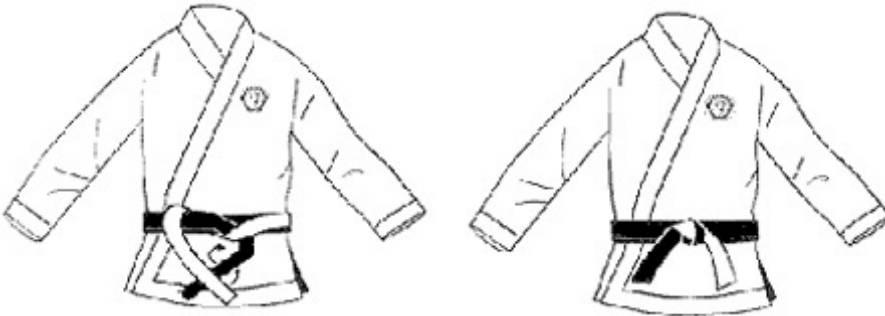
**Steps 3-5**

6. Bring the new right end (the side on top) up under both layers of belt.



**Step 6**

7. Tie a square knot, folding the right side over top and pulling the end through (without twisting the belt). Both ends should hang equally. If you have a stripe on your belt, it should be on your left side.



**Step 7**