

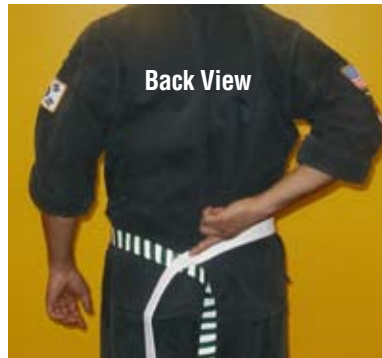


jhoon rhee tae kwon do

# How to Tie Your Belt



1. Start with the center of the belt in the middle.



2. Wrap around and tuck one side underneath.



3. Wrap back around to front. One strip is underneath the other.



4. Bring both ends to the front, ensuring equal length.



5. Tuck the top strip underneath both loops.



6. Pull to tighten. One strip will be upward, the other downward.



7. Place the top strip across the other strip.



8. Place the top strip through the loop.



9. Pull sideways to tighten.