



How to Tie Your Belt at Grace Fellowship Taekwondo

1. Hold the middle of the belt over your belly button.



2. Wrap the belt around your waist once, crossing the ends behind your back.



3. Lay the right end across your belly



4. Lay the left end on top



5. Wrap the top end around all layers of the belt



6. Pull tight and tug on either end to make sure the ends are the same length.



7. Give the lower end (on the left) a half twist.



8. Wrap the upper end (on the right) around the lower end.



9. Pull tight and make sure ends are same length.



10. The opening will be on the right side of the knot.



Opening

