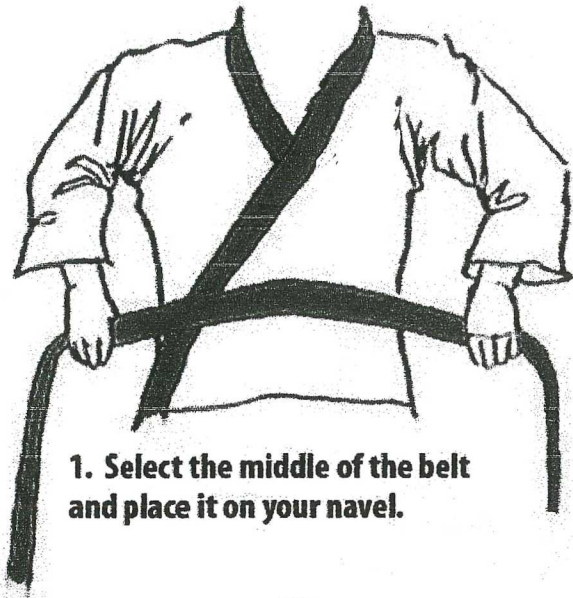
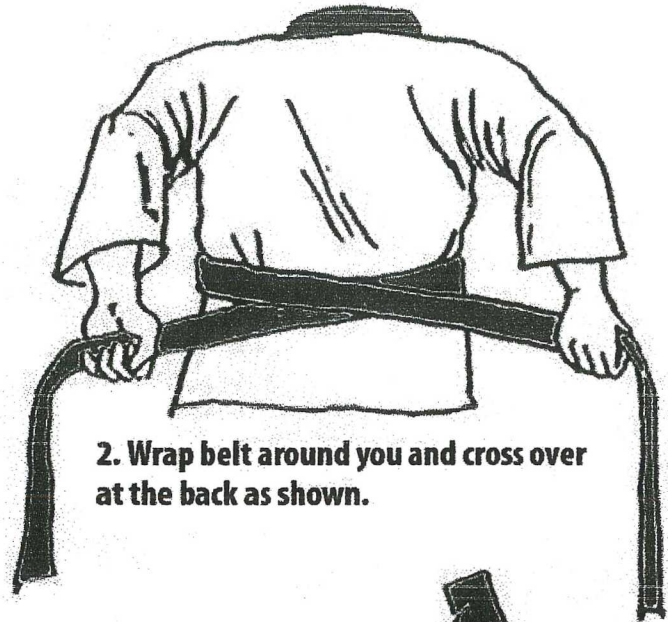


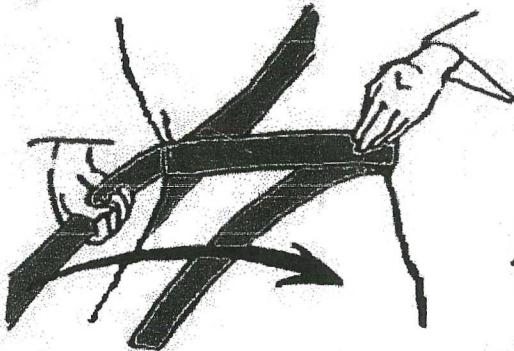
# How to tie your obi



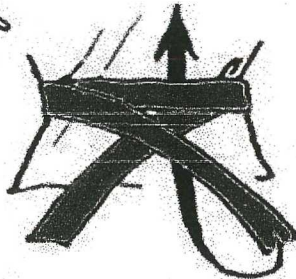
**1. Select the middle of the belt and place it on your navel.**



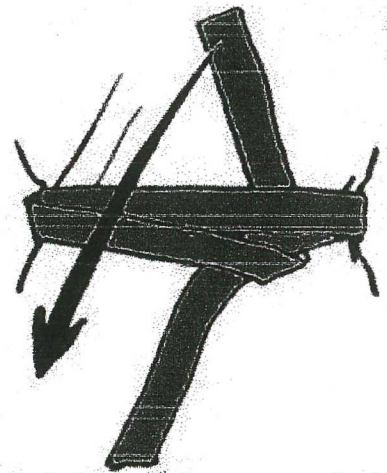
**2. Wrap belt around you and cross over at the back as shown.**



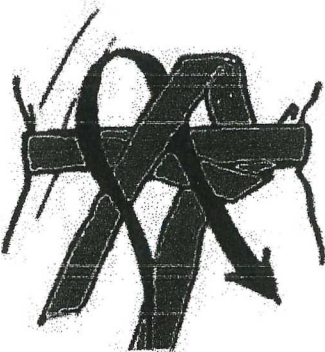
**3. Bring the right hand side end around and cross over top of left hand end.**



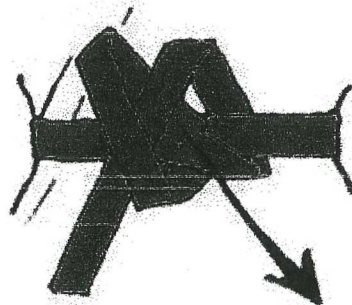
**4. Push the end of right hand belt under and up between belt layers and uniform .**



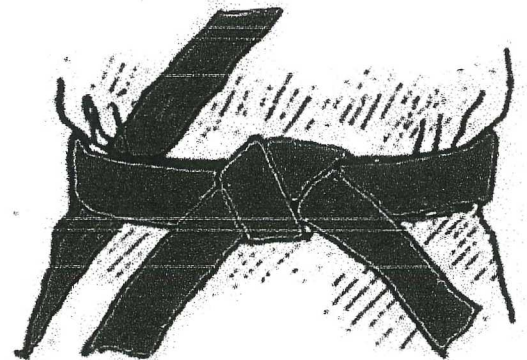
**5. Pull this end down towards the other end of the belt.**



**6. Cross hanging left hand end upwards over right hand end and pass through the loop forming a reef knot.**



**7. Pull the knot tight.**



**8. Make ends even in length to finish the knot.**