

## Tying your Obi (Belt)

All students need to be able to tie their own Obi (belt). It is a requirement for your Blue Belt and will be reinforced in class. Learn to tie it on your own!

- 1) Hold Obi in front of you with any stripes on the right side.
- 2) Wrap the Obi around your waist. Wrap the Obi around your back and cross it over itself.
- 3) Bring the two ends of Obi evenly out to the front.
- 4) Bring end in your right hand across to the left side.
- 5) Bring the end in your left hand across to the right side and hold the obi with your left hand.
- 6) Bring the end on the right side up under the two pieces held in your left hand and back to your right side.
- 7) Cross the two pieces of the belt by taking the right end above and to the left side as you bring the left end under and across to the right.
- 8) Bring the right end up and over the left piece and down through the hole made by crossing the pieces.
- 9) Grab both ends/sides of the Obi (belt).
- 10) Finish by pulling both ends of the Obi tight, also pull the ends downward.
- 11) Finished Belt, stripes on the left side.



