

## Tying your Obi (Belt)



### Step 1

Hold the end of the belt in your left hand. Place this end of the belt on your left hip. If your belt has stripes (also called tips) on one end, the striped end should be in your left hand.



### Step 2

With your right hand, wrap the belt around your waist two times.



### Step 3

Tuck the end of the belt under both layers.



### Step 4

Pull the end of the belt up.



### Step 5

Pull the end of the belt that was against your left hip down with your left hand. At this point, adjust the length of the ends so that they are the same length.



### **Step 6**

Fold the end of the belt in your left hand over to the right side.



### **Step 7**

Fold the end of the belt in your right hand over the top...



### **Step 8**

...and up through forming the knot.



### **Step 9**

Pull the knot tight.