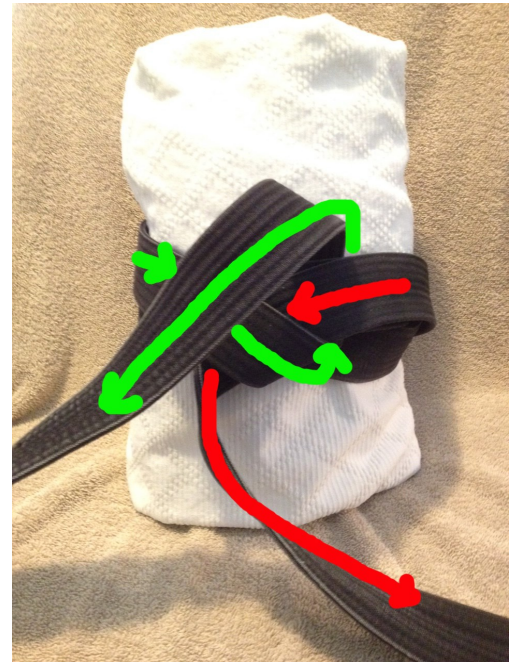




The left end of your belt [red] is pulled across to your right. The right end of the belt [green] goes over the red & then under both layers of wrapped belt and up.



The green end of your belt goes down to your right as the red end is moved to your left.

TYING YOUR OBI IN FOUR EASY STEPS!



The red end of your belt goes over the green end and down through the loop created, with the red end going to your left.



Pull the red end to your left as you pull the green end to your right to tighten the knot. You can also grab the top layer of the wrapped belt, behind the ends, and pull away from the knot [opposite direction of the arrows shown] to further tighten your belt [obi].

Source:

[www.budoshin.com/
selecttechniques.htm](http://www.budoshin.com/selecttechniques.htm) [at bottom of
the page, or [www.budoshin.com/
BeltTie.pdf](http://www.budoshin.com/BeltTie.pdf)