

# TIE YOUR GI PANTS IN 8 SIMPLE STEPS!



1. Pull both ends of the straps out until your pants are very secure around your waist and don't fall down



5. Pull the left strap all the way through the loop on the right front side of your pants.



2. Guide the right strap through the right loop in the front of your pants.



6. Again, pull both straps so that your pants are secure around your waist.



3. Pull the right strap all the way through the loop on the left front side of your pants.



7. Pull both straps across causing the two loops to come closer together. Start to tie a knot as if you were tying your shoe laces.



4. Guide the left strap through the left loop in the front of your pants.



8. This tie will keep your pants secure around your waist until you untie the knot.