

HOW TO TIE A KARATE BELT

Seven step directions to tying your karate belt. Click on the pictures to view larger sizes.

In each of the following steps, “tag” refers to the piece of material sewn onto the end of a White belt (on one side) by the manufacturer. As you (or your child) progress in belt rank, the karate belts will not have a tag. Instead, your karate belt will be “striped” with colored tape. Stripes of red tape (for P.T. week) and Black tape (for attendance) will be added to the left side of the belt (same side the tag was located). Colored (rank) tape indicating the next belt level will be added to the right side of the belt. Just remember, “**Rank on Right**” — when your karate belt is tied, the colored “rank” tape should be on your right side.



STEP 1

With the belt hanging in front of you and the tag of the belt on your right side. (tag on your right)



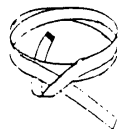
STEP 2

Wrap the belt around you bringing the ends around to your front. Make sure ends are even. (tag on your left)



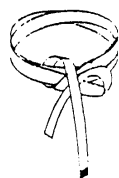
STEP 3

Overlap the ends keeping the end with the tag on top. (tag on your right)



STEP 4

Without twisting the belt, tuck the tag end under the belt and pull both ends tight. (tag on your right)



STEP 5

Bend the left end up and make a loop, then flip the tag end over the top (tag on your left)