**How to Tie a Karate Belt**

Need to know how to tie a karate belt or obi? Here is a method with Step-by-step diagrams that will help and eliminate the cross-over on the backside of the belt. This method is native to Okinawa, the home of karate and ends with the 3-position knot.

|  |  |
| --- | --- |
|  | 1. Start by holding the label end of the belt across your abdomen, in front of you with your right hand. It should hang a couple of inches longer that the length you want the belt to be once tied. Wrap the other end behind you and around your waist with your left hand. |
|  | 1. Wrap the belt around your waist a second time while maintaining the position of the label end of the belt. |
|  | 1. Tuck the non-label end of the belt under both layers and up. Pull both ends to tighten the knot |
|  | 1. Fold down the non-label end of the belt. |
|  | 1. Tuck the label end of the belt under the other end and over to your right side. |
|  | 1. Loop the label end of the belt around the other end and through the knot. |
|  | 1. Pull to tighten the knot. If the belt ends are not the same length, unite the knot and adjust the length to suit. |