
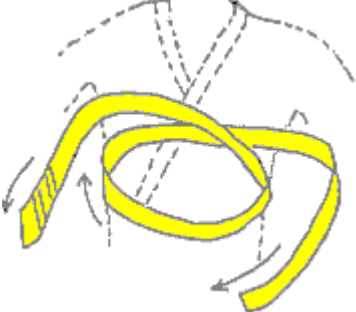



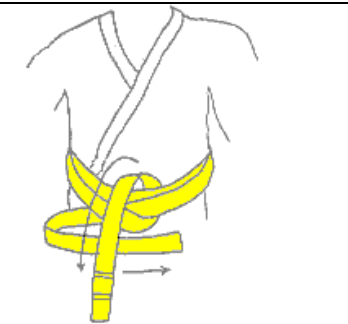





# HOW TO TIE YOUR BELT

	<p>Hold the belt at the center with the ends even</p>
	<p>Place the center of the belt at the center of the dobok jacket, about one inch below the naval. Wrap the belt around your waist, crossing the right side over the left side at center of the back. Pull the ends of the belt forward and adjust so that the ends are even.</p>
	<p>Lay the left side of belt over the center. Lay the right side of belt across the center.</p>
	<p>Slide the left side of belt under and behind all the belt layers at the center</p>

	Loop
	Bring the left end of the belt down and over the front of the U
	Loop striped end under and up through the U shape to form a knot
	Pull ends of belt outward to tighten knot
	Adjust knot so the ends of belt are even and hang neatly