



Hi,
I'm Shane and I
wanted to show
you the way I tie
my Karate Obi
(belt). I hope this
will help you with
tying yours!

Let's begin . . . →



1

First, place one
end on the center
of your back.



2

Then, continue to
wrap it around
your waist . . .



. . . until you have
about a foot of
length left.



3

Next, tuck the
loose end under all
the layers of the
wrapped belt . . .



. . . so that it looks
like this.



4

Now, carefully pull
the other end
(that you originally
placed on your
back) from
underneath the
wrap and to the
front.



5

Adjust the lengths
of the ends until
they are equal by
rotating the entire
belt wrap around
your waste.



6

After getting
equal lengths, be
sure that the belt
still looks like this
before you start
to tie the knot.



7

Now, to get a neat knot, turn the end that comes from underneath inward one-half turn, then place the other end over it . . .



. . . and feed the top end under and up through the loop of the lower end.



8

Now, pull both ends to get a neat knot. If you pull too hard, the knot may collapse . . . so take it easy.



The final knot should look like this. It has a nice square look to it. Great job!!

If you still are having trouble getting your belt tied, just ask me or one of the other senior students.



Thank you for allowing me to share this tradition with you. Good luck in your Karate Training. I'll see you on the Floor!!!