







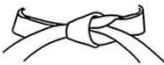


## Tying The Belt (Obi)

	<p>Place the center of the belt on stomach just below your navel.</p>
	<p>Pull the belt across your belly and to the back.</p>
	<p>Take the belt on your right side and cross it over the belt on your left side. Pull both ends around to the front.</p>
	<p>Bring both belts to the center of belly. Even the belt all the way around. The belt should not be twisted. Cross the right side of the belt over the left.</p>
	<p>Take the right side of the belt (which is now in your left hand) and tuck it under both of the sections already around your waist. Pull tight, but not too tight. Make sure you can breath easily.</p>
	<p>Take the top <b>end of the belt</b> (or the left side now) and move it over and past the bottom <b>end of the belt</b> (or the right side of the belt). Make sure that both ends are the same length.</p>
	<p>Continue to loop the bottom part of the belt up (now on the left side) and over the top part of the belt (now on the right side) and through the hole to make the knot.</p>
	<p>Pull the knot tight.</p>
	<p>If done correctly, the knot should form an arrow shape pointing to your right and both ends are the same length.</p>