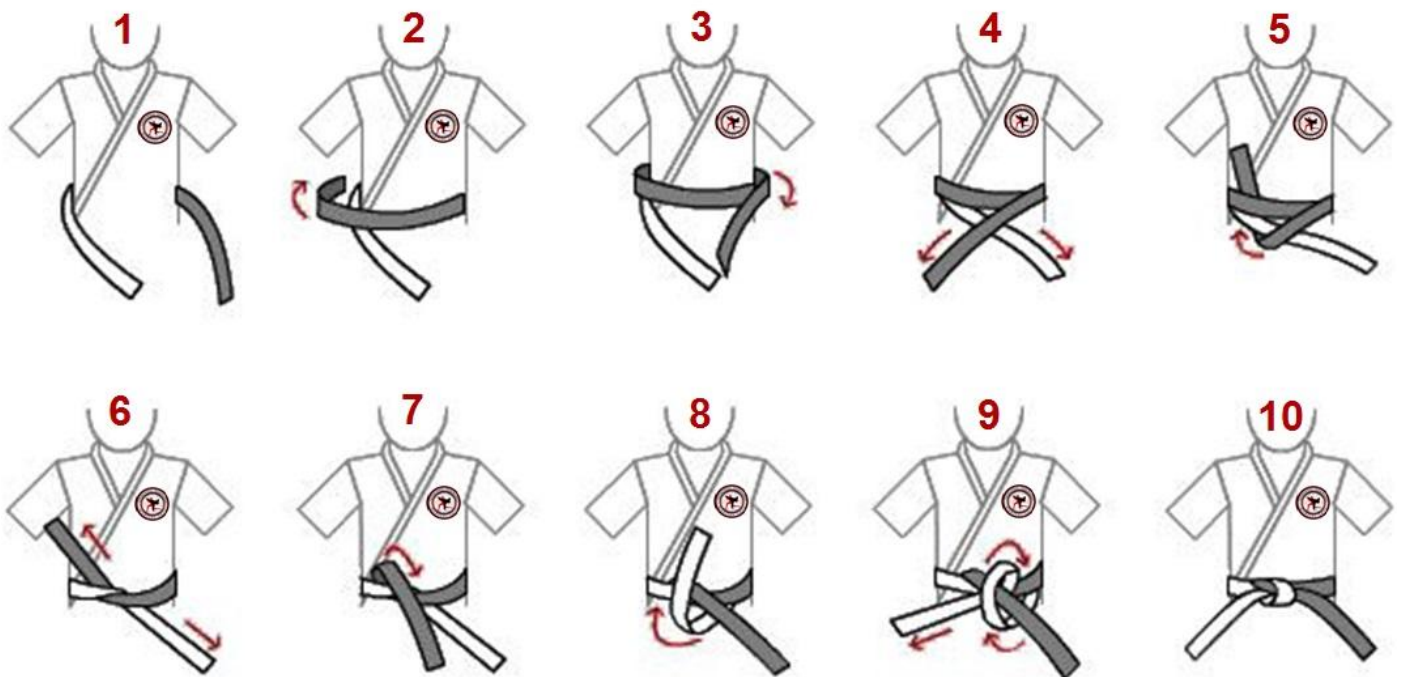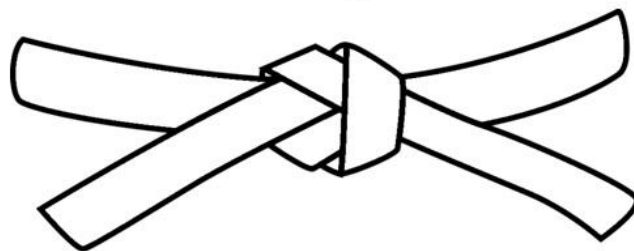# Livingwell Taekwondo Academy

How to tie your belt

1) Place the belt around the waist
2) Wrap the belt around in a complete loop
3) Ensure both ends are facing the front (equal length)
4) Cross the left side belt over the top of the right.
5) Once the left side is crossed over the right tuck it under all of the belt wrap and pull up. (The belt ends will now have crossed over).
6) Pull the two ends to tighten comfortably.

7) Take the top end of the belt (sticking up), fold it over and forward. (Retain this end with one hand).

8) Take the other end of the belt (hanging down) and then pass it under the other end of the belt you have retained, then go up and loop around it.

9) Pull the end through so as forming a knot.

10) Tighten the belt by pulling both ends together.

The belt should then sit approx 3 inches above the knee.

With Dan grade embroided belts, the name and rank to be visible on the outside as the belt sits around you.