










## Tying a Martial Arts Belt

The Martial Arts belt is an important part of the uniform. It can indicate level of learning and promotes esprit de corp. Also, it helps develop the core and trains the student to derive power from the core. Finally, for younger students, it presents the opportunity to don the uniform, tie the knot, and place themselves into the martial arts learning mode.

 <p>Front – find the middle of the belt and place on belly.</p>	 <p>Wrap – both ends around to the back</p>	 <p>Back – cross the belt behind, one side will lay over the other.</p>
 <p>Front – bring both ends to the front</p>	 <p>Cross – slide the rest of the inner level under, and cross and both ends</p>	 <p>Tuck – tuck the upper level under all levels.</p>
 <p>Snug – pull the ends snug to comfort.</p>	 <p>Loop – take the upper length down to prepare the knot.</p>	 <p>Tie – use a square knot, not a granny knot.</p>



The belt should be “snapped” snug to prevent it from untying during class. The ends of the belt should protrude straight out to the sides, not up and down. The end should be no longer than 8” long.

### Belt and Uniform Care

Avoid washing the belt unless soiled. Do not use fabric softeners or dryer sheets on the uniform or belt. These will make the uniform less comfortable and cause the belt to untie during class.