

INSTRUCTIONS ON HOW TO TIE YOUR DEE (BELT)

Step 1. Size it up



Leave approximately a foot and a half of belt on one side or the other.

Your first belt may come with your Do Bohk, so its size is matched to the size of the Do Bohk.

A good rule of thumb to calculate the length of belt needed is: required belt length equals approximately 3 times waist circumference.

Step 2. Wrap the long side around your waist



Hold the shorter end of your belt in its frontal position while drawing the longer end around your back.

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Step 3. Wrap the long side around your waist again



See? We are almost done. You've come a long way, don't stop now!

Step 4. Draw it behind and up



Draw the belt end (formerly known as the longer end) upward under both rings of belt circling your waist. (between your Gi and your belt)

Step 5. Adjust belt ends



The idea is to adjust your belt ends **before** we tie the knot. Try sliding it left or right to where your belt ends are approximately of even lengths

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Step 6. Make an arch and loop it through



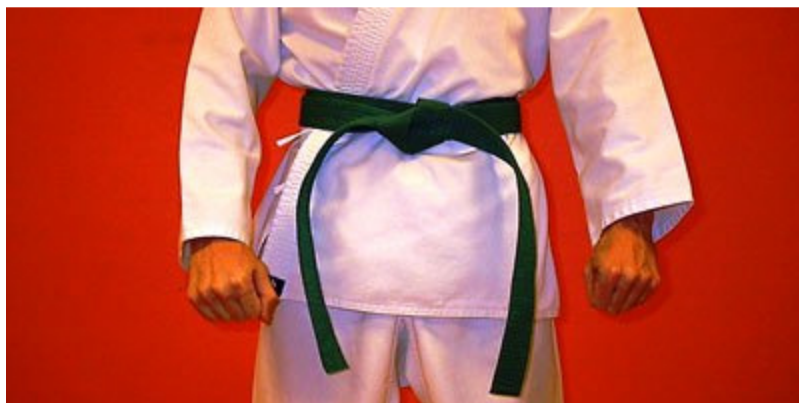
Bring the lower belt end across the front of your waist in an archlike curve. Bring your upper belt end down around the outside of the arch you made and draw it up through the arch.

Step 7. Pull firmly



Grasping the belt ends in both hand, firmly pull them in opposite directions. Don't slip and hurt anyone.

Step 8. Admire your fine looking belt



Now you are ready for action!