



## HOW TO TIE A PERFECT OBI KNOT

### OPTION 1

By following the steps and photo's below, you should be able to learn how to correctly tie a perfect obi knot! There is a 2<sup>nd</sup> Option on page 3 if this doesn't work for you. If you are still stuck, please ask a Senior Student for help the next time you're at the Dojo. While they are helping you, make sure you do your best to pay attention and memorize the steps, because you don't want to keep asking – or relying on others – to tie your belt for you.



#### STEP 1

Find the middle of your obi by folding it in half. With the belt hanging in front of you, and the tag of the belt on your right side, place the middle of the belt on the middle of your stomach (your belly button).



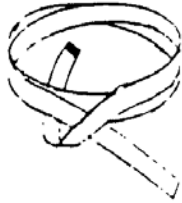
#### STEP 2

Wrap the belt around you, crossing over in the back, and bringing the ends around to your front. Make sure ends are even length.



#### STEP 3

Overlap the ends (left over right) keeping the end with the tag on top.



#### STEP 4

Without twisting the belt, tuck the top (tag end) under the belt and pull both ends tight.



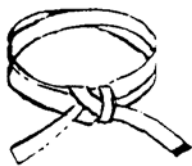
#### STEP 5

Bend the left end up and make a loop, then flip the tag end over the top



#### STEP 6

Tuck the tag end through the loop you just made with the other and pull tight.



#### STEP 7

The finished knot should look like a fortune cookie.



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### OPTION 2

If the previous steps weren't your "cup of tea" – the diagram below should be able to help. If you are still stuck, please ask a Senior Student for help the next time you're at the Dojo. While they are helping you, make sure you do your best to pay attention and memorize the steps, because you don't want to keep asking – or relying on others – to tie your belt for you.

