

# UNITED STATES KIDO FEDERATION

## HOW TO TIE YOUR MARTIAL ARTS BELT



**Step 1** Make sure both ends of your belt are even



**Step 2** Wrap the belt around the back of your waist and layer one side under the other



**Step 3** Take one side of the belt and thread that under the front of both layers



**Step 4** Bring the end of the belt that you just threaded hip to shoulder, making sure both sides are even in length



**Step 5** Cross both ends of the belt



**Step 6** Take the top side of the belt and thread it up and through the lower side of the belt.



**Step 7** Pull it tight and you have just successfully tied your martial arts belt.



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