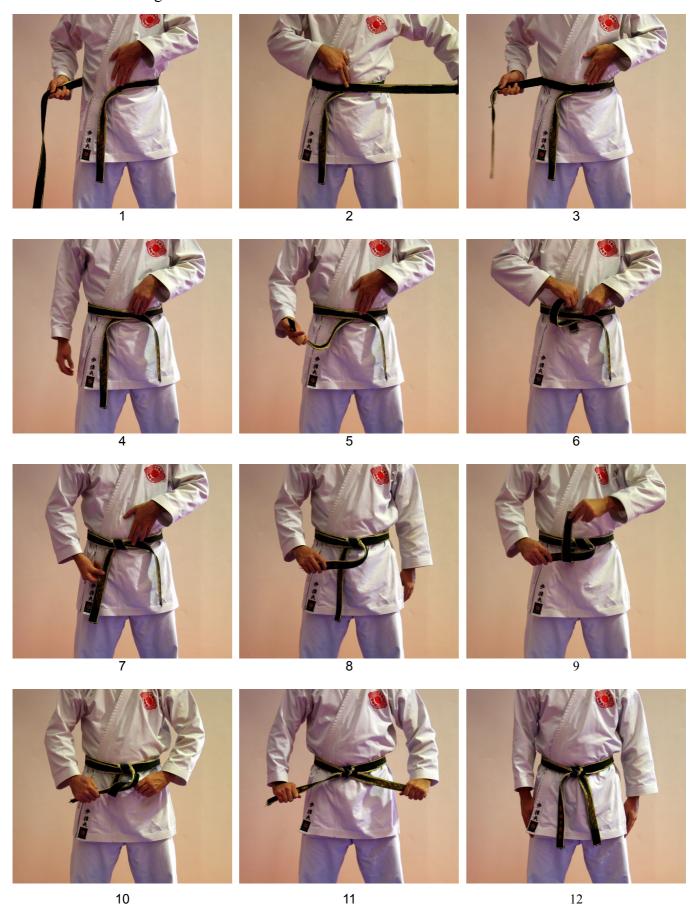
## **How to Tie Your Belt**

Ensure that there are no twists wrap your belt around twice directly over the top of itself, finishing with both ends the same length.



Watch a step by step video online - www.sunshinecoastkarate.com.au/welcome