



Jhoon Rhee Tae Kwon Do

How To Tie Your Belt



1. Start with center of belt in the middle



2. Wrap around and tuck one side underneath.



3. Wrap back around to front. One strip is underneath the other.



4. Bring both ends to the front ensuring equal length.



5. Tuck top strip underneath both loops.



6. Pull to tighten. One strip will be upwards, the other downwards.



7. Place top strip across other strip.



8. Place top strip through loop.



9. Pull sideways to tighten.