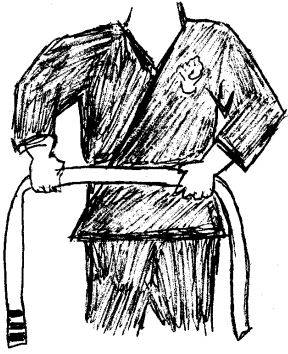


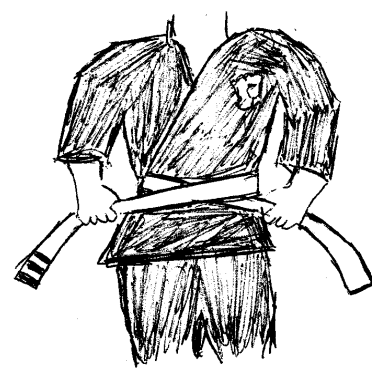
How To Tie An Obi



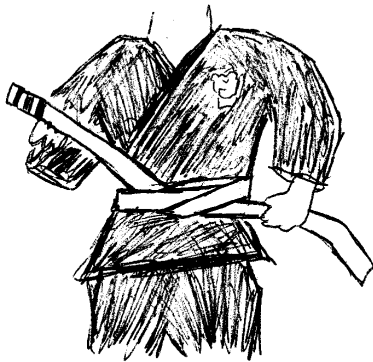
Start with belt in the center of your body- Stripes to the right.



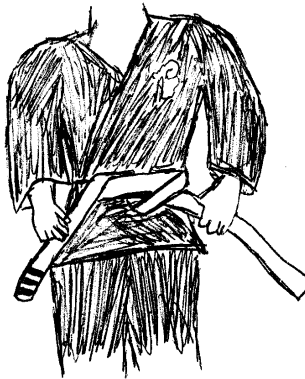
Wrap belt around and cross belt behind back..



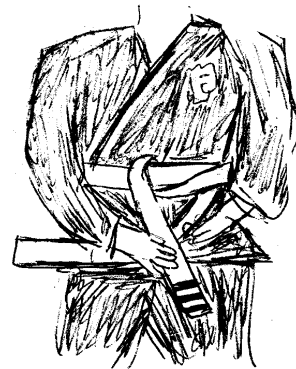
Take the belt in your left and cross over right. (Left over right)



Continue by bringing it up under the entire belt.



Snug up the knot.



Take belt in right hand and lay it over the left. (Right over left.)



Continue pushing it up through the circle.



Snug up the knot.



When finished, stripes on the left.