

Tying the Belt

Your belt is a symbol of your knowledge of Tae Kwon Do.

1. Locate the center of the belt and place it on the middle of your stomach.



2. Wrap the belt around your waist, bringing both ends to the front.

3. Make sure the ends are even. Put the right end over the left end.

4. Now take that end and pull it up under both of the other layers.



5. Make sure it's neat and snug, and then lay the top end down.

6. Curve the bottom end to make a loop.

7. Now pull the top end back up through the loop.



8. Pull both ends horizontally, tightening your knot.

Always keep your belt tied properly, and always keep it tied neatly in the Tae Kwon Do dojang (training hall). Parents need to learn how to tie the belt first and then teach their children afterwards. It is recommended to wash the belt, but only in cold water and either air dried or on a low heat setting.