

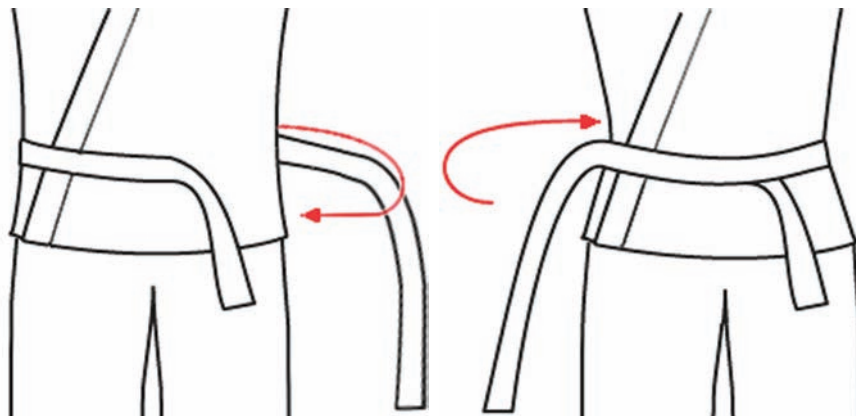


How to Tie Your Belt

There are many ways of tying an *obi* or belt, the method described here, while not the simplest method, it is straight forward and the result is a comfortable with no lumpy cross-over at the back to fall on!

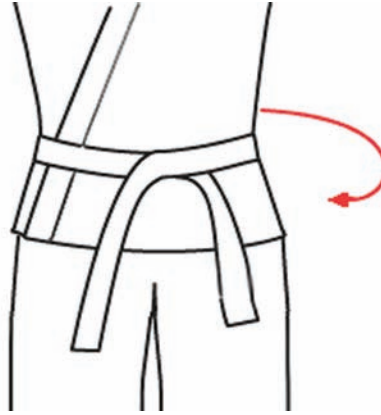
Step 1: pull you *uwagi* 上衣 or uniform jacket together and place one end of the *obi* 帯 or belt at your left hip. If it is an embroidered belt the embroidery should be facing outwards.

Wrap the belt around your body making sure there are no twists, then pass it over the top of the end at your right hip.



Step 2: Wrap the belt around you once more then let the loose end pass over the top of the earlier loop.

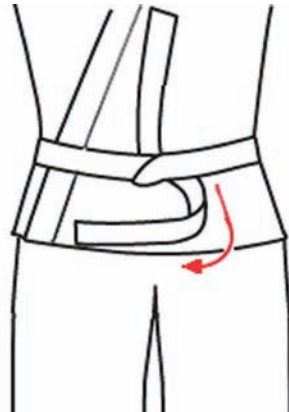
Pull the ends of the belt so that it is tight but comfortable with approximately equal lengths free at each end.



Step 3: Loop the loose end of the belt under all the layers of the belt from bottom to top making sure the wrap doesn't loosen.



Step 4: Fold the tight end, the end of the belt at you left hip, across to your right.



Step 5: Pull the loose end of the belt down over the top of the tight end.



Step 6: Loop the loose end of the belt under the tight end of the belt but over the wrapper part of the belt to form a loose knot.



Step 7: Pull the ends of the belt tight and adjust the position of the knot until it is centred. Adjust the jacket as necessary for comfort.

