



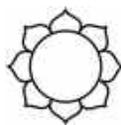
HOW TO TIE OBI



極真会館



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リベラ 道場

リベラ 道場 RIVERA DOJO



1 - Ichi

First, hold the label end (usually a kanku) of your belt in your left hand, palm facing towards your body, label facing outward.



2- Ni

Shuffle the belt along, until the middle of your belt is in line with your bellybutton, i.e. the same length on both sides, and keeping hold of it with your left hand so that it does not twist i.e. keeping the label facing away from you.



3- San

Hold the belt evenly with both hands, palms facing your body, and start moving your hands around the back, left hand around left, right hand around right. When they meet in the middle at the back, pass the left hand-end under the right, swap hands/ends and bring the now swapped ends back around i.e. left hand returns to the front around the left, and right hand returns to front around the right.



4 - Shi

Both ends should now be in front. Hold them in your left hand, palm facing towards you, such that the end coming from the left is over the end coming from the right. You should now be holding three thicknesses of belt in your hand.



5- Go

Pass the end of the belt coming from the left (now dangling to the right) under the other two layers of belt from the lower side, and pull it through so that it comes out on the top. This is the first tie. Adjust for fit and length of ends - they should be the same length.



6- Roku

Hold both ends near your stomach, both with palms facing up. Left hand should be holding the end coming out at the bottom, and the right hand should be holding the end coming out at the top. Still holding the belt end, flip your left hand over, and move the right hand end over the left. The belt and the crossover should make something like a heart shaped loop.



7-Shichi

Pass the right hand end of the belt under and through the loop and pull it through. Tighten by pulling sideways, not up and down.



8- Hachi

The label should end up with the RHS facing outwards if the belt is long enough and it can hang down. If it is too short, label will face your stomach or ribs (depending on size of your stomach), and the ends will stick out sideways.