

# REIS MARTIAL ARTS BELT TYING

1. Place the center of your belt in the middle of your stomach.



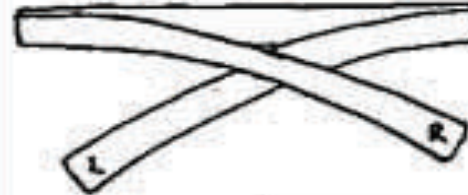
2. Wrap both ends of the belt around yourself.



3. Cross both ends behind you and around to the front of the body.



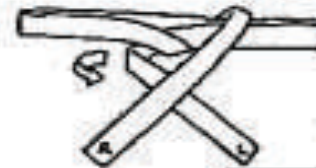
4. Make sure both ends are of equal length, ready to make a knot.



5. Now cross the right side over the left.



6. Continue the right end under all of the belt and let it hang over and the top.



7. Take the right side that went under all of the belt and cross it over the left making an X shape.



8. Take the right tip forming the top of the X and curl it under, then through the hole.



9. Now take both ends and pull them tightly to the sides with the original right going right and original left going left.