

How to tie a Taekwondo belt (*dee*)

1) First hold the flat part of the belt against your belly button so the LEFT side is the short side about 30 cm long for kids and around 45 cm for adults.

The longer side is on your right...



2) ...Now neatly wrap the long side clockwise round the body 2 times.

Stop when the 2nd wrap reaches your belly button and keep holding onto the end...



3) ...From here, push this end under the lower part of the coiled belt at your belly button and bring it back up and out over the top part, so it is wedged against your belly area and the coil.

At this point, the short left end of the belt is pointing down and the long coiled right side should be pointing up...

4) ...Grab the left end with your left hand. Then, grab the right end with your right hand and cross it over the top of the left end.

You'll see that this causes a loop. Bend the right end so it goes down around the left end and then pull it back up through the loop...



5) ...When it comes through the loop, grab this bent over right end with your left hand - and the original short left end with your right hand...



6) ...and pull tight so the knot closes in a similar fashion to a 'reef knot'...



7) ...When the belt is tied, ensure both ends are of the same length and that the belt is nice and even on your back so none of the other coils are visible.

