

Tang Soo Do Reference

How to Tie The Belt

This method results in a smooth, single line at the back when complete.



1. Start by holding end of belt near left side



2. Wrap around body back to front



3. Wrap around body a second time



4. Place left side over right



5. Tuck left side under and pull up behind both layers



6. Tug slightly to tighten



7. Place right side over left and loop under other end



8. Pull sideways to tighten belt



9. Belt ends should be of equal length



10. Rear will be smooth rather than crossed

This method creates one smooth line at the back.
