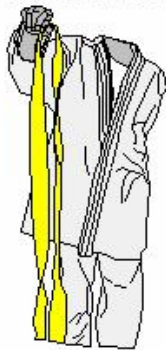


7 Steps to Belt Tying

Step1:
Find the Center
of the Belt



Step2:
Place the center on
your navel and pull both
ends around your back



Step3:
Switch hands behind
you and bring both
ends to the front



Step4:
Wrap the Leftside
over the Right side and
switch hands again



Step5:
Pass the end that is
in your Right hand behind
the other layers of belt



Step6:
Fold the end that is
coming from the
bottom in front and place the
end that is coming from
the top over it



Step7:
Pass the end on the
top behind the end
on the bottom
and pull both ends
sidways

