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TIGER SPIRIT  
KARATE ACADEMY

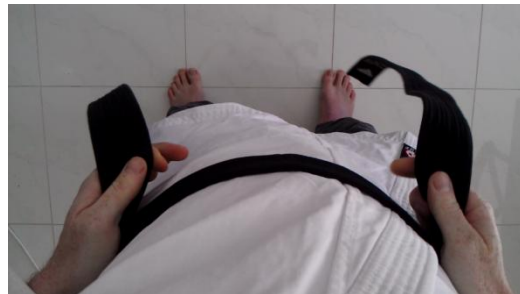
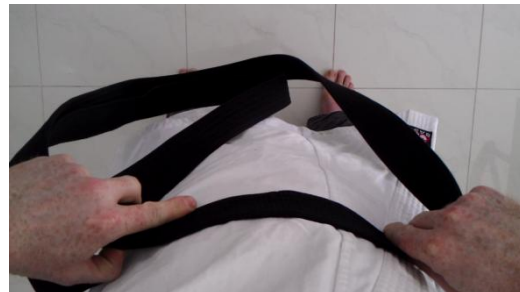
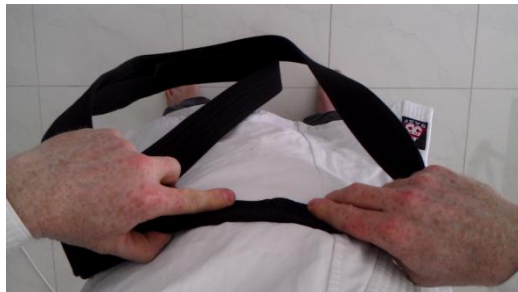
## TYING YOUR BELT!



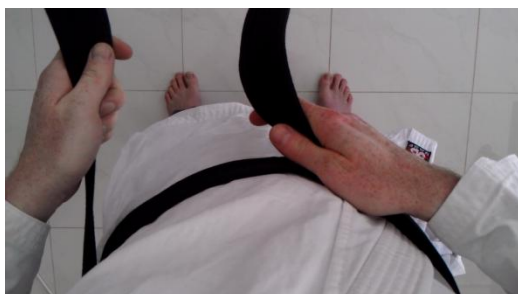
Find the centre of your belt and place it over your belly button



Then wrap both ends of the belt around your body and back to the front



Place the end that is in your right hand across your stomach



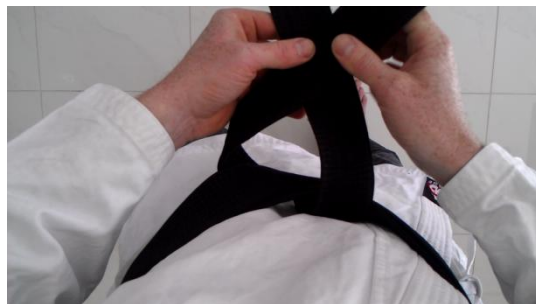
Now place the end that is in your left hand over the top pulling firm enough to hold the belt in place underneath



Thread the right end under both layers of the belt and pull both ends firm  
(The end of the belt that was threaded through stays on the right side)



Make a hole by placing the left end of the belt over the right



Now thread the top end of the belt under and through the hole



Grab both ends of the belt and pull down to tighten.  
The end that was looped through the hole gets pulled down to the left

