

TOP GUN KARATE AND FITNESS

"Empowering Lives Through The Martial Arts!"



1

Hold the belt behind your back. Shorten the right side and bring it over so that it hangs by your left knee.



2

Bring the left side across your stomach so that it is right on top of the other side.



3

Continue to bring the longer side all the way around your back and in the front again.



4

Take the end that just came around your waist and put it under both loops .



5

Before you continue, be sure that the ends of both sides are equal in length.



6

Take the side that is on the left, and roll it over once.



7

Place the right side over the left & tuck it through.



8

Pull both ends of the belt to tighten.
READY TO GO!!