



Start with the belt behind your back. Make sure that one side of the belt is about knee level.  
Step 1



Take the long side of the belt and bring it across the body, over the short side of the belt.  
Step 2



Wrap the long side of the belt around your back, over lapping the belt that is already there.  
Step 3



Bring the long side of the belt under all other pieces of the belt against your stomach.  
Step 4



Pull the belt tight making sure both ends of the belt are the same length and even.  
Step 5



Take the top part of the belt and place it over the bottom part making a "hole".  
Step 6



Bring the top part of the belt over, up, and through the "hole".  
Step 7



Pull the belt tight and make sure that the "slot" in the belt-knot is running across the belt as shown.  
Step 8