

# Tying Your Belt...

1) Place the center of your belt in the middle of your stomach



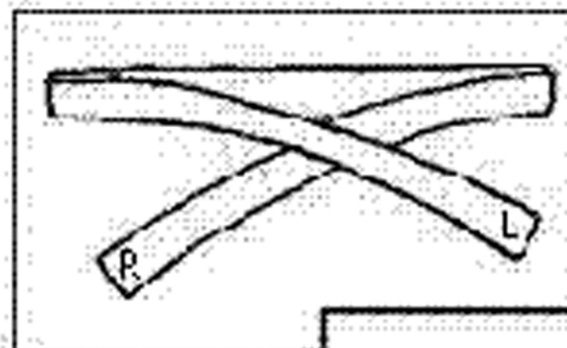
2) Wrap both ends around yourself



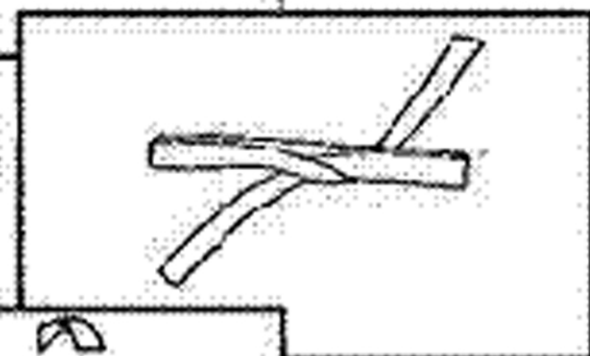
3) Cross both ends and continue towards the front of your body



4) Have two equal length ends ready to make a knot



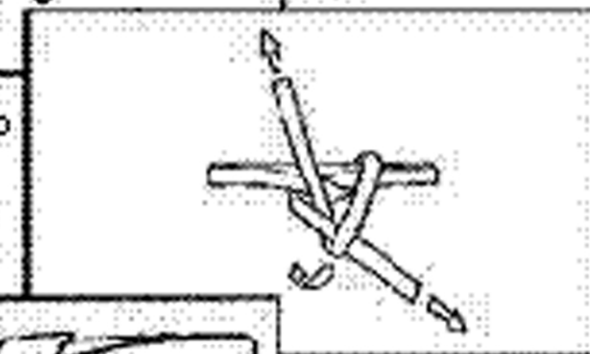
5) Cross the left end over the right end



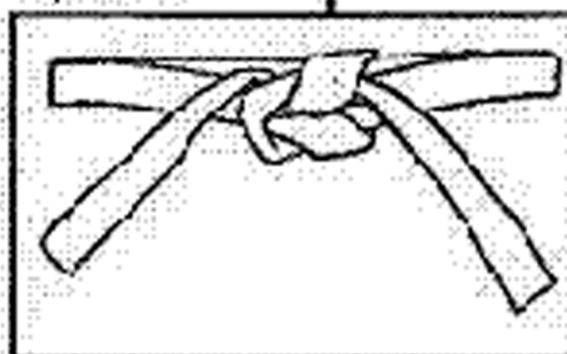
6) Pass the left end up under both wraps of the belt



7) Place the left end on top of the right end making an 'X'



8) Tuck the left end up under the right end and through the hole made by the 'X'



9) Tighten the knot by pulling sharply to the sides