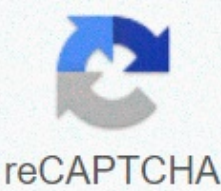




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How to tie taekwondo belt

How to tie your belt in Taekwondo Many beginners in Taekwondo can have a difficult time tying their belts properly. Therefore, we offer instructions to help you properly tie the Taekwondo belt. For information about taekwondo's other techniques and formats/patterns, please visit The Taekwondo Black Belt Wiki's main section. Instructions on how to tie your Taekwondo belt how to tie your Taekwondo belt This page shows you an easy way to tie your taekwondo belt. Ideal for children and beginners. Also, watch the videos below to see how to tie your Taekwondo belt. TKD Animals - Best Taekwondo Books Place one end of your belt in the middle of your stomach. I'm waiting at this end of the belt. Wrap the other end belt around your back and cross the belt over (above) the first belt end in your stomach. The belt will now hold the first end of the belt (as the belt presses the lower end of the belt into your stomach). Go around your back one more time with the belt and bring the second belt end to your forehead. You will have a long piece of left upper belt hanging below your waist. Keep holding the belt. Pull the first belt end (the first trapped next to your stomach) out and down so that it equals the same length as the second end of the belt. You have to hang down about the same distance. Take the second belt end (the one that was wrapped around your body) and put it over the first end zone (looking down your waist, the end zone goes left). Then press this belt end back under all the belt wrappers (so it goes next to your outfit). Let this second end swing down the middle of your waist (it will fall over your belt). Take the first belt end and go under the second zone end. Looking down at your waist, the end of the belt goes left. Flip the first end zone over the second end zone (it will go right when looking down at your waist) and put the end through the hole or loop created by both belt ends. Grab both ends of the belt and pull tightly. Now you've learned to tie your taekwondo belt! Here are some videos that show different ways to tie your Taekwondo belt. However, the more advanced version can be a little more difficult for young children, since they have to swap the belt finishes behind their backs. Instructional videos on how to tie your Taekwondo belt Hold zone in the center of it, it still ends, with stripes (if you have them) on the left side. Place the center of the belt in the front center of the jacket, about an inch below the navy (a position called tanden). Wrap the belt around your waist, crossing the right side above the left side in the centre of the back. The stripes will now be on your right side. Pull the ends of the belt forward and adjust so that the edges are even. Put the left side of the belt over the tanden. Put the right side of the belt along the tanden. The stripes will now be on your left side. Drag the left side of the belt (striped side) down and behind all layers of the belt the tan. The stripes will still be on your left side. Loop. Bring the left (striped) edge of the belt down and over the front of the U. Loop striped end down and up through the U-shape to form a knot. Pull the ends of the belt outwards to tighten the knot. The stripes will be on your right side. Adjust knot so that the ends of the belt are even hang neatly. Your belt is now properly tied. This method is easier. Especially because I tied the belt to someone else. 1 Fold the belt right in half to find the center. 2 Place the center of the belt on the front of only your navel. The two sides must be equal. [1] 3 Wrap the two ends around your waist, and back to the front. Make sure the left side (new right) has passed over the right side at the back. You need to change hands behind your back. [2] 4 Hold both sides of the belt in front of you and make sure they are the same length. [3] 5 Cross the right over the left. 6 Place the right side under the two layers of the belt and pull. Make sure this tie is comfortable, but you are still able to breathe comfortably. 7 Cross the left over the right. 8 Reach in and pull the left in. Pull both sides to secure the knot. This method uses the same kind of knot, but has a different way of wrapping around your body. 1 Hold the belt on the back of your body just below where your navel would be. The right side visible from your back (ignoring the part behind your back) should be 2/3rds of total length and the left side should be the remaining 1/3rd. 2 Cross the right side over the left. [4] 3 Wrap the right end (top side) of the belt once around your body. The belt should be sitting on your waist, just above the hip bones. Be sure to continue holding the smaller left edge in place just below the navel. [5] 4 Adjust the belt so that the sides are equal in length at an angle of 45 degrees. If the belt has moved to your navel or above, adjust the belt positioning below your navel again and tighten the belt so that it fits comfortably. 5 Cross the current right side of the belt over the left in the center of your abdomen. The left side should now be under both the first loop and this current cross over. 6 Place the right side of the belt under the left belt and the existing loop. Pull the right side out and pull both ends to tighten the belt. Make sure you tighten it enough so that it stays up, but not so that you can't breathe comfortably. This is similar to the tie before tying a bow to your shoe. 7 Check that the lengths of both sides are still even. Adjust if it's not. 8 Cross the left over the right 9 Pull the left side in to secure the knot. Add new question Question Does this tell me how to connect a white belt? Yes, they are the same steps regardless of what color the belt is. Question I'm interested in repeating Taekwondo after a three-year gap. What practice do I have to do before I get into my academy? I don't know. become more flexible, do some yoga, and eat a healthy diet. Question My belt is too small to be wrapped with two ends. What am I supposed to do? It would be better to get a longer belt that suits you. There isn't really a fix if your belt is just short. Try to improvise and make it look good as you can. Question My Zone is too long, what should I do? Try wrapping the belt twice or maybe three times before knotted in place. Ask your instructor if they have a smaller belt that is easier for you to tie. Ask a question This article was co-authored by our trained team of authors and researchers who validated it for accuracy and completeness. The wikiHow content management team carefully monitors the work from our editorial staff to ensure that each article is supported by reliable research and meets high quality standards. This article has been viewed 130,780 times. Co-authors: 15 Update: November 17, 2020 Views: 130,780 Categories: Taekwondo Print Send fan mail to writers Thanks to all authors for creating a page that has been read 130,780 times. I'm a grandmother trying to learn how to tie the belt. The instructor showed me, but the video I can repeat over and over again, and maybe I can teach my grandson the right way to tie his belt! ... more I had problems tying my belt. He was hurting me while I was practicing. I'm about to get my yellow belt, so I thought I'd have to at least learn how to tie my belt. Glad I found wikiHow! ... more The excerpt of a video for each step was very helpful. I could correct any mistakes by seeing how it should be done. more Great video animation while scrolling through each step. Text below the video is awesome. It was all very well. Share your story Learn to tie your color belt | Learn to tie your black belt learn to tie your color belt presented by Mr. Chris Melson Find center belt and place on the belly button with tape on your right side. Both sides are wrapped around the middle with one side tucking down the other side all the way around. (If you don't tuck one side down, the belt will be crossed incorrectly behind the back.) The side that ends at the top is hidden under the two pieces, then grab both ends to tighten. The top piece is then placed over the bottom and pulled through the hole. (Observe the strip at both ends of your faces) Tighten the belt and then fold the belt ends down so that the stipe is visible at the top as the belt ends Down. Learn to tie your black belt presented by Mr. Chris Melson your name and black belt grade should end up on your left and the school name should be on your right. Place the world martial arts side of the belt facing towards you (back of the zone faces out) on your left side. Wrap the side of the name around the body twice. (Note that the WMAA side is at the bottom) Fold the side of the name down and now you will have both sides of it belt facing up. Fold the WMAA side over. (Notice that the side of the name is on top) Tighten the belt with the two front sides facing your body and the two back sides facing outwards. Fold both ends of the belt down. Even if you started with the back of the belt facing outwards. The front side now appears correctly because you folded the belt ends down. Down.