

## Instruction Tying the Belt [Dee]

*Your "Dee", or belt, is a symbol of your learned knowledge of Tae Kwon Do.  
Always keep your belt tied properly, never draped around your neck.  
Never let your belts touch the ground, and do not wash it.*

1. Take the middle of your belt and place it on your belly button.



2. Wrap the belt around your waist, bringing both ends to the front.



3. Make sure the ends are even. Put the right end over the left end.



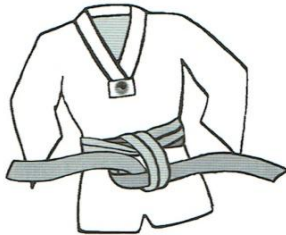
4. Now take that end pull it up under both of the other layers.



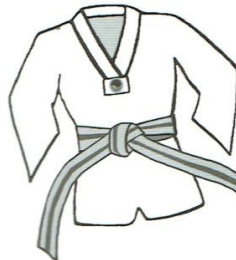
5. Make sure it is neat and snug, and then lay the top end down.



6. Curve the bottom end to make a loop.



7. Now pull the top end back up through the loop.



8. Pull both ends horizontally, Tightening your knot.

Wow! Good job, you look great!



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**KIM'S WHITE TIGER**  
**TAEKWONDO**