



# Middletown Judo Club

## How to Tie a Judo Belt (*Obi*)

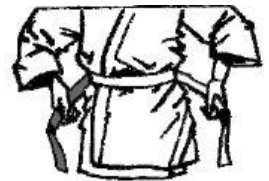
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While knowing how to tie your belt properly before practicing judo may not seem like an important detail, it is actually one of the fundamental skills for beginning your training. The belt, or *obi*, keeps your uniform tightly secured and teaches the novice how to follow instructions carefully while conforming to discipline.

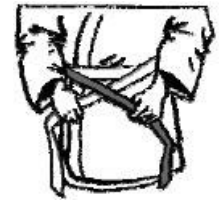
1. Place the middle of the belt on the stomach.



2. Wrap the belt twice around your body, with the ends open at the front of your waist about 1 or 2 inches below your navel. The ends should be of equal length. Pull the judo belt tightly around your waist, so that it is snug without restricting your movement or causing you discomfort.



3. Cross the right hand end over the left hand end.



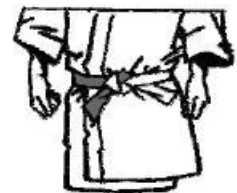
4. Pass the left hand end under the entire belt close to the body.



5. Cross the left hand end over the top and around the right hand end to form a reef knot.



6. Pull tightly and tuck the left hand end through one of the layers of the belt.



7. Practice tying your judo belt until you achieve consistent results. You should also learn how to tie your judo belt quickly and efficiently, since it may come loose during a match. Remember that a properly fastened belt should not come loose repeatedly during judo practice.

**Tip.** Notice what your instructor does. Some judo instructors may have unique or alternative ways to tie your judo belt, so that the entire class or dojo is uniform and consistent.