

## To wear your Gi

- 1) Pull on the trousers with the loop for the draw strings to the front (children's Gi are elasticized waist)
- 2) Thread one draw string through the loop at the front of the Gi. Pull the draw string comfortably tight and tie in a loop ( as with a shoe lace).
- 3) Pull on the jacket. **Children's** top are just pull on like V neck jumper
- 4) Pull the left side of the jacket open to reveal a tie string at hip height.
- 5) Pull the right side across to the left and tie with tie strings (as with a shoe lace).
- 6) Now pull the left side across to the right and tie with tie strings as above.

## To tie a karate belt ..... the easy way

