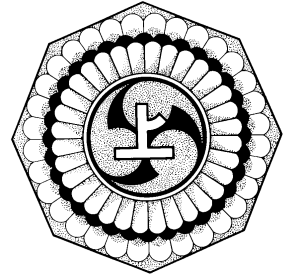




# OKINAWA KARATE AND CULTURAL CENTER

## *ACADEMY of World Champion Nestor Folta*

A Total Personal Development School  
- Traditional Karate Uechi Ryu -  
4437 Brookfield Corporate Drive, Suite 201  
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## How to Tie a Karate Belt

### - 16 Steps to Success -

by Master Folta

5-20-2024

[www.traditionalkarate.com](http://www.traditionalkarate.com)

1. Hang the belt vertically in front of you holding the middle of the belt (both ends hang equally down in length)
2. Place the middle of the belt against your belly just below your navel.
3. Wrap both sides flat around your waist to the middle of your back.
4. Cross the belt in the middle of your back so the portion coming from your left side goes over the top of the portion coming from your right side.
5. Continue wrapping the portions of the belt around your waist, with the belt staying on top, wrapping around your right side, and keeping the belt underneath, wrapping around your left side.
6. Bring both portions of the belt across the center of your stomach so that the belt from the right side is on top of the belt you initially placed on your stomach in step 2 above and the belt from the left side is underneath the belt you initially placed on your stomach in step 2 above.
7. Use your right hand to grab the belts at the center of your stomach so that you have 3 layers of belt in your right hand. The top layer is the portion of the belt from the right side. The middle layer is the middle of the belt you placed across your stomach just below your navel in step 2 above. The bottom layer is the portion of the belt that came underneath the belt from the left side.
8. Use your left hand to flip the end of the belt hanging on the left up underneath the two belt layers on the left, making sure not to twist the belt and pull it up and through.

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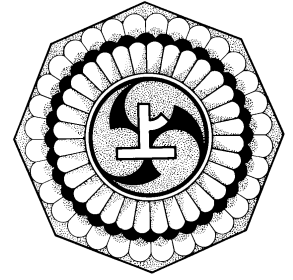
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9. Use your left hand to grab the belt portion just pulled up underneath the two belt layers. Use the right hand to hold the belt portion on top to the right and pull them outward to your sides. Now, the belts should be snug against your waist so that when you let go of the portions of the belts that you were holding, the belt stays on your waist—no hands!

10. Pull both ends of the belt directly to the front of you, keeping the portion of the belt from the left side on top and the portion of the belt from the right side underneath as the bottom.

11. Use your left hand to hold both ends of the belts extended directly out from your stomach and in front of you.

12. Use your right hand, palm down and thumb facing you, to grab the portion ONLY the belt on top about halfway out in front of you.

13. Use your left hand to take the end of the underneath belt, lift it from the left side close to your stomach, and cross over to the right side of your stomach over the belt on top still held by your right hand.

14. Use your left hand to place the end of the belt down through the loophole formed between the top belt (still held by your right hand) and the bottom belt looped around in step 13.

15. Release the left hand from the belt threaded down through the loop and pull the hand back up and out through the loop.

16. Use your left hand to grab the end of the belt that you just threaded down into the loop and is on your left side and pull both out to the sides with both your right hand and left hand. Release your hands as the job is done.

The knot has been formed, and the ends of the belt hang from it. At this point, I suggest you grab the hanging portions of the belt on each side of the knot tightly and pull both out to the sides once again to make the knot tighter and less likely to come loose later accidentally.

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