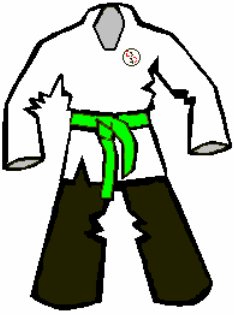
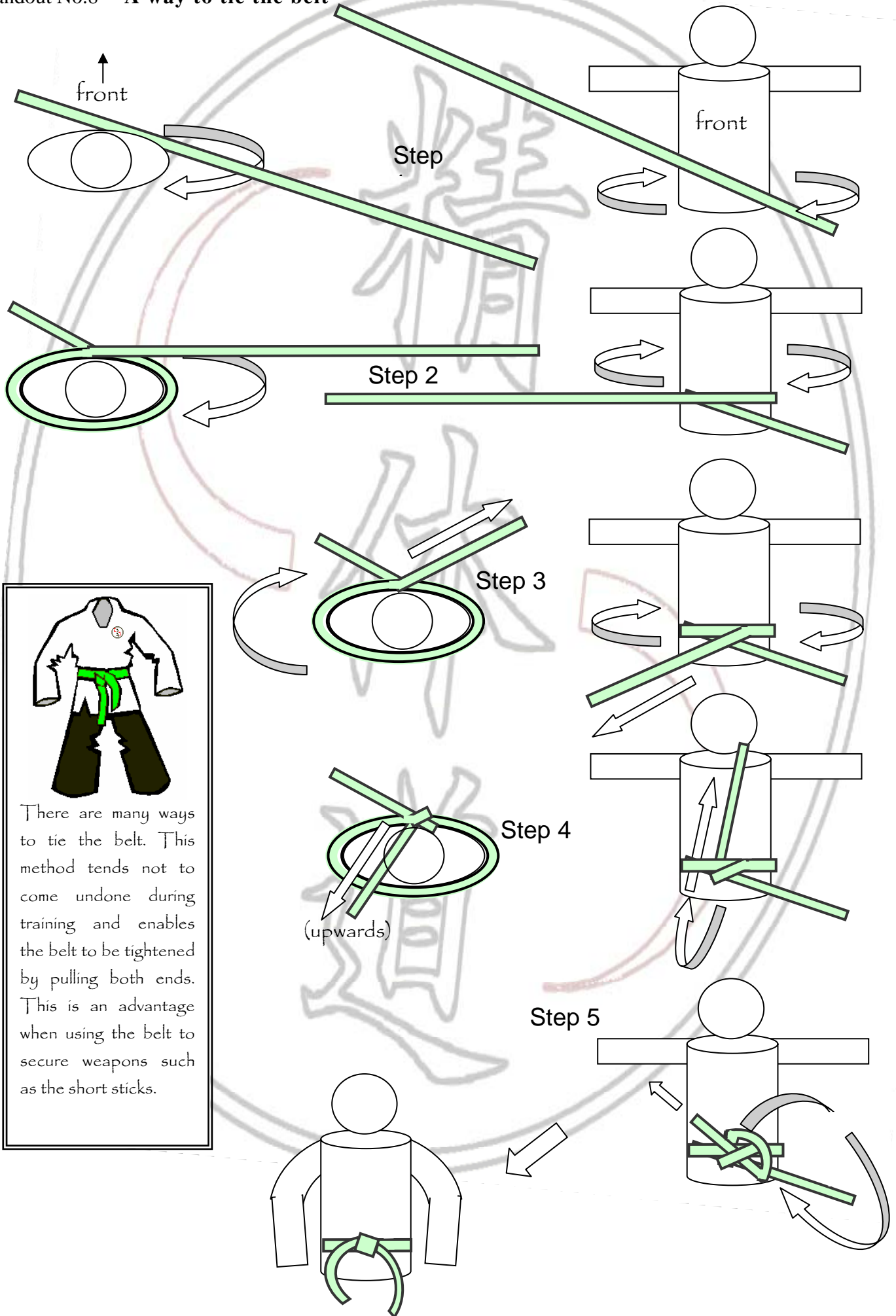


# Handout No.8 – A way to tie the belt



There are many ways to tie the belt. This method tends not to come undone during training and enables the belt to be tightened by pulling both ends. This is an advantage when using the belt to secure weapons such as the short sticks.