

ZASADY WIĄZANIA PASA KYOKUSHIN WORLD FEDERATION

全世界極真連盟

HOW TO TIE A BELT (OBI)



- ⊕ The tied ends of the belt should not fall below the knees or be above the lower edge of the jacket. Both ends of the belt should be the same length - this symbolizes the harmony between the STRENGTH and SPIRIT of karateka.
- ⊕ The right end of the belt with the inscription of the surname and name symbolizes power (personality), and the left end of the belt, with the inscription of the name of the organization - SPIRIT (soul).



1 Make the middle of the belt the starting point for tying the belt



2 Two turns - for the correct fixation of the form (Karate Gi)



3 Align the ends of the belt



4 With the upper end of the belt, grab both turns of the belt and bring it up



5 The upper end of the belt begins to make a knot around the lower end



6 Stretch the upper end through the loop



7 Tighten the knot in the horizontal plane



8 It is considered correct to tie the POWER on the right and the SPIRIT on the left.

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