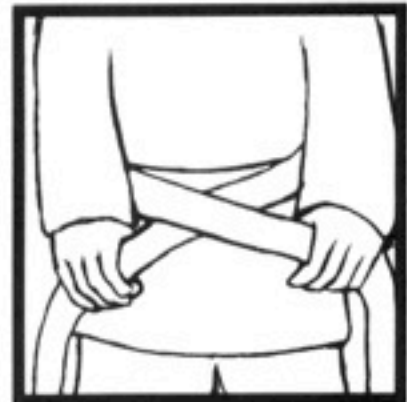Place the middle of the belt against your stomach & wrap the belt around the back

Both ends are brought around to the front.

lay the left side of the belt down and the right side of the belt on top.

the right side of the belt which is on top, tucks under both layers and comes out on top.

Place the belt on the left side over and on top of the belt on the right side leaving a hole

take the end of the belt that is on the bottom wrap it around and down through the loop

All junior members need to be able to tie their own belt for their first grading examination.

If in doubt ask a Leadership or SWAT Team member for a demonstration!