



How to tie an obi



Fold the obi in half with both ends of the same length to locate its centre.

Centre your obi on your stomach with the label on your left.

Place the centre of the obi flat across your stomach with both ends hanging down toward the floor.



Wrap your obi around your waist.

Keep the centre of your obi flat against your stomach with both ends of equal length.



Cross your obi behind your back.

After the ends cross in the middle of your back wrap them across to the opposite sides.

Remember to keep the obi flat against your body without letting it twist anywhere.



Smooth your obi around your waist.

Now wrap both ends of your obi around the sides of your waist to return to your front again.

Run your fingers along the obi all the way around your waist and smooth the belt in the back and around the sides so that it is doubled up and lies flat without any twists.

The obi should lie flat against your back and sides as if it were a single belt made of two layers.



Cross your obi on your stomach.
Keeping the obi flat and doubled-up wrap both sides around front to cross on your stomach. The left side will be the inside layer laying flat against your stomach. The right side will be the outside layer laying flat against the layer beneath it.

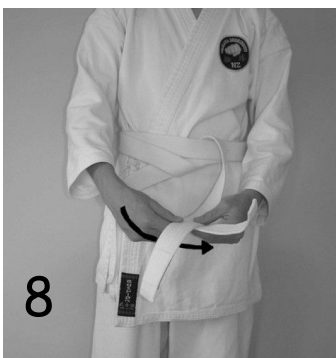
Where the obi crosses in the middle of your stomach, it will now be tripled up. Keep everything flat, as if it were a single belt with three layers on your stomach.



Wrap the outer layer under the others.
Wrap the end that originates on your right side under the other two layers, against your stomach, and pull it straight up and out the top of your obi.



Pull the two ends diagonally apart to tighten your obi around your waist.



Take the end of your obi that is coming out of the top left, and bend it down over to the right side.

Take the end of your obi that is coming out of the bottom right and pull it down to the centre.



Loop the bottom end around the top end.
Take the end coming out the bottom and loop it under the other end, then up, over and back down through the loop it forms with the rest of the obi against your waist.



Adjust if necessary to make both ends the same length, then pull the ends to tighten the knot.



The knot will look like an arrow with a triangle pointing to your right. Both ends will be the same length with your kyu level stripes (if any) on your right side

This isn't the only way to tie an obi but it makes a safe knot and is a common method

Finished.

Well done!