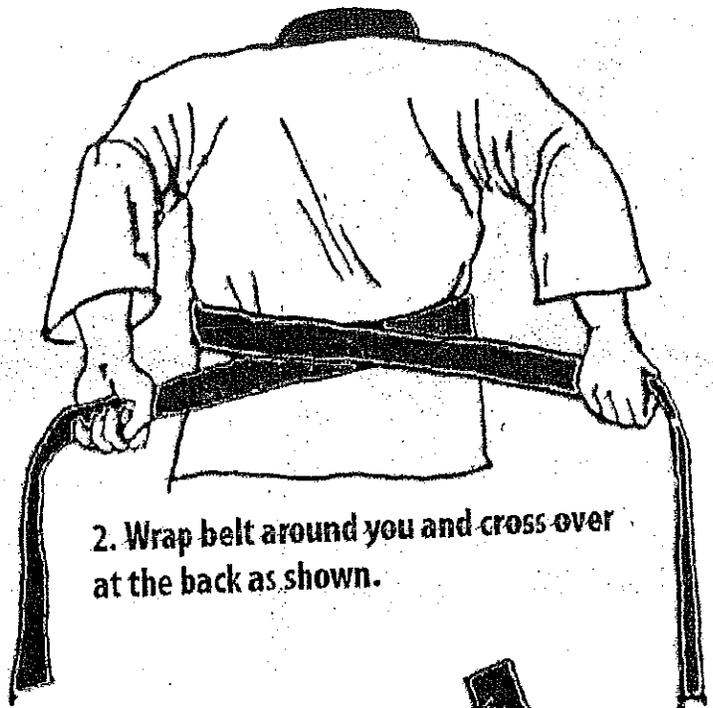
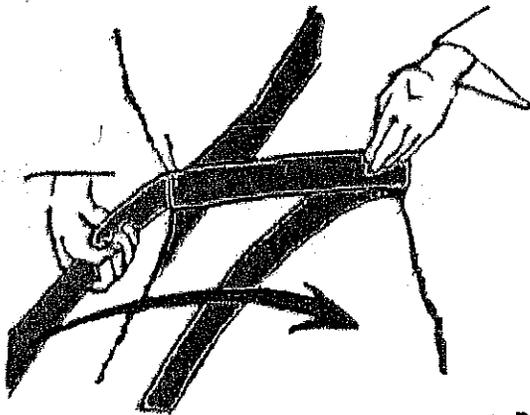


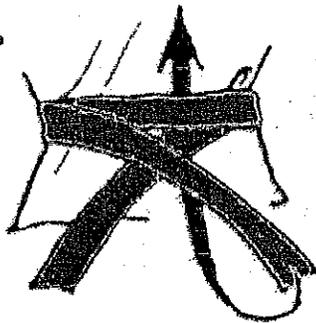
1. Select the middle of the belt and place it on your navel.



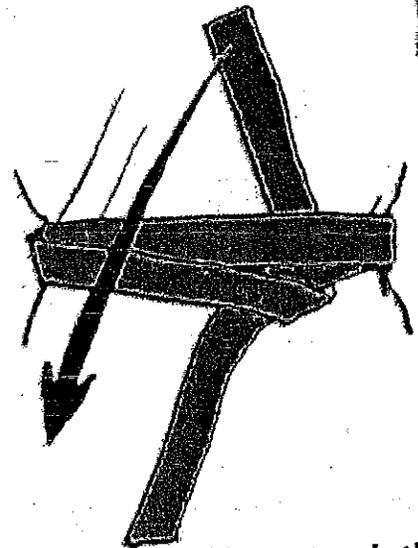
2. Wrap belt around you and cross over at the back as shown.



3. Bring the right hand side end around and cross over top of left hand end.



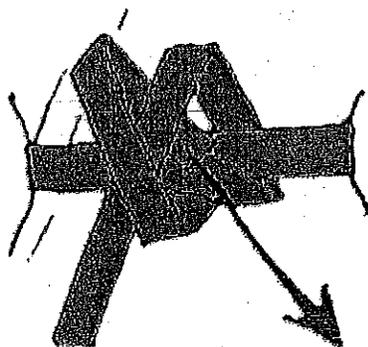
4. Push the end of right hand belt under and up between belt layers and uniform.



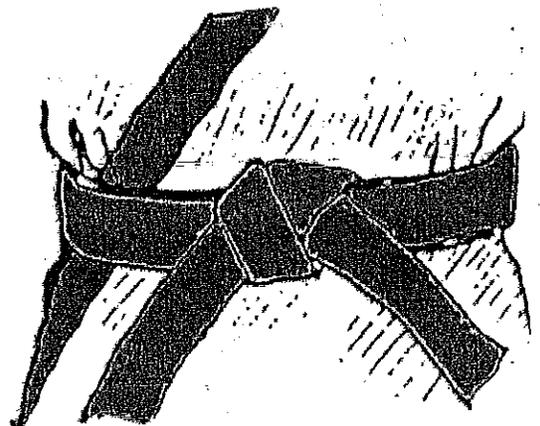
5. Pull this end down towards the other end of the belt.



6. Cross hanging left hand end upwards over right hand end and pass through the loop forming a reef knot.



7. Pull the knot tight.



8. Make ends even in length to finish the knot.