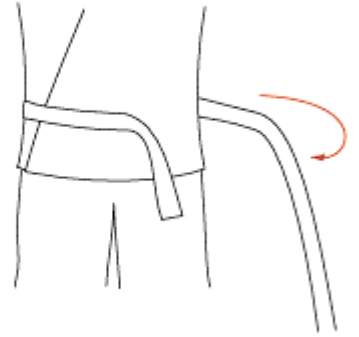
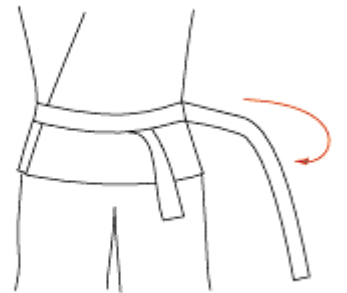
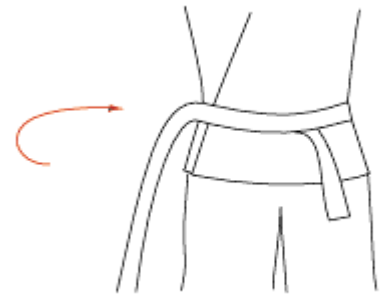


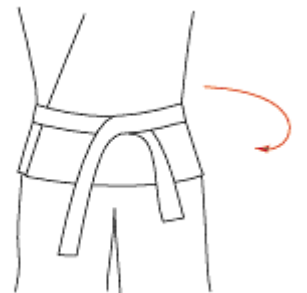
1. Begin with one end of the belt hanging down at your left side. Pass the belt across your body and around to the back.



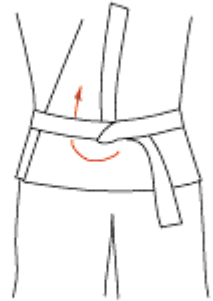
2. Retrieve the belt at the left side and pass across the front and around the back again.



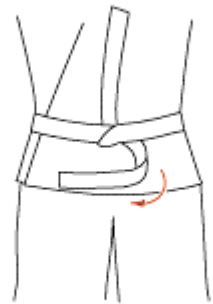
3. Take the end that has been traveling to the front and cross it down on top the belt material at the center.



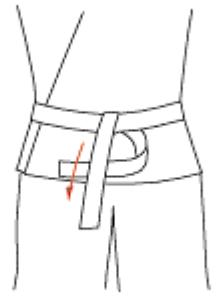
4. Tuck that same end under all the layers of the belt and pull through and up. Now look to see if the two ends are of approximate equal length and adjust by carefully pulling back and forth on both ends. (It's important that the belt appear symmetric, so go back a step if needed.)

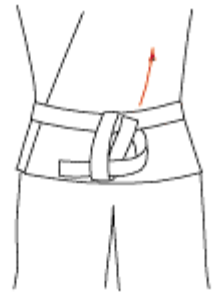


5. With the two ends hanging, twist the underneath end one half turn inward.



6. & 7. Cross the upper end (the original traveling end) over, under, and then through the lower end.





8. Tighten by pulling both ends equally.

