



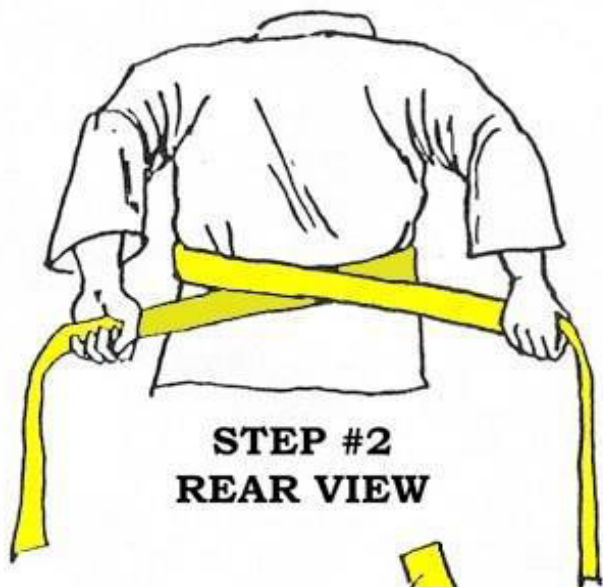
## JIU JITSU • MMA • WRESTLING

*"Creating a positive culture and environment for youth and adults to succeed in life."*

### HOW TO TIE YOUR BELT



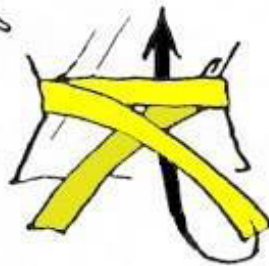
**STEP #1**



**STEP #2  
REAR VIEW**



**STEP #3**



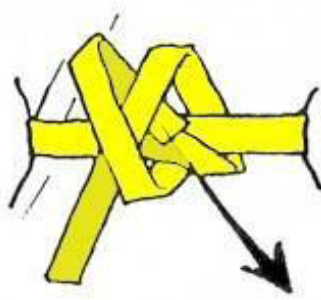
**STEP #4**



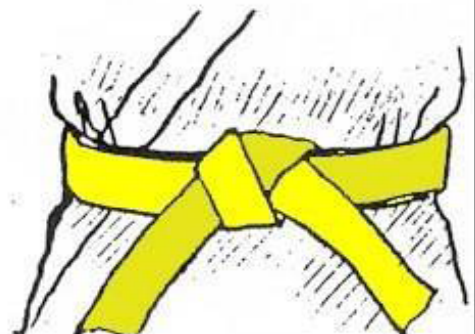
**STEP #5**



**STEP #6**



**STEP #7**



**STEP #8**