

Belt Respects and How to Tie a Belt



Belt Respects.

Most martial art systems have their own customs and rituals that are integral to the culture from which they came. This is one of the rituals that distinguishes Kajukenbo from other systems. The belt represents the hard work and effort a student puts forth in their training. The belt is to be respected. This means it is never to be worn outside of class or official events. It is not to be drug on the ground, used as a jump rope or a car tow. Do not drop it on the ground and trample it.

Begin from an upright kneeling position.



Unfold your belt enough that you are able to grasp two ends of the folded belt. Hold this up above your head. Your gaze should be focused on your belt. Take a moment to think about the effort you are putting into your training and what it means to you.



SNAP. At the instructor's cue, pull the two ends of the belt apart very rapidly. If done correctly, the belt will make a "snap" sound. At the same time you snap the belt, you "kiai." That is to say, let out a very loud yell. Kiai is the release of focused energy. Ki-ai is a Japanese term meaning concentrated spirit.



MIND. Touch the belt to your forehead. This is to remind you that these exercises require you to engage your mind. It is learning. Stay focused on the task at hand.



BODY. Touch the belt to your lips. Ok, the belt will get pretty grungy after a while. You can just hold it over your lips. This is a reminder that you will exercise your body. Yeah, it's a no brainer here.



SPIRIT. Touch the belt to your chest over your heart. Remember that there are social obligations you have when confronted in a violent way. Use what you are learning wisely and seek non-violent means to escape a situation. It is your goal to never have to use what you are learning.



WRAP. Your belt is naturally folded in halves. Let the belt unfold holding on to the mid-point of the belt.



Grasp your belt with two hands keeping the midpoint at your center-line.



Draw the belt across your midsection just below your belly button. This is where that midpoint goes.



Wrap the belt around your body.



Bring the two ends of the belt back to the front.



Draw the end in your left hand to your right side.



Now draw the end in your right hand to your left side. This should pin the end of the belt from the previous step in place.



I have taped one side of the belt for easier recognition. The end in blue should be the end you just pulled across to your left side from the previous step.



Wrap the blue end that is now on your left underneath all layers of the belt.



Pull the blue end all the way through.



Now cross the blue end over the end of the belt hanging to your right.



Tuck the blue end in the loop.



Pull tight.



The completed belt should look similar to this.



The completed knot.



What it should look like when done.