











The Budo Uniform - Gi

The complete budo uniform consists of a so-called GI or DOGI, which is a white judo or karate suit. It includes a white or coloured belt, the OBI.

To tie the belt is always a problem for beginners. Here you can learn how the belt is attached properly. Try it out. Over and over again. Just do not give up! ☺

	<p>Picture 1:</p> <p>Fold the belt once in the middle.</p> <p>(Note: If you don't start exactly in the middle, the ends will hang down in unequal length finally.)</p>		<p>Picture 2:</p> <p>The center of the belt is placed on the abdomen. Bring the two ends behind your back and swap them between your hands.</p>
	<p>Picture 3:</p> <p>Then bring the ends on the other side to the front again.</p>		<p>Picture 4:</p> <p>The left end of the belt is placed over the right end.</p>
	<p>Picture 5:</p> <p>Now pull the left end between the belt and the uniform upwards from the bottom.</p> <p>(Note: it must get behind <u>both</u> layers of the belt.)</p>		<p>Picture 6:</p> <p>The end that hangs out from above, is placed over the lower end.</p>
	<p>Picture 7:</p> <p>Wrap the lower end around the top. Now you got your knot.</p>		<p>Picture 8:</p> <p>Pull belt firmly...</p>
	<p>Picture 9:</p> <p>... finished!!!</p>		<p>Picture 10:</p> <p>Nice ☺</p>