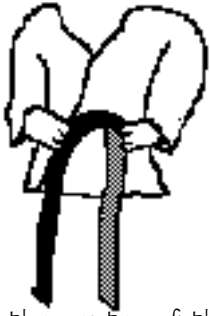


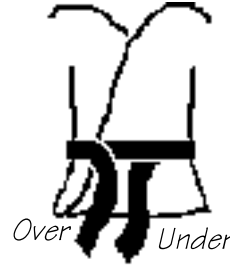
Kanthak Karate How to Tie a Belt



Find the center of the belt. Hold it across your middle.



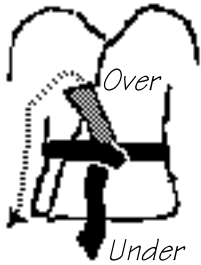
Bring the belt around to your back from both sides. Then bring both ends forward, tucking one side under. Keep it flat— don't let it twist.



Pull tight.



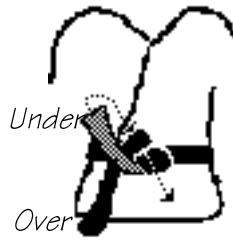
Tuck the "over" end up under both layers of the belt.



Fold the "over" end back down over the belt so that it is parallel to the "under" end.



Fold the "under" end up across the "over" end.



Tuck the "under" end down through the loop formed by the "over" end.



Pull both ends tight.

Kanthak Karate Patch Placement

School Patch: School Identification; place on left chest.

U.S.A. Flag Patch: Respect for your country; place on left shoulder, along seam.

Washington State Flag Patch: Respect for your state; place on right shoulder, along seam.

***Academic Achiever Patch:** Earned through academic excellence or effort; place under school patch. This rocker patch is for the first quarter AA status is earned.

***Academic Achiever Star:** Earned through continuing academic excellence or effort; line up first 5 stars under academic achiever patch. If more stars are earned, they should be placed in rows of 3 under the flag patches, alternating between the US flag and the WA flag. (These are the same as the small (3/4-1") yellow stars available in fabric stores.)

***Black Belt Club Patch:** Earned through attendance at Karate classes. Requires attendance for 3 quarters. Place above school patch.

The school patch and the two flag patches are included in your uniform purchase. They may also be purchased separately.

* Earned patches may be purchased at any time. Students are on their honor not to wear them before they qualify.

