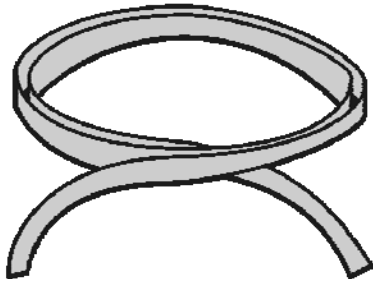


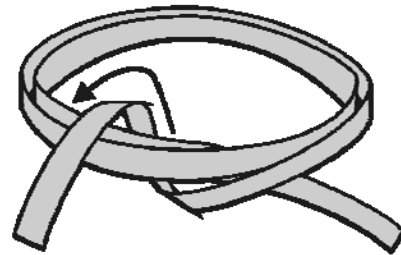


## How to tie your Academy Belt

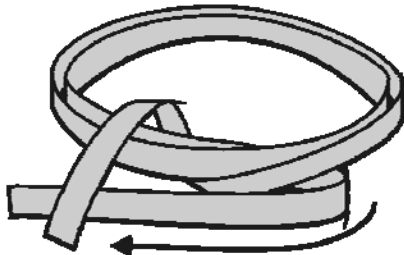
**1. Loop the belt around the body twice.**



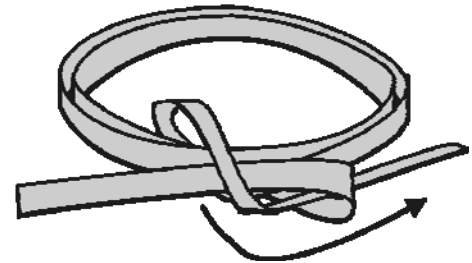
**2. Take the end from the outside loop and tuck it up underneath both loops.**



**3. Take the end from the inside loop and fold it across the front under the other end.**



**4. Take the end hanging down and tuck it in as shown.**



**5. Pull both ends tight.  
The ends should be the same length.**

