



The Tying of your Belt



When tying our belt we must first make certain that it hangs evenly from the middle. This symbolises the balance between the physical and mental aspects of our training.

Our belt is first wrapped around our waist by placing the middle of it just below the navel. This reminds us that we are both giver and receiver of life and therefore, we must embrace both respect and compassion with all peoples.

When we cross the belt behind our back the "X" reminds us to be prepared for what can go on behind our backs.

Bringing the belt around to the front reminds us that what goes around comes around and thus gives emphasis upon morality and "rightful thinking".

Crossing our belt again in front emphasizes the fact that what goes on behind ones back can go on under our nose as well, and that we must be prepared for adversity wherever it comes from.

Bringing one end of our belt up under the waist and the other down serves to remind us of the only two directions in which we can travel and the importance of continuing on and upwards in an effort to improve ourselves.

Every time we tie the knot we should be reminded of how important it is to tighten our resolve.

Finally, we should make sure that the ends of our belt are perfectly even. This shows that we have balance in training as well as in our lives and that we should pay attention to the details at the finish of all things.