

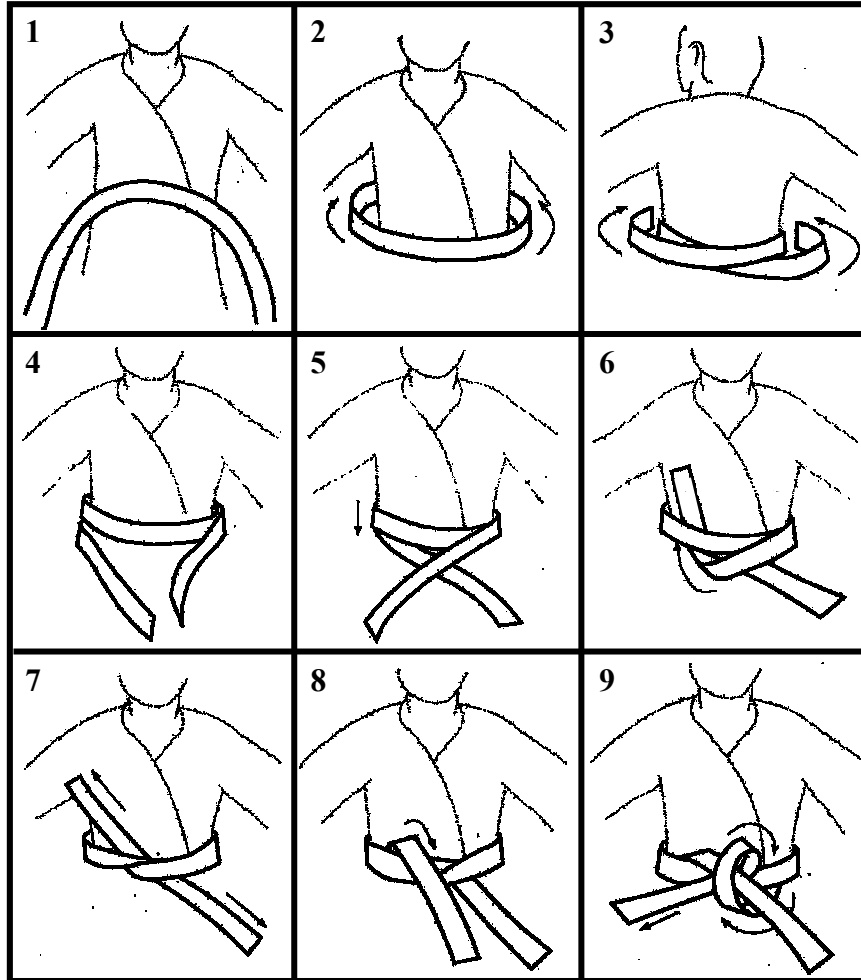


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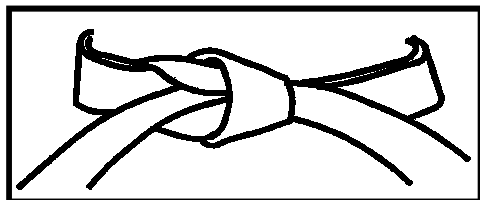


HOW TO TIE YOUR BELT

The following diagrams show the correct way to tie your Ju-Jitsu belt



Your final belt knot should look like this

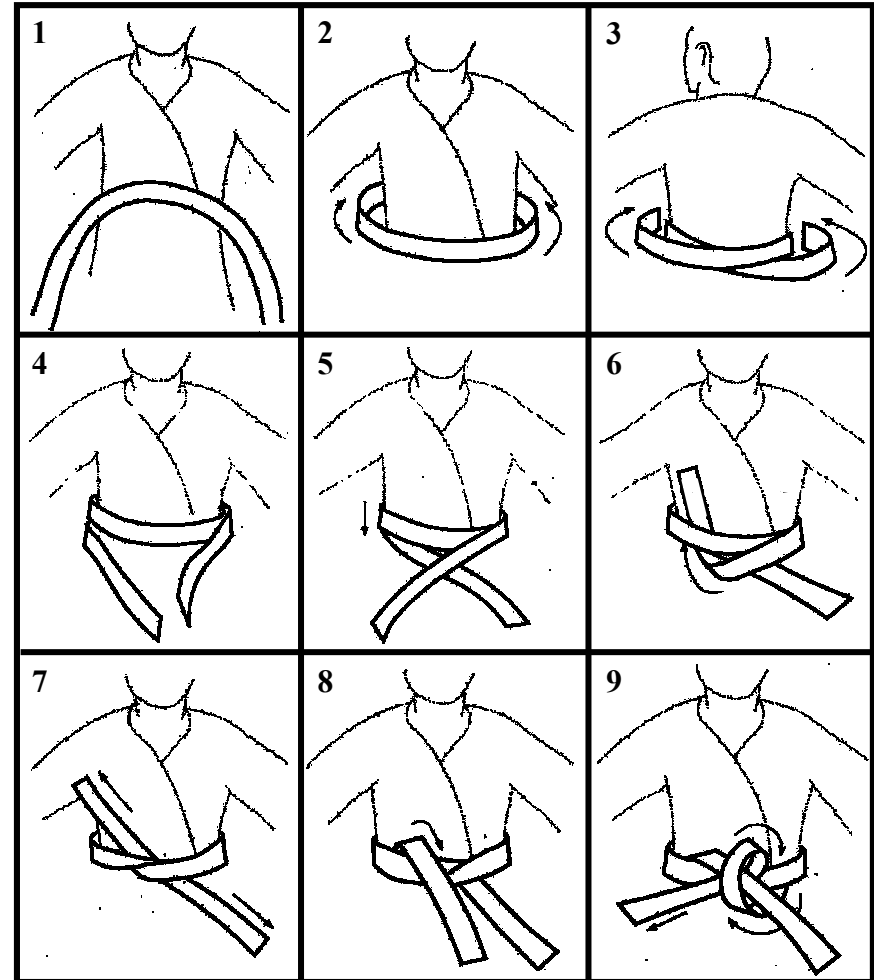


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