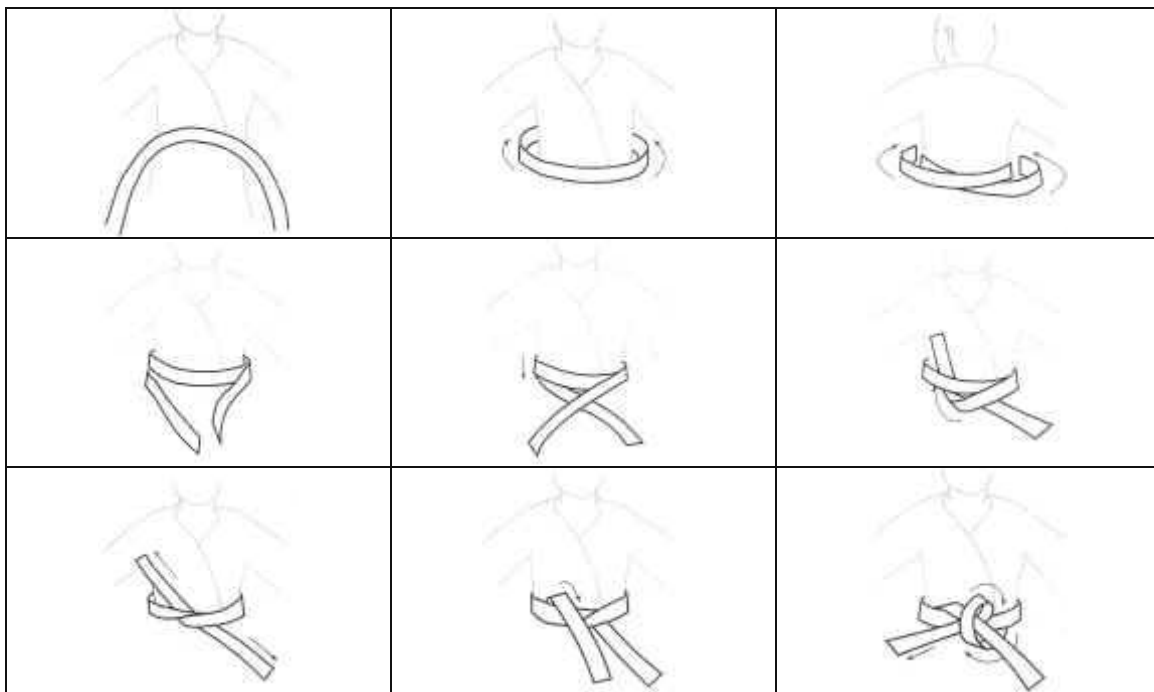


Pacific Martial Arts Academy



How to Tie your Belt



Your final belt knot should look like this.

