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HISTORY AND ORIGIN OF THE BELT SYSTEM Last update: 03/02/10 Part I. A belt or sash is only a strip of colored cloth—anyone can buy any colored belt you want and wear it. Ed Parker Sr. author of the most sold Martial Arts books worldwide. Father of American Kenpo Karate and founder of the International Kenpo Karate Association and the International Karate Championships in Long Beach, California.