



Shoelace Tying

One Loop Method of Tying Your Shoelaces

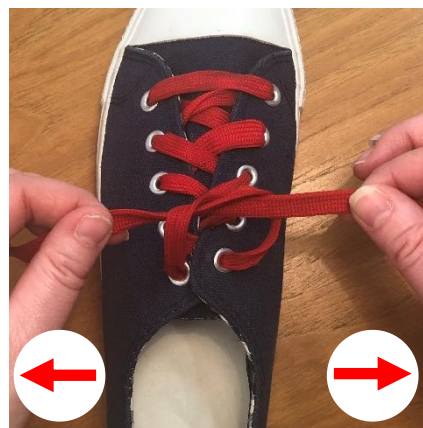
The first 3 steps show the lace flat against the shoe. You can also carry out steps with the lace elevated above the shoe.



Cross both laces over the top of the shoe to form an **X** shape. Take the **top** lace and wrap it back and through the bottom half of the **X** shape.



Pull the top lace through. Place the **top** lace back down so that you have a lace on each side of the shoe.



Hold one lace in each hand. Pull both laces up and out to the sides. This will make a tight first knot.

Double wrapping 1st knot

To create a tighter first knot, wrap the top lace through **twice** instead of once.



helpful
TIPS

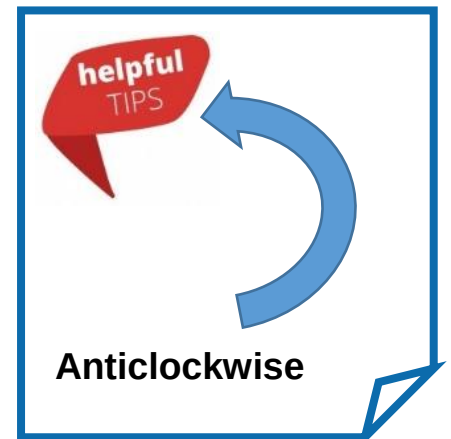
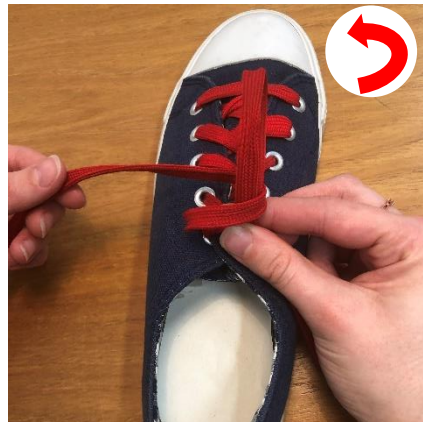


Create a loop and hold it in place with your thumb and index finger resting on top of the shoe.

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TIPS



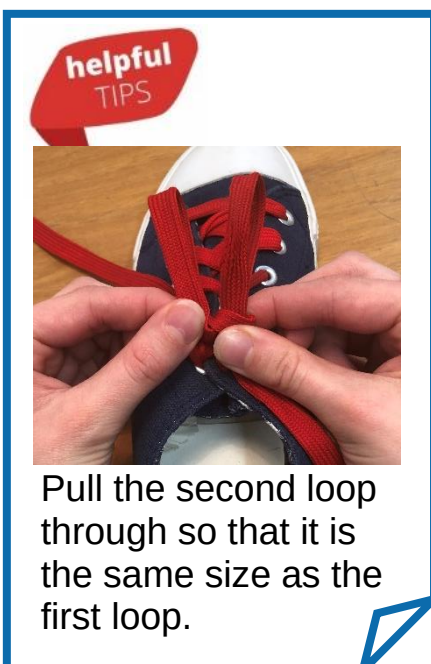
The loop should be about the size of your thumb.



While you are still holding the loop pick up the other lace in your other hand. Wrap the lace around the first loop (anticlockwise).



Using your index (pointer) finger push the lace through the hole next to where your thumb is resting. This will create another loop.



Squeeze both sides of the loops together and pull up and out to the sides.

Double Knot to Secure Laces

Once you have tied your shoe laces there are a few more steps you can use to secure the lace and stop it from falling out easily.



Squeeze both sides of the loops together and cross both laces over to form an **X** shape. Take the top loop and wrap it back and through the bottom half of the **X** shape.



Pull both loops up and out to the sides to tighten.