



## **Shoelace Tying**

## **Double Knot to Secure Laces**

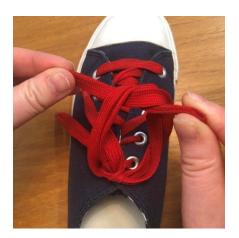
Once you have tied your shoe laces, tying a double knot can help to stop them from coming undone.







Squeeze both sides of the loops together and cross both loops 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.