

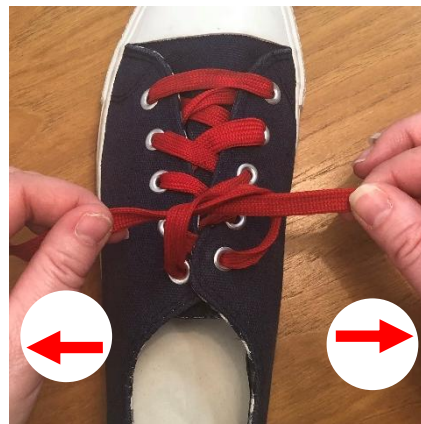
Shoelace Tying

Modern Method of Tying Your Shoelaces

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

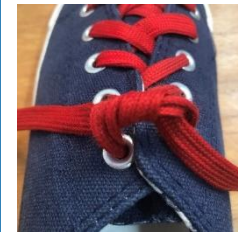


Pull the top lace through. Place the **top** lace back down so you have a lace on each side of the shoe.

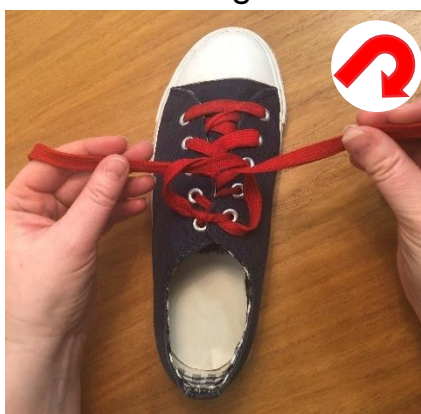
Hold one lace in each hand. Pull both laces up and out to the sides. This will make a tight first knot.

Double wrapping 1st knot

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



helpful
TIPS



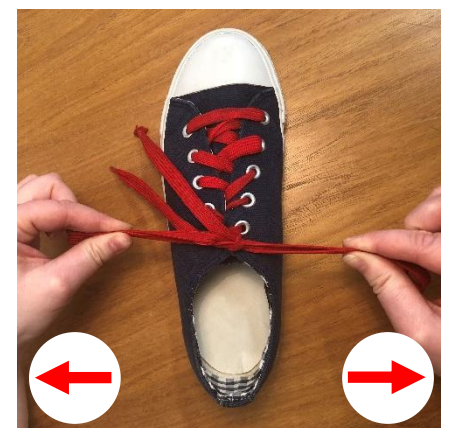
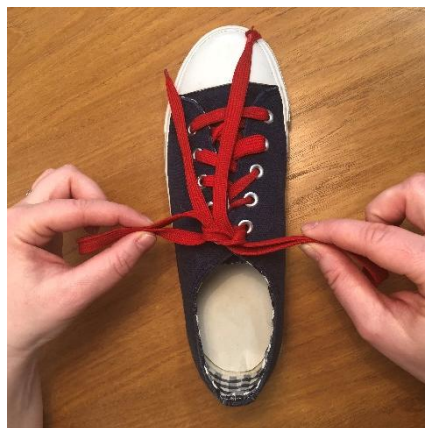
Repeat the steps above to create a 2nd knot but do not pull it tight. This time leave a small opening between the 1st knot and the 2nd knot to create a small gap. The gap should be about the size of your index (pointer) finger.



Pick up one lace. Poke it down through the small gap until it touches the toes or until the loop is a good size.



Pick up the other lace. Again poke it down through the small gap until it is alongside the first lace (down by the toes).



Now it's time to tighten the lace. Using your thumbs and index (pointer) fingers pinch both sides of both loops. Pull the loops up and out to the sides.