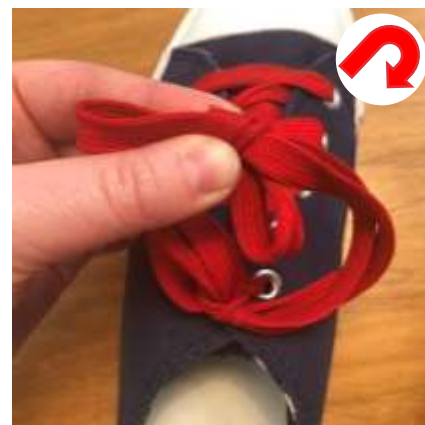
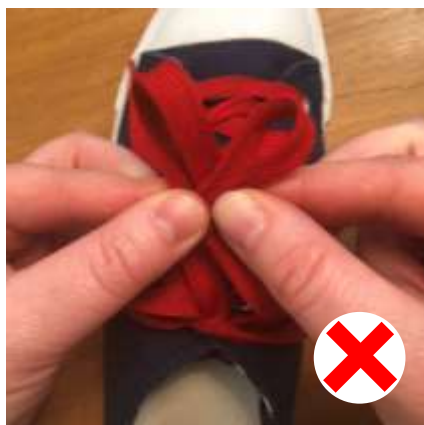




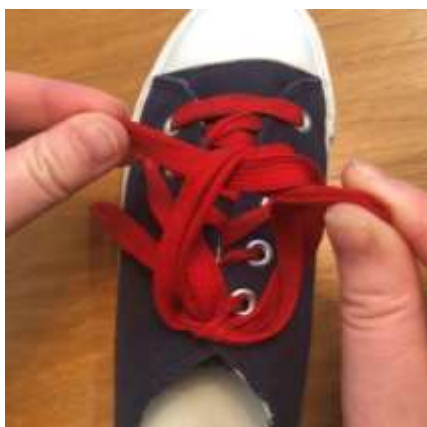
Shoelace Tying

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.