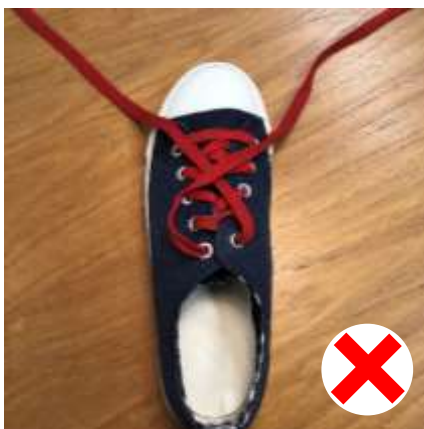
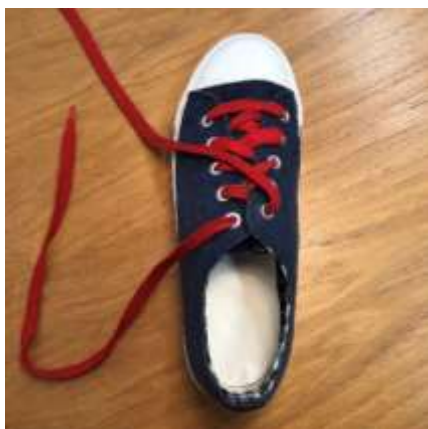




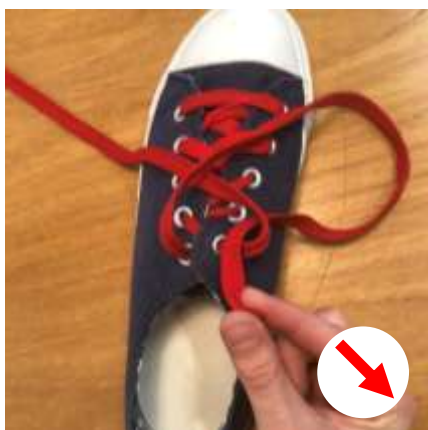
Shoelace Tying

First Initial Knot When Tying Your Shoelaces

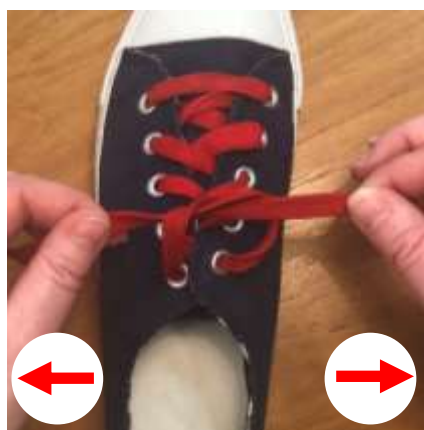
The first 3 steps can be carried out above the shoe or flat on top of the shoe.



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 lace fully through and place the **top** lace back down so that you have a lace either side of the shoe.



Hold both laces and tightly pull laces up and out to the sides to create a strong first knot.

Double wrapping 1st knot

To create a tighter first knot that will not easily become loose why not wrap the top lace through **twice** instead of just once.

