



Shoelace Tying

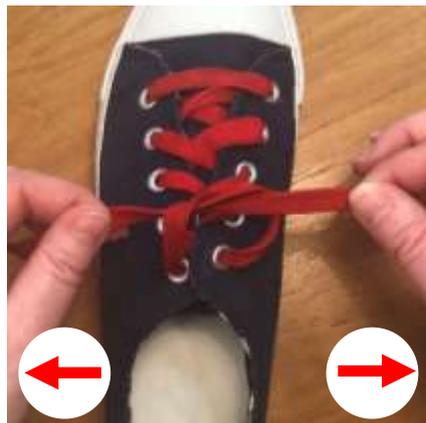
Modern Method of Tying Your Shoelaces

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. back and through the bottom half of the **X** shape.

Take the **top** lace and wrap it



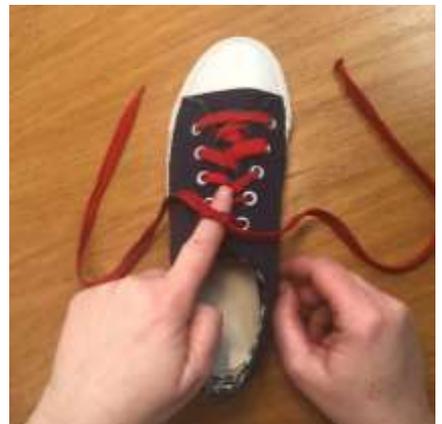
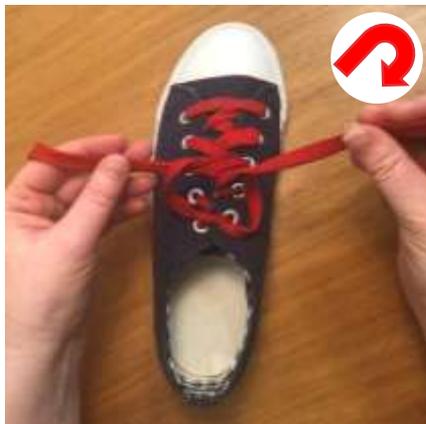
Pull the lace fully through and place the **top** lace back down so that you have a lace either side of the shoe.

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.



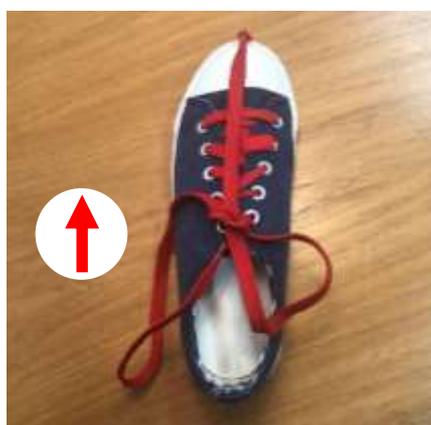
helpful
TIPS



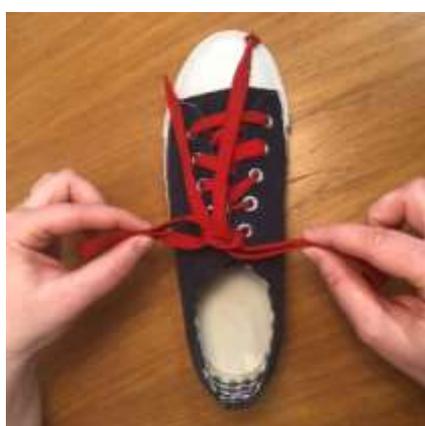
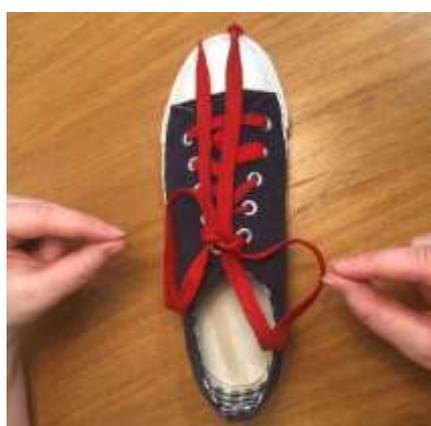
Repeat steps above to create a 2nd knot **but do not pull it tight**. This time leave a small opening between the 1st knot and the new 2nd knot to create a small gap (about the size of your index (pointer) finger).



Pick up one lace, place it down through the small gap until it touches the toes or until the loop (sometimes described as bunny ear) is a good size.



Pick up the other lace and again place it down through the small gap until it is alongside the first lace (down by the toes).



helpful TIPS



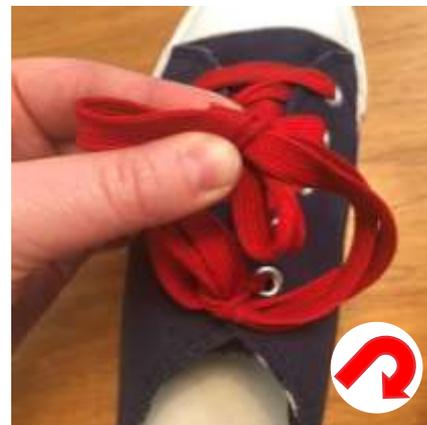
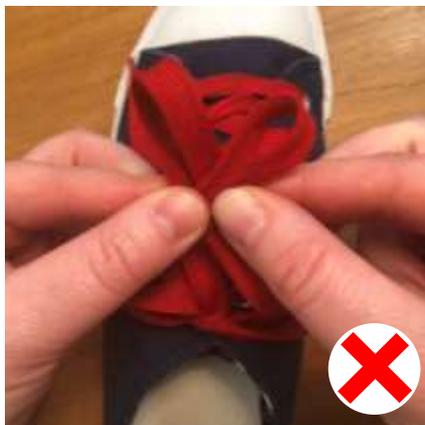
Be careful not to make the gap any bigger when you are pushing the lace through.

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

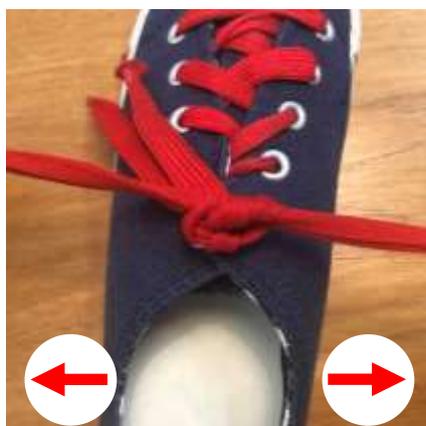
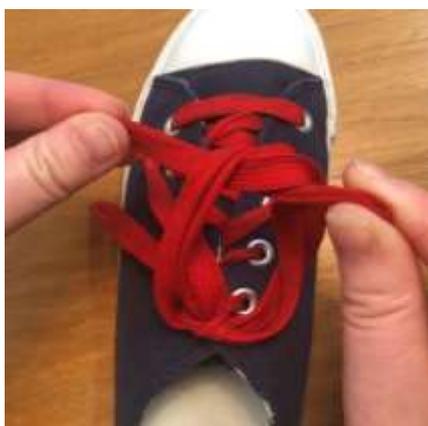


Double Knot to Secure Laces

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 side 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.



WELL DONE!!

Keep practicing every day