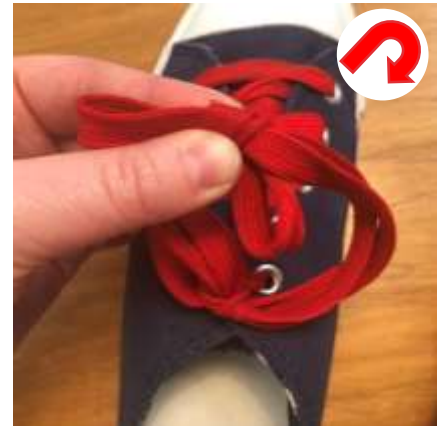
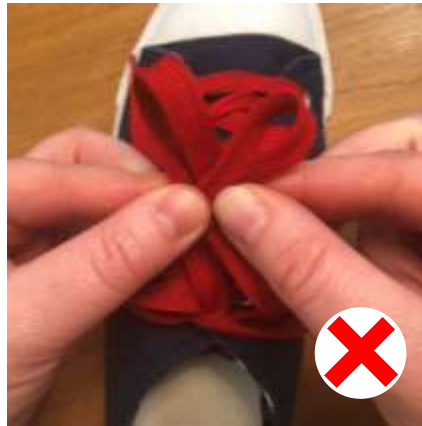


## Shoelace Tying

### 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.