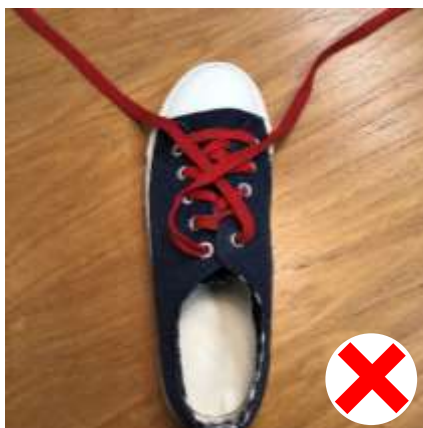
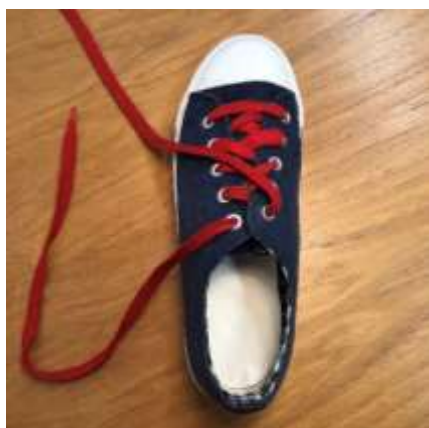


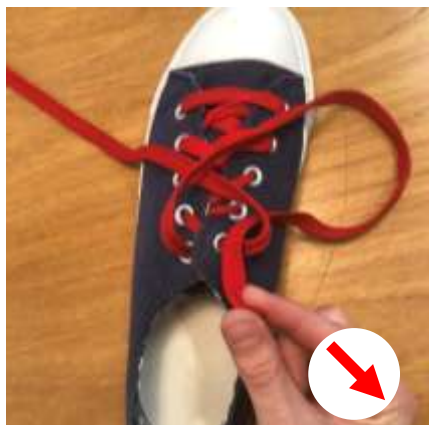
Shoelace Tying

Knot For Tying Your Shoelaces

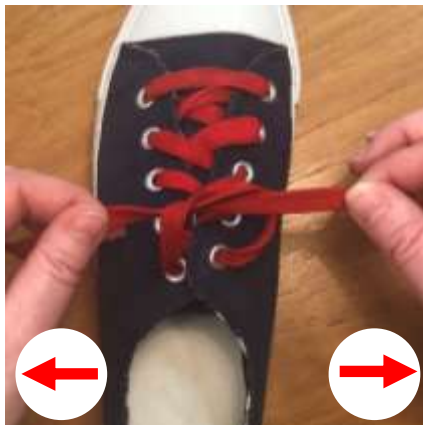
The first 3 steps show the lace flat against the shoe. You can also carry out steps with the lace elevated above the shoe.



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 that 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