



Fun



ways

to



tie

your



shoe laces



If you

can't

already



tie

your



shoes

this



summer holiday

is a

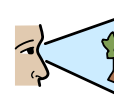


great

time to



learn.



See

the

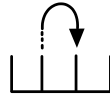


instructions



on

the



next



page.



Great!



You can



tie

your



shoes.

This



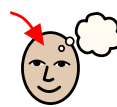
summer holiday



is a

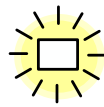
great

time to



learn

a

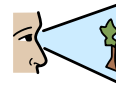


new,



fun

way.



See



the instructions



on

the following



page.

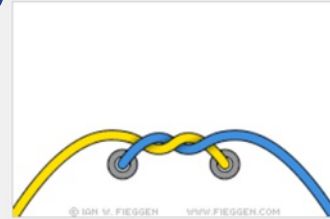
?



How to tie your shoelaces

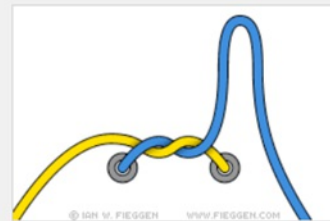
### Step 1:

Begin with a regular Left-over-Right **Starting Knot**.



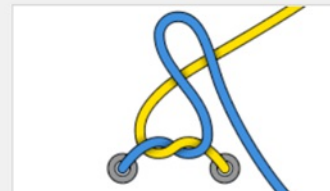
### Step 2:

Make the right (blue) end into a "loop" by simply doubling it back onto itself.



### Step 3:

Take the left (yellow) end and pass it around to the right, going **behind** the right loop.



### Step 4:

Continue the left (yellow) end around the right loop to end up in **front**.



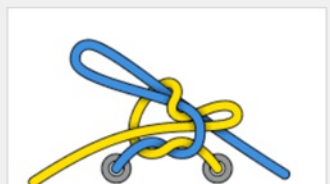
### Step 5:

Start to push the left (yellow) lace into the "hole" that has just been made.



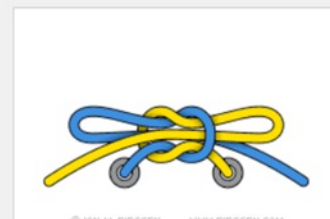
### Step 6:

The yellow lace comes out through the **back** of the hole to form a right (yellow) loop.



### Step 7:

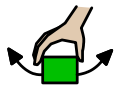
Grab hold of both loops and pull tight to complete the knot.





Fun ways to tie your shoe laces

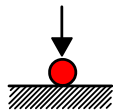
<https://www.fiegggen.com/shoelace/lacingmethods.html>



62

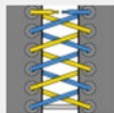


Use this link to find 62 different ways to



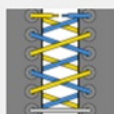
5

tie your laces! Here are just 5....



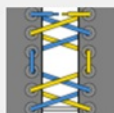
#### ⊕ Criss Cross Lacing

Probably the most common method of lacing normal shoes & boots, the laces simply criss-cross as they work their way up the shoe.



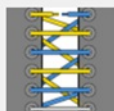
#### ⊕ Over Under Lacing

This method reduces friction, making the lacing easier to tighten and loosen plus reducing wear and tear. The laces alternate between crossing Over and Under.



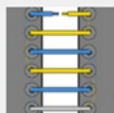
#### ⊕ Gap Lacing

This simple variation of **Criss Cross Lacing** skips a crossover to create a gap in the middle of the lacing, either to bypass a sensitive area on the instep or to increase ankle flexibility.



#### ⊕ Straight European Lacing

This traditional method of Straight Lacing appears to be more common in Europe. The laces run straight across on the outside and diagonally on the inside.



#### ⊕ Straight Bar Lacing

Also referred to as "*Lydiard Lacing*" or "*Fashion Lacing*", this variation of Straight Lacing eliminates the underlying diagonals, which looks neater plus relieves pressure on the top ridge of the foot.

