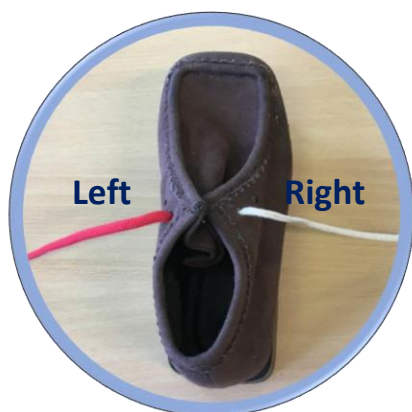


How To Tie Shoe Laces



1.

The white lace should be on the right hand side and the red lace on the left hand side to start with.



2.

Cross the red lace over to the right hand side beside the white lace.



3.

Now cross the white lace over to the left hand side to create an X.



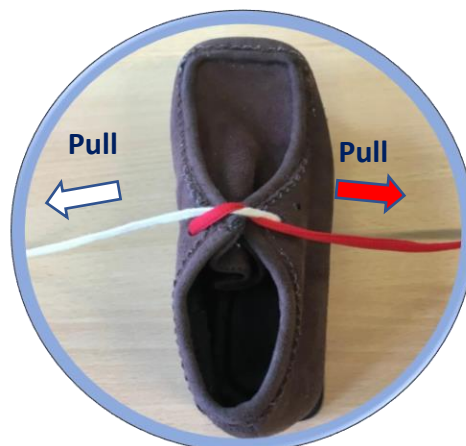
4.

Take the end of the red lace (with right hand) and place it under the X (top to bottom).



5.

Pull the red lace (with right hand) and white lace (with left hand) together at the same time.



6.

Pull both laces tight.



7.

Make a loop (bunny ear) with the red lace (about the size of your thumb).



8.

Secure the loop (bunny ear) with your thumb and index finger (fingers should be touching the shoe).



9.

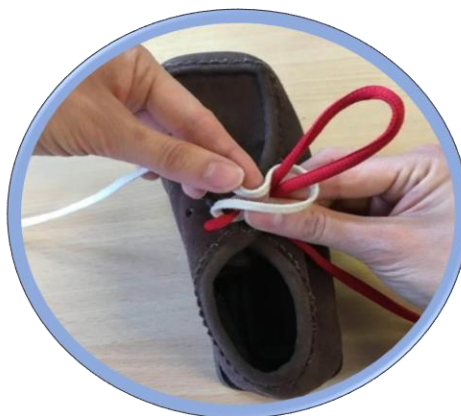
While you are still holding the red loop (bunny ear), pick up the white lace in your left hand and wrap it around the red loop (bunny ear) anti-clockwise.





10.

When the white lace has been wrapped completely around the red loop (bunny ear), place the white lace down at the left side of the shoe.



11.

Using index finger (pointer finger) push the back of the white lace (wrapped around the red loop (bunny ear)) through the hole where the right thumb is resting.



12.

Push the white lace through the hole and then pull the lace from the front to create another loop (bunny ear).



13.

Pull the new white loop (bunny ear) through the hole until it is the same size as the red loop (bunny ear).



14.

Pinch both loops (bunny ears) and pull together in an upwards and outwards motion.



Well done!

