

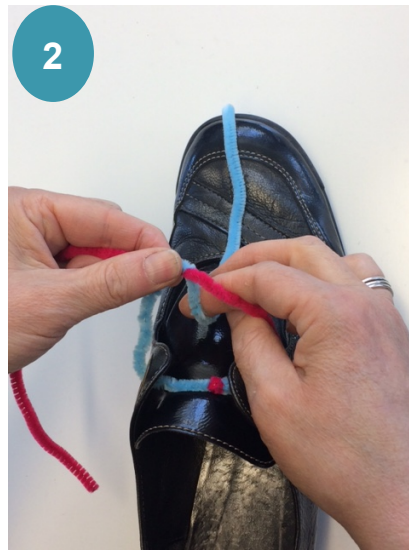


# Tying Shoelaces



1

Pick up a lace in each hand



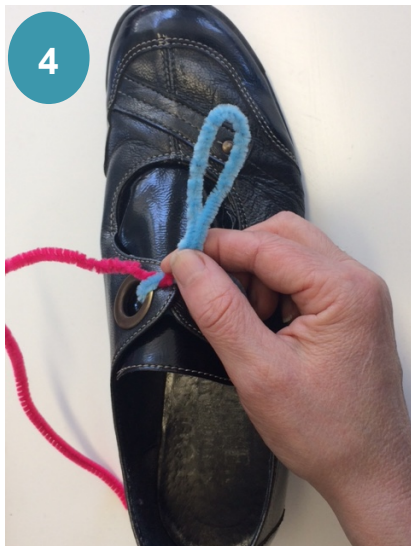
2

Cross top lace (blue) under bottom lace (red)



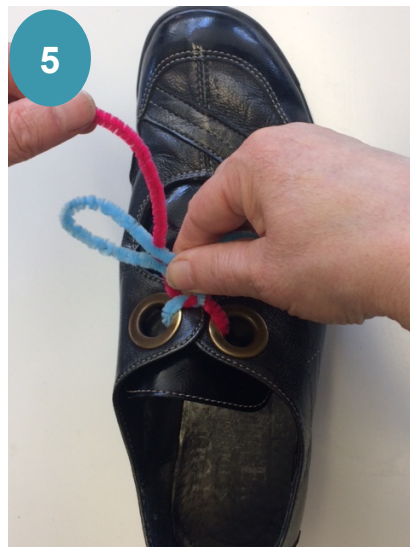
3

Pull tight



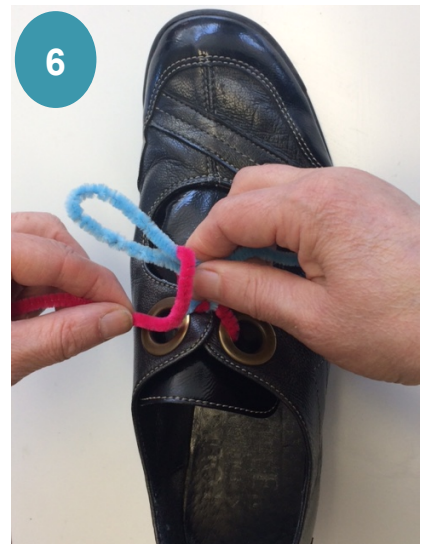
4

Make loop (blue) lace pinch tight



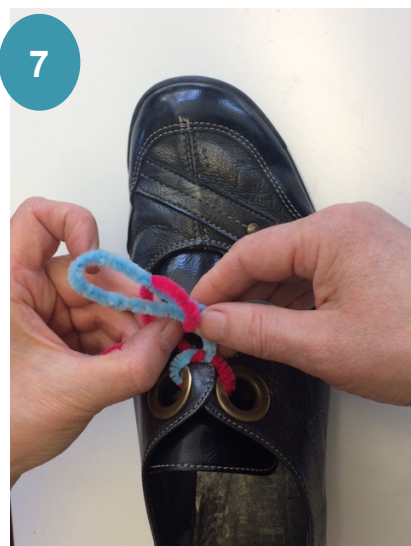
5

Circle (red) lace in behind loop



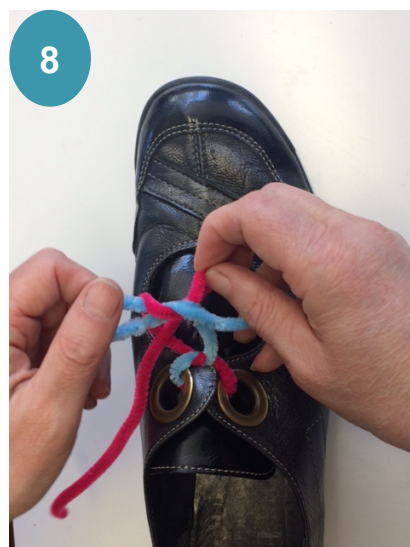
6

Circle red lace in front of loop



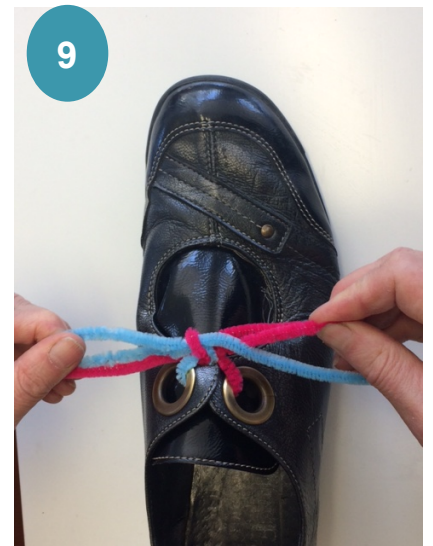
7

Push lace (red) through new hole with thumb



8

Grab new loop (red) with thumb and index finger



9

Pull loops tight