

A Beginner's Guide to Putting on Laced Sneakers

by Amber Kolar



Image of Laced Sneakers

If you know nothing about laced sneakers, this guide will teach you how to get them on your feet and tie them properly.

⚠ WARNING:

CHOKING HAZARD — Small parts. Not for children under 3 years.



NOTE:

TIME REQUIRED — Putting on a laced sneaker for the first time can take up to 5 minutes.

Items Needed

Laced Sneaker



This manual only works for sneakers with laces. A laced sneaker is the one item needed to complete these instructions.

Definitions of Laced Sneaker Parts

(Numbers of definitions are referenced in the steps.)

① Shoelace



A thick string threaded through the outside of the sneaker

② Eyelet



A hole that the shoelace is threaded through

③ Tongue



A piece of material below the laces which sits on top of the foot

④ Insole



The inside of the laced sneaker where the foot sits

Steps

① Loosen Shoelace Ends



Gently pull on the lines of shoelace (1) wherever they are strung from one eyelet (2) to another. Start at the top of the tongue (3) of the sneaker and work your way down it, pulling each line of shoelace in order. Pull the shoelace through the eyelets in the direction that causes the shoelace to have more excess string strung between the eyelets. Stop once you reach the end of the shoe's tongue closest to the front of the shoe. Make sure not to pull either of the ends of the shoelace through an eyelet while carrying out this step.

② Insert Foot



Lift the tongue (3) of the sneaker, then insert your foot into the opening in the sneaker so that your foot rests beneath the shoe's tongue and on top of the shoe's insole (4).

③ Pull Shoelace Ends Tight



Starting at the end of the sneaker's tongue (3) closest to your toes, pull on the shoelace (1) so that it slides through the eyelets (2) in the direction that reduces its slack between eyelets. Stop once you have reached the top of the tongue and therefore pulled all the shoelace between eyelets tight.

④ Cross Shoelace Ends



Pick up either end of the shoelace (1) and cross one end over the other.

⑤ Wrap Over and Under



Wrap the end of the shoelace (1) that is currently in the front down behind the other shoelace. Pass the end of the shoelace that you are wrapping behind the other through the loop that the two shoelace ends create.

⑥ Pull Shoelace Ends Tight



Pull on either end of the shoelace (1) so that the loop that the two shoelace ends made closes on the end of the shoelace you wrapped through the loop.

⑦ Make Loop



Fold one end of the shoelace (1) over against itself and hold it like this to create a loop.

⑧ Wrap Around Loop



Wrap the free end of the shoelace (1) around the loop you have created on the opposite end of the shoelace. There will now be a ring formed between the crisscrossing ends of the shoelace.

⑨ Make Second Loop



Fold the end of the shoelace (1) that has no loop against itself to create a loop on it. Hold this loop in place.

⑩ Pass Second Loop Through Ring



Use a finger to push the second loop you made in step ⑨ through the ring you created between the two shoelace ends in step ⑧.

⑪ Pull Loops Tight



Pull on the loops you created in steps ⑦ and ⑨ simultaneously. This will tighten the shoelace into a bow.

Instructions Complete



The laced sneaker is now on properly.