

# Tying a Shoelace – A Quick Guide


## Introduction



This is a guide with step-by-step instructions to teach a teenager how to tie shoelaces.



## Materials needed



- A pair of shoes with laces that already have the laces in place
- A chair to sit on



## Instructions

Step No.	Instruction	Reference picture
1	Sit on a chair and place the shoes on the floor in front of the chair.	
2	Loosen the laces on one of the shoes and wear this shoe on its corresponding foot as shown in Figure 1.	 <p><i>Figure 1: Wear shoe with loosened laces</i></p>

3	<p>Tighten the laces by pulling on the lace towards the middle for each part of the lace between each pair of holes as shown in Figure 2. Work your way from the toe end of the shoe to the heel end.</p>	 <p><i>Figure 2: Tightening of the laces before tying shoelace</i></p>
4	<p>Hold the lace's left loose end in your left hand and its right end in your right hand.</p>	
5	<p>Overlap the two laces at about their halfway mark to make an 'X' as shown in Figure 3.</p>	 <p><i>Figure 3: Making an X with the laces</i></p>

6	<p>Loop the lace that is on the top through the space created under the overlapped laces to tie a simple knot as shown in Figure 4.</p>	 <p><i>Figure 4: Tying a knot</i></p>
7	<p>After looping the top lace through the space, pull both lace ends outwards to tighten the knot so that it is snug against the shoe as shown in Figure 5.</p>	 <p><i>Figure 5: Tightening the knot</i></p>

8	<p>While keeping the laces snug with one of the laces, make a loop in the shape of bunny ears at about its center with the other lace, then hold the loop in place using your thumb and a finger as shown in Figure 6.</p>	 <p><i>Figure 6: Making a bunny ear loop</i></p>
9	<p>Repeat the above step to make a bunny ear shaped loop with the other lace and hold both the loops in place.</p>	
10	<p>Overlap the two loops by placing the right loop on top of the left one to form an 'X' shaped bow as shown in Figure 7.</p>	 <p><i>Figure 7: Overlapping bunny ear loops</i></p>

11	<p>Pull the lace loop that is on top of the other through the space created under the overlapped loops to make a knot as shown in Figure 8.</p>	 <p><i>Figure 8: Tying a knot with the loops</i></p>
12	<p>Once the loop comes through the space, pull on the loops outwards to tighten the knot so that it is snug against the shoe as shown in Figure 9.</p>	 <p><i>Figure 9: Tightening of the loop knot</i></p>
13	<p>You have now successfully tied your shoelace! You can make the loops bigger or smaller by loosening the knot a little and adjusting the bunny ears' length.</p>	
14	<p>To tie the other shoe's lace, place the right foot inside the right shoe and repeat steps 2 through 12.</p>	

## Tips

Here are some tips to ensure that the knot stays tied:

- Tighten the first inner knot as much as possible by placing a finger on top of it to hold it in place before proceeding with the loops in [step 6](#) above.
- In case the laces are too long and floppy even after tying them, you could also tie two knots one on top of the other, both for the inner knot and the outer loop knot.
- After you have tied the lace, if the loops and/or the laces' loose ends are too big and are overhanging, or getting caught under the shoe when you stand up, you could tuck them into the inner sides of the shoes to avoid them from getting stamped on.

## Troubleshooting

Error: Knot becomes loose.

If the knot has become loose, one of the possible reasons for this error to occur could be that the inner knot may not have been snug enough against the shoe, as explained in [step 5](#) in the instructions above.

Another reason could be that one of the lace ends could have come loose by getting caught under the shoe due to tied lace end's long length.

### **Suggested troubleshooting steps**

1. If only the outer knot has become loose, then untie the knot by pulling on the loose ends of the lace and tying the knot again by following the steps from [step 10](#) above.
2. If you feel the shoe loose around your foot, it means that the inner knot has become loose. In this case untie the outer loop first. Then, pull the loose ends of the lace outwards as instructed in [step 7](#) above. You can now place a finger on this knot while you proceed to form the loops and tie the outer knot with the loops, as explained in [step 6](#) above.

## Seek additional help

If you are unable to follow any of the steps mentioned in the instructions above or keep running into problems with the shoelaces, seek additional help from a friend, or family member who knows how to tie shoelaces and can help you master it.