

## SHOE TYING: ONE LOOP



**Step 1: Take each lace and make an "x".**



**Step 2: Take one lace and put under the other.**



**Step 3: Hold laces straight and pull until they are snug.**



**Step 4: Grab onto left lace and make into a loop.**



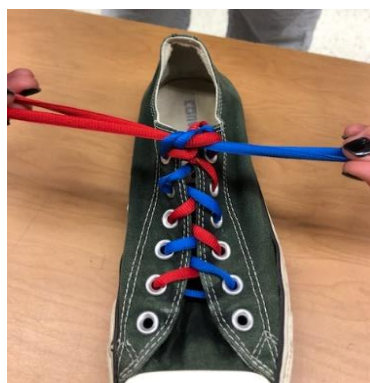
**Step 5: Grab onto other lace and wrap it around the loop once.**



**Step 6: Poke the shoe lace through the hole to form another loop.**



**Step 7: Grab onto each loop**



**Step 8: Pull to tighten.**

**Great WORK!!**

**Practice  
Practice  
Practice!!**