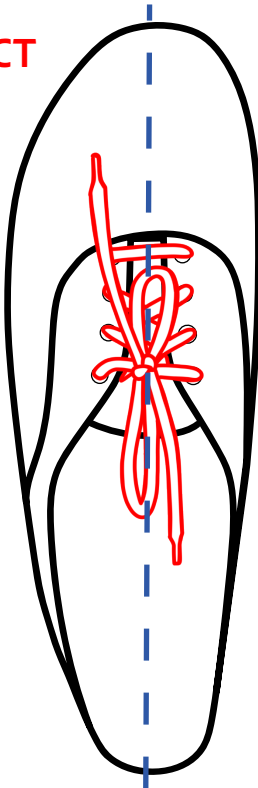


## Tying Your Shoes

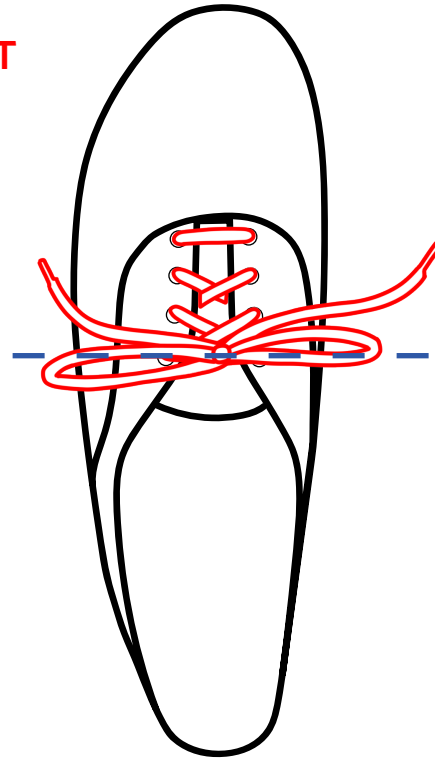
The shoelace (or bow) knot may be the most ubiquitous of knots. You probably learned it decades ago. And yet, most of us tie it incorrectly.

There are two versions of the classic shoelace knot—the “weak” knot and the “strong” knot. Tie your shoelaces normally, then pull both sides outward at the top eyelet. The knot should orient on one of two axes. If the knot aligns along the long axis, you have tied the “weak” knot. If it aligns along the short axis, you have tied the “strong” knot (well done).

**INCORRECT**



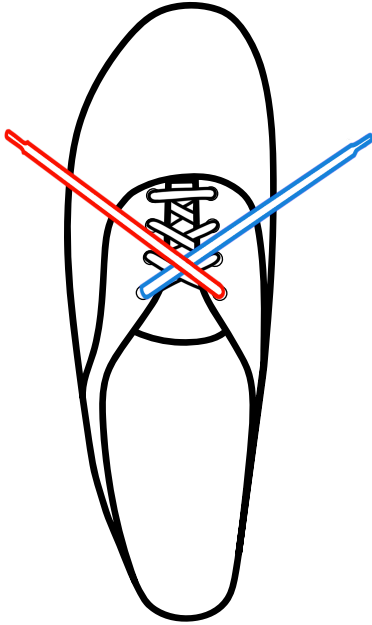
**CORRECT**



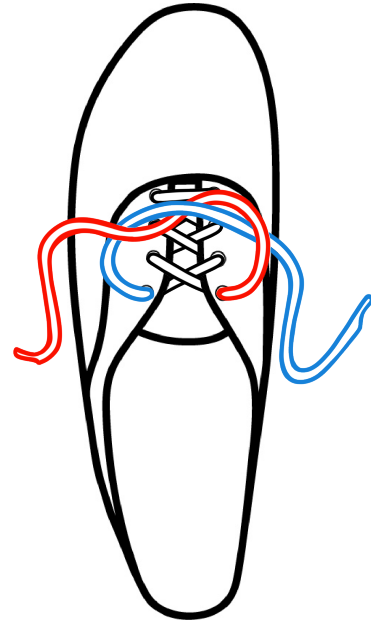
Let's go back to the basics to find where most of us have been going wrong.

## Adobe **SUMMIT** Tying Your Shoes

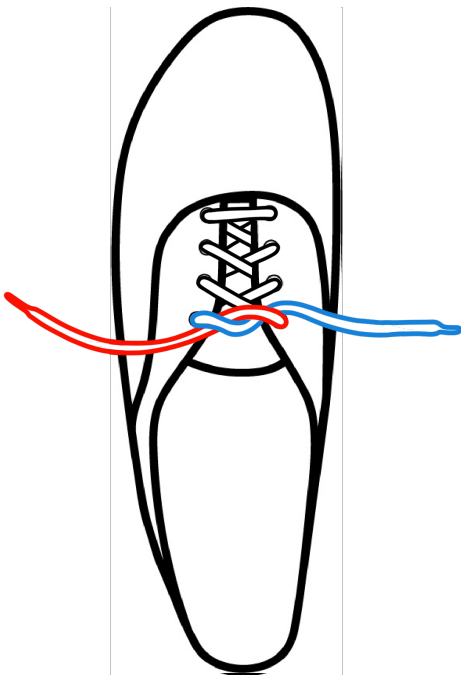
**1:** Take your right shoe lace and cross it over the left lace so that they form an X.



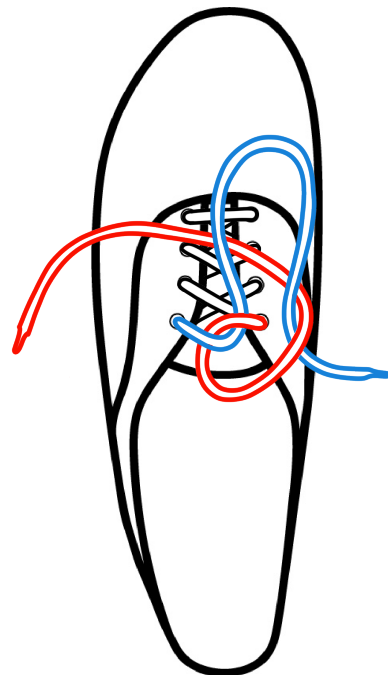
**2:** Take your right lace and bring it down, under and through your left lace.



**3:** Pull both laces tightly to form your first knot.

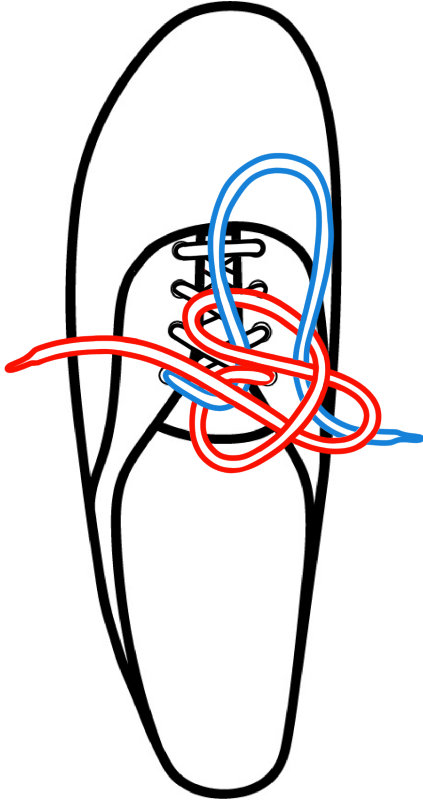


**4:** Create a loop with your left lace. The direction you wrap your right lace determines whether your knot is strong or weak. For a strong knot, wrap your right lace counterclockwise around the first loop to create a second loop.

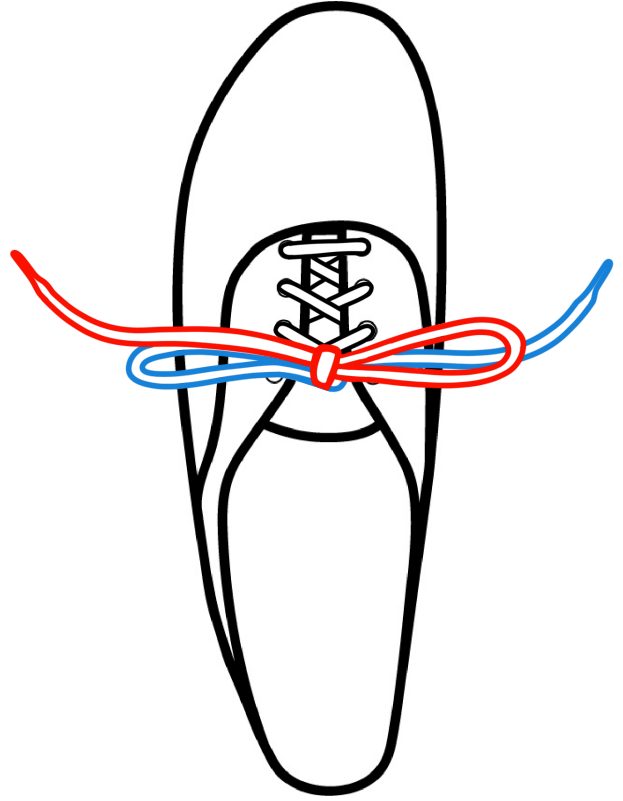


## Adobe **SUMMIT** Tying Your Shoes

**5:** Push your left lace through the second loop.



**6:** Pull on both loops until they are tight.



And you're done! No more laces coming undone.  
Share your new knowledge with your friends and family!