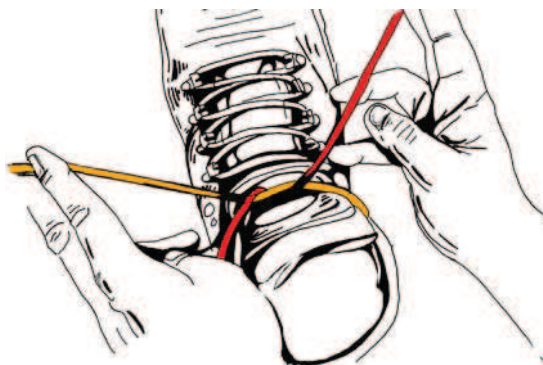
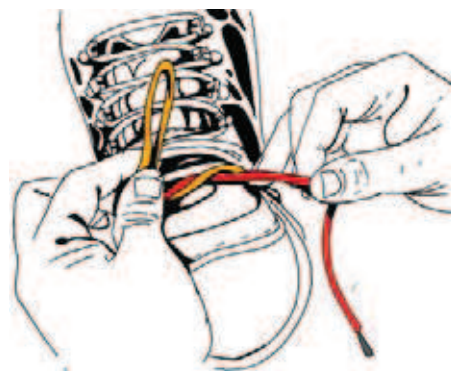


### Bow Knot

The Bow Knot is used for tying your shoe laces. Before starting the Bow Knot, make sure the laces are pulled snug. To tie: with a shoe lace in each hand, pass the left lace over and around the right lace, firmly pulling the ends in opposite directions forming an overhand knot. With the left hand lace make and hold a medium sized loop as shown. (Loop)

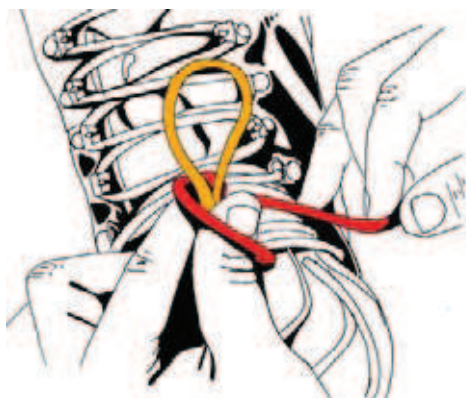


*Overhand Knot*



*Loop*

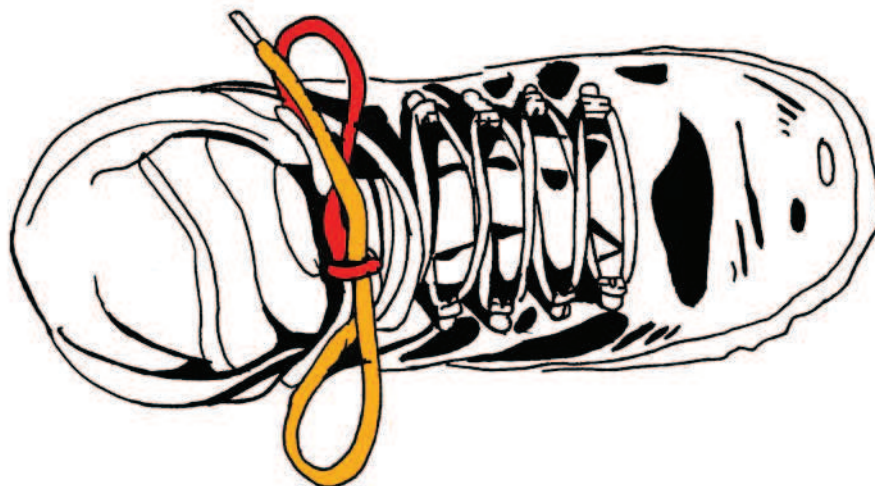
Now pass the right hand lace over and around the neck of the loop as shown. (Swoop) With the right hand lace form a bight and pass under itself forming a small loop. Grasp a loop in each hand. Pull firmly in opposite directions forming two equal sized loops as shown. (Pull) To untie the Bow Knot pull on the ends of the laces.



*Swoop*



*Pull*



*Bow Knot*