10day 1 111	to show you how to tie a sho	elace in
	one second.	
• You both	n sides of the shoelace with	fingers.
• With the	hand, you go down and over the	e top.
• With the	hand, you go over the top and u	nder.
Then you bring yo	our close together.	
 And grab opposite 	e ends of the	
And you simply	through like this.	
Video reference: https://youtu.be/wMuNjnN	NyaiA Tie a shoelace i eflsummerschoo	
Today I'm to show you how to tie a shoelace in		
	one second.	
 You both 	n sides of the shoelace with	fingers.
	h sides of the shoelace with _ hand, you go down and over the	
• With the		e top.
With theWith the	hand, you go down and over the	e top.
With theWith theThen you bring you	hand, you go down and over the hand, you go over the top and u	e top.

Text

Today I'm going to show you how to tie a shoelace in just one second.

- You grab both sides of the shoelace with three fingers.
- With the left hand, you go down and over the top.
- With the right hand, you go over the top and under.
- Then you bring your fingers close together.
- And grab opposite ends of the loops.
- And you simply pull through like this.