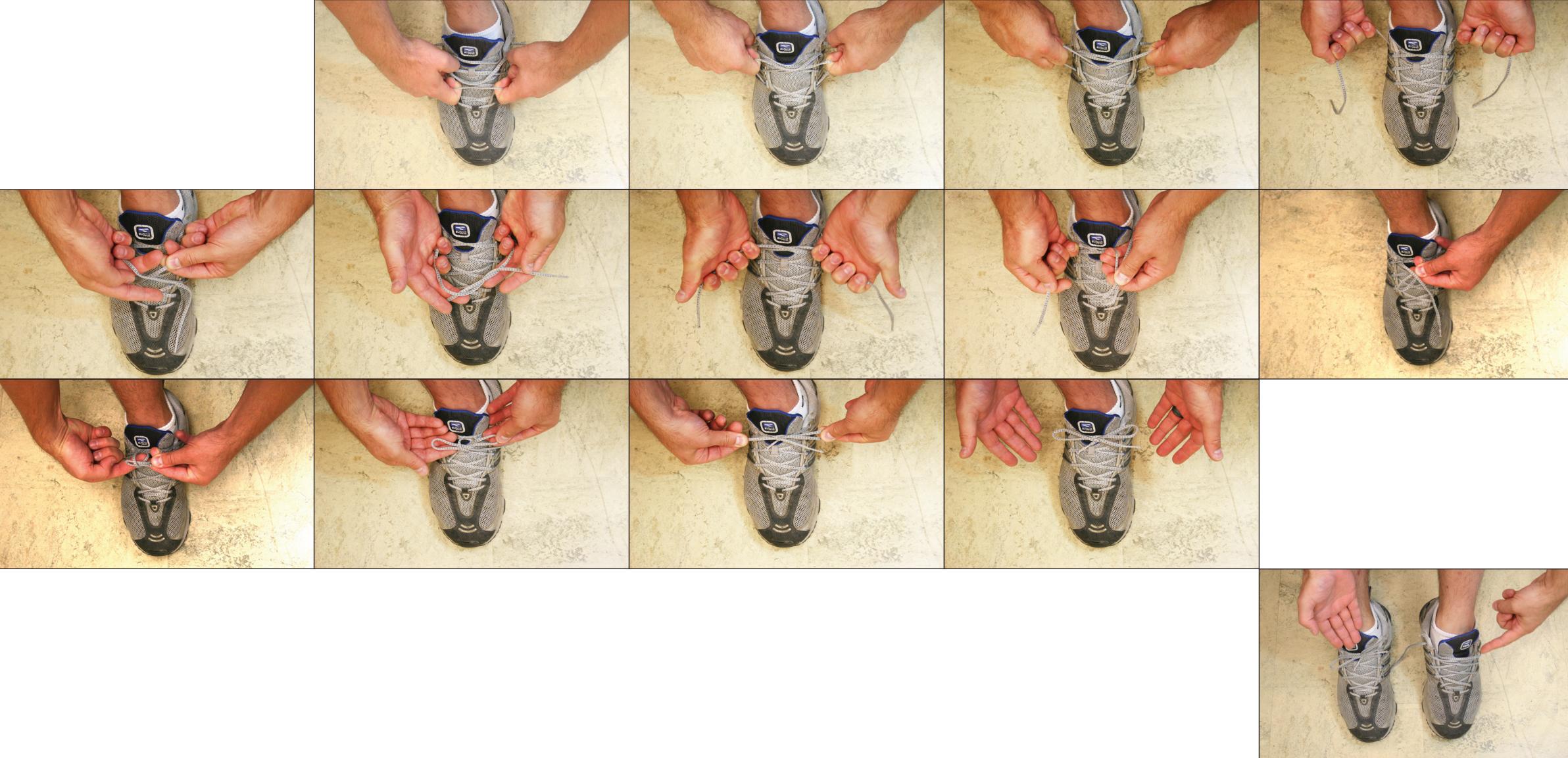




Daniel Dirscherl  
Tying your shoe laces



For this exercise, you will need two feet, two hands and a pair of lace-up shoes. Start with one shoe at a time, with your feet inserted into the corresponding shoes, and firmly planted on the ground or another solid substrate. Your left finger should grasp the left lace, while the right finger the right lace. Pull up on the laces, away from the lace holes, and pull away from the shoe. At this point, all rows of laces should be snug, distributed pressure evenly over the top (dorsum) of your foot. Repeat for each row of laces, moving toward the top of the shoe. When you get to the last row, instead of the loose ends of the laces, and pull away from the shoe. Once you are able to grip the lace with your pinkies and thumb, twist your hand so that you are able to curl your pinky fingers around the lace. Once you are able to reverse the sides discussed herein) Grasp the loose end of the respective laces and pull to create a loop. Using your right index finger and thumb, lap the right lace end over the left loop. Keeping the right lace at your index finger tip, push over the left loop and curl under to create a similar loop with the right lace. At this point, you should have two lace loops, wrapped over and under one another. Grasp the loops with your respective index fingers and thumbs, and pull outward on the loops until tight. You are finished. Repeat process on other shoe.

