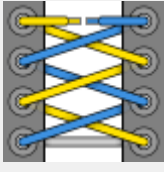
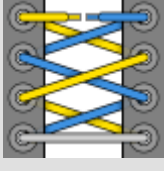
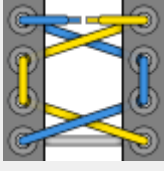
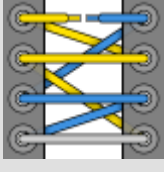
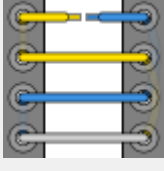
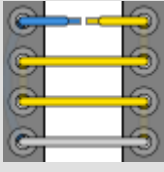
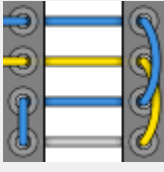
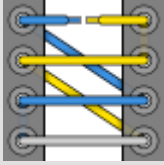
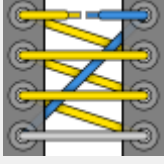
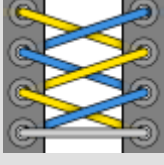
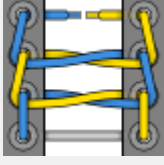
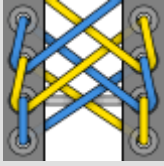
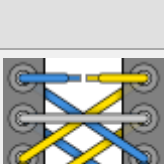
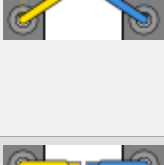
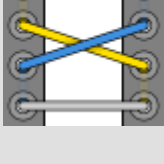
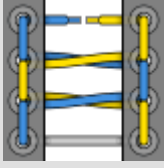


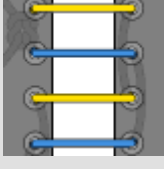

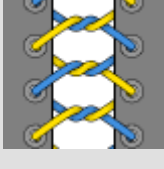
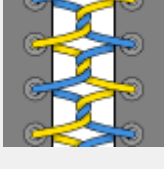
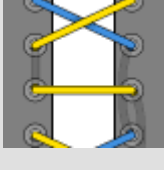

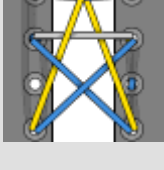
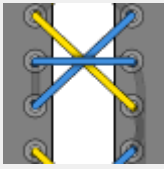


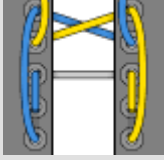



LACING METHODS:		
	<p><u>Criss Cross Lacing</u> This is probably the most common method of lacing normal shoes & boots. The laces simply criss-cross as they work their way up the shoe. Tendon, posterior tibialis dysfunctie. Lage wreef, platte voet, smalle voet.</p>	<p>FEATURES: Traditional look Simple to lace Comfortable Corrugates shoe</p>
	<p><u>Over Under Lacing</u> This method reduces friction, making the lacing easier to tighten and loosen plus reducing wear and tear. The laces alternate between crossing Over and Under.</p>	<p>FEATURES: Ian's favourite! Decorative look Faster & easier Less wear & tear</p>
	<p><u>Gap Lacing</u> For those suffering from pressure on the instep (the upper ridge of the foot), this simple variation of Criss Cross Lacing skips a crossover to create a gap at the sensitive area.</p>	<p>FEATURES: Relieves pressure Customizable Messy look 15% longer ends</p>
	<p><u>Straight European Lacing</u> This traditional method of Straight Lacing appears to be more common in Europe. The laces run straight across on the outside and diagonally on the inside.</p>	<p>FEATURES: Suits dress shoes Neat on top Messy underneath 3% shorter ends</p>
	<p><u>Straight Bar Lacing</u> Also referred to as "Lydiard Lacing" or "Fashion Lacing", this variation of Straight Lacing eliminates the underlying diagonals, which looks neater plus relieves pressure on the top ridge of the foot.</p>	<p>FEATURES: Comfortable Even = Neat look Odd = Messy look 28% longer ends</p>
	<p><u>Straight Easy Lacing</u> This is a simplified variation of <u>Straight Bar Lacing</u> where one end runs straight from bottom to top while the other end steps through the eyelets.</p>	<p>FEATURES: Even = Neat look Odd = Messy look End lengths shift 28% longer ends</p>
	<p><u>Hiking / Biking Lacing</u> An inside-out version of <u>Straight Bar Lacing</u>, which distributes pressure evenly plus keeps the knots & ends to the side, away from either snagging undergrowth or from bicycle chains & cranks.</p>	<p>FEATURES: Evens out pressure Reduces snagging Messy look 28% longer ends</p>

	<p><u>Sawtooth Lacing</u> This method has all of the underlying sections pulling at a steep angle, which shifts the alignment of the sides and may correct an otherwise ill-fitting shoe.</p>	<p>FEATURES: Easier to tighten Mis-aligns sides Modifies fit 12% longer ends</p>
	<p><u>Shoe Shop Lacing</u> Often seen in shoe shops because many shoes come pre-laced this way from the factory. One end runs from bottom to top while the other end zig-zags through the eyelets.</p>	<p>FEATURES: Easy to lace Mis-aligns sides End lengths shift 5% shorter ends <i>Now Animated!</i></p>
	<p><u>Display Shoe Lacing</u> Shoe stores and photographers often use this inside-out version of <u>Criss Cross Lacing</u> on their display shoes in order to finish with the ends neatly hidden inside the shoe.</p>	<p>FEATURES: Tidy look Easier to loosen Harder to tighten <i>Now Animated!</i></p>
	<p><u>Ladder Lacing</u> This distinctive lacing is worn on military boots by paratroopers and ceremonial guard units. The laces weave horizontally and vertically, forming a secure "ladder".</p>	<p>FEATURES: Distinctive look Stays very tight Harder to tighten <i>Now Animated!</i></p>
	<p><u>Spider Web Lacing</u> Like an angled version of <u>Ladder Lacing</u>, this decorative method is also worn on military boots. The laces weave vertically and diagonally, forming an intricate "web".</p>	<p>FEATURES: Decorative look Firm & tight Harder to tighten 11% shorter ends <i>Now Animated!</i></p>
	<p><u>Double Back Lacing</u> This method looks interesting plus holds very firmly, but is terribly awkward to tighten. The lacing first runs down the shoe, then doubles back up the shoe.</p>	<p>FEATURES: Stays very tight Terribly awkward 6% longer ends or... ...8% shorter ends <i>Now Animated!</i></p>
	<p><u>Bow Tie Lacing</u> This method "lengthens" ends because it consumes the least amount of shoelace. The laces cross over on the outside and run vertically on the inside, forming a "bow-tie" outline.</p>	<p>FEATURES: Minimal look Comfort "zones" Loose fit 33% longer ends <i>Now Animated!</i></p>
	<p><u>Army Lacing</u> This inside-out version of <u>Bow Tie Lacing</u> is used on combat boots by various armies. With the crossovers on the insides, the sides of the boots can flex more easily.</p>	<p>FEATURES: Allows more flex Loose fit Harder to tighten 33% longer ends <i>Now Animated!</i></p>

	<p><u>Train Track Lacing</u> Like Army Lacing with the inside segments running straight across, the result looks like train tracks, and holds very tight because of the doubled laces through eyelets.</p>	<p>FEATURES: Neat look Holds very tight Harder to tighten <i>Now Animated!</i></p>
	<p><u>Double Helix Lacing</u> This patented method has the laces angled one way on the outside and the other way on the inside. The resulting double helix reduces friction and allows faster, easier lacing.</p>	<p>FEATURES: Decorative look Fast & easy Less wear & tear <i>Now Animated!</i></p>
	<p><u>Double Cross Lacing</u> This lacing is created by running three steps forward (on the inside), one step back (on the outside). The result is short, wide crosses overlapping tall, narrow crosses.</p>	<p>FEATURES: Decorative look Harder to tighten 20% shorter ends <i>Now Animated!</i></p>
	<p><u>Hash Lacing</u> Like Double Cross Lacing, this method is also created by running three steps forward, one step back. The result resembles a diagonal series of hash "#" symbols.</p>	<p>FEATURES: Decorative look Harder to tighten 3-24% longer ends</p>
	<p><u>Lattice Lacing</u> This very popular method forms a decorative lattice in the middle of the lacing. The laces are crossed at a steep angle, allowing them to be woven through each other.</p>	<p>FEATURES: Very popular! Decorative look Harder to tighten 7-20% shorter ends</p>
	<p><u>Zipper Lacing</u> This method "locks" the laces at each eyelet pair. Great for lacing skates tightly because the lower sections hold while tightening. It also looks interesting, a bit like a giant zipper.</p>	<p>FEATURES: Decorative look Holds very firmly Harder to tighten 5% shorter ends</p>
	<p><u>Riding Boot Lacing</u> Often referred to as "Bal-Lacing", this method is for riding boots (motorbike or equestrian) that are joined at the top and that loosen near the ankle. The laces zig-zag from both ends and are tied in the middle.</p>	<p>FEATURES: Neat look Unusual layout Special purpose 9% shorter ends</p>
	<p><u>One Handed Lacing</u> As an alternative to the One Handed Shoelace Knot, this way of lacing eliminates the need to even tie a knot by leaving one end loose.</p>	<p>FEATURES: Disabled use Surprisingly easy Loose fit 17% longer end</p>
	<p><u>Segmented Lacing</u> This variation divides the lacing into two or more "segments", each of which can be laced up as tightly or loosely as necessary to achieve a comfortable yet secure fit for "difficult" shoes or feet.</p>	<p>FEATURES: Customizable Many uses Messy look</p>

	<p><u>Knotted Segment Lacing</u> A more attractive though less flexible variation of Segmented Lacing in which a knot makes the lower segment of shoelace permanently tighter or looser.</p>	<p>FEATURES: Customizable Many uses Harder to get off 4% shorter ends</p>
	<p><u>Hidden Knot Lacing</u> By hiding the knot underneath, the result is an uninterrupted series of straight "bars" that looks particularly distinctive on dress shoes or sneakers alike.</p>	<p>FEATURES: Distinctive look Tricky to tie knot Slight discomfort 17% longer ends</p>
	<p><u>Loop Back Lacing</u> Each side loops back on itself down the middle, rather like when two springs become intertwined. However, those loop-backs tend to shift off-centre.</p>	<p>FEATURES: Decorative look Laces wear more Centreline shifts 4% shorter ends</p>
	<p><u>Knotted Lacing</u> Adding an overhand knot at each crossover increases friction and keeps the lacing much firmer. Ideal for tightening ice skates, rollerblades, etc.</p>	<p>FEATURES: Keeps lacing tight Assists tightening Harder to loosen 2% shorter ends</p>
	<p><u>Twistie Lacing</u> Like a combination of Loop Back and Knotted Lacing, the laces are twisted together with a vertical overhand knot at each crossover before continuing to the other side.</p>	<p>FEATURES: Decorative look Keeps lacing tight Harder to loosen 5% shorter ends</p>
	<p><u>Roman Lacing</u> Alternating X-I-X-I on top of the shoe, which looks a little like Roman numerals. It's most effective on dress shoes where the sides of the shoe meet in the middle.</p>	<p>FEATURES: Decorative look Suits dress shoes Harder to tighten 21% longer ends</p>
	<p><u>Hexagram Lacing</u> This purely decorative lacing forms a hexagram, or six pointed star. This geometric symbol has been used for centuries in various cultures and religions, most notably as the Jewish "Star of David".</p>	<p>FEATURES: Decorative look Loose fit Harder to tighten 3% longer ends</p>
	<p><u>Pentagram Lacing</u> This purely decorative lacing forms a pentagram, or five pointed star. Besides the "magical" associations, solid five pointed stars are found on many flags, most notably the fifty stars on the U.S. flag.</p>	<p>FEATURES: Decorative look Loose fit Harder to tighten 12-32% shorter ends</p>
	<p><u>Asterisk Lacing</u> Lacing sets of three eyelet pairs with a crossover plus a straight section results in a series of asterisk "*" symbols. Best on shoes with multiples of three eyelet pairs (3, 6, 9, etc).</p>	<p>FEATURES: Decorative look Harder to tighten Harder to tie 6% longer ends</p>

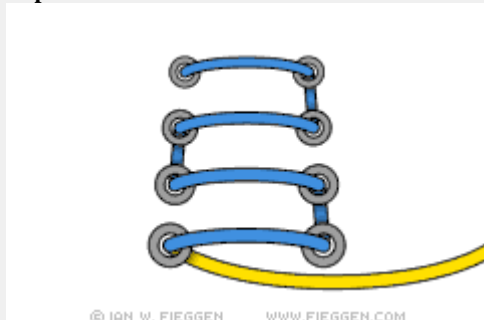
	<p><u>Starburst Lacing</u> With all vertical segments hidden on the inside and all diagonal segments on the outside crossing at the middle of the shoe, the result looks like a Starburst.</p>	<p>FEATURES: Decorative look Top opens wide Loose fit From 44% shorter... to 14% longer ends</p>
	<p><u>Supernova Lacing</u> Like two Starbursts on top of each other, one on the outside, the other on the inside. Needs the maximum length of shoelace and is useful for "shortening" long laces.</p>	<p>FEATURES: Decorative look Top opens wide Loose fit 12-184% shorter ends</p>
	<p><u>Footbag Lacing</u> Footbag players use this lacing to open up the front of their shoes, making it easier to catch or otherwise control the footbag (or "Hacky Sack").</p>	<p>FEATURES: Suits Footbag Less binding Distorts shoes From 2% shorter... to 14% longer ends</p>
	<p><u>Lock Lacing</u> Also referred to as "Lace Locks" or "Runner's Tie", this is not a lacing method as much as a technique for creating a super-tight finish. It's often recommended to help reduce slippage in running or climbing shoes.</p>	

One Handed Shoelace Knot

Here's the ideal way to tie shoelaces with one hand: Lace the shoe with the bottom end permanently tied off, then secure the top end with a simple loop knot.

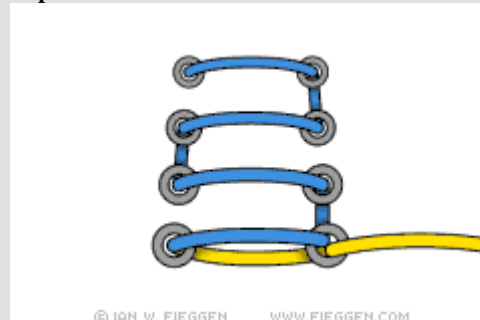
NOTE: The following lacing diagrams are upside-down compared to the other [Lacing Methods](#) on this site, as they are drawn from the perspective of tying the shoe.

Step 1:



Start by tying the shoelace onto one of the eyelets nearest the toe (top left in the above diagram). Lace the shoe similar to [Straight Easy Lacing](#) until the lace is fed into the last eyelet (bottom left in the above diagram).

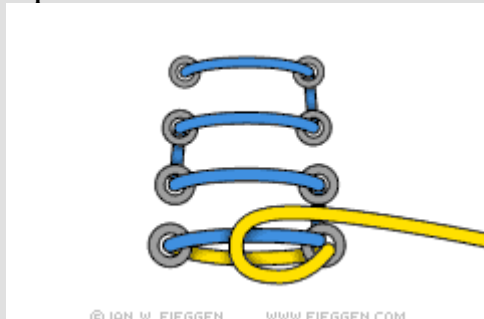
Step 2:



The loose end (yellow) is now fed across and back out through the opposite eyelet (bottom right in the above diagram). This second pass of shoelace through the eyelet keeps this knot nice and tight.

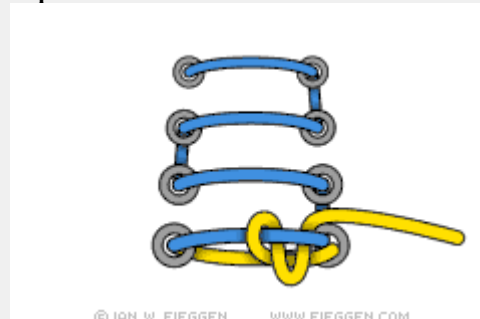
NOTE: When loosening the lacing to remove the shoe, **don't** pull this lace all the way out, as it's difficult to feed in each time.

Step 3:



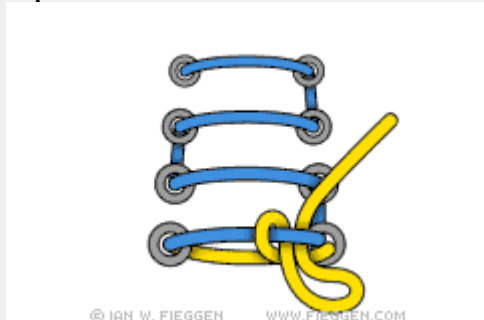
Create a loop with the loose end (yellow) sitting across the final straight section of lace (blue). This is easy to do by holding the loose end between the right thumb and forefinger, then forming the loop around the right thumb.

Step 4:



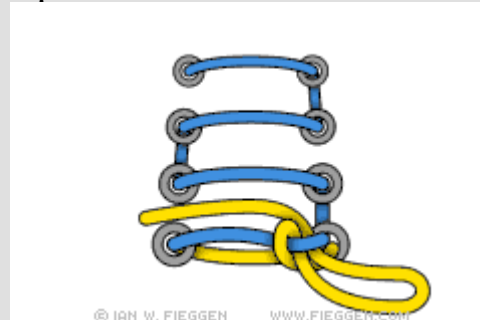
Feed a new loop of lace underneath the straight section (blue) and out through the previous loop. The lace is fed underneath with the right forefinger, meeting up with the thumb (which should still be inside the previous loop).

Step 5:



Start to pull the new loop downwards and across to the right. Take care not to pull the loose end all the way out!

Step 6:



Continue pulling the loop until it sits snug and close to the eyelet.