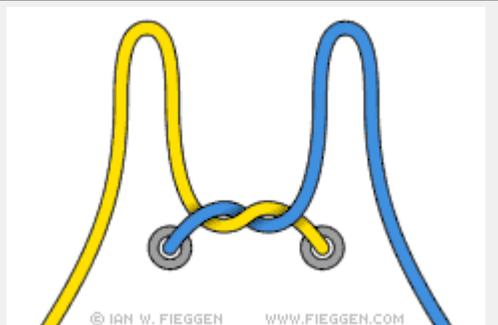# Ian's Secure Shoelace Knot

Make two loops and pass them both through the "hole" in the middle. Slippery shoelaces or serious sports are two good reasons for using this knot.
 See Technical Info page for more details.
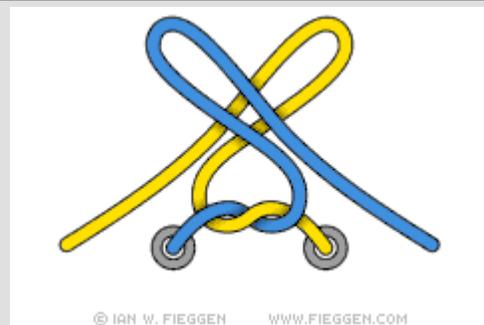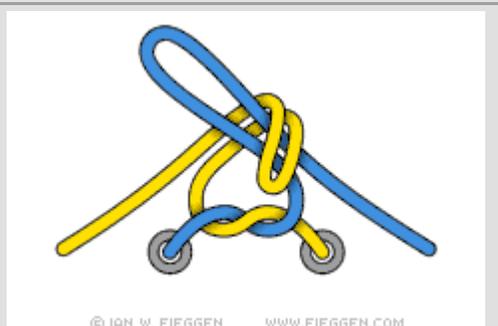http://www.fieggen.com/shoelace/index.htm

Step 1:

Tie a Starting Knot as shown, then make both laces into "loops" by simply doubling them back onto themselves. People often refer to these as "Bunny Ears".
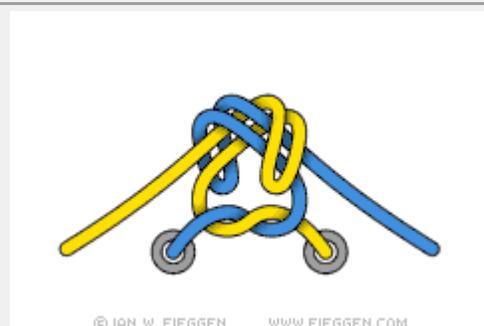
Step 2:

Cross the two loops over each other so that the right (blue) loop ends up in front and the left (yellow) loop ends up behind. The yellow loop is now the right loop.
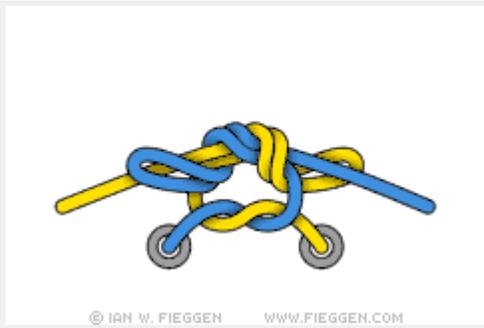
Step 3:

Begin to wrap the right (yellow) loop around the left (blue) loop to end up in front.

Step 4:

At the same time, begin to wrap the left (blue) loop around the back. You will end up with the ends of both loops on opposite sides of the "hole" in the middle.

Step 5:

Feed both ends of the loops through the hole in the middle. The right (yellow) loop goes out the back and the left (blue) loop comes out the front.

Step 6:
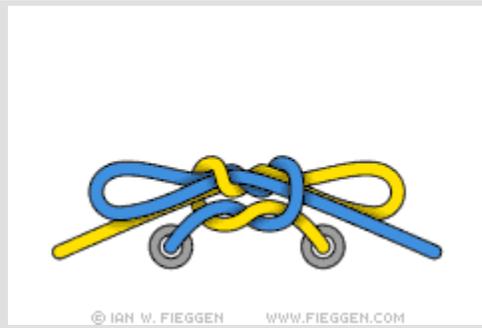
Now, simply pull the loops to tighten the knot. The whole twisted mess of the previous drawing will rearrange itself into a neat finished knot. Trust me, it works!

Finished Knot

The finished knot should be a tight, closed knot with a symmetrical, double wrap around the middle, as compared to the single wrap of either the Ian Knot or any Standard Shoelace Knot.

TIP: If your finished knot looks uneven or twisted, it may help to pull on the lace ends to partly **un-tie** your laces; this will bring the outer sections of the knot together, making the inner section more even. Then, pull on the loops once again to re-tighten the knot.