

**Step 1:**

Tie a Left-over-Right [Starting Knot](#) as shown, then make both ends 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:**

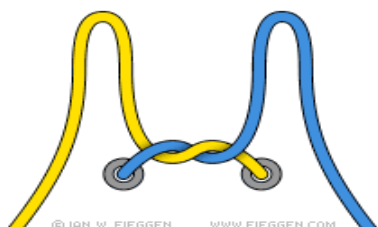
Feed both ends of the loops through the hole in the middle. The right (yellow) loop goes out the back and the left (blue) loop comes out the front.



**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!

也被称为“双滑结”，这个坚固的鞋带用一个简单的，对称的结带方法：交叉两个循环，并通过他们都穿过中间的“洞”。多用于运动使用或确保滑溜溜的鞋带。



### 步骤 1:

如图所示，系上一个左右开始的结，然后将两端简单地加倍，使其两端变成“环”。人们经常把这些称为“兔子耳朵”。



### 步骤 2:

将两个线圈相互交叉，让右边的（蓝色）线圈在前方，左边（黄色）线圈在后方。黄色的循环现在是左边的环圈。



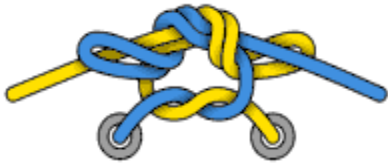
### 步骤 3:

开始将左边（蓝色）循环的右边（黄色）循环包裹在最前面。



#### 步骤 4:

同时，开始将左侧（蓝色）环包裹在后面。你会最终在两个圈的两端在中间的“洞”的两侧。



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#### 步骤 5:

通过中间的孔将环的两端送入。右边（黄色）循环出去，左边（蓝色）循环出来



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#### 步骤 6:

现在，只需拉动环，拧紧结。以前绘图的整个扭曲的混乱将重新排列成一个整洁的结。相信我，它会成为一个结！

#### 完成鞋带



与 Ian 结或任何标准鞋带结相比，完成的结应该是一个紧密，封闭的结，中间有一个对称的双重包裹。

注：如果你的成品结看起来不均匀或扭曲，它可能很容易把它“工作”到一个整洁的结果如下：拉松动端稍微像解开鞋带;这将把结的外部包裹在一起。然后，再次拉环，重新拧紧结;这将整理内部的部分