



# How to Replace High-Top Sneakers' Shoelaces

## Using the Ukrainian Method

This guide will display how to unlace high top shoes and how to replace them. The Ukrainian lacing pattern will be used, creating two anchored top knots.

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## INTRODUCTION

This guide will display how to unlace high top shoes and how to replace them. The Ukrainian lacing pattern will be used, creating two anchored top knots. This design has a set of base knots that make the shoes easy to lace and easy to wear.

## Step 1 — Shoelace



- Starting with the top eyelets on the right shoe, remove the first two sides of the lace on both sides.

## Step 2



- Continue removing the lace from each side's eyelets until the shoe reaches the last eyelet set.



### Step 3



- Remove the entire lace through either the right or left outlet.

### Step 4



- Set aside old lace to be recycled or cleaned.

## Step 5



- Repeat Steps 1-4 with the left shoe.

## Step 6



- Push the lip of the right shoe downward, so it is flush with the insole.

## Step 7



- Obtain one new lace.

## Step 8



- Find the approximate center of the lace and pinch it between your right index finger and thumb.



## Step 9



- Starting from inside the right shoe, place the center of the lace between the center of the top eyelets.

## Step 10



- Pull the left end of the lace through the top left eyelet.

## Step 11



- Pull the right end of the lace through the top right eyelet.

## Step 12



- Leave an approx. 4" loop of slack lace at each side of the top eyelets, starting with the left side.



## Step 13



- Form the right 4" loop.

## Step 14



- Tie a Starting Knot after securing the 4" loops with clips. Start by crossing the left lace over the right.

## Step 15



- Wrap the right lace around the front of the left lace, the right lace should end up at the back of the gap between laces.

## Step 16



- Pull the right lace through the gap towards the front.

## Step 17



- Pull both ends of the lace to tighten, without removing the 4" loops.



## Step 18



- Pull the lace coming from the left side of the Starting Knot through the second left eyelet towards the inside of the shoe, without removing the 4" loop.

## Step 19



- Pull the lace coming from the right side of the Starting Knot through the second right eyelet towards the inside of the shoe, without removing the 4" loop.

## Step 20



- Pull the rightmost lace end across the shoe from the right second eyelet diagonally to the left third eyelet.

## Step 21



- Pull the leftmost lace end across the shoe from the left second eyelet diagonally to the right third eyelet.

## Step 22



- Pull both lace ends through the top of the third eyelets.



## Step 23



- Repeat steps 16-18 until the last two eyelets are reached.

## Step 24



- Tie two Stopper Knots on both ends of the lace at the last eyelets. Start by grabbing the right lace end and forming a small loop.

## Step 25



- Bring the lace end through the back of the loop.

## Step 26



- Tighten by pulling on the end of the lace.

## Step 27



- Repeat the Stopper Knot steps with the left lace end.

## Step 28



- Tuck the Stopper Knots over the lip and under the eyelets.
- Ensure the end of the lace is also tucked underneath the eyelets.



## Step 29



- Take out the clips holding the top two 4" loops and tie the shoe regularly.

To reassemble your sneaker, follow these instructions in reverse order.