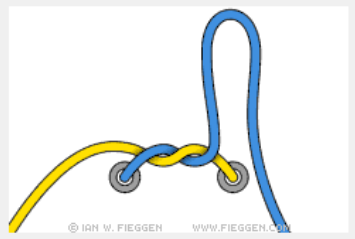
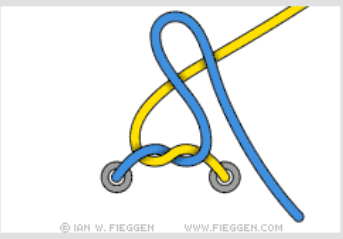
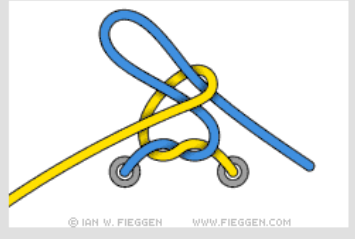
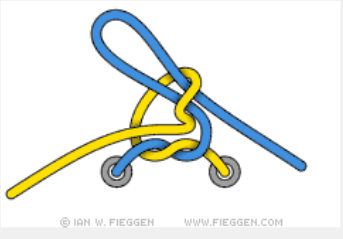
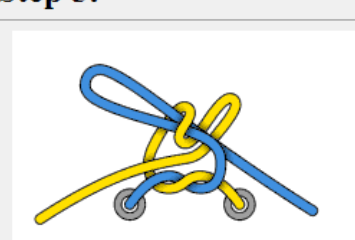
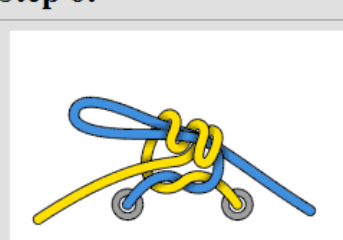
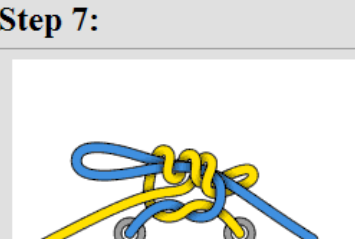
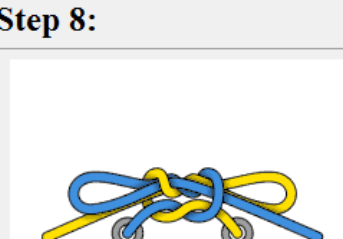


<p>Step 1:</p>  <p>Tie a Starting Knot as shown, then make the right (blue) end into a "loop" by simply doubling it back onto itself.</p>	<p>Step 2:</p>  <p>Take the left (yellow) end and pass it around to the right, going behind the right loop.</p>
<p>Step 3:</p>  <p>Continue the left (yellow) end around the right loop to end up in front.</p>	<p>Step 4:</p>  <p>Start to feed the left (yellow) lace into the "hole" that has just been made. Up to this point, the knot is exactly the same as the Standard Shoelace Knot.</p>
<p>Step 5:</p>  <p>Pull the left (yellow) lace through the "hole" to form a "loop" on the right hand side. Unlike the Standard Shoelace Knot, don't pull it tight just yet!</p>	<p>Step 6:</p>  <p>Wrap the right (yellow) loop around the left (blue) lace for the second time so that it once again ends up in front.</p>
<p>Step 7:</p>  <p>Feed the right (yellow) loop back through the "hole" for the second time. This is the "secret recipe" that makes this knot secure.</p>	<p>Step 8:</p>  <p>Now, simply pull the loops to tighten the knot. Believe it or not, the whole twisted mess of the previous drawing will rearrange itself into exactly the same finished knot as my Ian's Secure Shoelace Knot.</p>

Finished Knot

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

Because the Surgeon's Shoelace Knot isn't formed symmetrically, the finished knot can end up looking crooked, especially if there's not enough slack for the laces to rearrange themselves during tightening.

