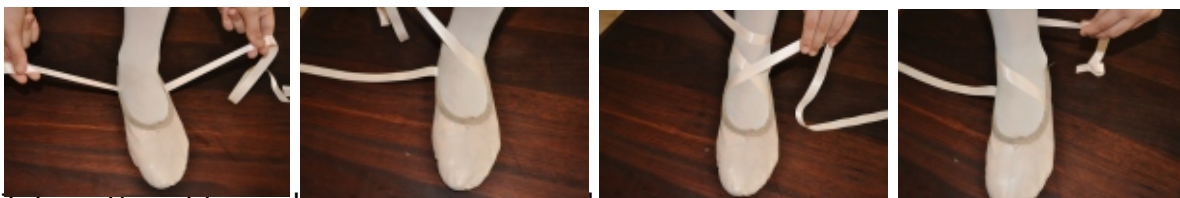


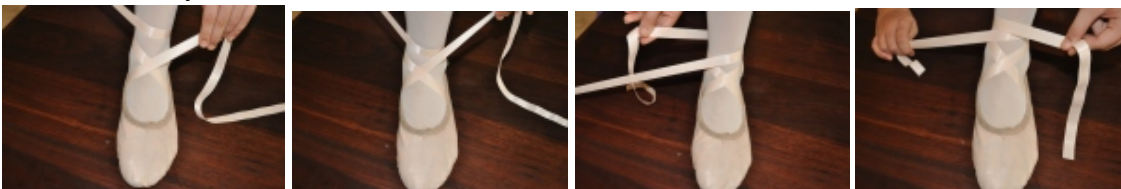


How to Tie Ribbons

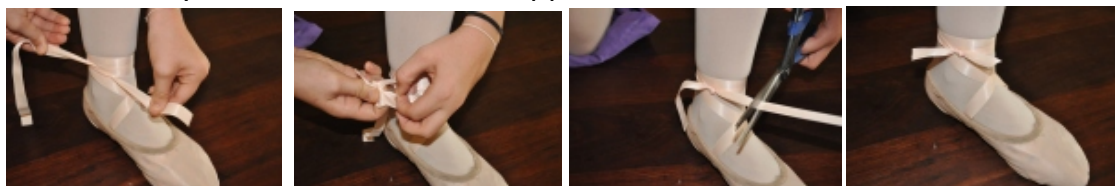
1. Put the shoe on the foot of the dancer. It is important the dancer is standing up as it flexes the foot correctly for ribbon size. Hold one ribbon in each hand.
2. Taking the ribbon which is attached to the outside of the foot, cross over the front of the ankle, pass around the ankle (inside), around the heel, around the front of the foot again and hold it just above the inside ankle bone.



3. Taking the ribbon which is attached to the inside of the foot, cross over the front of the ankle, pass around the outside of the ankle, around the heel, all the way around to cross over the front of the foot again, around the back and coming to a stop above the inside ankle bone. (This ribbon goes around the foot more than the other ribbon)



4. Take the ends of both ribbons and make a double knot. After you have made a double knot you will need to leave approx 4-5cm and then cut the rest off.



5. Tuck the ends inside the ribbons around the ankle.



6. After cutting the ribbon to length, you will need to do something with the ribbon to stop it fraying, dab a thin layer of clear nail polish or fray check at the end. Or, if you prefer, singe the ends with a lighter.