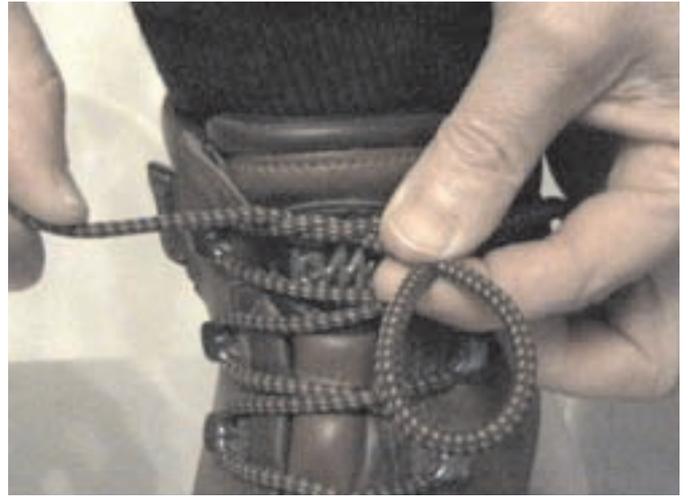


## The Easy-Release Locking Bow



1. Having laced your boots to the right tension to hold your foot firmly, start your bow in the normal fashion.



2. Make the first loop in the usual way with the left end of the lace.



3. Bring the right lace end under and around the first loop just made...



4. ...and tuck this same lace through the hole just created to form the 'standard' bow.



5. Now the variation - do not tighten the bow but instead slightly loosen it so that you can insert your left index finger under the bow knot, between it & the start of the bow at (1).



6. Gently hold the bow knot already created between your left index finger and thumb to stop it loosening and with your right hand get hold of the right loop squeezing it together ready to...

## The Easy-Release Locking Bow



7. ...take it over the one loose end of the lace and through where you have your left index finger, helping it through with that finger so that your right hand can get hold of the end of the loop now passed through.



8. Now tighten the bow by pulling the two loops, as with a normal bow, if necessary tidying the finished bow...

### Note:

I have found in my demonstrations of this bow that some people tie a bow in a different way up to stage (4). If this applies to you, then follow the instructions from (5) onwards and if you end up in knots (excuse the pun) then I suggest you start from (1) using Horry's and my way of starting a 'normal' bow knot.

I have tried it with the other ways of tying a bow and it does still work perfectly but you end up with it not looking quite like (9).



9. ...so that it ends up looking like this. To undo simply pull the two loose ends in the normal way.

Warning: make sure the loose ends after a walk have not found their way through the loops before pulling them to undo the knot. If you do pull the knot undone with one or both of them passing through a loop then you will end up with a very nail-breaking job to undo the resulting knot.

After a few practices you will find your fingers going to the right positions and that the tightness of the laces is held. The first few times you may find that the laces up the boot loosen too much and you have to start again. Practice and therefore speed will soon overcome this problem.

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The Easy-Release Bow was shown to West Country Walks by a participant in a walking holiday. We are simply passing on this excellent bow for the benefit of other walkers. We hope you find it as good as we do.

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