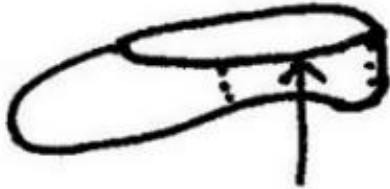


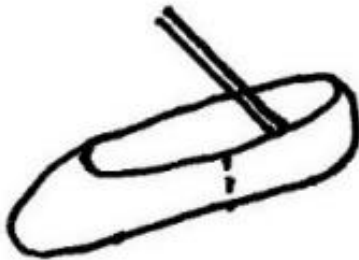
### **Ballet and pointe shoe ribbons**

1. Cut ribbon into 4 equal lengths



2. Mark midway point between middle and back seams on the inside of the shoe.

3. Fold end of ribbon under 1 cm then sew on mark at 45 angle forward as shown below..... sew into place by stitching in a small square around edges of ribbon, inside the shoe. Hand stitch or machine. Try to make sure you don't stitch through the draw string.



4. After shoe has been correctly tied and knotted just on the inside of the Achilles tendon (by teacher if it is the first time) trim ends to 6cm after knot and either singe ends with flame or use clear nail polish to prevent ribbon from fraying. Ends get tucked in neatly on the inside of ankle at the back just inside Achilles tendon. Also see Grooming Guide to tie up ribbons correctly.