Push and Tie Method

Step 1: Make an X, loop string left over right, and pull tight

Step 2: Make another X, loop string right over left and pull loosely

Step 3: Take one string and pull it through the center, leaving a small loop.

Step 3: Take one string and pull it through the center, leaving a small loop.

Do the same with the other string

Do the same with the other string

Step 4: Pinch both loops, and pull!

That's it! untying should be just as easy