Shields

Now we’ll tell you how to make foam shields. This is a basic strap shield, there may be a tutorial soon about punch shields in the near future… but this is your basic shield. A barrier between you and the enemy that is strapped on to your arm in two places; the wrist and forearm. Now, so far we’ve only done triangular shields though any shape is possible.

Supplies: sheet foam, duct tape, serrated knife, contact cement, sharpie, straight edge or ruler, hack saw, ply wood, pipe foam or pool noodles (we found that pool noodles work the best), either leather or rope for the straps, drill with ½ inch bit.

Step 1) cut out the shape you want out of the ply wood and tract it out onto a foam sheet and cut that out too.

Step 2) contact cement the whole thing and duct tape the edges. Leave over night to dry.

Step 3) cut into the side of the pool noodle or pipe foam. Slide this on the edges of the shield. ALL of the edges. Contact cement these on and duct tape the whole thing over.

Step 4) drill two holes in the side that you’ll be have your forearm on. Drill one hole on the side that you’ll be holding.

Step 5) pull the rope through the bottom hole and tie a knot on the outside. Bring it up and through the upwards hole and over to the single hole. Leave enough room for your arm to be in and enough for your hand to hold on too, then cut off the rope and tie a knot in it.

Step 6) put a square of foam on the side where your hand will be. Contact cement and duct tape it.

Step 7) have fun!