

How to Make A Shield

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Materials list:

Plywood 26"X26" minimum
Or an aluminum road sign
Heater Hose x" minimum
One barn door handle
A lot of stout cording (1/4")
A leather belt
Paint
A drill

A saber saw or
A small hand saw
A piece of string
A thumb tack
A pencil
A measuring device
6 bolts.

Buy a piece of plywood or a road sign at least 26" X 26". Take a 13" piece of string with a pencil taped to one end and a thumb tack at the other. Place the thumb tack in the center of the piece of wood. Use the string as a compass to draw your 26" circle. Use a saber saw or small hand saw to cut out your circle. This is the shield blank.

Put a mark approximately every 3" around the outside edge of the shield blank. These holes should be approximately 1 1/2" from the outside edge. Drill a 1/4" hole at each of these marks. These will be the holes used to lace on the rim of your shield.

Cut a slit in your hose lengthwise down the center. Open the hose and place the edge of the shield blank in the slit. Cut off any excess length of the hose. Lace the hose on to the shield blank with stout cord.

Measure the length of your arm from the knuckle to the elbow. Take this measurement and center it on the shield. Mark the point where your elbow is and the point where the knuckle is and move these points back about 1" (towards the elbow)

Grip the door handle in your hand and mark the holes. Drill these and bolt the handle down. You may need to add spacers between the handle and the shield if you plan to wear a hockey glove or have thick hands. Spacers can be made from layers of thick leather or scraps of plywood.

A belt should be bolted to the shield approximately 2"-3" from the crook of the elbow. (Or wherever it feels comfortable.) The belt should be cut long enough to accommodate your arm with its armour on. (But not so long that it affects the performance of the shield or looks stupid.) My belt is 20" long.

You may wish to glue padding along the line of your arm if you feel this would be comfortable. Mine has it.

With a nice coat of paint your shield is ready to go. If you have a device paint it on your shield. If not pick a good color and have at it! Your shield is done.