

# MEDIEVAL BRACERS



## SUPPLY LIST

Black HeatForm  
Castin'Craft EasyCast Epoxy Resin  
Castin'Craft Translucent Dye: Red  
Acrylic Paint: silver; black  
Rub 'n Buff: Gold  
Silicone gem mold  
EVA foam  
German Scrap and decorative peel offs  
Aluminum foil  
Wood glue or white craft glue  
Crazy Glue  
Craft heat tool  
Plastic measuring cups  
Wooden stir sticks  
Needle tool or pin  
Paintbrushes  
Template (included at the end of these instructions)  
Scissors  
Ruler, utility knife, white chalk marker and pen/pencil

Instructions for making the resin gems are included at the end of the project. These can be made in advance.

Print, cut out and tape the bracer template together. Place it on your arm and make any adjustments so that it fits you. For ease of getting the bracer on and off, you will need to leave an opening of 1 to 2 inches – more if you have large arms, less if you have thin arms.

Step 1: Trace one half of the template onto the foam twice and cut out four pieces. Set two pieces aside for the second bracer.



Step 2: Use the white marker to trace the outline of the foam pieces onto the textured side of the HeatForm, leaving a border of 3/8" on all sides. You will need two pieces facing left and two pieces facing right for each bracer. Set the second set aside.



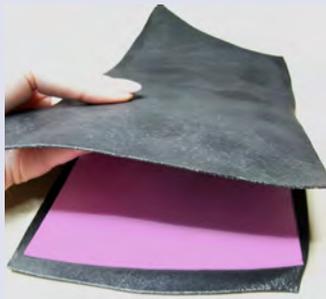
Step 3: Place one piece of HeatForm on your work surface with the shiny side up. This is the glue side. Soften the HeatForm by passing the heatgun across the surface from side to side, applying the heat evenly.



Step 4: Once softened, center a piece of foam on the HeatForm.



Step 5: Take one of the opposite facing pieces of HeatForm and soften it. Center this over the first piece, sandwiching the foam in between.



Step 6: Run the blade of the scissors along the edges of the foam to seal the two sheets of HeatForm together. Make the second half of the bracer in the same way.



Step 7: Pierce any bubbles by inserting a pin or needle tool into the bubble. Press from the outside of the bubble towards the pin hole to remove the air pocket.



Step 8: Cut away the excess HeatForm, leaving a small margin so that the foam is fully encased. If needed, soften the HeatForm to make it easier to cut.



Step 9: Place the two bracer halves alongside each other and apply heat to soften them.



Step 10: Press the two pieces together along the center seam.



Step 11: Heat the entire bracer until it is just pliable and then place it over your arm to shape it. Take care not to overheat it so that it doesn't burn you. Hold it in position until it cools. Cut two 1" wide strips of HeatForm a little longer than the top edge. Soften a strip and place the outside of the bracer on it.



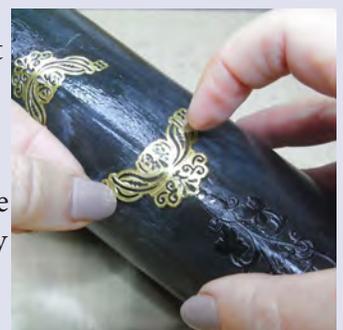
Step 12: Fold the strip over the top and press it onto the inside. Trim the tip to mitre it. Repeat this on the other side of the bracer. Add another strip to the bottom edge of the bracer.



Step 13: Seal the outside of the bracer with wood glue/craft glue. If necessary, thin it with water to a thick, paintable consistency. Apply two to three coats until the surface is smooth, allowing each coat to dry before applying another.



Step 14: Whilst the last coat is wet, apply the German scrap and peel off along the center seam as shown. If the edges lift, apply a little more adhesive. Leave to dry before continuing.



Step 15: Heat some scrap HeatForm and shape it into a ball large enough to cover the back of your gem and thick enough so that it fills the gaps when the gem is placed on the curved surface of the bracer. Place this between the peel offs.



Step 16: Press the gem onto the surface whilst the Heat-Form is still tacky.



Step 17: Cut a strip of HeatForm the circumference and height of the gem. Soften and place around the gem to create a bezel.



Step 18: Glue more German Scrap around the outside of the bezel to decorate it.



Step 19: Mix the silver and black paint together to create pewter and paint the bracers with two coats.



Step 20: Once dry, age the silver by stippling or sponging black paint across the surface. Use a detail brush with black paint to add depth and to contour around the embellishments to give the illusion of depth.



Step 21: Apply Rub 'n Buff with your finger to highlight the decorative elements of the bracers. Make a second bracer with the remaining pieces.



## HOW TO MAKE RESIN GEMS

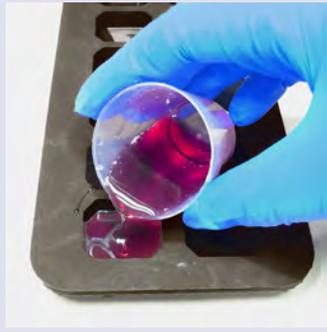
Step 22: Measure out equal amounts of Parts A and B of EasyCast and mix the resin according to the instructions.



Step 23: Color the resin with a few drops of Castin'Craft translucent dye.



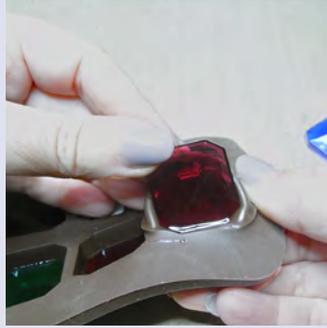
Step 24: Pour the resin into the mold, filling the cavities to approximately ¼” deep. Leave to cure for 24 hours.



Step 26: Apply crazy glue to the back of the gems and place them on the aluminum foil.

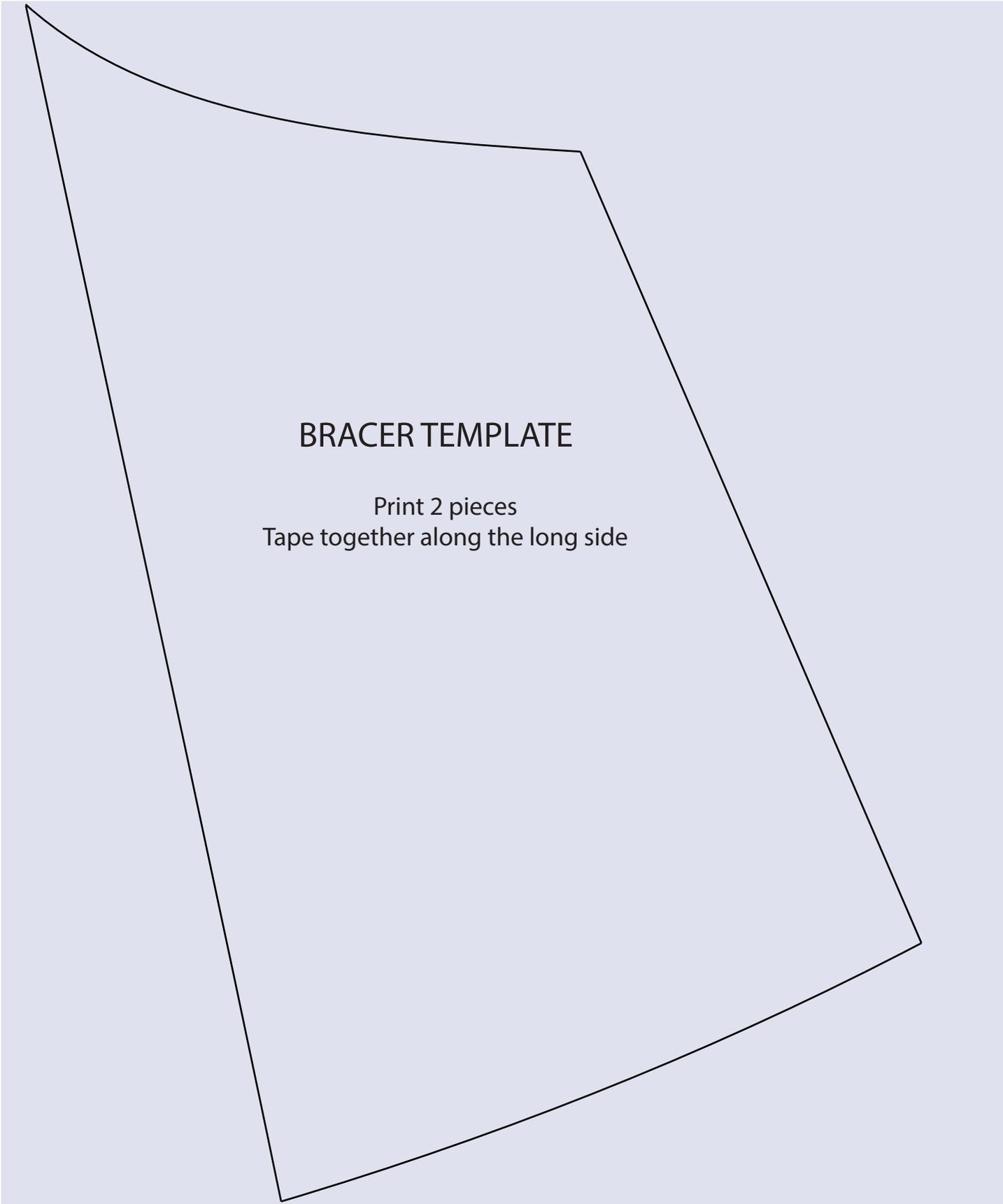


Step 25: Peel the cured gems out of the mold.



Step 27: Cut away the excess foil.





## BRACER TEMPLATE

Print 2 pieces  
Tape together along the long side