



Instructions:

* Cut out the pattern to shape. While doing this make sure to cut out the area between the legs, and to cut out the head square, and the body circle. Make sure to save the square and circle, and to have cut them out cleanly, you will need them later.

* Drill holes in the marked places on the arm pieces, and on the shoulders. Attach the arms via large bolts (1/2", 5/8", etc.) and very large washers to keep them from breaking. This method allows for the arms to be positioned as you wish. You may make a version of the target with 'permanently positioned arms'; however, ensure that they end up creating the same size target as the moveable variety.

* Reattached the removed square & circle via a sturdy hinge at the top edge of them (or leather straps, etc.). Remember that these are supposed to swing freely backwards freely when hit, yet hang covering the hole while normally setup.

* It is advisable to reinforce the 'sides' of the helm. (The 1" wide sections), as these will break easily otherwise. This can be accomplished via backing each 'side' with a foot long section of 1/8" thick, 3/4" wide steel bar (available at most hardware stores), more layers of wood, or equivalent means.

* Attach a 4' long 1x4 piece of wood across the bottom to steady the target, or equivalent method of keeping the target from rocking side-to-side. It is advisable to make a way on the ends of this 1x4 to stake it into the ground, making it VERY secure.

* Using a hinge, attach a backwards support of 1x4 wood or equivalent material to the man target just beneath the body circle (So that it doesn't get in the way of the body circle). This should be long enough to allow the target to stand very close to upright (A little forward or back is ok). It is advisable again to allow a way for the bottom of this support to be staked to the ground.