

⊕ P U S R E L I N Q U E

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Wrist Guards



By Discipulus | October 12, 2011

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1) INTRODUCTION

The Wrist Guards are mid-arm bracers that extend to cover the lower part of the hand without singling out the thumb, providing full freedom of movement by following the curve along the palm towards the underarm where they are closed with elastic lacing.

2) ELABORATION

The concept of the Wrist Guards is actually as simple as sewing three pieces of material together, which means the quality of the end-result mainly depends on the tools and skills used to properly finish it off.

The bracers in the picture were made from faux leather, which is why I opted to use bias tape for finishing the strongly curving top and bottom hemlines. For woven or knitted fabrics, it would be just as profitable to stitch off those contours with lining, and if using real leather, the edges could even be left bare, emphasizing your material choice.

When going with leather or pleather, it is always highly advisable to use a top stitch to flatten each seam in place (pictured), while with other materials, such as velour or satin, a good steam iron should do the trick.

3) REQUIREMENTS

For 1 bracer: a 40cm by 25cm rectangular piece of leather or fabric, 53cm of bias tape, 18 eyelets (4mm), 1.65m elastic cord (3mm)

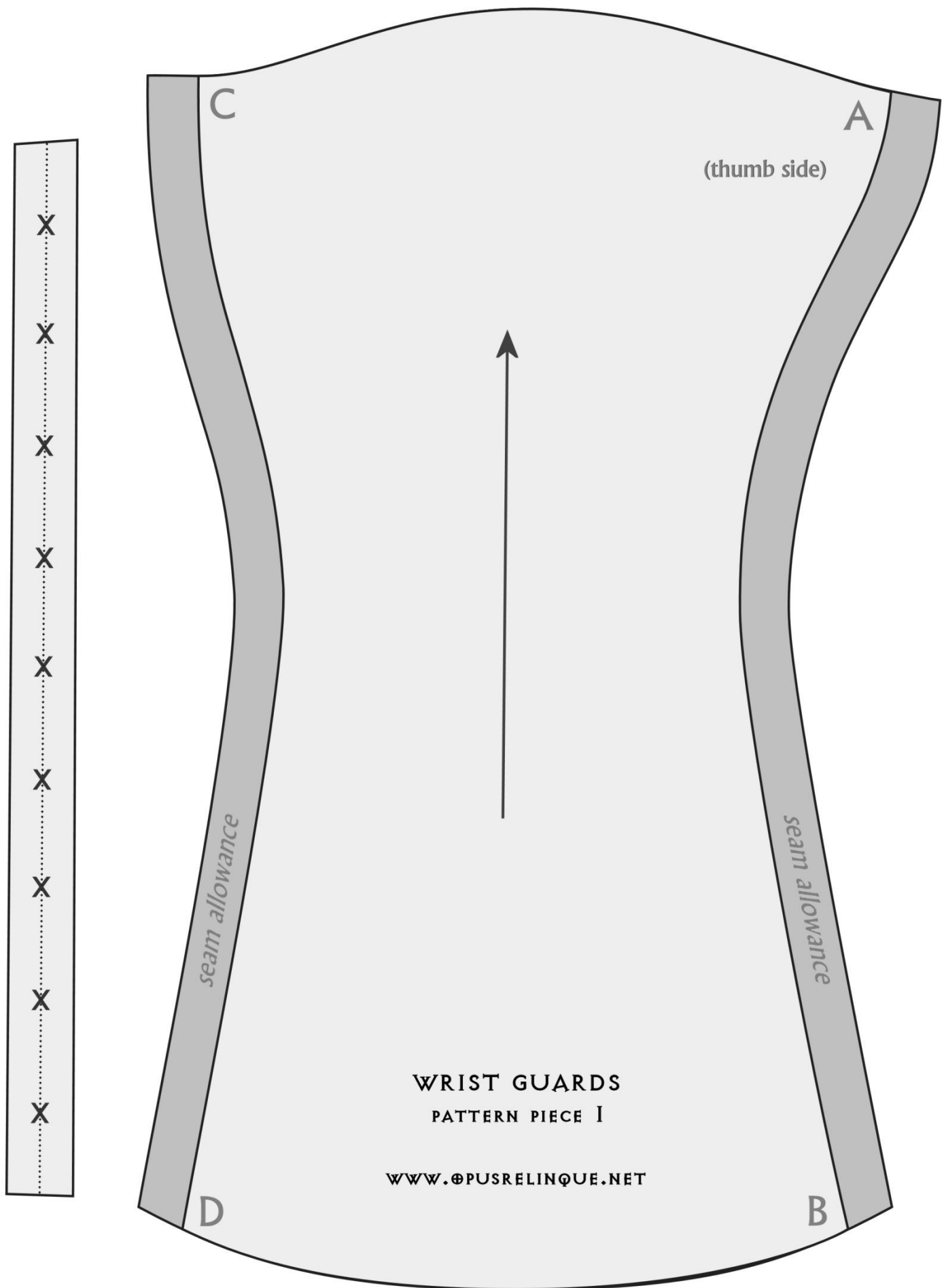
General: Sewing machine, needle and thread, iron and board, scotch-tape, eyelet-puncher pliers or a hammer

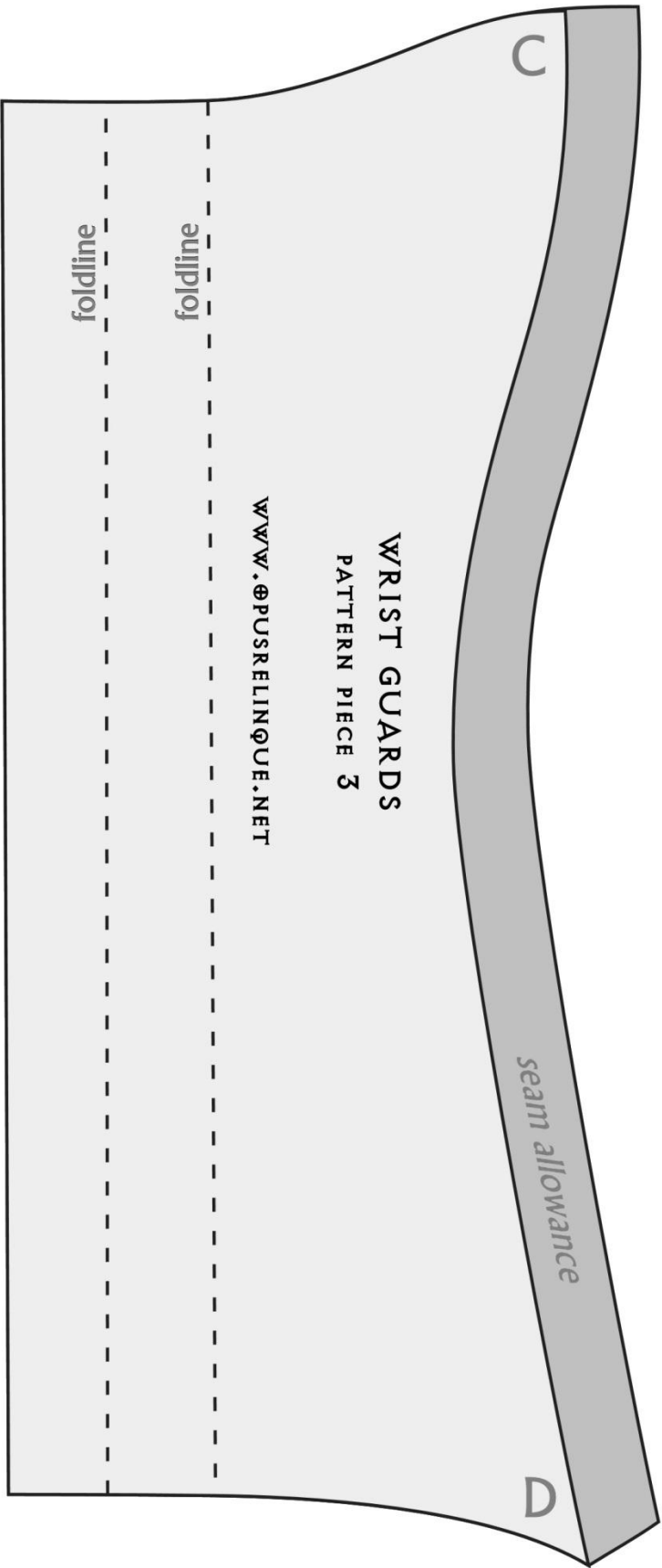
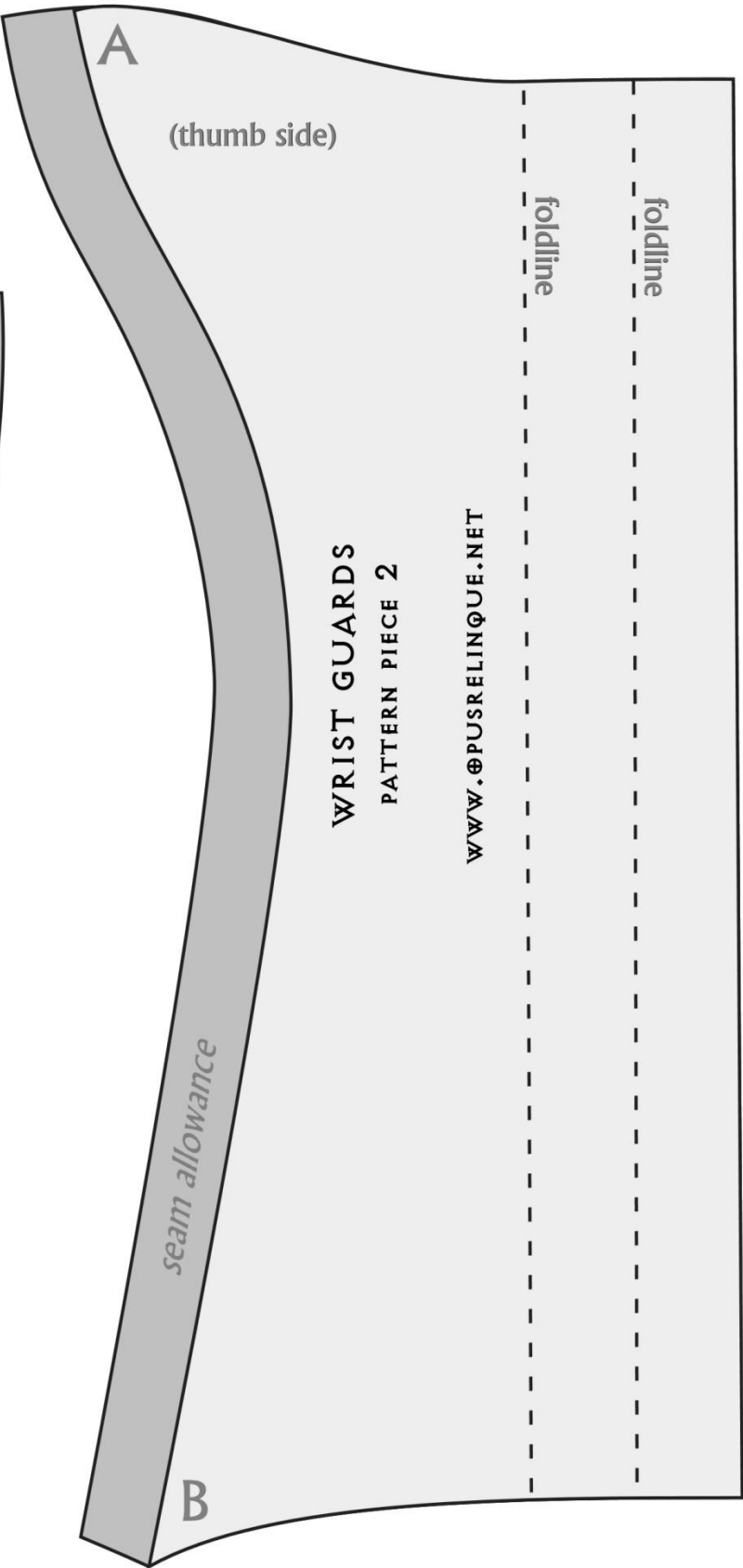
4) PATTERNS

There are three pieces to this pattern, one for the upper arm, two for the under arm, plus a narrow guide locating puncture holes for placing the eyelets. These guards are designed to fit a 17 cm wrist, but the lacing adds a margin, making them work fine for a circumference between 16 and 19 cm.

If still required to add or remove girth, cut Pattern 1 in half lengthwise (along the arrow) and copy it on a new piece of paper leaving in, or taking away the needed width. Cut Pattern 2 and 3 along the innermost fold-lines to make the same corrections there.

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5) INSTRUCTIØNS

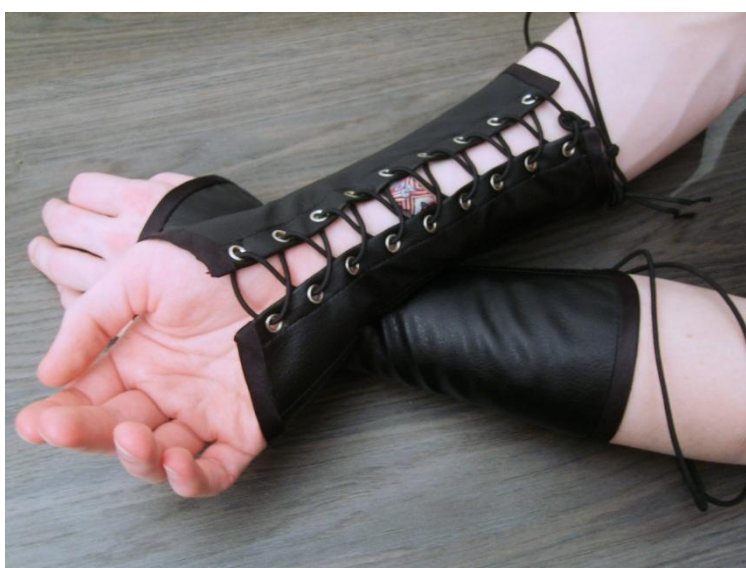
- Cut the 3 pieces out of fabric/leather, transfer the puncture-guide on sturdy paper.
- Pin seam connecting pieces 1 and 2 together so the letter-points (A to A) match. Baste, Sew, iron open, top-stitch (3mm), cut darts around indent (pictured), iron to shape.
- Repeat for seam connecting piece 1 with piece 3.
- Fold outermost fold-line on piece 2 inwards, pin, iron. Top stitch staying 12mm from folded edge to lock layers together, iron.
- Repeat for outermost fold-line on piece 3.
- Fold remaining fold-line on piece 2 inwards, pin, iron. Top stitch staying 12mm from newly folded edge to finish hemline, iron.
- Repeat for remaining fold-line on piece 3.
- Finish off top and bottom edges using bias tape trim (pictured).
- Align puncture guide with folded edge on piece 2, puncture holes.
- Repeat for folded edge on piece 3.
- Place eyelets in all 18 holes.
- Lace up, starting from the top (thumb)-side.
- Tie the ends of the lacing together in a strong knot.

The lacing doesn't necessarily have to be elastic, but I find that it definitely helps during movement. Again, this is the way I do it, feel free to use the patterns any way you want!

6) PHØTØGRAPHS



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7) WEARING

As you may notice, there will be a lot of cord left once the bracers are laced down. I leave this in so I don't need to restring them on every wear, which is an especially helpful feature if you have to put them on yourself, and wish to refrain from having to use your teeth to get 'the damn things' closed.

By having the ends of the cord permanently tied together I can just re-divide the lacing through the eyelets, making the bracer wide enough to get my hand to through them without the lace falling out. Once they are on, I can easily pull each string crossing tight, starting from the top, keep them down by placing a sideways knot after the last eyelet, and work the remainder of the cord around my arm stuffing it underneath the bracer or letting it dangle for effect.

Another interesting trait is you can easily insert 6 inch glow-sticks through the lacing, keeping them secure when they aren't held during clubbing, an application one may often see portrayed on pictures of me and which always seems to get a lot of people wondering...

8) APPRECIATION

I hope this tutorial might be useful for you. I made me these little things on an evening, years ago, and still enjoy wearing them regularly.

For questions and comments visit <http://www.opusrelinque.net/2011/10/12/wrist-guards/>.

And make sure to spread the word about the blog!