# Apply the self adhesive foam to the gauntlet

Cut out the gauntlet foam template and place it on the foam side of the self-adhesive foam sheet. Carefully mark the foam around the template using a soft pencil. Cut around the pencil marks using scissors. Remove the backing paper from the foam and press into the gauntlet with the smallest straight edge aligned with the ends of the small curved end near the hinges. Make sure it is centered left/right. The left and right straight edges should align with the edges of the Velcro slots. You can lift and unstick the foam from the gauntlet as many times as is necessary to get the alignment correct … you're lucky if you get it right first time! Using the curved side of a half round file cut the foam to the front and back edges of the gauntlet.