~ MAKE YOUR OWN MINIMAL SHOES ~

INSTRUCTIONS

SOLE MATERIAL   LACE   PAPER   PENCIL

STRONG SCISSORS   LEATHER HOLE PUNCH   HAMMER   LIGHTER
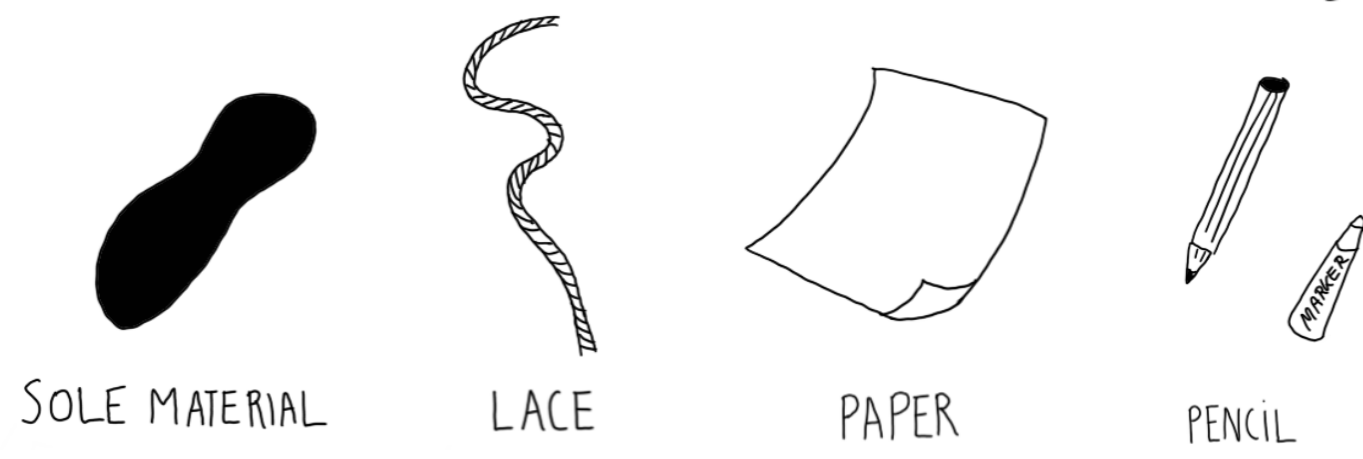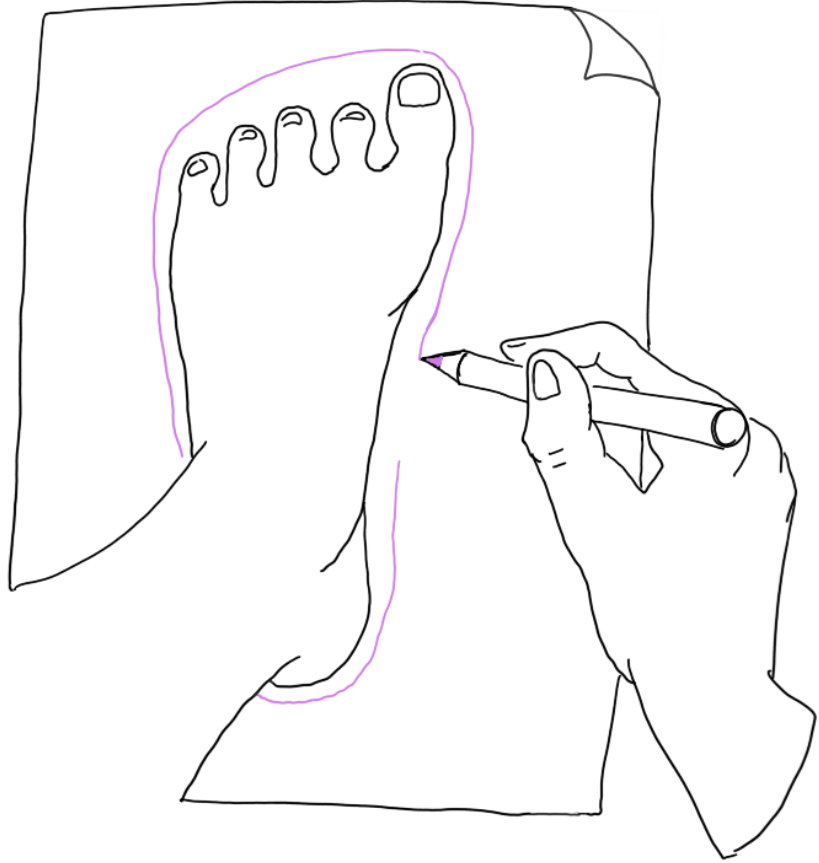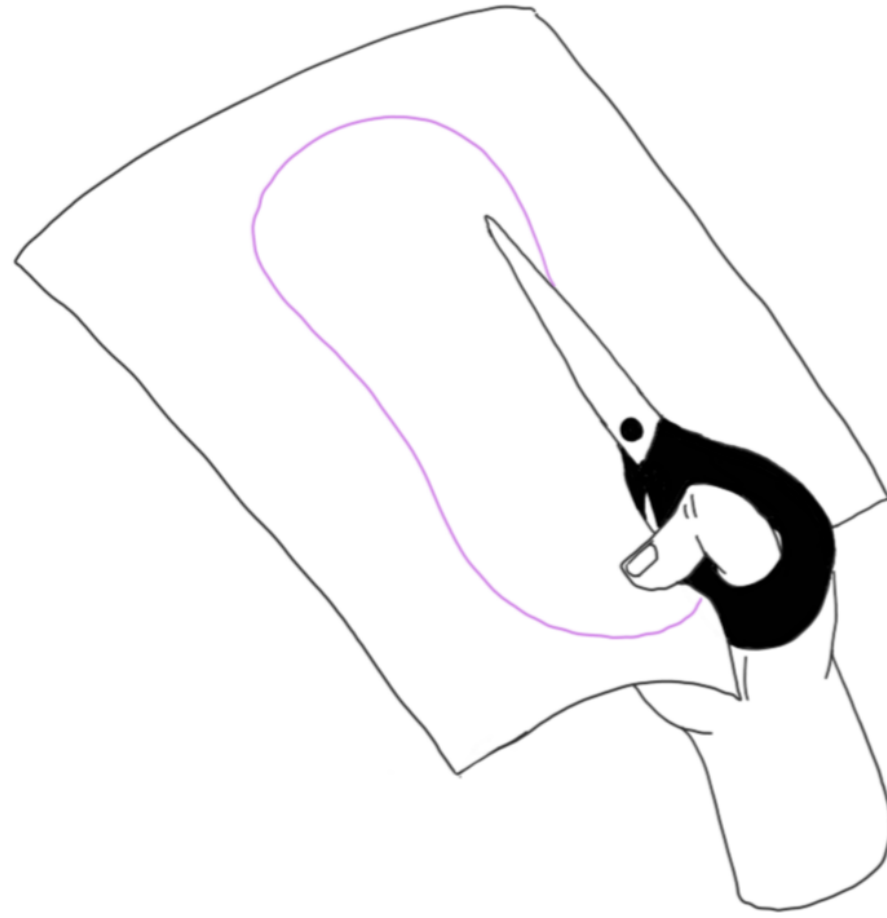
#1 TRACE YOUR FOOT
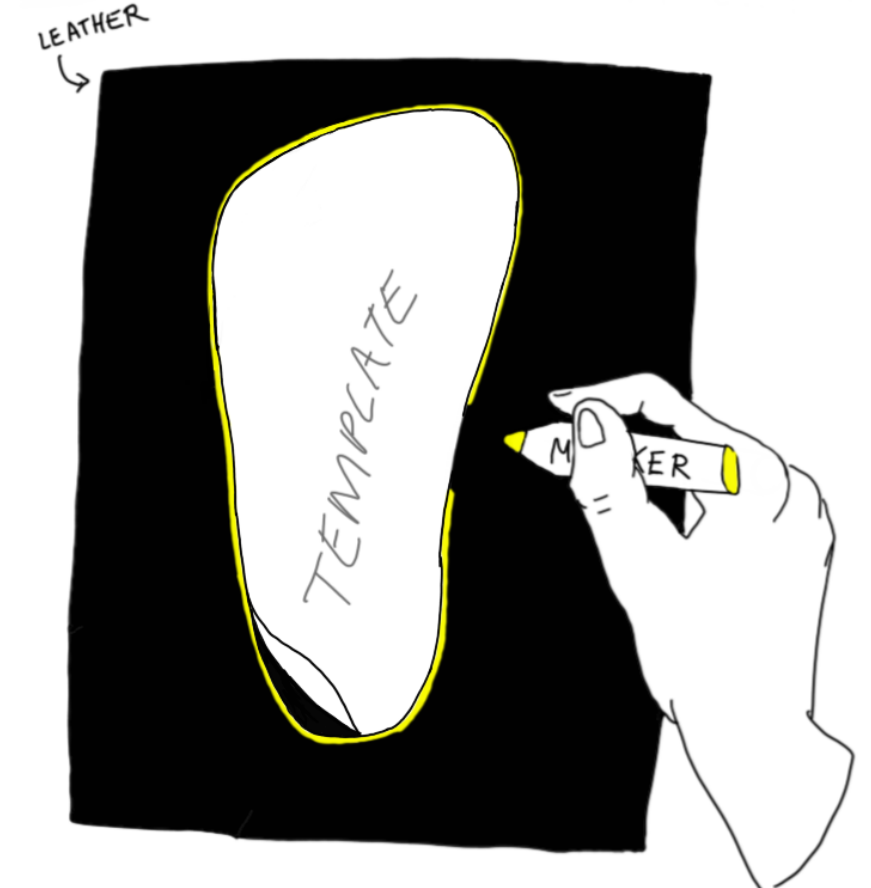
~ Place your foot as flat as possible
~ No need to be exact, slightly bigger is better.
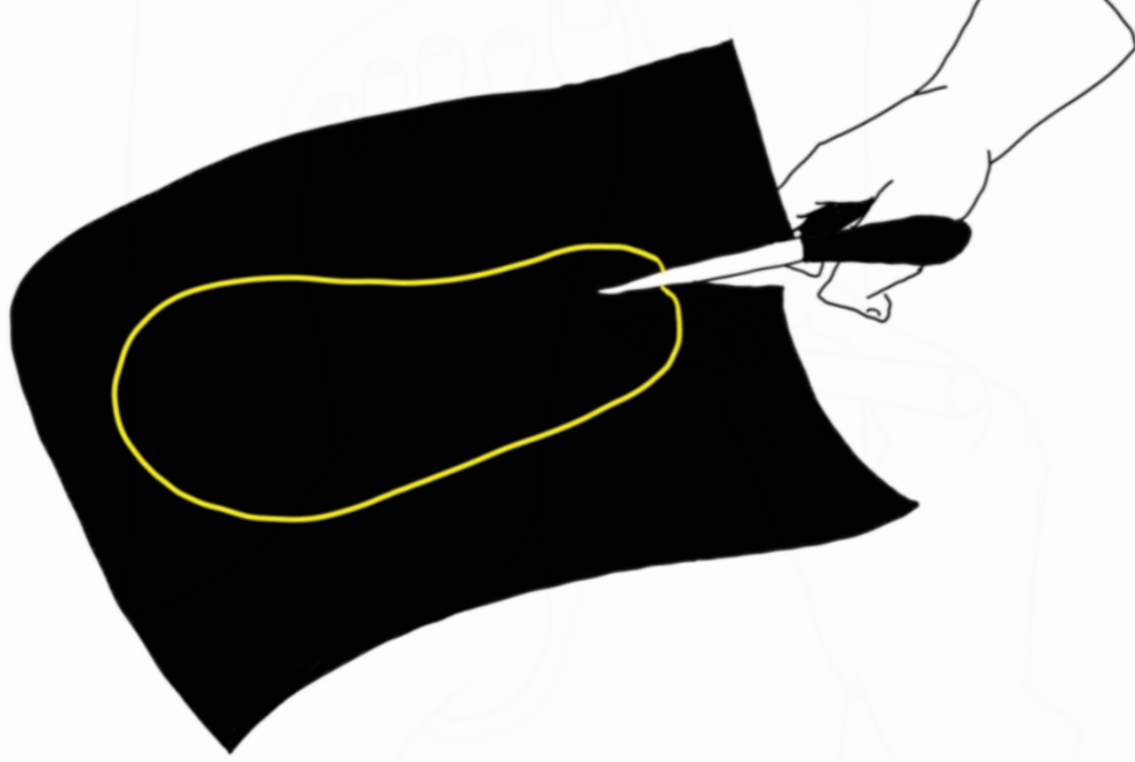~ Smooth out the curves (no bumps for each toe)

#2 CUT THE TEMPLATE

~ Cut around the tracing rather than "on" the line. You can always refine it later on.
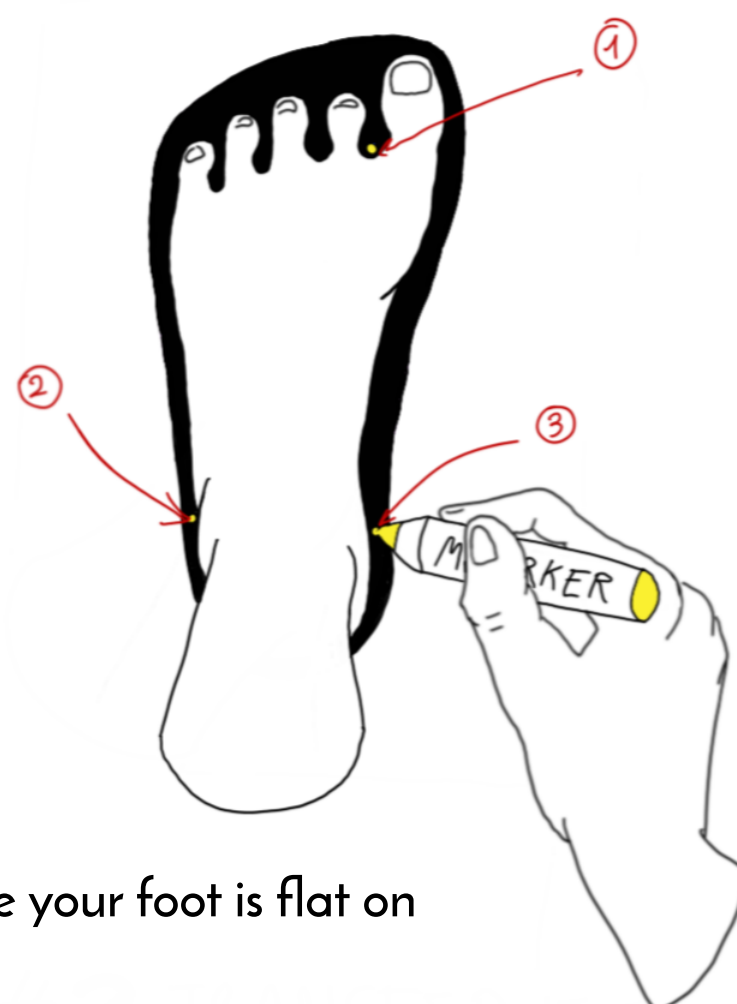
#3 TRANSFER IT TO THE SOLE MATERIAL

LEATHER
TEMPLATE
MARKER
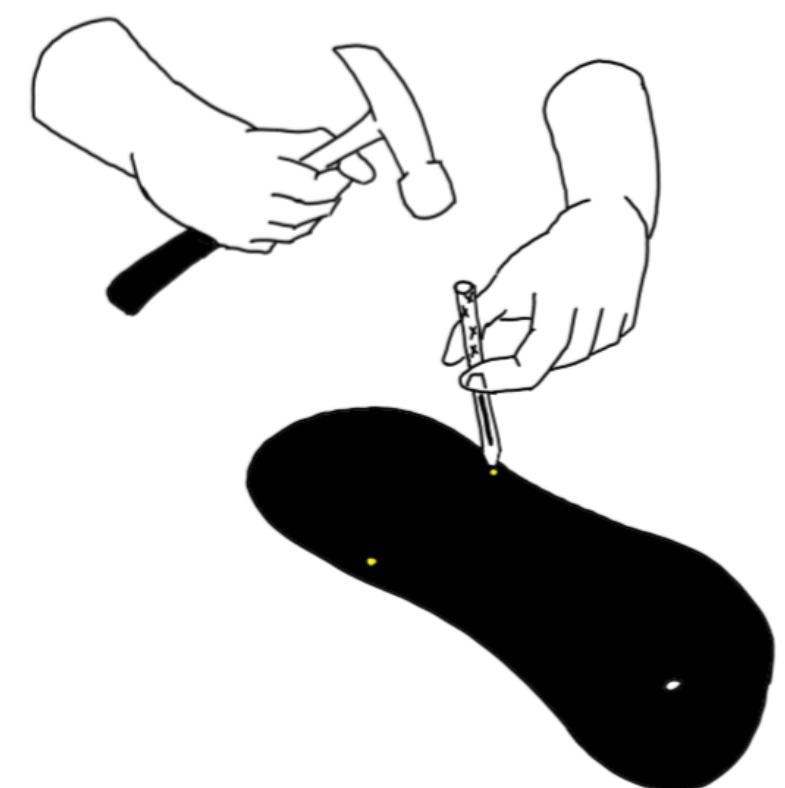
#4 CUT OUT THE SOLE

~ Depending on the thickness of the material, a cutter might be better than a scissor.

#5 MARK THE THREE HOLES

① ② ③
MARKER

~ Make sure your foot is flat on the sole.
~ Make sure the first dot is slightly inner than the center of those two first toes.

#6 PUNCH THE HOLES

~ The size of the hole will vary depending on the thickness of the lace's material

#7 CUT THE LACE & MAKE THE END POINTY

~ Cut the lace at your desired length.
~ Some materials may require to burn the endings and make it pointy in order to fin inside a hole (ie. polypropylene or nylon).
~ With a leather lace, simply cut the endings into a point.
~ Having water around (or a lot of saliva) can help on the process of making the ending sharp, if you plan to use your hand.

#8 THREAD THE LACE THROUGH THE TOE HOLE & SECURE IT
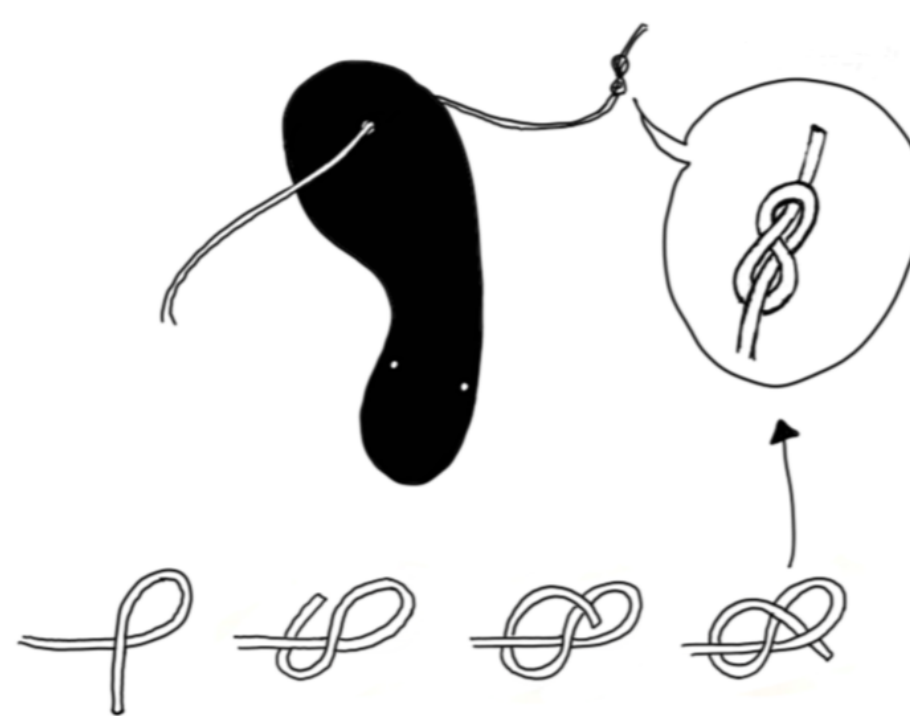
~ You can secure the ending with the traditional "Figure 8 knot" or with another technique called "Lace Bead (by burning the end flat)
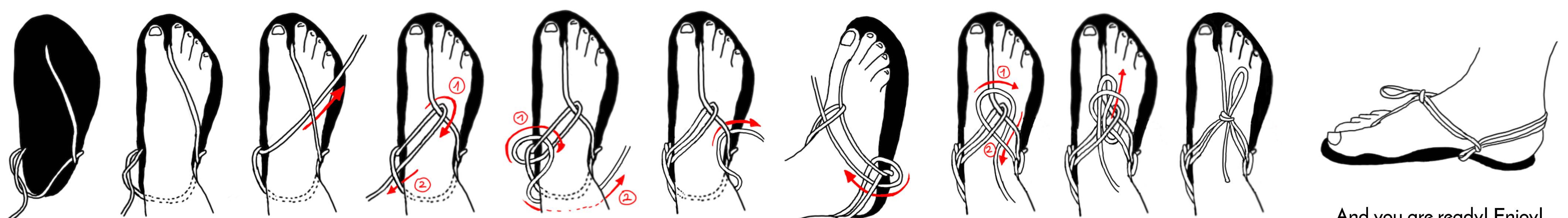
#9 THREAD THE OTHER 2 HOLES

① ②
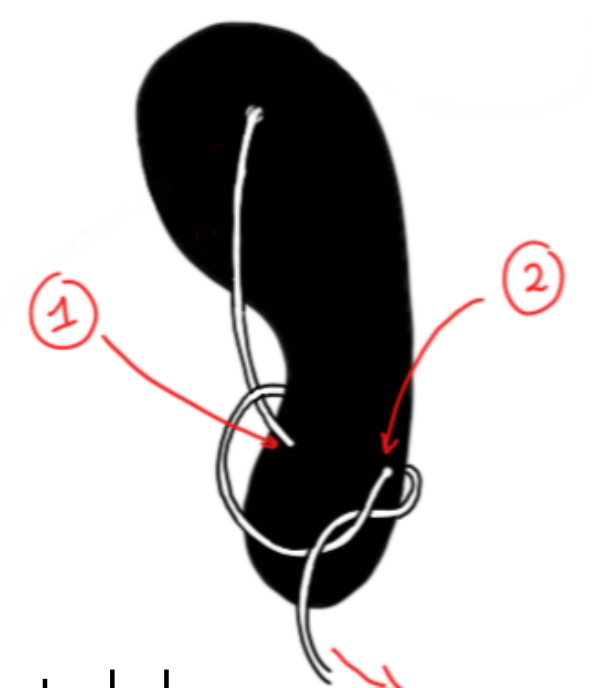
~ First the outer hole, then the inner one.

#10 PUT YOUR FOOT IN & TIE YOUR SANDALS

~ There are many methods to tie the sandals. Common ones are "Toga-style", "Kick Sock" or "Slip-on".

And you are ready! Enjoy!