Cut off the ends of the rope from the front. Think carefully about which book will represent you. Use paint or spray paint to draw the cover artwork.

Layer the five sheets of material as shown above. Drill three holes on each long side of the block and two holes for each of the rope handles.

Secure the side holes tightly with cable ties. Cut off the ends that are sticking out.

Insert a single length of rope into the holes to form the arm handles.

Place your arm in the rope handles to make sure it fits well, then tie the ends of the rope from the front.

Cut off the ends of the rope from the front.

Hold your ground! Place your arms in the rope handles and use the shield to non-violently push back against police containment lines. Practice using the shields in group formations for display and protection. Remember you are turning the media’s ‘story of the battle’ into a battle over the story.