

## FQ Approved Century Martial Arts ActionFlex Sword

### To purchase the sword:

Go to: [www.centurymartialarts.com](http://www.centurymartialarts.com)

Search for Item Number 12686

(or navigate to ActionFlex Swords)

Order a 40" Black sword. The current price as of this printing is \$44.99

### To modify the sword to meet FQ Requirements:

You need to add a pommel to the handle and shorten the handle so that its overall length, including the pommel, does not exceed twelve (12") inches. The recommended method is as follows:

1. Using a hack saw (or equivalent cutting tool) remove three (3") inches from the end of the handle.
2. Using a sharp knife, remove an additional one and one-half (1½") inches of the black handle material to expose the white pipe beneath.
3. Slide the guard onto the handle up against the blade, if you haven't done that yet.
4. Wrap double-sided foam tape around the exposed pipe.
5. Cut a two and one-half (2½") section of approved foam pipe insulation and slide it over the exposed pipe, snug against the handle material.
6. Fill the hole in the foam pipe insulation with open cell foam.
7. Using black duct tape, tape the pipe foam onto the handle lengthwise. Rotate 90° and apply another strip of tape so that the pipe foam is completely covered and a pommel is formed.
8. Wrap duct tape around the tape on the handle to reinforce it. Wrap additional tape around the pommel.

