



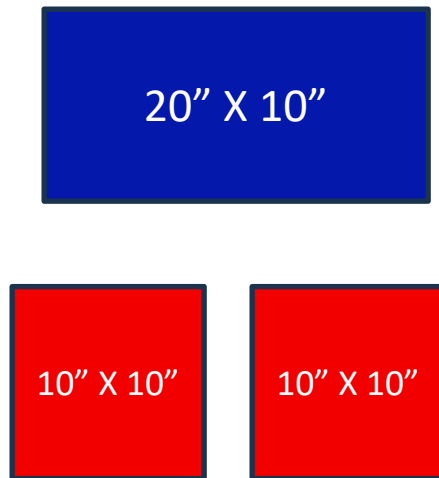
HOW TO MAKE A KNEELING ROLL

**CREATED BY: MARY
FURR**

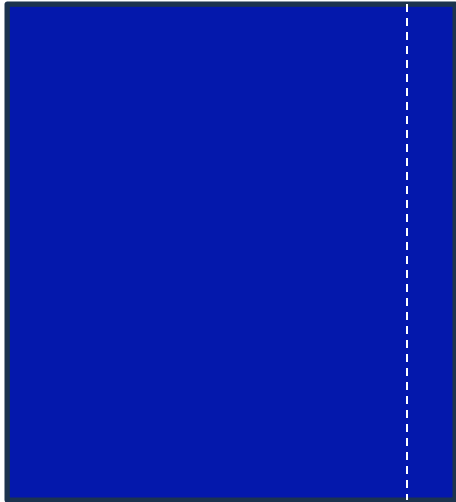
Kneeling Roll Pieces

The material needs to be a heavy canvas. You can purchase this at a fabric store or if you have an awning company near by, their scraps are usually big enough for a kneeling roll.

Cut one for the Roll (blue) and two for ends (red).

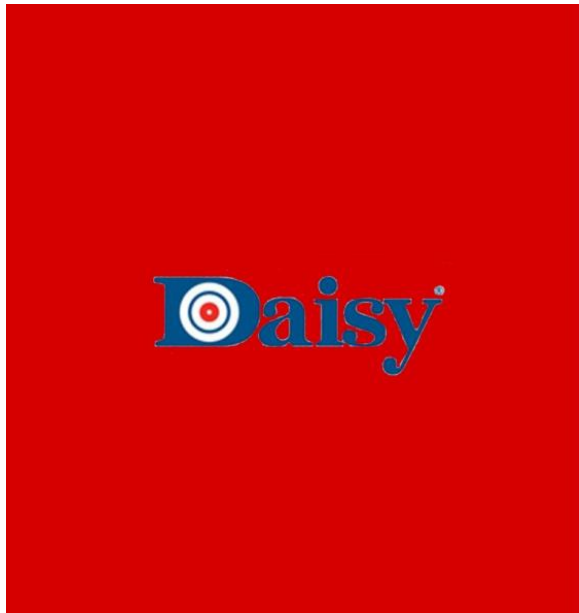


Sewing the Roll



- Using a $\frac{1}{2}$ " seam, sew the ends of the blue together. Sew this twice to prevent the seam from splitting.

First end (Logo end)



If you are going to add a logo or team name this is when you need to do it.

It is best if you have it embroidered.

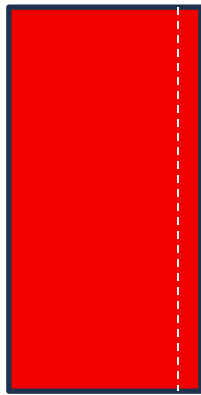
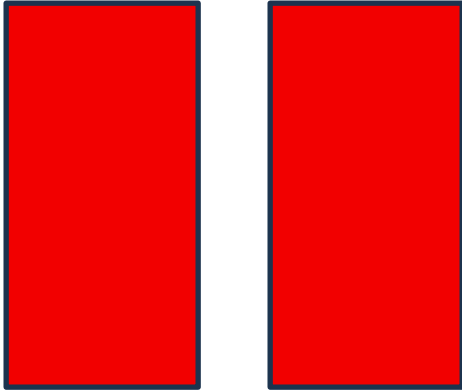
The size of the logo or name can not be larger than 4" x 4".

First End Cont.



Keeping the logo
or name in the
center, cut a 7"
circle.

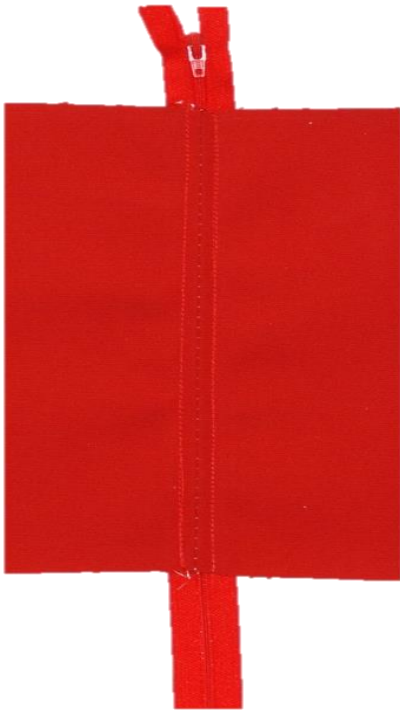
Zipper End



Take the second
10" x 10' square
and cut it in half.

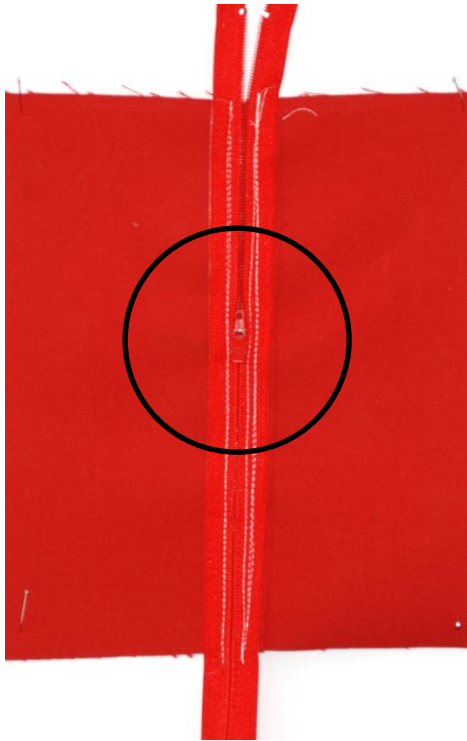
Baste stitch the
2 pieces
together with a
5/8" seam.

Zipper End Cont.



Insert a zipper by pressing the seam open, placing the center of the zipper along the seam and sewing both sides of the zipper. I use a 14" zipper. It is easier for me to leave extra zipper at the top and bottom. You won't have to stitch around the zipper pull.

Zipper End cont.



Without cutting the basting stitches, slide the zipper pull half way down. This keeps the pull from being cut off when you cut your circle.

Zipper End Cont.



Center your 7" circle on the zipper, mark and cut. Make sure your zipper pull is not going to be cut off.

Add Zipper end



With right sides together, pin and sew the zipper end. Sew several times around to prevent splitting.

Add Logo End



With right sides together, pin and sew the logo end. Sew several times around to prevent splitting.

Clip and Turn



Remove
basting
stitches and
turn inside
out.

What to use for your filling



I like to use the small plastic pellets use for doll making. They can be purchased at Walmart. If you are lucky enough to have a manufacturing plant that deals with plastic nearby – these are sometimes the by-product. I would not use anything that is a grain or edible. Mice and insect like to eat these.

How much to fill



A kneeling roll is used to support both the ankle and the foot and to make the position more stable and a little more comfortable. When filling the roll, it is not supposed to be stuffed full. Fill it to where you can put a crease in the roll for the foot and to wrap the side of the ankle for support. A kneeling roll can change the NPA (natural point of aim) by the amount of fill in the roll. Too little fill will point the rifle higher, too much fill will point the rifle lower. Each shooter should have their own kneeling roll fitted to them for consistency.

For this pattern I use between 13 and 15 cups of plastic pellets depending on the shooter.