MAKE A SLING

Things you'll need:
2 x 8 inch piece of thick cloth
3 ft length of string
Ping-pong balls (or sweets)

1. Cut your piece of string in half but leave one end a couple of inches longer than the other.

2. Cut or punch a pair of holes, side by side, on either end of the piece of material, just wide enough to accommodate your strings.

3. Tie the strings to the pouch.

4. Make a loop in the longer cord. This is the retention cord.

5. Tie a knot on the end of the other cord. This is the release cord.

6. Put the loop on your middle finger and hold the other end between your thumb and forefinger. You need to pinch it, not grip it. Pinch using the end of your thumb and the side of your index finger, first joint from the knuckle.
Put a 'rock' in the pouch.

There are many ways to use a sling. One of the simplest is called the Apache Throw. Face 60 degrees away from your target, your arm extended behind your back, with your weight on your back foot. Swing forward, bringing your arm forward like a line drive. As you do this, shift your weight to your front foot and swing the rest of your body forward. Your arm guides the throw, but it is your body that propels the stone to lethal velocity. To release the stone, simply let go of the release cord.

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