



THOK'S STICK

-TUTORIAL-

RUNESCAPE

Introduction

This tutorial will cover how I made Thok's stick from Runescape. The build is largely made using EVA foam, and all of the steps are explained in depth so it is accessible to anyone of any skill level. I've also included links to all of the materials/tools you'll need to make this prop. *Note: for some materials I've only included the name/brand of the product, as the best website for you to get it from may vary depending on where you live.*

If you have any further questions, you can either message me on Instagram (@anaelic_) or email me at anaeliccospay@gmail.com.

Enjoy!

Materials List

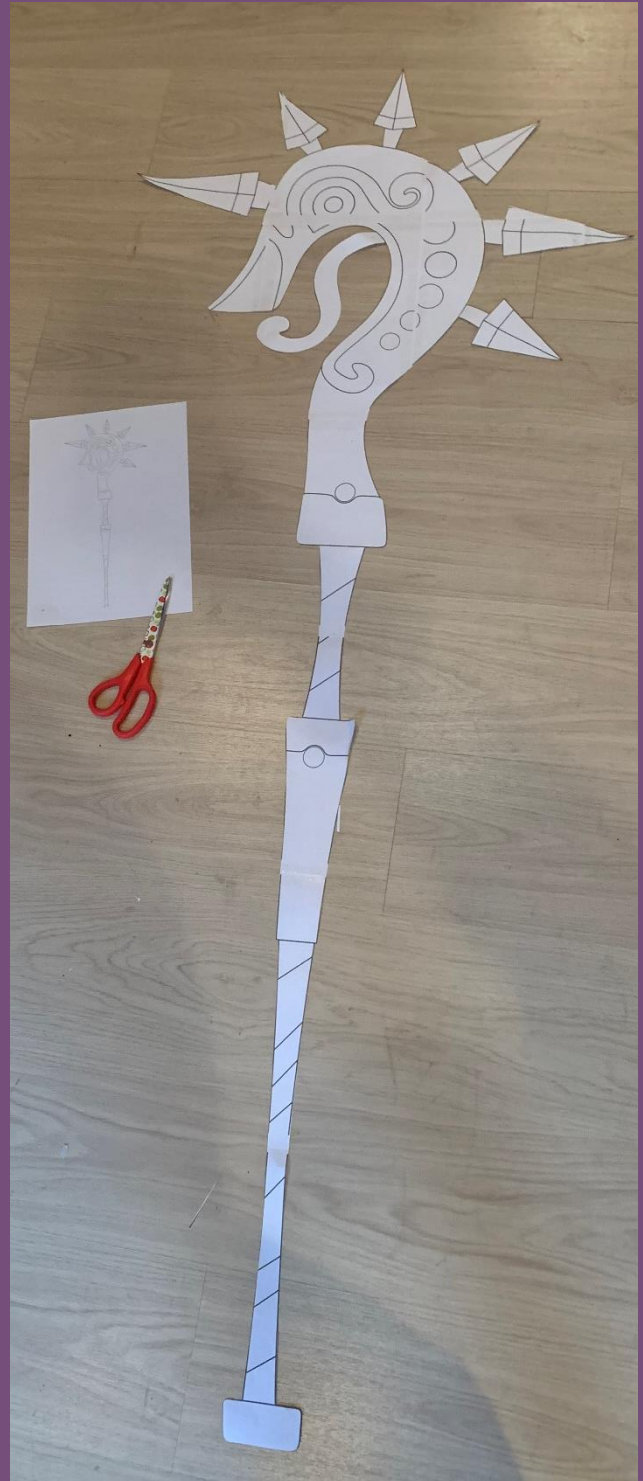
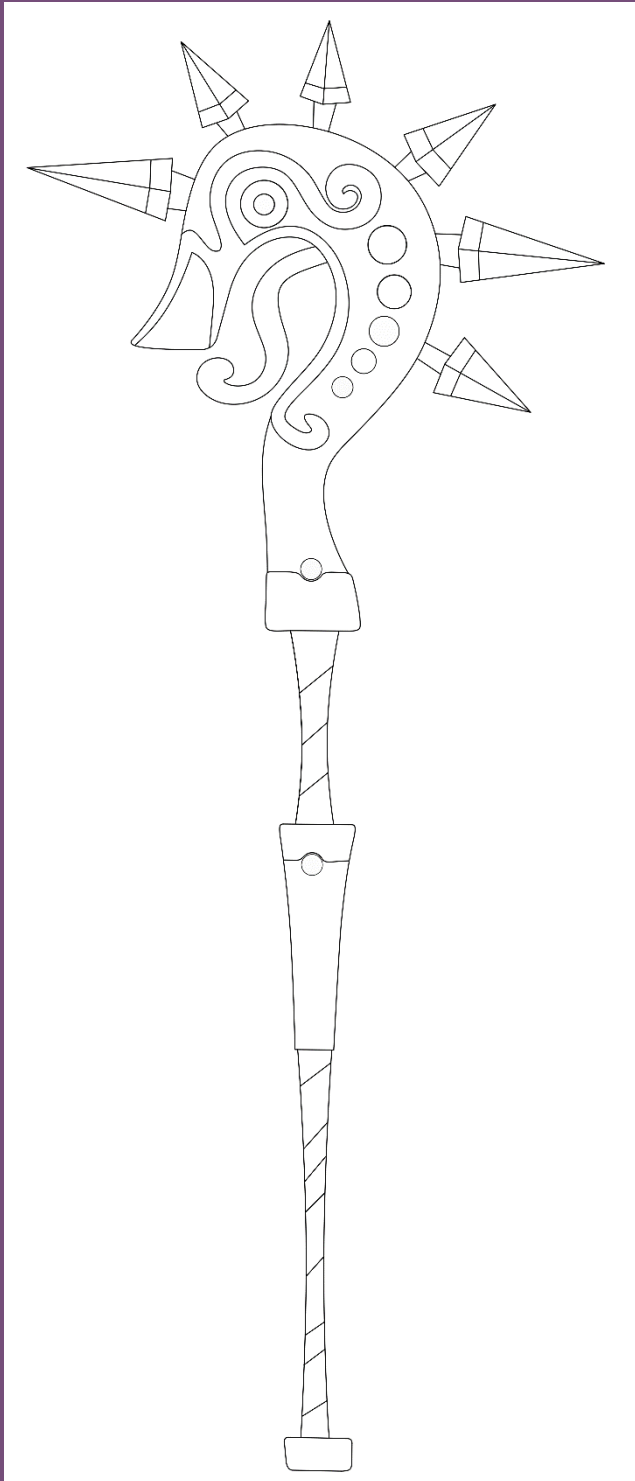
- **EVA foam:** - CF100 (2mm, 3mm, 10mm): [https://www.poly-props.com/eva foam cf100](https://www.poly-props.com/eva%20foam%20cf100)
 - XL (20mm): <https://www.poly-props.com/xl-foams/xl-foam-sheets>
- **Foam clay:** <https://www.poly-props.com/foamclay/foam-clay-30g-bag>
- **Foam primer:** <https://www.poly-props.com/hexflex-1/hexflex-clear>
- **PVC pipe:** 22mm & 25mm diameter
- **Contact adhesive:** Evo-Stik
- **Grey/purple spray paint:** <https://www.yourspraypaints.com/product/ral-design-colour-aerosol-spray-paints/ral-design-300-360/ral-330-40-15%E2%80%A8-dark-purple-grey-aerosol-spray-paint-1k-2k-400ml/>
- **Gold spray paint:** Peugeot Blaze Yellow (available at most automotive stores)
- **Airbrush paint:** black from Createx
- **3D print primer:** Hycote filler primer (yellow)

Tools

- Dremel
- Craft knife
- Heat gun
- Hot glue gun
- Airbrush
- Masking tape
- Small paintbrush
- Sanding paper (60-800 grit)
- Palm sander **optional*
- Soldering iron **optional*
- 3D printer **optional*

Pattern

This PDF includes a digital pattern for the staff on the last pages. The pattern has already been scaled to be printed on A4 pages, which can be taped together. The resultant staff measures approximately 170cm tall, but if you wish to rescale it I would recommend using Rasterbator (<https://rasterbator.net/>) which allows you to rescale any image to be printed over your selected number of pages.



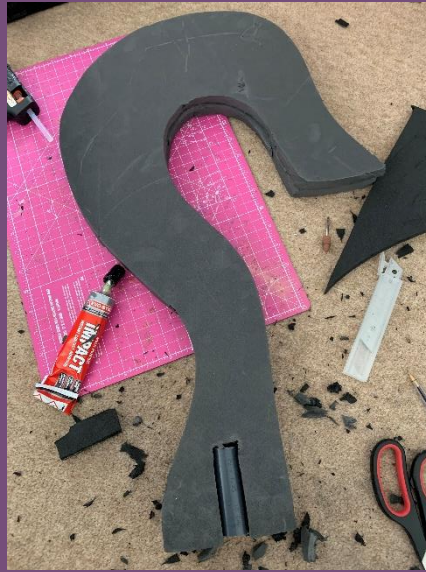
Staff Structure

In order to make the staff easy to transport, I split it up into 3 parts using a series of PVC pipes. In the diagram on the right, the green and purple boxes represent 22mm and 25mm PVC pipes respectively. These sizes of pipe fit into each other perfectly and allow the parts to slot together. Alternatively if you wanted make the prop sturdier, I would recommend using a single 22mm PVC pipe that runs right from the bottom, through the middle piece and connects to the head, however this would make it harder to transport.



Head

I started by cutting around the pattern 4 times onto 20mm foam. When cutting foam, always be sure to use a sharp craft knife and replace the blade often. Before gluing all 4 pieces together, I cut slots out of the 2 inner layers for a 25mm PVC pipe to slot into. I glued the foam pieces together with contact adhesive, but I used hot glue for the PVC pipe to make it more secure.



To smooth out the edges, I first began by trimming the majority of the excess with a craft knife. I then used a dremel with a low grit sanding drum to smooth it down. Don't worry about getting it perfectly smooth, since it'll later be covered in a thinner layer of foam.



Next, I cut out a long strip of 2mm foam that was 77mm wide (the 4 layers of foam should technically be 80mm wide, but I measured it as 77mm). I used this to wrap around the whole outer edge of the head, and glued it down with contact adhesive.



Next, I traced around the head again onto 2mm foam. Following the reference images, I traced and cut out the inner pattern. I cut this out twice, and glued the pieces onto the front and back of the head, again using contact adhesive. It may not fit perfectly if the front and back sides aren't perfectly symmetrical, so you may need to trim off any excess with a craft knife.



Next, I cut out the “tongue” part, by tracing around the pattern onto 10mm foam. I cut out the pieces 3 times, then glued the pieces together using contact adhesive. I smoothed the edges down with my dremel using a low grit sanding drum followed by a high grit grinding stone, then ran over it briefly with my heat gun to seal the foam and remove some of the fuzzy bits. I inserted the piece by cutting out a slot in the head, then hot gluing it in.



For the details, I cut out circles of varying diameters onto 2mm foam. I tried to cut as neatly as I could with scissors, and smoothed out any unevenness with my dremel. I used contact adhesive to attach the circles.

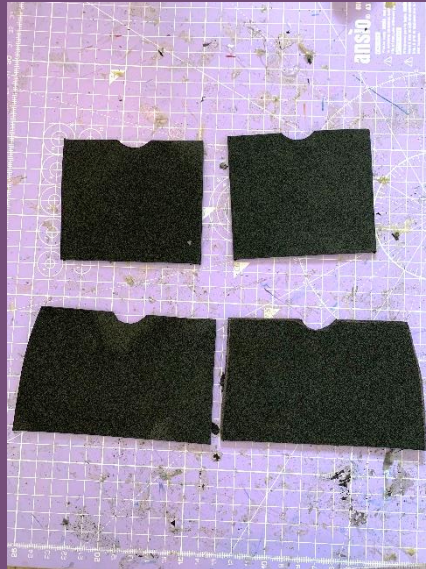


For the raised detailing near the bottom, I traced round the head onto paper to make patterns for the front/back and sides. I tested them against the head to make sure they fit, then cut them out on 3mm foam. I cut the vertical sides of each piece at a 45 degree angle (instead of holding the craft knife perpendicular to the foam as usual) to create mitered corners when they fit together.

45° cutting
angle



90° cutting
angle



When gluing the pieces onto the head (using contact adhesive), I left a 2mm overlap on the bottom edge. This allowed me to glue a 5th piece onto the bottom side, with a hole cut out of the centre, that would lie flush with the rest of the pieces. I then carved in some details using my soldering iron.



I then added detailing using foam clay. Foam clay is an air-drying clay that dries to form normal EVA foam, and sticks to EVA foam when wet. I took a small chunk of foam, then rolled it out into a long cylinder and stuck it onto the head by applying water.



To make the piece longer, I simply rolled out another cylinder and applied more water to combine them together. I repeated this for the remainder of the head until all the details were complete.

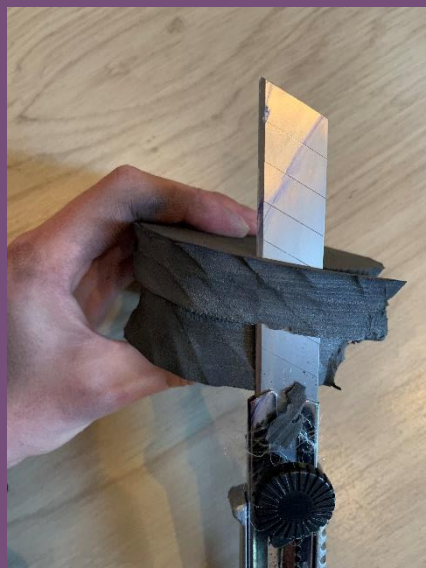


Bottom

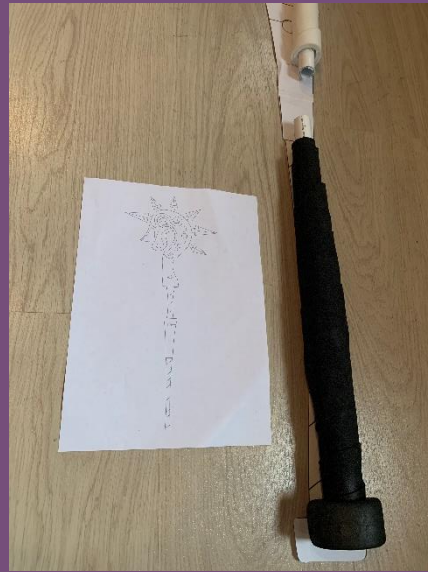
The bottom section consists of a 25mm PVC pipe wrapped in 2mm foam, which is then glued into a cylindrical foam base. To wrap the handle in foam, I cut out a long strip of 2mm foam approximately 80mm wide. I started by hot gluing it to the top of pipe at an angle, then began wrapping it towards the bottom of the pole, hot gluing it as I went. I left around 5cm of bare pipe at either end to allow it to slot into other pieces. Lastly, I wrapped a second strip of foam around the middle of the pipe for the lighter grey section in the reference images.



For the cylindrical base, I cut out two circles onto 20mm foam, then glued them together with contact adhesive. I cut down the excess with my craft knife, then sanded the edges down as much as I could using my dremel followed by my heat gun. Since this thickness of foam is less dense it leaves a rougher surface, however this can be fixed later at the priming stage; it'll just need extra layers of primer and more sanding.



I carved out a hole in the centre of the base, then inserted the end of the pole which I secured with hot glue.

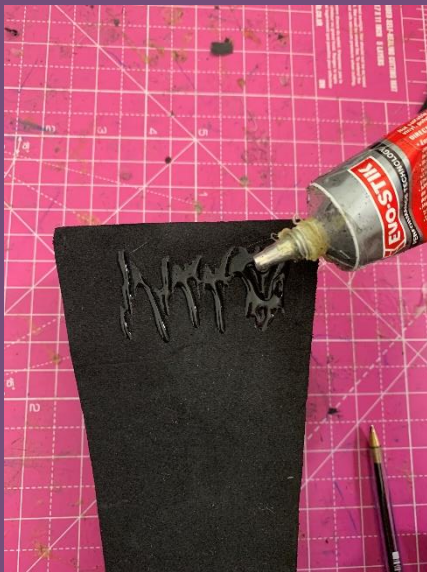


Middle

The middle section consists of a 22mm PVC pipe wrapped in 5mm foam, which is then glued into a block of foam. I wrapped the pipe in the exact same way as the previous section, except I used 5mm foam this time to make it thicker. For the foam block, I traced around the pattern onto 10mm foam then cut it out 5 times. I cut a slot out of the 3 inner layers for a short piece of 25mm pipe to slot into, then glued the layers together with contact adhesive. I then inserted the 25mm pipe and secured it with hot glue.



I carved down the sides of the block with a craft knife to make it narrower at the bottom. I sanded it down with my dremel, then went over it with my heat gun. I didn't take photos of this part, but I traced around each side of the block onto 2mm foam then covered all 4 sides in a layer of foam, similar to the head. I also added the raised detailing to the top of the block in the same way as I did for the head also. I left a hole in the top piece, then inserted the white 22mm PVC pipe from earlier and hot glued it in. Lastly, I added details using my soldering iron.



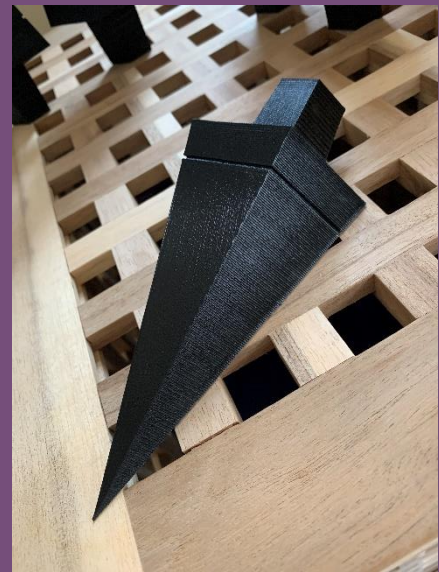
Priming

To prime all of the foam pieces, I used clear Hexflex. Hexflex is a flexible, brush-on primer similar to wood glue. To apply it, I used a flat paintbrush dipped in water- be careful not to add too much water, as this will result in drips, or too little, as this will result in brush strokes. I typically apply around 4-5 layers, and between every layer or 2 I like to sand the piece using a high grit sandpaper. Make sure to use 400 grit or higher, as anything lower will be too harsh and could rip up the layers of primer.

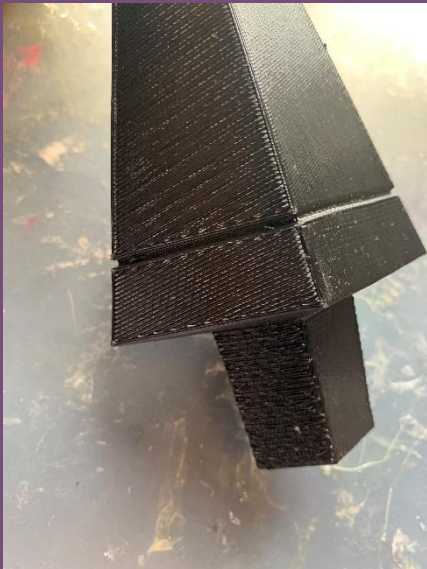


Spikes

I 3D printed the six spikes at the top of the head. The 3D printing files that I used are included with this tutorial; there are 3 sizes, and I printed 2 of each size. If 3D printing isn't an option for you, it is totally possible to make them out of foam instead- I would recommend using 3-5mm foam and building them up as hollow shapes. Another option would be to carve them out of thicker foam and sand them down into shape, though this may leave a rougher surface.



To prime the spikes, I used Hycote Filler Primer in the shade yellow, as this serves as a good base colour for gold. I used around 8 coats per side- this may seem excessive, but it has a very quick dry time and the more layers you use means less sanding! I started with a very rough 60 grit sandpaper to get rid of some harsh support lines, then moved onto using my palm sander. From then I moved up in steps of approximately 100-200 grit, finishing with 800 grit sandpaper.



To add the spikes to the head, I marked out the placement of the spikes and drew around the bases. I carefully carved it out with a craft knife then made a hole by pulling foam out with tweezers. I chose not to glue the spikes in, as the hole was tight enough to hold the spike firmly and this also meant that the spikes could be easily removed for transportation. However, I would recommend using hot glue if you do choose to glue them in.



Painting

I started with painting a base coat of grey-purple paint. I interpreted the main colour of the staff to be a very dark greyish purple which meant I had to order custom mixed spray paint (linked at the start of this tutorial) as this colour is quite hard to come by. You could instead use dark grey spray paint which would also work, and would likely be easier to find.

I painted this coat on all parts of the staff. I then masked off the purple sections of the head with masking tape, and airbrushed a dark grey colour onto the indented area on both sides of the head. I then masked off this section too, then airbrushed the foam clay details with light grey. I also airbrushed part of the bottom of the staff this colour too, masking off the appropriate sections. I then masked off the remaining sections and spray painted them with gold spray paint. I sprayed the spikes with this colour also, and in some darker areas I had to use two coats of paint to build up the colour.



Lastly, I added shading with black airbrush paint.

