How to replace surgical tubing bands on Slingshots.

This document covers how to replace surgical tube power bands on slingshots. The basic technique works for all surgical tube based slingshots, but sizes of bands and components may vary. This document is intended as a tips & tricks sheet. It is not intended as the ultimate guide or authority on the matter.

Note: Use of Slingshots can be dangerous. Reader assumes all responsibility for checking components, risk of use, and taking precautions when using slingshots such as, but not limited to eye protection and adult supervision. Reader assumes full responsibility from any use of the instructions herein or equipment portrayed herein. Surgical tubing can fail due to cuts, sun damage, age, manufacturing defects, and other factors causing injury to the user or those nearby. goFASTandLIGHT.com and writer of this document will not be held liable for any personal, property, emotional, or other damages that may occur from using these instructions or the equipment portrayed in these instructions.

What you need to start:

- **Slingshot** with old rubber removed
- **Latex Rubber Surgical Tubing.** In this case we are using ¼” inside diameter, 3/8” outside diameter, 1/6” wall tubing
- New or existing **ammo pouch** for slingshot
- **Needle Nose** Pliers
- **Small Scissors**
- **Rubbing Alcohol** mixed 50/50 with water in a Glass Bowl. Observe precautions on the Rubbing Alcohol bottle.
- **Ruler** or Measuring Tape

Cut 2 pieces of surgical tubing to desired length. Here we chose 1 foot (12 inch) lengths.

Next – about ½ inch from one end of each piece tubing – use the scissors to cut a hole in the side of the tubing. It works best to squeeze the tube flat with one hand and cut a small half moon. You want the resulting hole to be slightly smaller than the width of the tubing.
Next push the end of the tube with the notched hole through the ammo pouch. If there is a smooth and rough side of the pouch you want to push through the smooth part so that the tube with the notched hole is just sticking out on the rough side. It might help to stick the pliers through the hole to grab the tubes and pull through the pouch.

**Important** – rotate the tube so the notched hole faces out (away) from the center of the ammo pouch as shown.

Next – **this is the trick** - push the tip of the closed needle nose pliers through the end of the surgical tubing near the hole you just cut. Wiggle in the end and make the tip of the closed pliers come UP through the hole you cut. Slide the tubing about 1/3 up the pliers to stretch it. Use the alcohol/water mix to help things slide.

This expands the hole to permit the other end to pass more easily inside.

Next, open the pliers to grab a good chunk of the other end of the surgical tubing. Grasp the pliers to hold the end in the jaws. Slide/roll the hole notched end onto the longer surgical tubing completing the loop. Continue to work and pull the loop along the tube. Use a small amount of alcohol/water mix to lubricate the surfaces to make it slide easier.

Repeat on the other side until it looks like this:

After getting both sides looped, continue to tighten all the way to the pouch. A small amount of rubbing alcohol/water makes them slide easier, until they are tight at the pouch.
Now your surgical tubing is ready to slide onto the yoke of your slingshot. Pre-Position the assembly so that the rough side of the ammo pouch is toward the Y in the yoke.

Lubricate the ends with a 50/50 mix of water and rubbing alcohol and press onto each side of the yoke. There should be oversized yoke tips that expand the tubing as shown below. Twist and position until they are even, and the pouch is centered.

Tubes should extend over the yoke protector tips and turn the corner. Let dry for 24 hours before testing.

If they slide off during testing your yoke protector tips may be worn. Yoke tips may need to be replaced to prevent slipping.