

Running Figure Silhouette

Full-size reference | Print at 100% / Actual size | Do not fit to page



KEEP: Black shapes / REMOVE: White openings and the white outside area

METHOD: Keep this design flat. See page 2 before folding or cutting.

Black = keep. White = remove. Step-by-step cutting instructions are on pages 2-3.

Use scissors for open edges; enclosed details may need a craft knife and cutting mat.

Physical connectivity and cutting time are not tested. Make a trial cut first.



50 mm calibration line - measure after printing

Running Figure Silhouette

Keep this design flat | Steps 1-3 of 5

A4: 210 x 297 mm



1. Start with a full A4 sheet

210 x 297 mm · nothing has been cut

Take one blank A4 sheet (210 x 297 mm), preferably thin colored paper. Print PDF page 1 separately at 100% and check its 50 mm line. Center the pattern on your blank sheet; do not cut off the surrounding paper yet.

2. Transfer the complete drawing

One flat A4 sheet · no folding



Tape or trace the complete full-size drawing onto the center of the blank sheet, keeping its original direction. The gray outline only shows placement. Keep the surrounding rectangle intact; repeated details do not mean this pattern should be folded.

3. Cut the inside first

Red dashes: enclosed openings · outside remains intact



Cut the small enclosed openings, then the larger white areas. Work on a cutting mat, with an adult handling the craft knife. Make a small entry inside each area to be removed, then follow its red dashed boundary. Lift out the small piece. Keep all narrow black bridges and all surrounding paper in place for support.

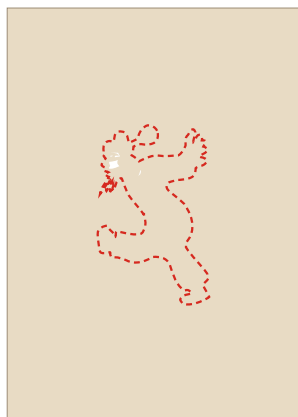
RED DASHES: NEXT CUT | BLUE: FOLD, DO NOT CUT | GRAY: TRANSFER GUIDE

Tan shows the remaining paper; white holes are already removed. Diagrams are not full-size templates.

Use page 1 for the full-size pattern. Test fragile paper bridges on a scrap before the complete cut.

Running Figure Silhouette

Keep this design flat | Steps 4-5 of 5



4. Release the outside contour

White holes are already cut · now follow the outer red line

Start from an outside edge of the A4 sheet and approach the outline through waste paper. Follow the red outer boundary and remove the surrounding scrap. Support narrow sections with your free hand and preserve all narrow black bridges.



5. Lift and refine

Finished result · no new cut lines

Gently release the cut design from the surrounding offcuts. Lay it flat and trim only attached scraps or uneven edges. Preserve all narrow black bridges. A finished opening does not need to be cut again.