CUTTING THE FIST: CUT ONLY THE DARKEST OUTSIDE LINES
THEN USE THE LIGHTER INSIDE LINES AS A DRAWING GUIDE

TO MAKE A HAND STENCIL:
TRACE AROUND YOUR OWN HAND

PLACE THE LIPS FROM THE OTHER PAGE ON TOP HERE
Place 2 identical stencils back to back to make a shape like this.

Cutting the leaves:
Cut just the rounded outside,

or
Cut the extra details.