Conforming sanding block (assemble with rubber cement)

foam rubber

0.014" Mylar, deburred edges

sandpaper strip

offset from edge very accurately

wrap strip around to prevent peeling at end

220 Al-oxide (light brown) sandpaper is perfect thickness for two layers of 2.9 oz webbed uni carbon

Sand recesses into core, sliding block against stuck-down straightedge

Use two passes to make tapered-width recess

Wet out and apply CF caps to core before enclosing in Mylar + skin