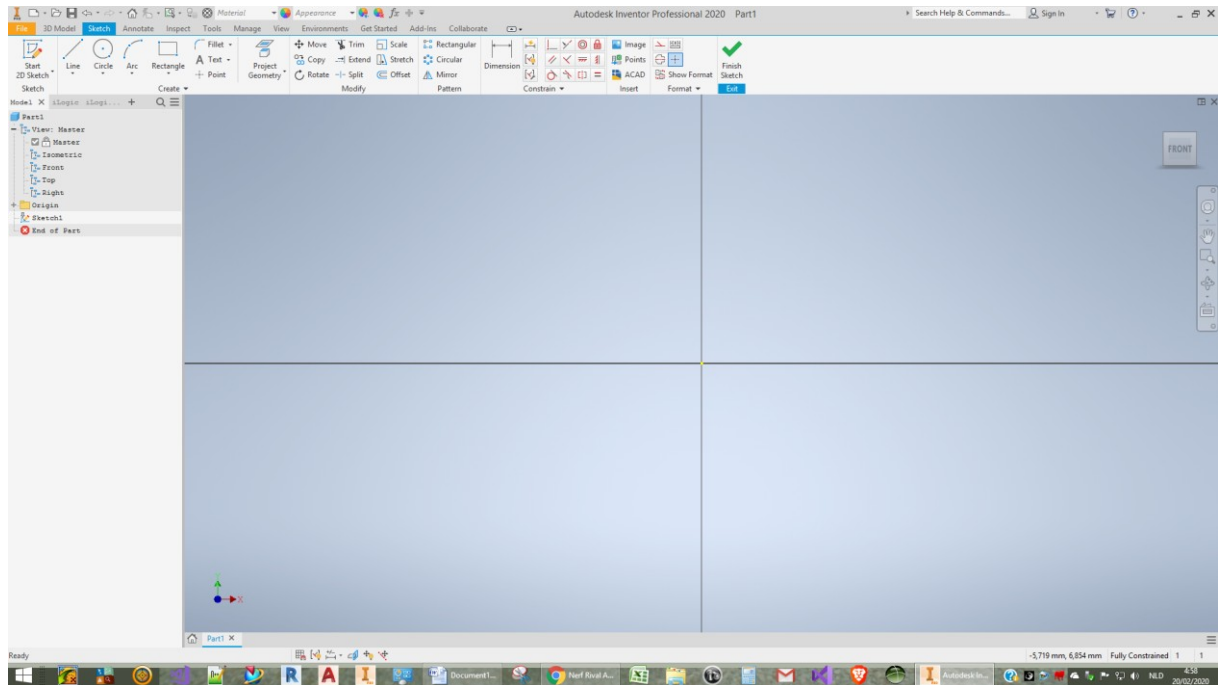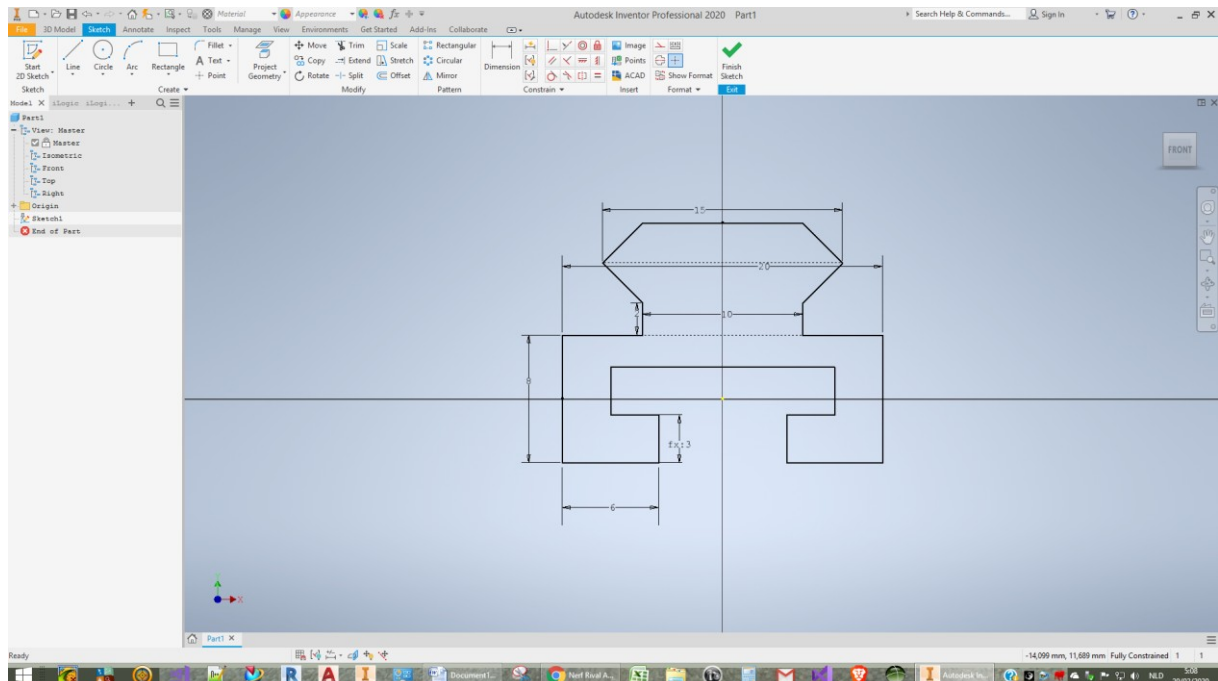Hoi Davide,
How to make and use a template.

Start a new part.
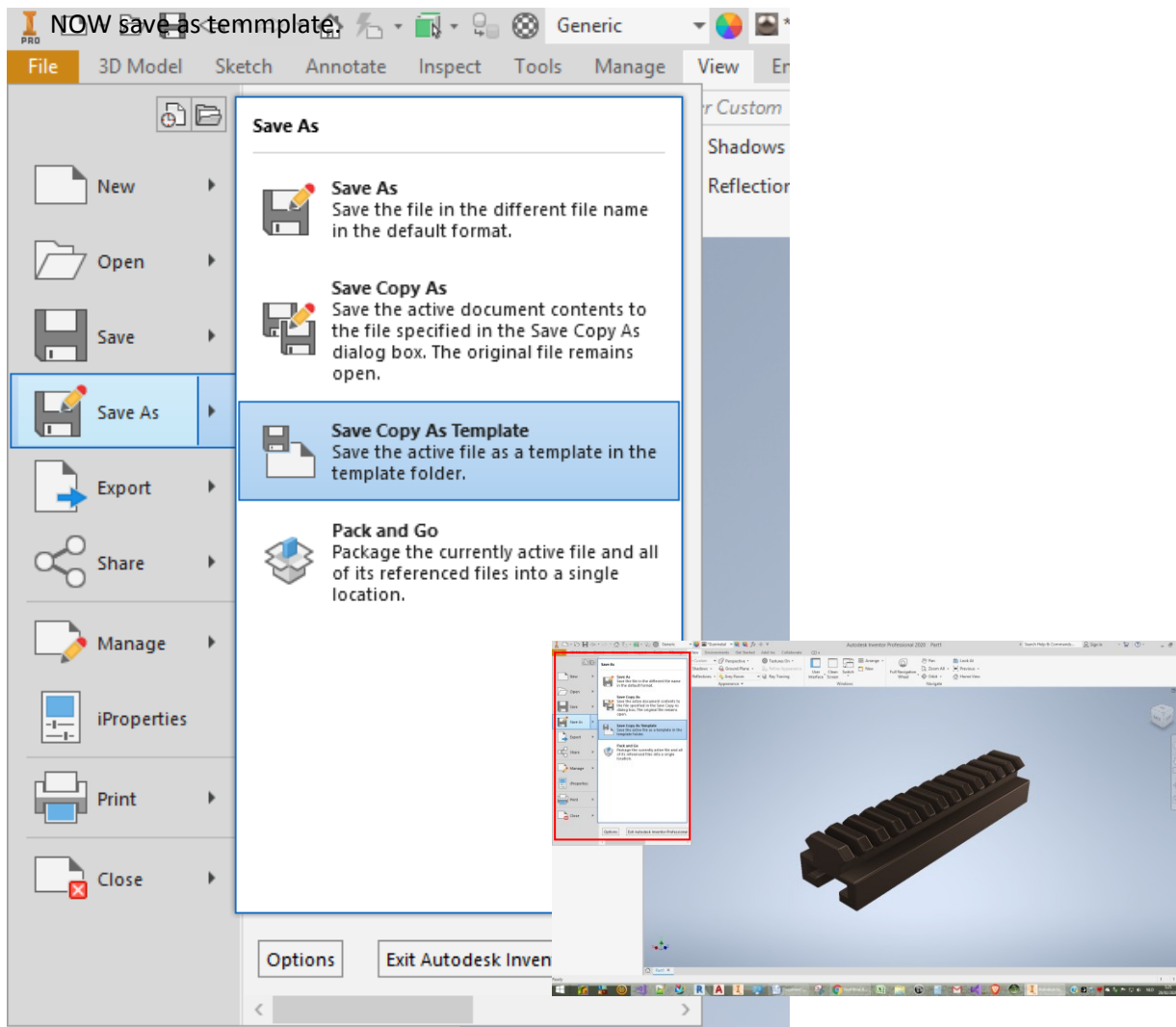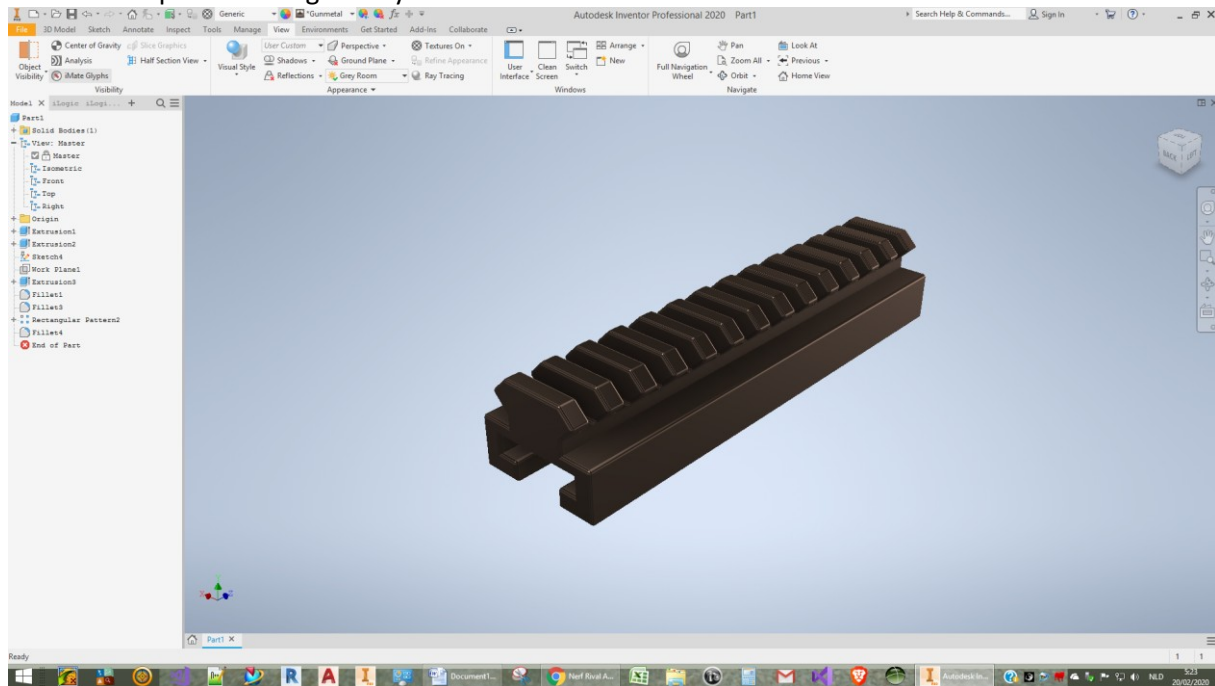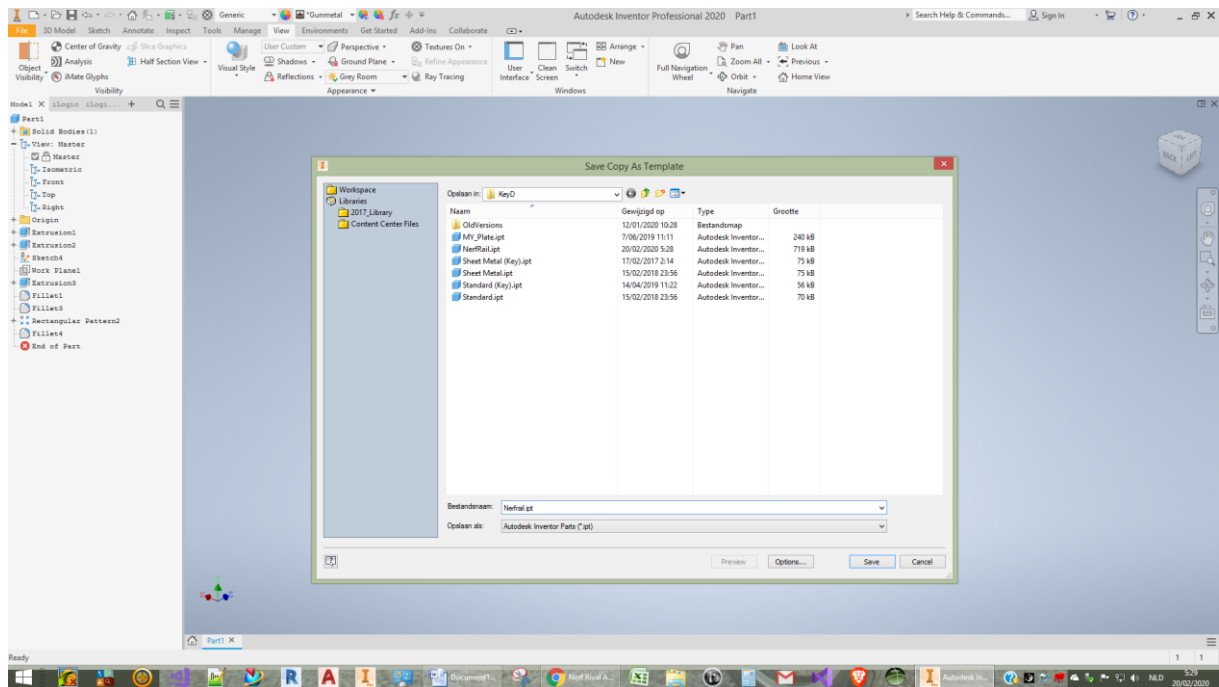
Start a new sketch.

Save sketsch.

Now you have a choice, save the sketsch as template, or First make the body, and save the sketsch with the body as a template.

Just an example of making a body.

NOW save as temmplate.

Save it in folder templates.

Then click New.

Open the template NerfRail.