

HOW TO BUILD A GRAPPLING & TAKEDOWN DUMMY



Please Read This FIRST

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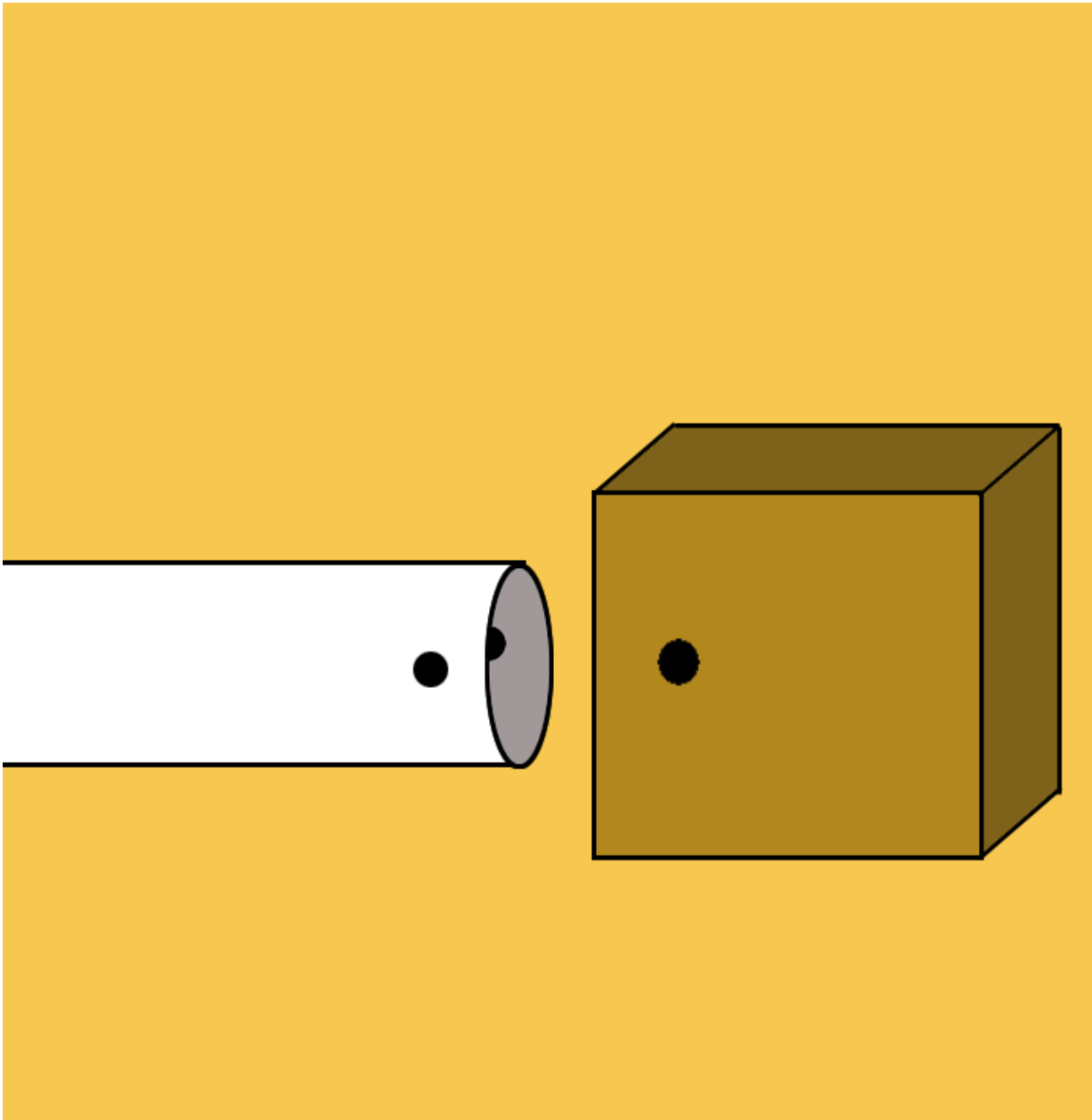
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ADDING HANDS TO YOUR DUMMY

I thought I might go into a little more detail regarding the grappling dummy's hands and feet. All that is needed is one bungee cord, which is sent through holes in the wood and pvc, and then tied into 4 knots.



This diagram shows the basic construction.



The wooden hand seems to do a good job of mimicking natural wrist movement.



IF YOU ARE USING WOOD BLOCK HANDS, BE VERY CAREFUL WHEN DOING TRAP AND ROLLS, SWEEPS, AND THROWS. THE WOOD HANDS CAN HIT YOU IN THE HEAD IF THEY ARE FLYING AROUND IN THE AIR. IT REALLY DEPENDS ON THE POSITIONING OF YOUR ARMS AND TENSION IN THE BUNGEE CORDS. IF THIS HAPPENS, PUT ON A BICYCLE HELMET, OR USE LIGHTER, PVC HANDS.

If you want to make the dummy look as real as possible, you can find fake hands and feet on amazon.com for a few dollars. You can attach them with bungee cord, too.

Amazon.com Fake Hand: Sports & Outdoors - Windows Internet Explorer

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You can check out Ebay for mannequin heads. But keep in mind if you buy a Styrofoam one, it won't be able to take much abuse. In some cases, you will need a hack saw to cut the neck from its base.

The screenshot shows an eBay listing for a 'Brand New MALE Table Top MANNEQUIN HEAD Flesh'. The item is in 'New' condition and has a time left of '51m 19s' as of May 04, 2011, 15:32:25 PDT. The price is US \$17.00. The listing includes a 'Buy It Now' button, a 'Best Offer' section with a 'Make Offer' button, and an 'Add to Watch list' button. Shipping is \$9.00 Standard Shipping, with an estimated delivery between Tuesday, May 10 and Monday, May 16. Returns are 'No Returns Accepted'. The seller is 'easybuy2all' (19864) with a 99.2% positive feedback rating. The item is located in New Jersey-Houston, United States and ships to the United States. Payments are accepted via PayPal, Visa/MasterCard, and Amex. The item history shows 1 sold.

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Time left: **51m 19s** (May 04, 2011 15:32:25 PDT)

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Note: if you need to make any repairs to your dummy, you will probably have to remove some of the tape and padding to get to the joints. I would recommend using a sharp fishing or hunting knife for the job. A razor blade just won't cut it.

