

# HOW TO BUILD A GRAPPLING & TAKEDOWN DUMMY



# Please Read This FIRST

## Terms of Use

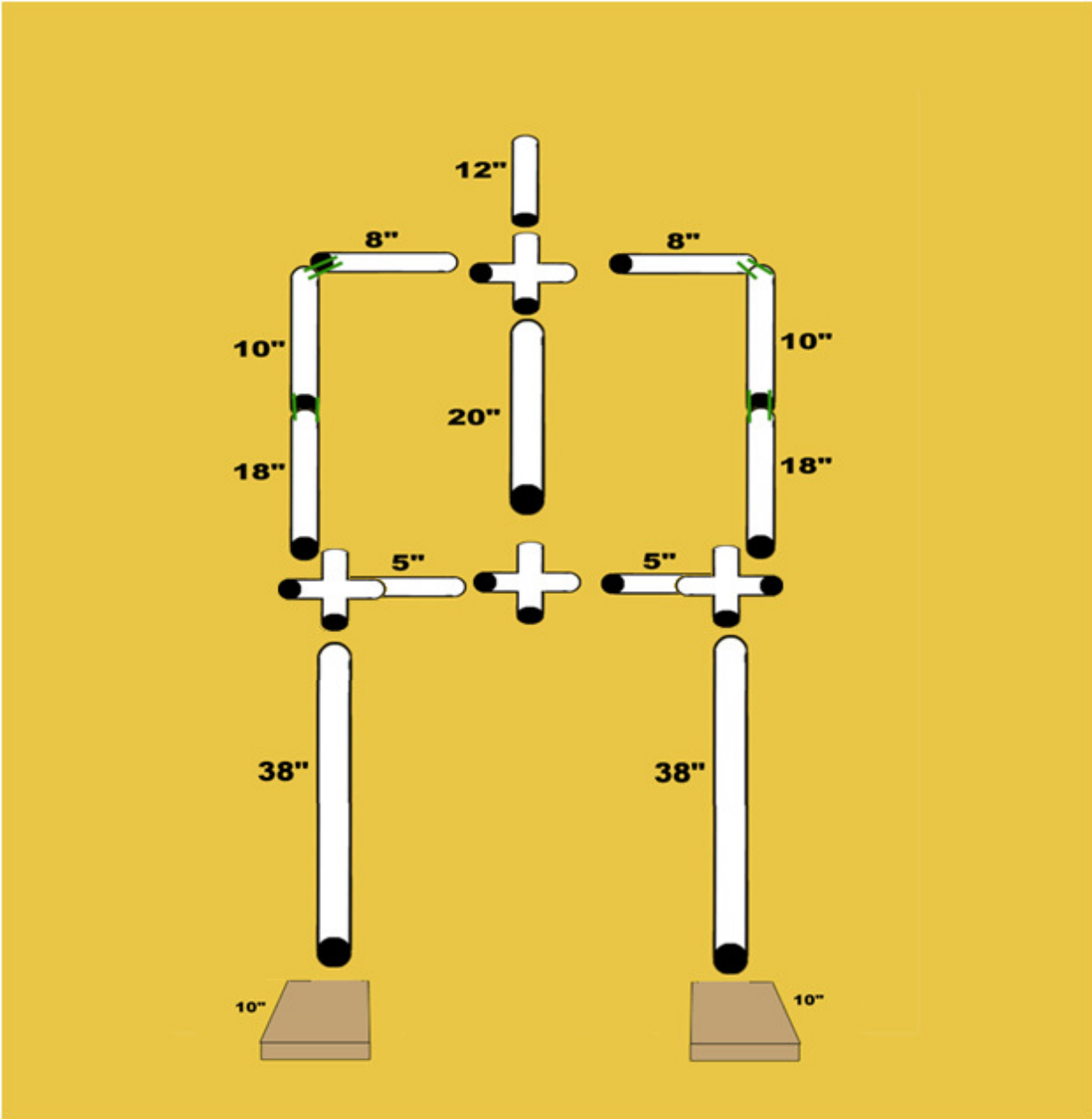
This book is Copyright © 2011. All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means; electronic, mechanical, photo copying, recording or otherwise, without written permission from the copyright holders. You do not have any right to distribute any part of this paperback book or electronic book in any way at all. Tim Swike and indyebooks are the sole distributors. Violators will be prosecuted.

**Adjusting, changing, adding, or removing the mechanical parts in any device can be dangerous and can cause injuries. The author of this book assumes no responsibility for personal injury or property damage caused by the use of this guide, or products we use or sell, whether by accident, negligence, or otherwise. Please note that this book is intended for educational purposes only. Only qualified personnel should carry out any building or repair work. Anyone training with a grappling or takedown dummy should be properly trained by an instructor before performing wrestling, martial arts, or any other type of strenuous exercise. USE AT YOUR OWN RISK.**

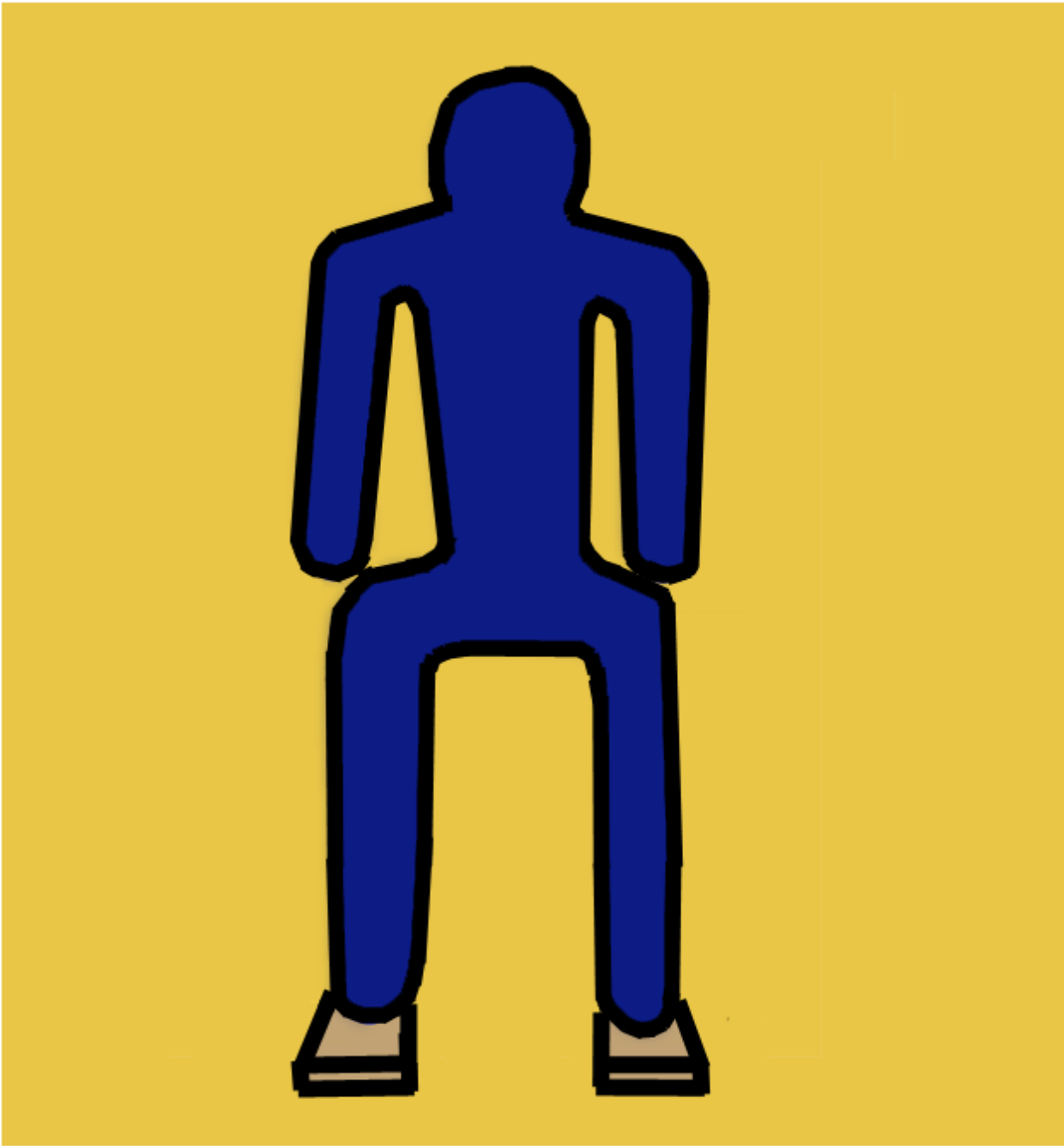
Please send questions or comments to: [indyebooks@aol.com](mailto:indyebooks@aol.com)

# NEW TAKEDOWN DUMMY DESIGN

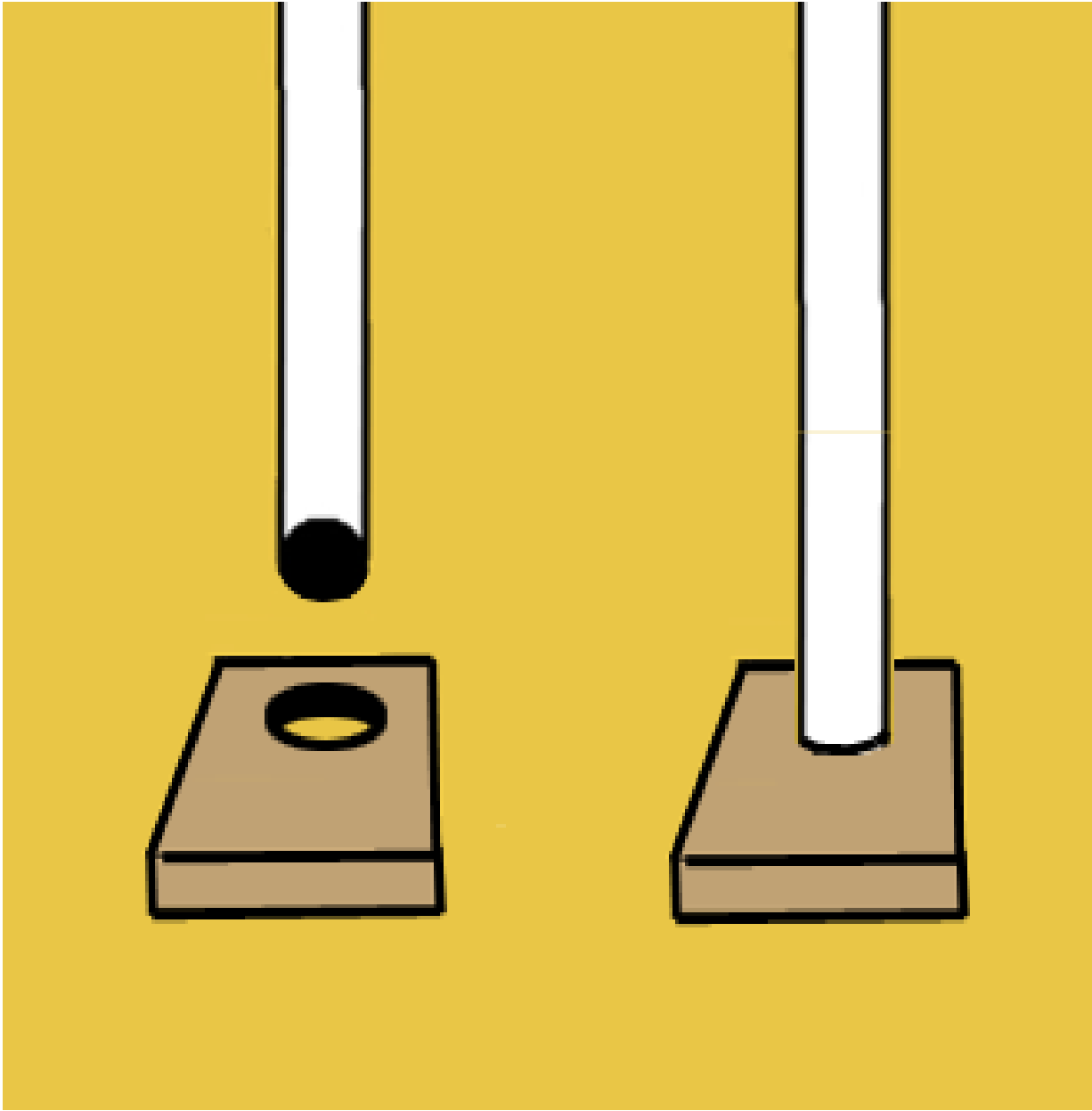
Here is the design for a lighter takedown dummy that I will be building. Since this dummy is mainly pvc, it will be lighter and have more flex, which should prevent the stress fractures that frequently occur in wood dummies. It's basically a pvc dummy without any knee joints. Below is the design. It uses 1" pvc pipe and 1" pvc cross joints.



Here is an idea of what the shape will be like after the padding has been added.



Here is how you add the feet. Just drill a hole in the wood. Then add an all purpose glue, and stick the two pieces together.

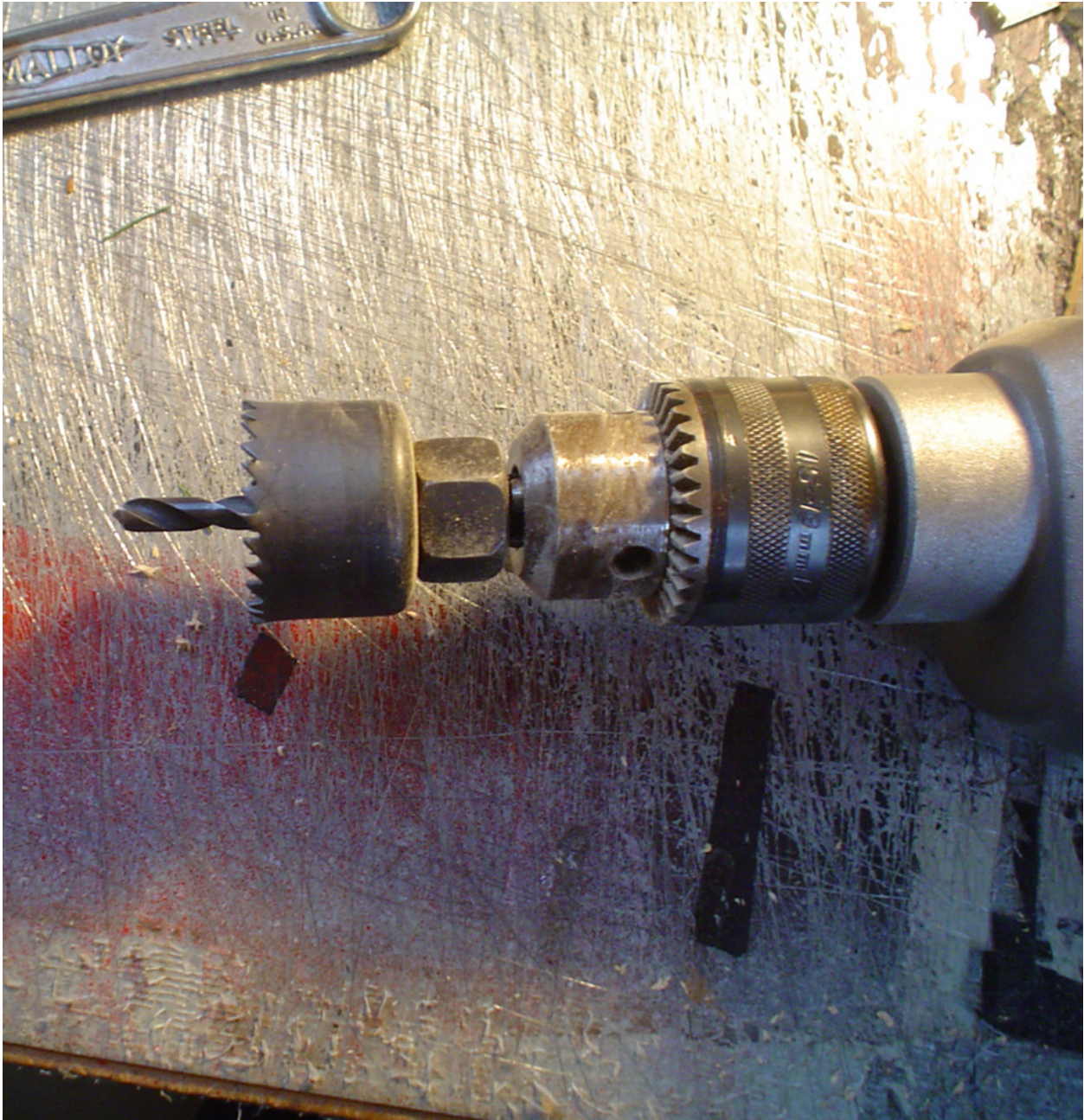


Here are some pics of the building process.



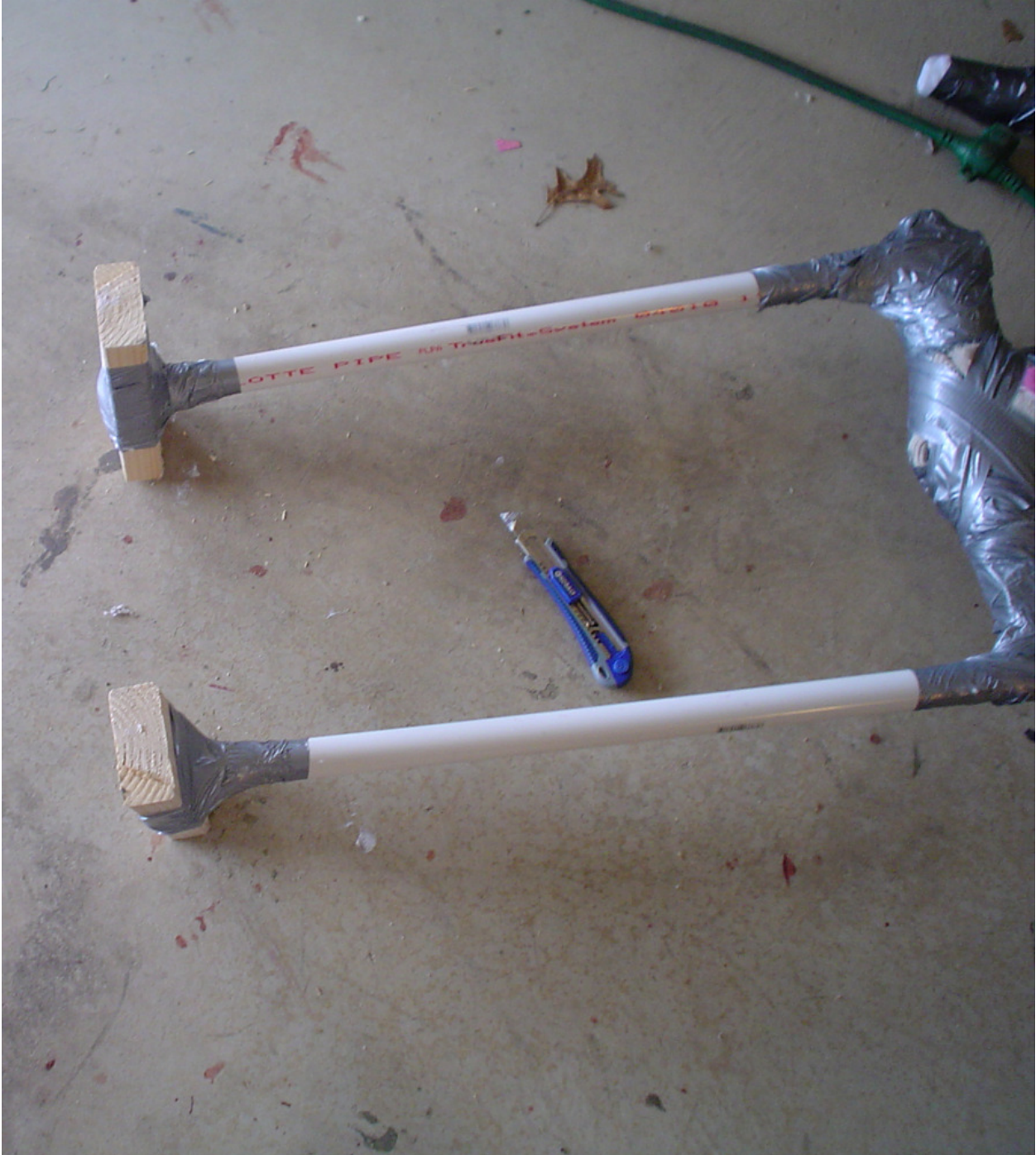


Use a 1" circle drill bit for the feet. You can find these at the local hardware store. Glue the feet to the pvc and then tape them up.



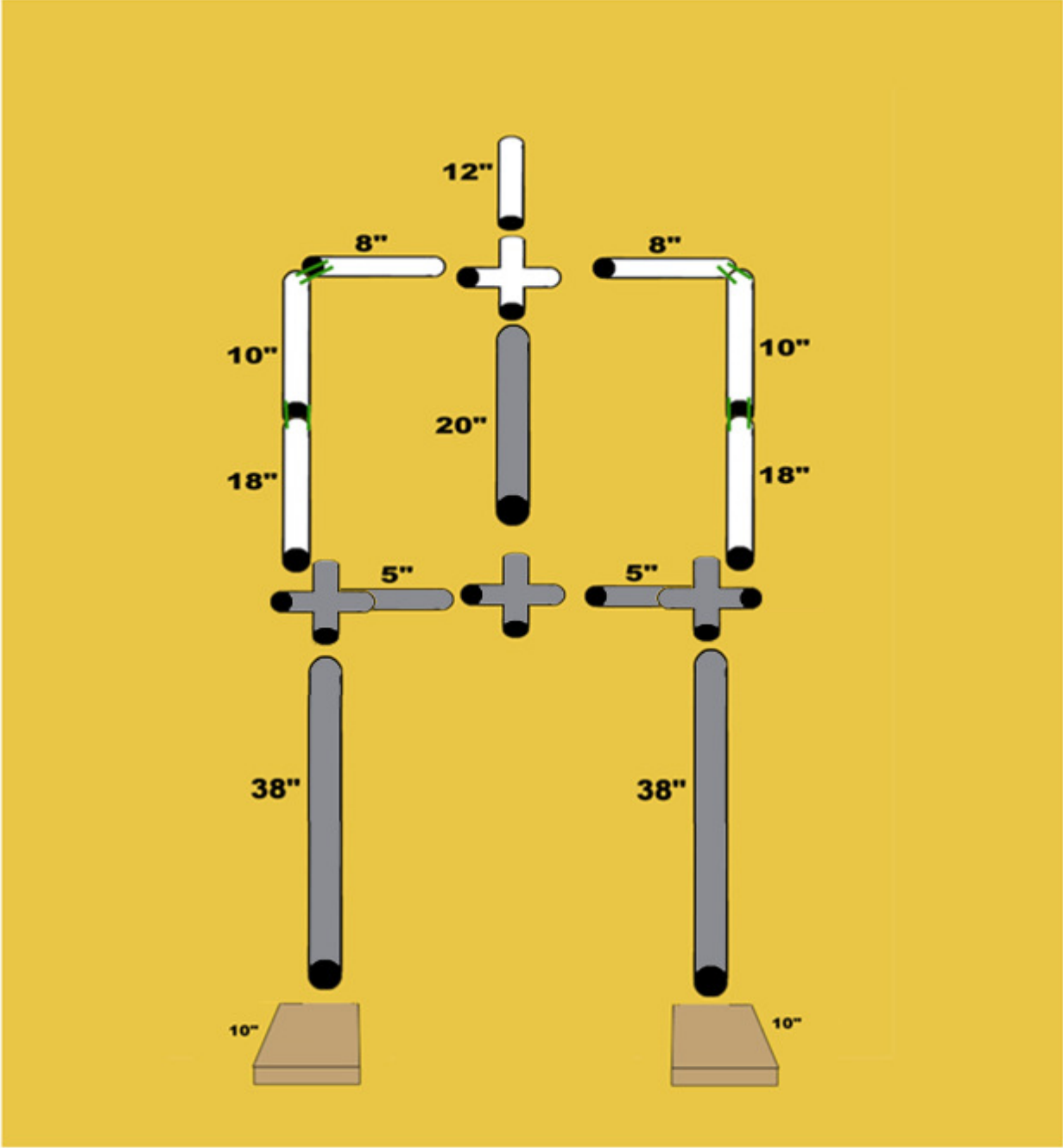


In my initial testing, I discovered that the pvc can break easily when doing throws, so the dummy needs a ton of tape around the hip area to handle the stress.





Or you can use metal pipe instead, then the hip area (colored in grey) would be super strong.



You can find this pipe insulation in the plumbing section of your local hardware store. It cost around \$2.



Here is the standing dummy after the pipe insulation was added.



