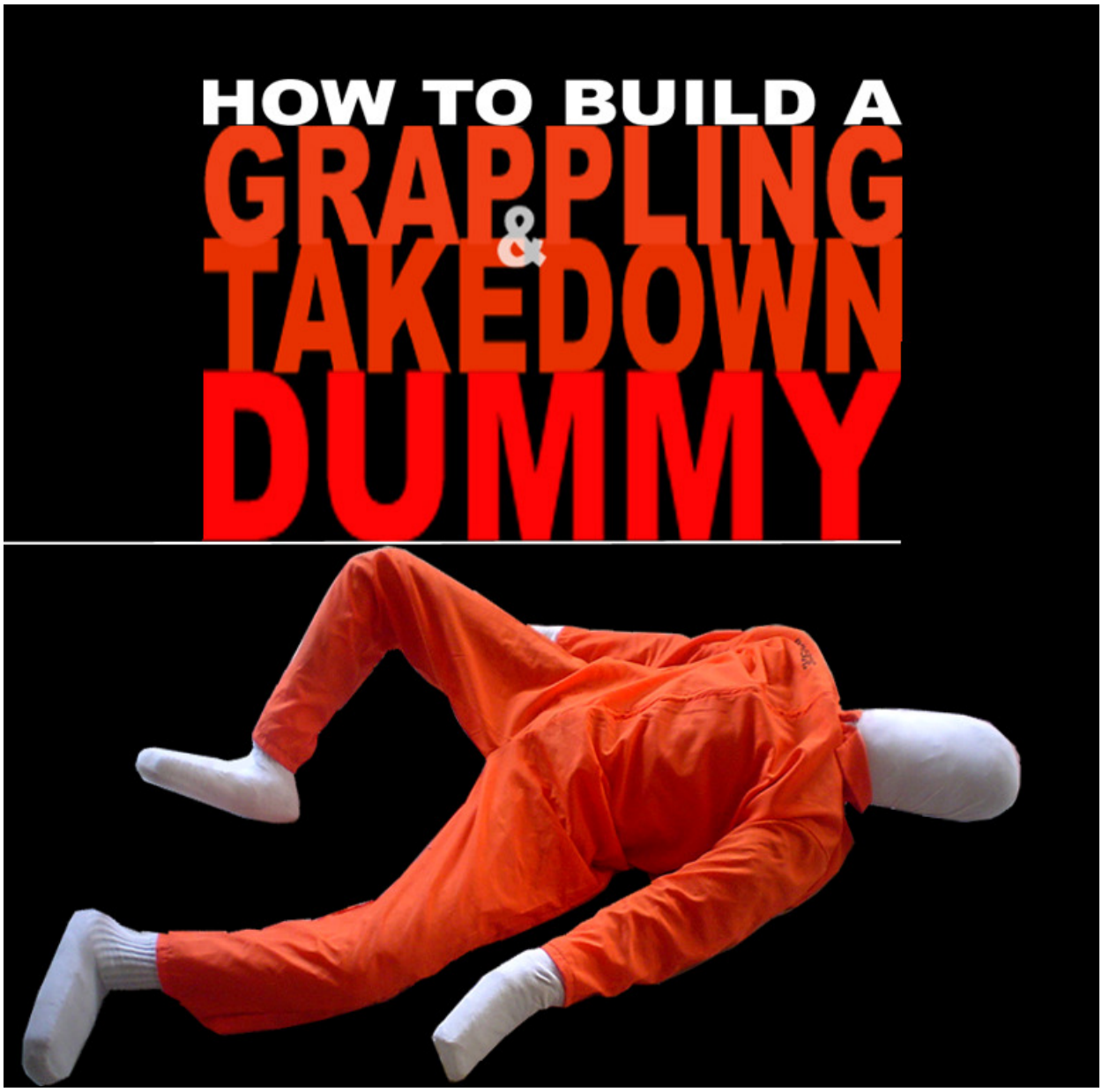
HOW TO BUILD A
GRAPPLING
&
TAKEDOWN
DUMMY

Please Read This FIRST

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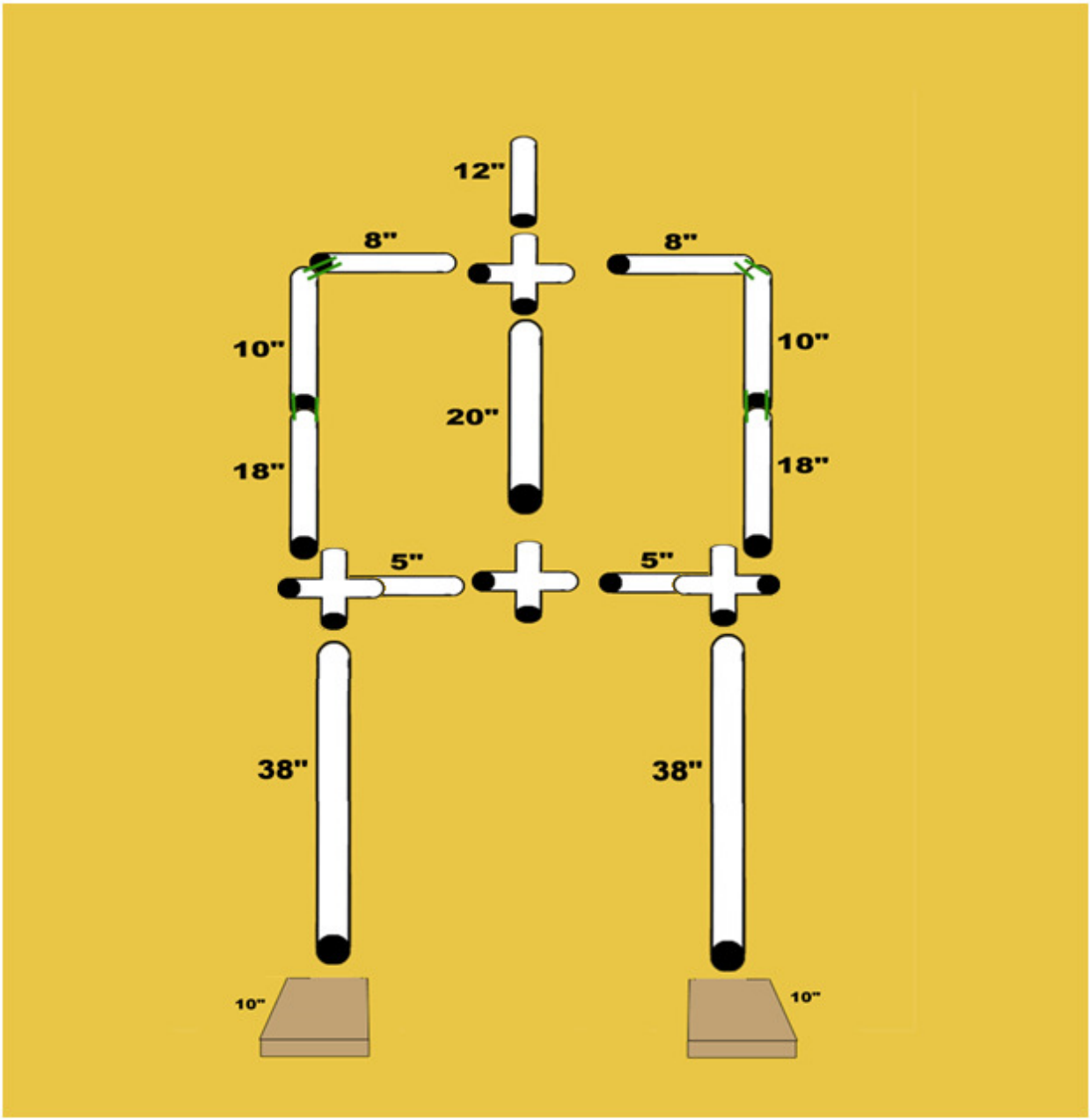
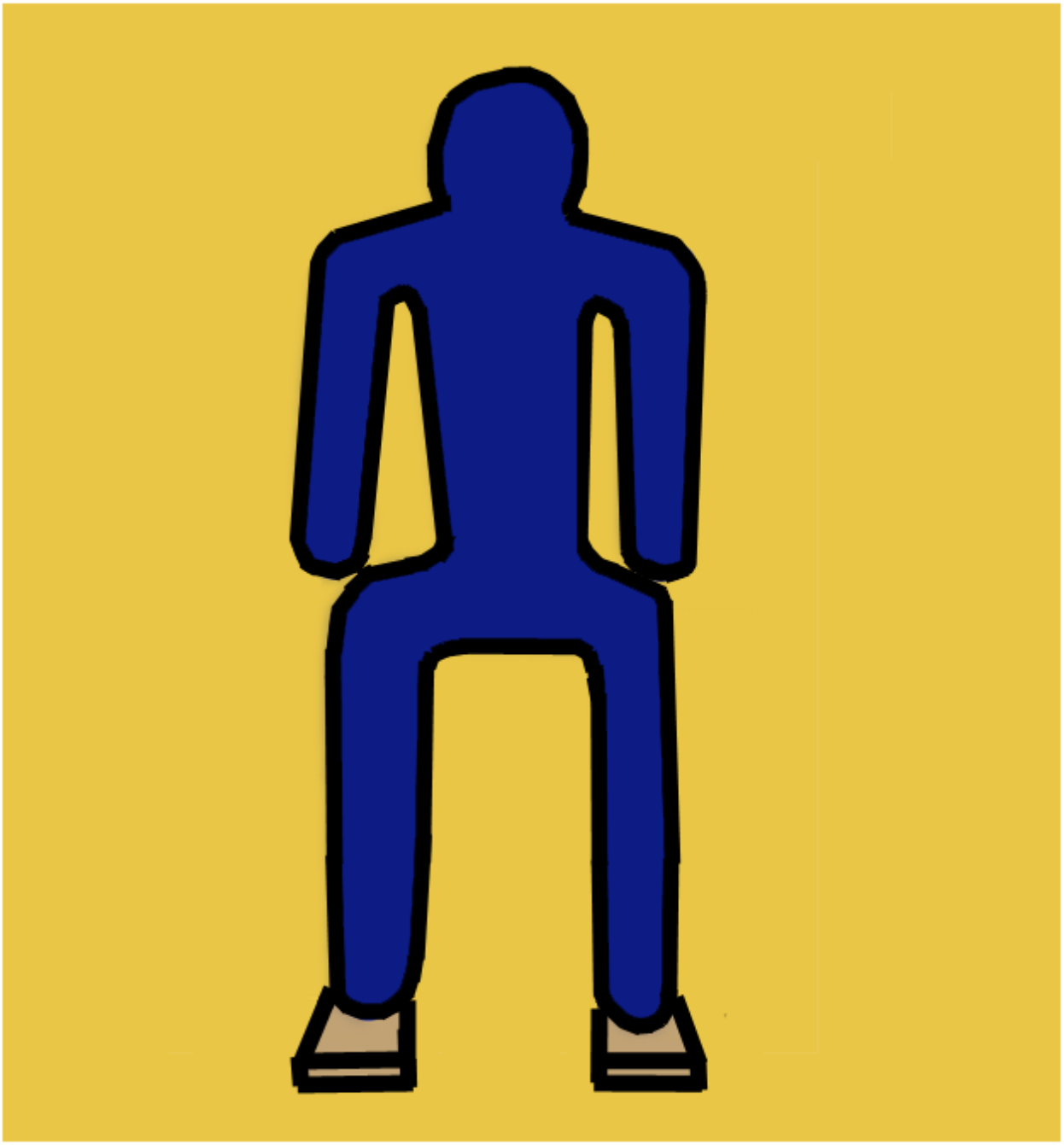
NEW TAKEDOWN DUMMY DESIGN

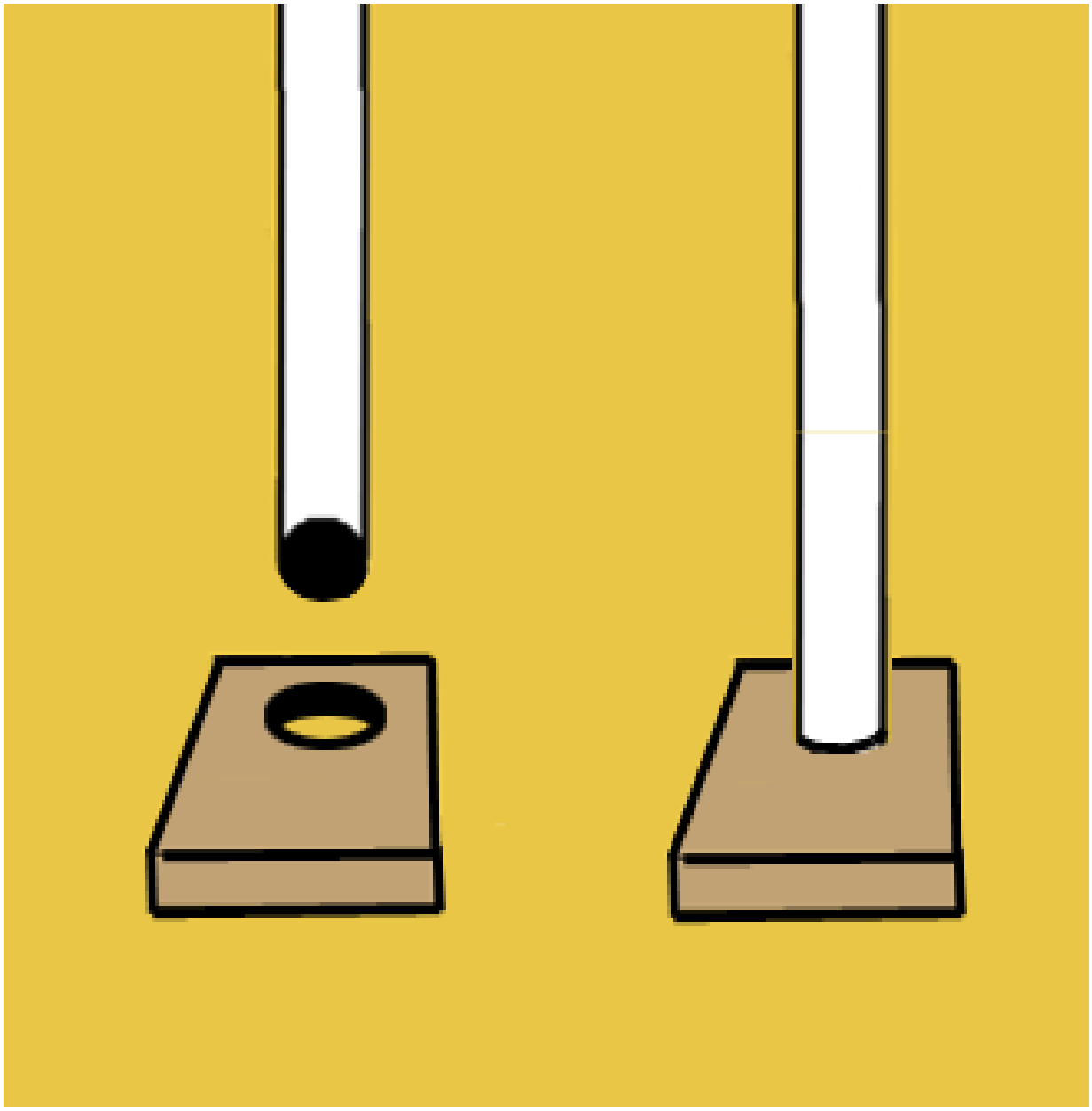
Here is the design for a lighter takedown dummy that I will be building. Since this dummy is mainly pvc, it will be lighter and have more flex, which should prevent the stress fractures that frequently occur in wood dummies. It's basically a pvc dummy without any knee joints. Below is the design. It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

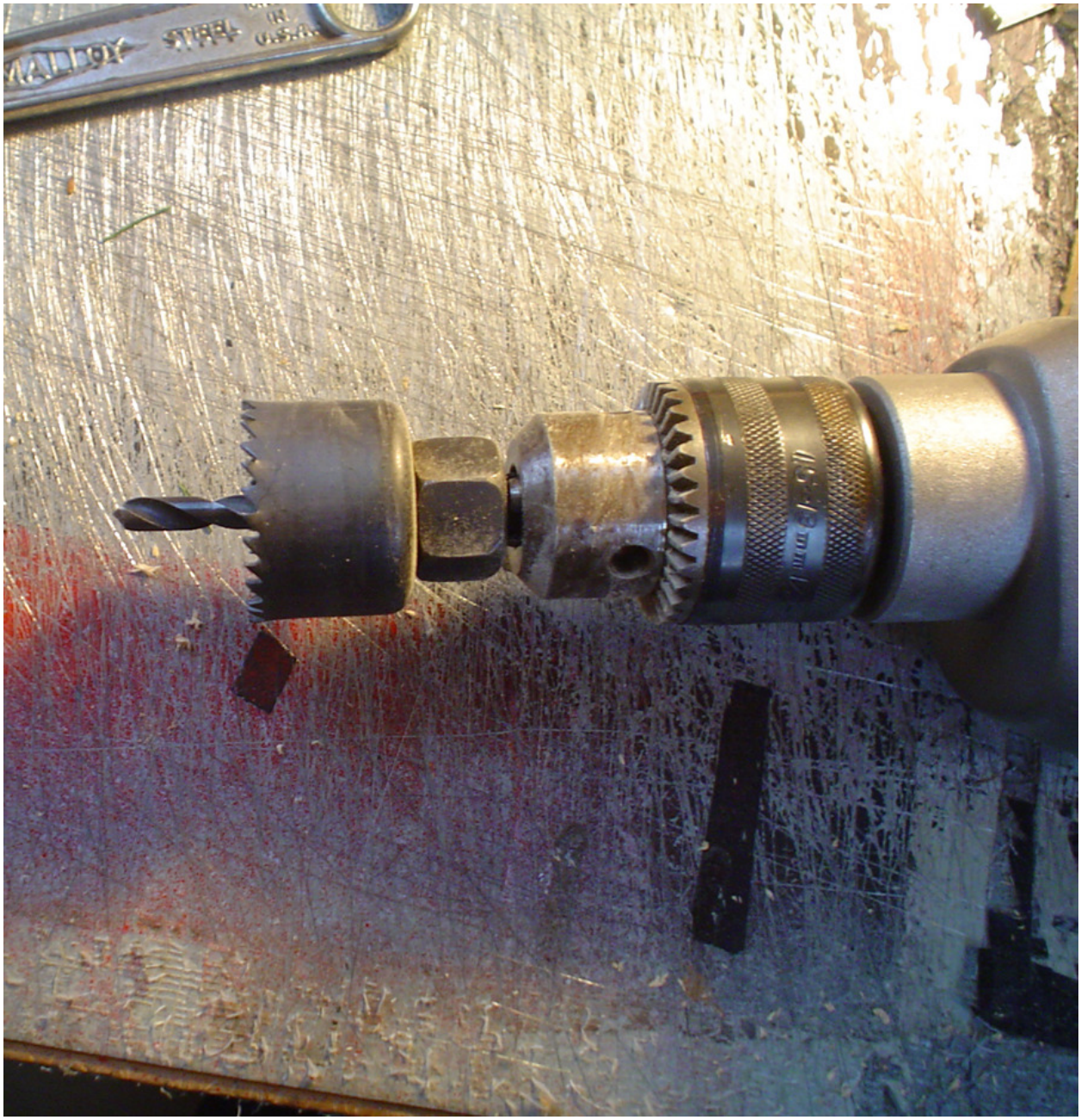


Here is how you add the feet. Just drill a hole in the wood. Then add an all purpose glue, and stick the two pieces together.

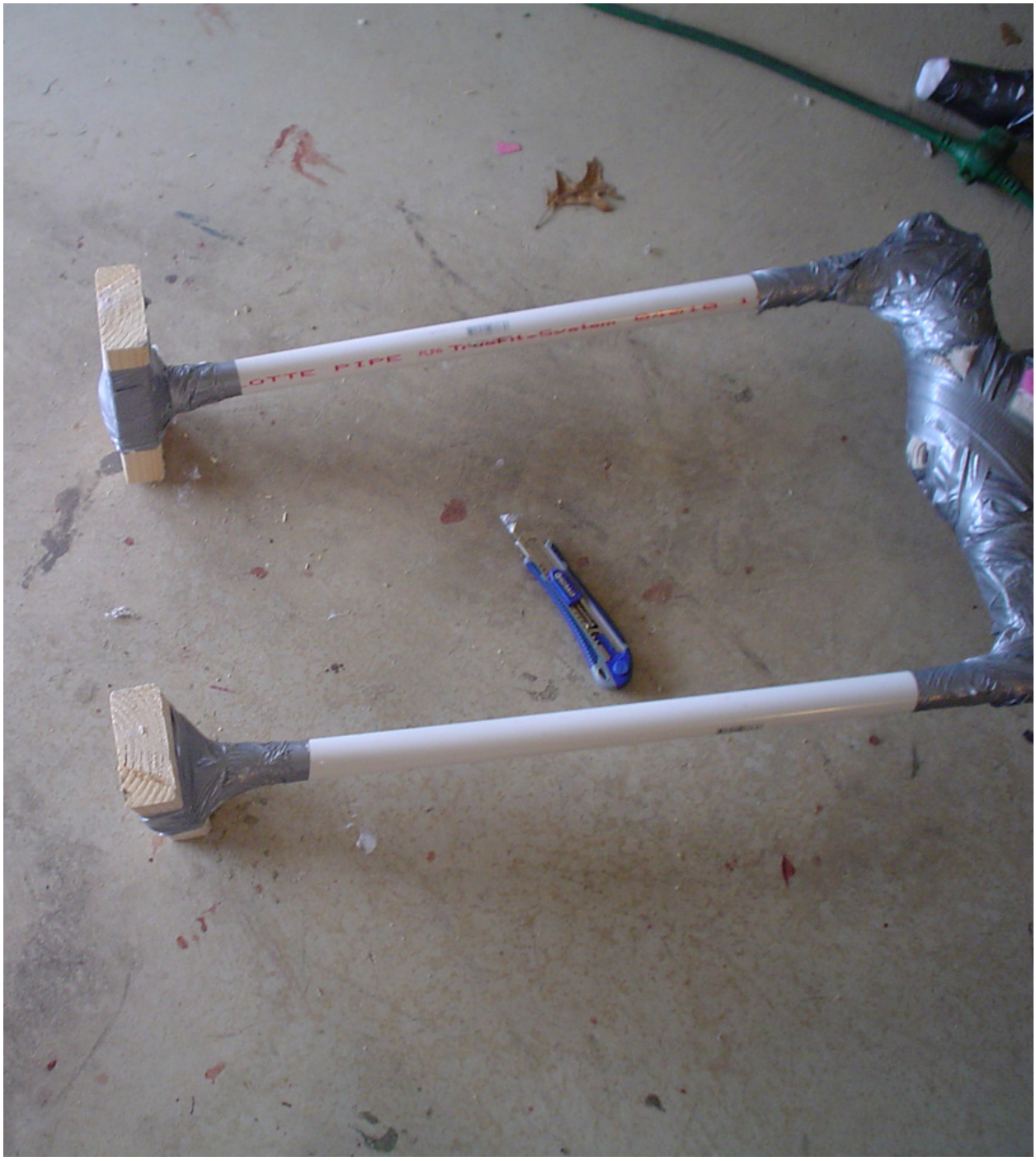


Here are some pics of the building process.

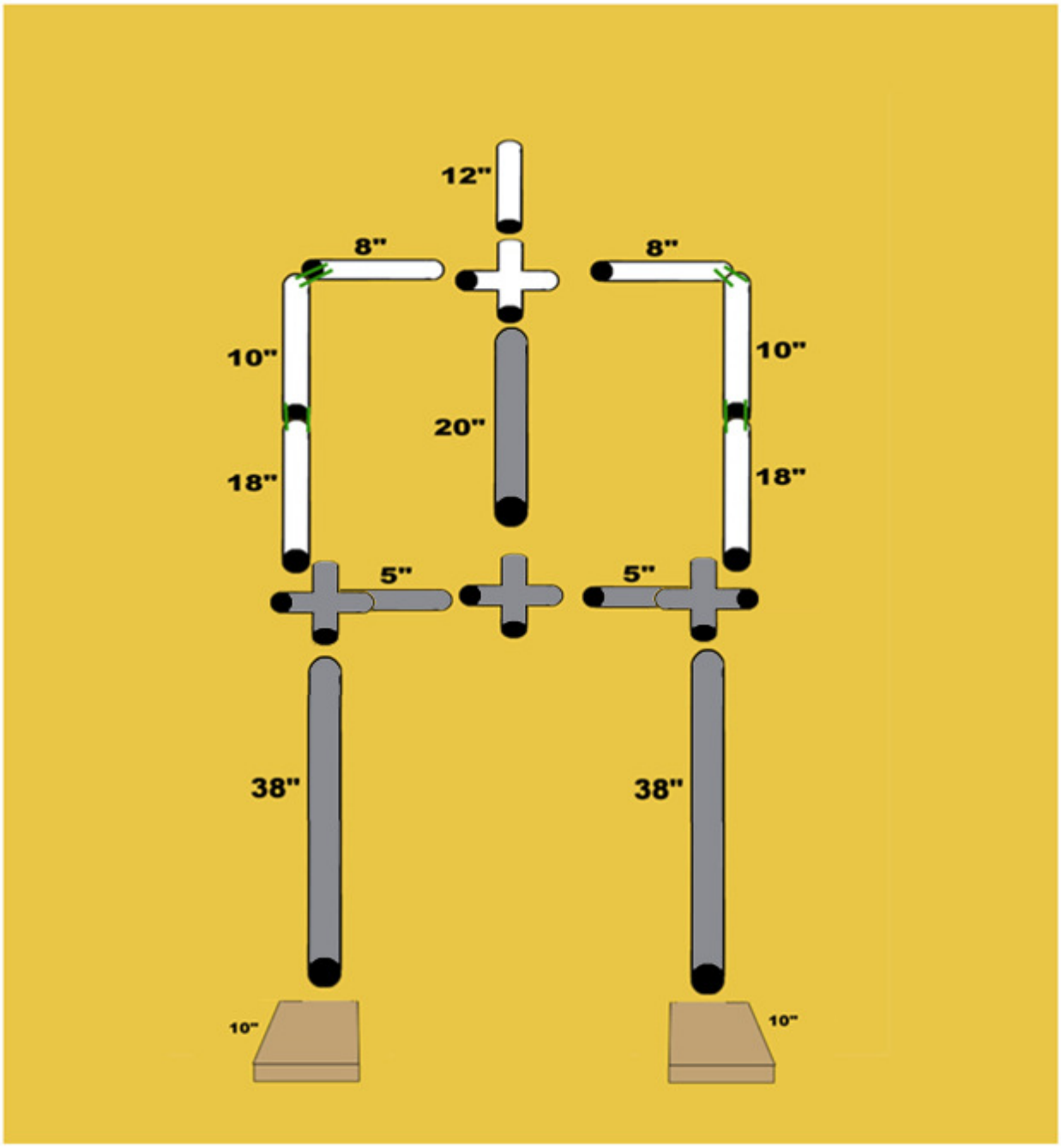
Use a 1” circle drill bit for the feet. You can find these at the local hardware store. Glue the feet to the pvc and then tape them up.



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.