

Michael Janich Wooden Dummy

The Mook Jong Construction Manual Black Belt Black Belt Black Belt Black Belt Black Belt Black Belt Black Belt Black Belt Black Belt Theatre World Southwest Builder and Contractor Books in Print Supplement Sketches and Exasperations of a Big Wooden Dummy Michael Janich Daniel C. Blum William Minor

The Mook Jong Construction Manual Black Belt Black Belt Black Belt Black Belt Black Belt Black Belt Black Belt Black Belt Black Belt Theatre World Southwest Builder and Contractor Books in Print Supplement Sketches and Exasperations of a Big Wooden Dummy *Michael Janich Daniel C. Blum William Minor*

the mook jong or wooden dummy is one of the most versatile and effective martial arts training devices ever developed unfortunately commercial dummies cost anywhere from 500 to more than 1 000 well beyond the reach of the average martial artist now thanks to this new book anyone with some simple hand tools can make a wooden dummy for well under 100 veteran martial artist michael janich takes you step by step through the process of building a traditional dummy that is proportionate to your height and reach as well as constructing in ground wall mounted and freestanding support platforms he also shows you how to build his innovative human response dummy a modern spring loaded variant of the traditional dummy that provides almost human movement and allows the realistic practice of virtually any martial arts technique

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