



Homemade Martial Arts Training Equipment: A Do-It-Yourself Guide

Michael Janich

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If you've priced commercial martial arts equipment lately, you know you could easily spend a small fortune amassing the gear you need for effective at-home training - and still not have exactly what you need. The good news is, you can make your own for a fraction of the cost. Author Michael Janich is an old hand at turning out homemade martial arts equipment. In this book he shares the best of his simple yet ingenious designs, providing step-by-step instructions for fashioning functional, durable gear from ordinary materials at nominal cost. The plans in this book cover a wide variety of home-built martial arts equipment, from heavy bags and speed bags to focus pads and air shields to sparring weapons, stretching machines and more. Whether you're on a tight budget or just enjoy the satisfaction of do-it-yourself projects, this book shows you that a little ingenuity and sweat equity can go a long way toward greatly enhancing your home training regimen.

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