

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

By 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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Editorial Review

About the Author
Michael D. Janich is one of the foremost modern authorities on handgun point shooting and one of the few contemporary instructors to have personally trained with the late close-combat legend Col. Rex Applegate. In addition to making his own martial arts equipment, noted martial arts author and instructor Michael Janich has designed and engineered everything from blowguns to knives, including the highly acclaimed Masters of Defense Tempest folding knife.

Users Review

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Sylvia Langley:

Homemade Martial Arts Training Equipment: A Do-It-Yourself Guide can be one of your basic books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to set every word into enjoyment arrangement in writing Homemade Martial Arts Training Equipment: A Do-It-Yourself Guide however doesn't forget the main stage, giving the reader the hottest as well as based confirm resource data that maybe you can be one among it. This great information can easily drawn you into fresh stage of crucial pondering.

Earl Martinez:

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