

HOW TO BUILD A GRAPPLING & TAKEDOWN DUMMY



Please Read This FIRST

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BUYING AN UNFILLED DUMMY

I still haven't found a perfect takedown dummy, so I checked online for some ideas. I saw some unfilled grappling dummies on the web for around \$90 so I thought I would give one of them a try. I bought a MAV unfilled dummy. Check it out.



The idea is pretty straightforward. The dummy is a super tough, made from canvas or leather, and is filled and sealed by the consumer in order to save money, especially on shipping charges. Everything looks good so far.



The dummy is supposed to be filled with small rags, or some type of punching bag material. After being filled, the dummy's five holes will be tied together with shoe strings. These are the five areas that you will need to stuff with the rags. They are located on the arms, feet, and crotch.



Fill it up!





Now here comes the problem. I don't see how you can get this thing filled up tight enough so it can stand up on its own when you are holding one of its arms. I used clothing, mainly shirts, and I thought it was filled tight. But after a few minutes, it loosened up completely, and then slumped over. Here is the filled dummy.





If you get one of these dummies, I would suggest filling it properly with the same stuff punching bags are filled with, which is string and fiber and lint stuff. Check out the sample below from one of my punching bags. This filler leaves very little space for air pockets, which means a stiffer bag. You will probably have to get this from a used punching bag that someone is selling for dirt cheap. Otherwise, you will have to use very small rags packed down as tightly as possible. Don't use sand or dirt. The dummy will weigh 200 lbs or more and will bust open at the seams. Either way you look at it, filling this thing is going to be a huge pain in the butt. You might want to research filling a punching bag online. Someone might have posted a better way of doing it, or where you can find this lint stuff.





So now it is time for plan B. I decided to break down and buy an Amber Sports filled grappling dummy. I found a great deal on a 70 lbs. version with free shipping for only \$185. Usually filled dummies start at around \$300 plus shipping. I bought it from CNS Stores.

http://www.csnstores.com/Amber-Sporting-Goods-Legged-Grappling-Dummy-LGD-ASG1167.html?refid=FR49-ASG1167_3639920&PiID=3639920

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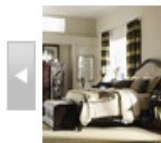
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Amber Sporting Goods Grappling Dummy Without
★★★★★
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I must say I am really happy with this purchase. It is definitely worth the money, and great for takedowns and throws. It is pretty stiff, too.



It has no problem standing up when holding an arm. Perfect!!!



Here is my conclusion. You need two dummies. One for ground, and one for stand-up. The grappling dummy mentioned in my book is perfect for your ground work. I don't think you can buy a better version for learning all of the chokes and submissions, so just build your own.



When it comes to takedowns and throws, I really like the feel of the filled grappling dummy. It is great for pummeling exercises, too. The arms, however, are too short for most ground work. Plus, the legs are stiff, so that eliminates a bunch of stuff that you can do. But when it comes to your stand-up training, the filled dummy is truly amazing.

