

## Supplies needed for two-legged throwing dummy

2- 1 inch or ¾ inch closet dowels or PVC pipes

- Each cut to your height plus 2 inches
- (PVC pipe is sold 10 feet long)



2- 1 inch or ¾ inch closet dowels or PVC pipes

- Each cut to 2-foot length



Saw or hacksaw

- (if you are going to cut wood yourself)

Duct tape (heavy duty)

¼ inch Rope

- You may need approx. 6 to 8 feet of rope

2- Towels

1- Old blanket

2- Old pillows

\*or\*

3- 1 inch x 6 foot foam pipe insulation tubes



3- 3 inch x 6 foot foam pipe insulation tubes

- (Ace hardware has both sizes)

1- Pair of loose pants, sweatpants or Gi pants

1- Loose shirt, Gi top or hoodie

1- Pair of boxer shorts or large underwear



Chest protector

Head gear with cage removed

3 or 4 old pairs of socks

\*Old clothing for stuffing and t-shirts