

HOW TO CREATE YOUR OWN HOME DOJO FOR UNDER \$150!

BY

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Create Your Own Home Dojo

It doesn't take thousands of dollars and a force of professionals to create a great training area at home. A good home dojo can be made easily and inexpensively.

How do I know?

I did it.

In my home dojo I created a matted 12 foot square area, complete with a rubber floor, punch bag, up & down ball plus some other equipment for under \$150. Later I added my makiwara and some other bits and pieces to round it out.

Here's a picture of it...



I created my home dojo in a spare outside space as you can see above.

If you have a spare room, garage or outside space that's 12'x12' or larger, you too can create your own place for self training or teaching others. An outside training area does require cleaning on a regular basis but I found the view and fresh air well worth it.

No matter the location, you **MUST** dedicate the space to be your training area and not use it for anything else. It needs to be an area that you enjoy being in. It's hard enough to push yourself to train at times, so just hanging a punch bag in a garage isn't going to make the space inviting enough. Quite simply that's not a home dojo – it's a garage with a punch bag.

And if you take that approach, it will soon be a garage full of junk and a punch bag you can't get to.

So the first step is to **DEDICATE** an area for your home dojo.

Next you'll have to decide what you're going to put in it. My idea was to have a dojo that:

- Had a large enough area to practice kata (I barely managed this in the space I had).
- Had equipment that I could use to practice impact training. That's why I hung my punch bag and made my own makiwara. Read this article:
<http://www.karatetips.com/articles/howtomakeamakiwara.asp>
- Had other equipment that I could use for speed/reaction training, hence I purchased an "up and down" ball. This is also known as a "ceiling to floor" ball.
- Had other equipment for strength training and basic technique. Inner tubes and pull-up bar.

Now you can't see some of the equipment in the photo above. The photo was taken when I initially set it up with the mats. In relation to the photo, the up & down ball is to the left, the pull-up bar is behind and the makiwara I added outside the photo.

If you look really closely at the top left corner, you'll see an inner tube tied to the post. This was used for strength training and basic technique. It's simply a bicycle inner tube cut in half with one end tied to the post. The other end is tied in a loop so that you can slip your hand or foot through it to hold onto it and practice punching and kicking against resistance.

For home training this is sufficient to make a great start. Each month purchase something new to add to your dojo. Before you know it you'll have everything you need and desire.

Yes – you heard me. Purchase something new each month. It doesn't have to be big, but you have to purchase something! I repeat you **MUST** purchase something each month.

Why?

Because it's hard enough to push yourself to train by yourself. And by continually purchasing something for your home dojo, you do 2 things.

- 1) Prolong the onset of boredom! It's the #1 killer of regular training!
- 2) REWARD yourself for your effort and commitment!

If you don't, you won't!

Simple as that.

Now that you've committed to your dojo and your training, here's a table explaining everything you need to get started along with the approximate setup costs.

Total Cost of Equipment.

Item	Price	Supplier
100 lb heavy punch bag	\$25 - \$50	Local Sports Store or Ebay
Flooring	Anti-fatigue mats - 1/2 inch thick, 2 feet square rubber jigsaw mat. Come in packs of 6 with edge pieces. Available at Walmart, Kragen auto, etc. I picked mine up for \$10 per 6 pack! 6 packs = 36 mats = \$60.00 If you want high quality rubber flooring call MTI Trading (714 558-1490) and pick up 3/4 inch 1 metre square mats for wholesale price. I purchased these for my school for about \$12.00 each. However, please note you need to own a business to get the trade price.	Walmart Kragen Auto Ebay MTI Trading
Up & down ball	\$25	Sports Store or Ebay
Weighted Jump Rope	\$10-\$15	Sports Store or Ebay
Total Cost	\$120-\$150	

So there you have it.

You now know exactly how to get started, where to source your materials, and how much you can expect to pay. As you can see it can be done relatively inexpensively and easily.

Now it's the time to act!

Get to it my friend... your dojo awaits you.

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