

How to make an impact bag at home

1. Find an old pillow case, the bigger European ones are the best but what ever you have is fine. Be prepared to not use this ever again!
2. Take some old clothes or towels and stuff the bag fairly full.
3. Tie a knot so that the contents do not come out and you are set.
4. Place the bag against something, ideally and simulate your impact position using a 7 iron or similar, do not hit into it too hard especially if its against a wall or you may injure yourself. Its all about the simulation of the correct impact position, straight leading arm and weight on the front foot.

GOOD LUCK,

Anne