

The philosophy of *WOODEN BUDDY* is based on three main pillars

1) **Maximum possible settings.** We want to develop during the training, looking all the time for new ways. The Wooden Buddy fulfills this purpose perfectly. The number of possible settings is considerably high. The training can be light, hard or with a resistance level of your choice. With just simple adjustments you can have it all. The Buddy is simply placed on a wall bar. You can have a small version of wall bar tailored to you or a large one, where you have the possibility to adjust the Buddy for different heights according to the needs of individual fighters.

2) **Demands only little space.** It is primarily intended to be installed in your apartment/house. The Buddy takes up little space, usually up to 0.3 m<sup>2</sup>, including the wall bars.

3) **Customized design during and after training.** Every customer has his/her own idea. Already today I offer different design versions, but there are no limits to your imagination. Thanks to the design cover it can even serve as a decorative piece in your room.

What advantages does the *WOODEN BUDDY* have over the classic wooden dummy?

- It allows a large number of manual adjustments in various fixed positions due to locking. Therefore it can also serve as a classical wooden dummy
- Continuous adjustment of resistance for the movement of the arm and the whole body via friction mechanisms, tension nut and belt ratchet
- The possibility to adjust the return mechanism to bring the Buddy back to the original position by springs, both for the whole body or just the arms
- Ideal for training at home. It takes up little space and can be used as a decoration even after training by simply disassembling the parts, storing them in a bag and then covering all with an elegant cover
- Easy installation on the wall bars. No complex or massive structures are required
- The Wooden Buddy is sturdy, stable and durable
- It offers additional handform variants that simulate the upper and lower hook
- Design according to your own preferences in classic wood look or with the option of different color combinations

#### *WOODEN BUDDY MANUFACTURING*

The wooden parts are made of alder or pine, which are ideal materials for carpentry. The most modern technologies such as 5-axis milling, laser cutting, 3D printing and powder coating (Komaxit) of steel parts are used in the production of individual parts. The wood is protected by an extremely hard varnish in several layers. The rope is made of cotton with a hard core. The assembly is done by hand, carefully checking the functionality of each part. All components, including special parts, are exclusively supplied by Czech suppliers.