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Rick Tew and**

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The Century BOB (Body Opponent Bag) first appeared on the consumer market about 12 years ago and it has now become a staple in most martial arts gyms. The concept is that of a punching bag (actually, it can be considered a rubber-like statue as opposed to bag) that is anatomically correct.

Century Bob From
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Standing at the right distance will allow for a near full extension as each punch hits the bag. A clean, crisp, sound should result from a near full extension punch. Try to punch through the bag, like it is an opponent.

6. Breathe Correctly.
When hitting the bag, it is tempting to hold

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your breath due to the exertion needed to execute each punch.

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