

Makiwara Design

Material of the board:

use flexible wood, preferably white ash or hickory

Padding:

glue 2 layers of camping mattress to the board (or some high-density rubber foam like in the beach sandals) to make it about 2 cm (3/4").

Cover the padding with patent leather, treat the leather with hand cream.

The leather has to be glued to the padding, and it can wrap around the makiwara for added security.

To prevent the padding and leather from sliding upwards (like from mae-geri kicks), you can drill a hole in the makiwara at the bottom of the padding and tie the leather down firmly. Alternatively, you can cut two grooves in the side of the board at the bottom of the padding, and secure the leather there.

The shape of the makiwara is given in the next two foils. You can change the sizes of the board, the main thing is to have a makiwara that feels good, and not too hard. Also, it has to be thicker at the bottom than at the top, otherwise it will likely break at the bottom.

The sizes given worked for me well in an ash-board makiwara. Depending on the type and flexibility of the board, you can adjust the sizes.

Mounting: You have to mount the makiwara on a solid steel beam or a solid wood beam. Some people even embed the bottom of the makiwara directly in concrete. (you have to adjust the height of the board if you'll embed it directly in the concrete)

You have to do a very solid work otherwise the constant vibrations will eventually ruin the mount. Use 1/2" size threaded bolts for securing the board.

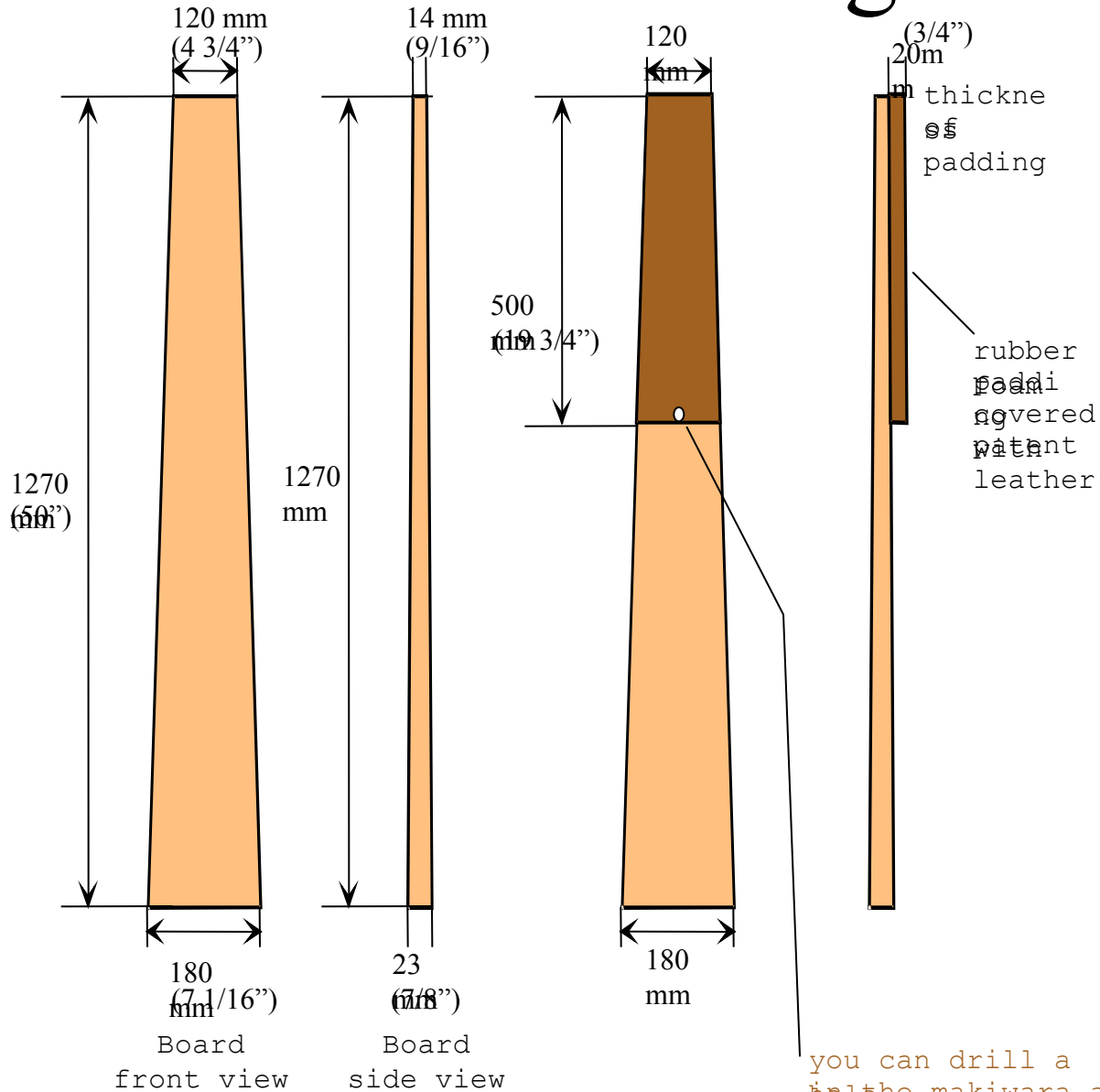
The makiwara has to be tilted towards you, so that when you punch a gyaku-zuki, the two seiken on the fist touch the surface first. The tilting of the makiwara has to be about fist deep at the top (10 cm)

Assembly:

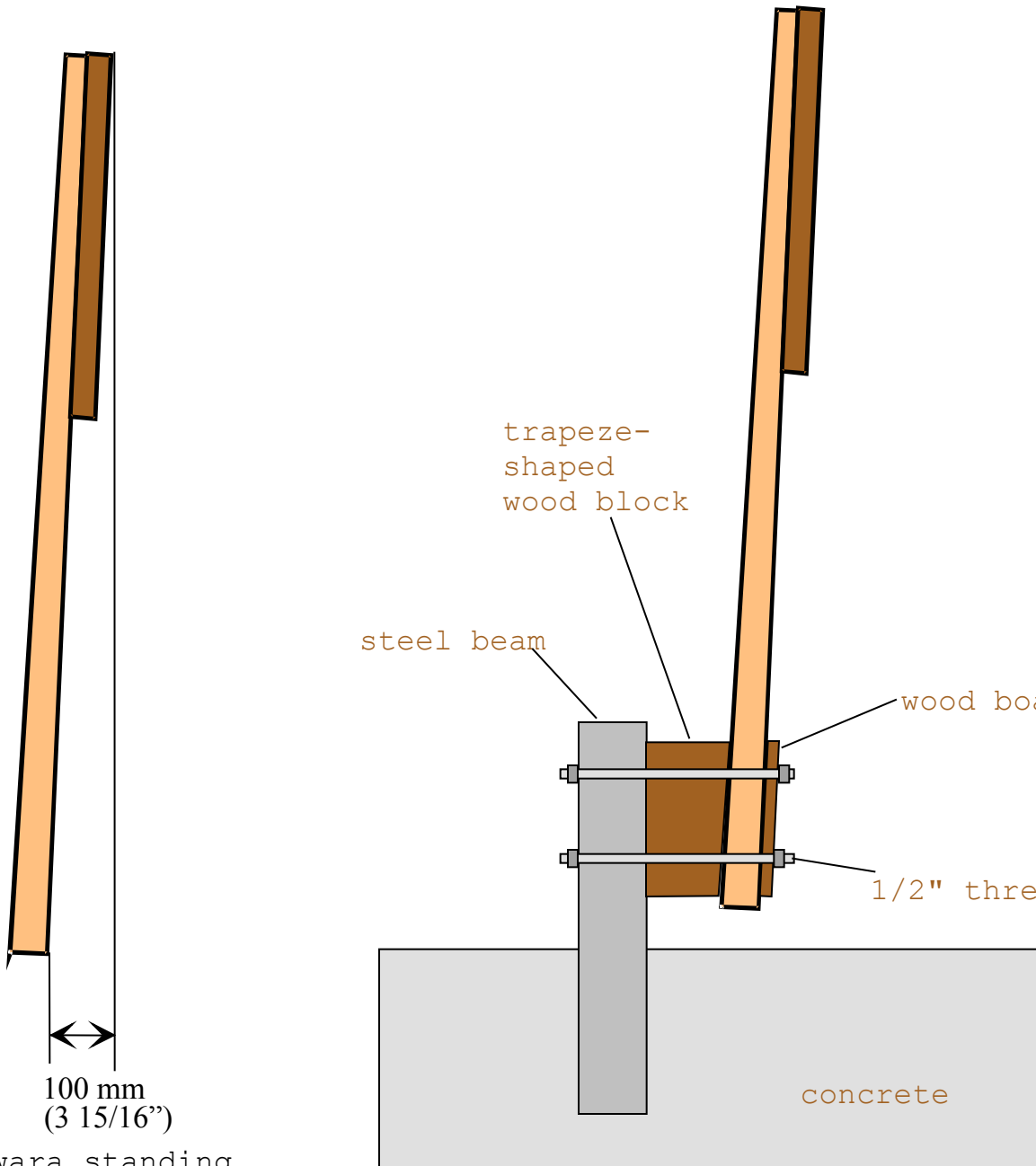
Cut the board to size. Mount it. Try and see if the firmness/flexibility is adequate. You can adjust flexibility by further cutting from the board, or thinning the board in the top half.

Once you are comfortable with the board's flexibility and feel, you can apply the padding.

Makiwara design



you can drill a hole in the makiwara and tie the leather down to prevent upward padding and the leather cover



trapeze-shaped wood block

steel beam

wood board

1/2" threaded bolts with hexnuts

concrete

100 mm
(3 15/16")

makiwara standing slightly tilted forward