

## Stuntman alum punches his way into the record

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**R**on Sarchian's on-the-go life of stunt-work and breaking world records in Los Angeles is a world away from the casual atmosphere he experienced when he attended NMU in the 1980s.

"NMU was so laid back and quiet," he said. "[Los Angeles] is tough place to make a living. It's so fast-paced and competitive; night and day from NMU."

Sarchian moved to Los Angeles intending to become a stuntman, but also has become an actor, a personal trainer and a world record breaker.

Sarchian currently holds two records in the Guinness Book of World Records; one for punching a heavybag for 36 hours and three minutes and the other for most consecutive punches thrown. On June 18, he intends to break another record for most

consecutive punches thrown in one hour.

"I want to try to break one record every year on my birthday," he said. "After you break one, you kind of get addicted."

While punching a heavy bag isn't the same as punching a person, Sarchian still has an enemy to fight.

"The clock is my opposition," he said. "This is more of a personal challenge, to see what my limits are."

He is confident he will break this one, he said. The current record is 4,104; Sarchian plans on raising the bar to 10,000.

Meanwhile, Sarchian is using his record-breaking event to collect donations for the Lance Armstrong Foundation. Guinness guidelines requires that record-breaking events be open to the public, so Sarchian is using the opportunity to sell merchandise as well, which will benefit the foundation, too.

Since starting his acting and stuntman career, Sarchian has acted in television shows such as Nash Bridges, General Hospital and various

Nickelodeon shows; he's been a stuntman on The Wayne Brady Show, Star Trek: Enterprise and Dante's Peak.

Sarchian graduated from NMU with a degree in industrial technology and a minor in wood working, which is still a

hobby of his. He also spent four years playing varsity football for the Wildcats.

"NMU helped in giving me the drive to finish my education and graduate," he said. "Now I still have that drive to finish what I'm doing."



Courtesy of Ron Sarchian

**A 1987 graduate, Ron Sarchian now lives in Los Angeles and works as a stuntman, actor, trainer and world-record breaker.**