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Ron Sarchian, a Royal Oak native trying to make it big in Hollywood, holds Guinness Book of Records berth for his punching stamina.

Royal Oak native punches his way to Guinness record

By Christy Strawser
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Many people spend their 40th birthday taking stock, but Ron Sarchian decided to spend his taking action.

The latest Guinness Book of Records is out this week and it includes the Royal Oak native's birthday feat — Sarchian spent a consecutive 36 hours and 3 minutes punching a heavy bag.

"Pretty much I lost all the feeling in my hands and forearms, and I had a lot of damage to my knuckles," Sarchian said. "They were mush, they were torn up. Over the course of that many hours, your hands sweat and it's like you're punching in dishwasher. The skin just grinds away."

It took about two weeks for his hands to recover and despite the pain, he enjoyed his feat of strength so much that he decided to celebrate his latest birthday in a similar way.

For his recent 41st birthday, he used focus mitts to break the Guinness record for the most punches thrown in one hour.

The Madison Heights Bishop Foley High School graduate delivered 15,089 punches, four or five punches per second, which is 11,000 more than the previous record. A crowd of about 100 people at a gym in Encino, Calif., watched.

It takes Guinness several months to certify the results, but Sarchian said his second record attempt was easier than the first.

"I felt great. It was kind of a breeze compared to the other one," Sarchian said. "I was tired. It's hard to go that fast, but I trained for a good six months. It was fun."

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Then the acting bug hit.

He moved to California's San Fernando Valley, where he got steady work as a television stunt man and guest on such shows as "Nash Bridges" and "Star Trek."

Ten years later, he still hopes to make it big in Hollywood and until then he has plenty to keep him busy.

Sarchian said he's a veteran at live dinner theater, in addition to being a precision driver, marathon runner, licensed skydiver, certified SCUBA diver, and semi-pro football player. Not to mention he's an instructor of boxing, kickboxing and spinning; and an enthusiast of motorcycles,

snowmobiles, weightlifting, firearms, carpentry, juggling, baseball, and basketball.

In his spare time, he said he enjoys working with animals, and doing gigs as Santa Claus, an emcee, and ring announcer. And he's a self-proclaimed "damn good carpenter."

His mother, Mary Jane Sarchian of Troy, thinks he's a wonder.

"He's just been into this kind of stuff for so long," she said. "When he got the acting bug and started doing all of this — I don't know how he does it. You never know if you're going to be able to eat tomorrow. But it's something that he wants to do, and he's doing it. He's done everything."

Sarchian keeps a steady job as a fitness director at Gold's Gym branch in California and said he's already planning his third record.

"I'll definitely break another one," Sarchian said.