

# Stuntman punches 100-pound bag for 50 hours for Guinness world record

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Posted: 06/17/2012 08:08:35 PM PDT

Updated: 06/17/2012 08:52:24 PM PDT



Stuntman Ron Sarchian continues in his quest Sunday, June 17, 2012 to break the world punching bag record at Premier Private Fitness in Encino. (David Crane/Staff Photographer)

ENCINO - With a steady beat of jabs, Ron Sarchian hoped to pummel his way into the books again by breaking the world record for punching a 100-pound bag for 50 hours straight.

"I'm 47 hours in and I'm not ready to quit," Sarchian said Sunday between punches at Premier Fitness gym in Encino, where he began the endurance test midday Friday.

"I'll just keep going. I feel great right now," he said.

By 2 p.m. he reached his goal and stopped at 50 hours and 9 minutes. | [See photo gallery.](#)

Sarchian, an actor, stuntman, and trainer, had already held the achievement for



Stuntman Ron Sarchian had a poster of Muhammad Ali for inspiration on his way to breaking the world punching bag record at Premier Private Fitness in Encino. Sarchian had the record before and wanted to reclaim it. (David Crane/Staff Photographer)

longevity at the punching bag once before, when he set a 36 hours and 3 minutes record in 2004. That record was broken in 2010, when Tom Varley beat the bag for 38 hours straight in South Africa, according to the Guinness World Records. Another man, Eunie Devenney, also attempted to beat that last year, hitting the bag for 48 hours and 42 minutes, but his effort is still being certified by Guinness.

Sarchian said he would try to beat 48 hours, using his 48th birthday, which was on Saturday, as a numeric goal, and then surpassed that.

During a five minute break, which Guinness officials allow after each 60 minutes, Sarchian doffed off his boxing gloves to expose reddened, raw knuckles. He used the restroom, then wolfed down a burrito and gulped some soda while working his legs on a

stationary bike to keep his muscles warm.

Then it was back to the bag where he picked up the punching rhythm: Pap pap. Pap pap. His friends and supporters watched on in admiration.

"He has unbelievable endurance and mental strength," said his friend Brock Ruess, who owns Premier Fitness. "I worked with him back in 2004 and when he said he wanted to this, I was like, again? That first time blew my mind. But I've never

doubted him."

Fran Thurm trains with Sarchian and said she admired his commitment to causes. Sarchian also participated in a 24-hour Ride to Cure Cancer in 2010 to raise \$10,000, also for the Lance Armstrong Foundation.

"I think it's incredible he has the strength and will to do this," Thurm said.

Stuntman Gene LeBell, a fixture in the mixed martial arts world, called his friend Sarchian a great talent and a good person.

"He's a world class stuntman, but his life's goal is to help people live longer," LeBell said.

As in past attempts, Sarchian's punch-a-thon was captured on video with witnesses on hand. The information will be sent to Guinness headquarters to be certified, a process that could take several months.

Sarchian is a four time Guinness World Record holder. In addition to his 2004 punch-a-thon, he recorded the most full contact punch strikes in 2005, most full contact kicks in one hour in 2006, and most martial arts roundhouse kicks in one minute, in 2007.

In many of those attempts, he raised money for the Lance Armstrong Foundation. This year, he's also using the event to raise funds for the Mike Utley Foundation. Utley was an offensive right guard for the Detroit Lions who was paralyzed during an NFL game on November 17, 1991. The foundation raises money for research, rehabilitation, and education for spinal cord injuries.

Sarchian said as a child, he loved reading the Guinness books, but it wasn't until he was an adult that he thought of attempting to break a record.

"I turned 40 before I tried it," he said.

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Stuntman Ron Sarchian in hour 47 on his way to breaking the world punching bag record at Premier Private Fitness in Encino. Sarchian had the record before and wanted to reclaim it. (David Crane/Staff Photographer)