

## laTF04\_BoxingGym

Filename	Description	Duration	Library	Source	Designer	Manufacturer	Microphone	Channels	BitDepth	SampleRate
BOXING GYM 01a, punch bag, hit, single, medium, chain creaks, mkh416&30.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks, rattles	00:16.143	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 01b, punch bag, hit, single, medium, chain creaks, wide, CMC641.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks, rattles, wide	00:16.143	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 02a, punch bag, hit, single, medium, chain creaks, mkh416&30.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks, rattles	00:17.333	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 02b, punch bag, hit, single, medium, chain creaks, wide, CMC641.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks, rattles, wide	00:17.333	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 03a, punch bag, hit, single, soft, chain creaks, mkh416&30.wav	punch bag, hit, with gloves, smack, thud, soft, lighter chain creaks	00:24.309	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 03b, punch bag, hit, single, soft, chain creaks, wide, mkh8040s.wav	punch bag, hit, with gloves, smack, thud, soft, lighter chain creaks, wide	00:24.309	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH8040s ORTF	2	24	96000
BOXING GYM 04a, punch bag, hit, single, soft, chain creaks, mkh416&30.wav	punch bag, hit, with gloves, smack, thud, soft, chain creaks, lighter	00:21.777	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 04b, punch bag, hit, single, soft, chain creaks, wide, CMC641.wav	punch bag, hit, with gloves, smack, thud, soft, chain creaks, lighter, wide	00:21.777	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 05a, punch bag, hit, single, hard, chain creaks, near, CMC641.wav	punch bag, hit, with gloves, smack, thud, hard, minimal chain creaks	00:17.160	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 05b, punch bag, hit, single, hard, chain creaks, wide, Line OM1s.wav	punch bag, hit, with gloves, smack, thud, hard, minimal chain creaks, wide	00:17.160	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Line Audio OM1's stereo	2	24	96000
BOXING GYM 06a, punch bag, hit, single, hard, chain creaks, near, CMC641.wav	punch bag, hit, with gloves, smack, thud hard, chain creaks	00:57.631	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 06b, punch bag, hit, single, hard, chain creaks, wide, Line OM1's.wav	punch bag, hit, with gloves, smack, thud hard, chain creaks, wide	00:57.631	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Line Audio OM1's stereo	2	24	96000
BOXING GYM 07a, punch bag, hit, combos, medium, chain creaks, mkh416&30.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks	00:09.408	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 07b, punch bag, hit, combos, medium, chain creaks, wide, CMC641.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks, wide	00:09.408	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 08a, punch bag, hit, combos, medium, chain creaks, mkh416&30.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks	00:05.916	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 08b, punch bag, hit, combos, medium, chain creaks, near, CMC641.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks, wide	00:05.916	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 09a, punch bag, hit, combos, hard, chain creaks, mkh416&30.wav	punch bag, hit, with gloves, smack, thud, hard, chain creaks	00:08.076	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 09b, punch bag, hit, combos, hard, chain creaks, wide, CMC641.wav	punch bag, hit, with gloves, smack, thud, hard, chain creaks, wide	00:08.076	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 10a, punch bag, hits, combos, medium, with chains, mkh416&30.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks rattles	00:18.968	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 10b, punch bag, hits, combos, medium, with chains, mkh8040s.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks rattles, wide	00:18.968	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH8040s ORTF	2	24	96000
BOXING GYM 11a, punch bag, hit, combos, medium, chain creaks, mkh416&30.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks rattles	00:28.029	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 11b, punch bag, hit, combos, medium, chain creaks, wide, CMC641.wav	punch bag, hit, with gloves, smack, thud, medium, chain creaks rattles, wide	00:28.029	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 12a, punch bag, hit, combos, hard, chain creaks, near, CMC641.wav	punch bag, hit, with gloves, smack, thud, hard, less chain creaks	01:07.670	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 12b, punch bag, hit, combos, hard, chain creaks, wide, Line OM1's.wav	punch bag, hit, with gloves, smack, thud, hard, less chain creaks, wide	01:07.670	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Line Audio OM1's stereo	2	24	96000
BOXING GYM 13a, punch bag, hit, combos, hard, vocal efforts, chain creaks, near, CMC641.wav	punch bag, hit, with gloves, hard, vocal efforts, chain creaks	01:03.024	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 13b, punch bag, hit, combos, hard, vocal efforts, chain creaks, wide, Line OM1's.wav	punch bag, hit, with gloves, hard, vocal efforts, chain creaks, wide	01:03.024	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Line Audio OM1's stereo	2	24	96000
BOXING GYM 14a, punch bag, hit, combos, double hard, chain creaks, near, CMC641.wav	punch bag, hit, with gloves, smack, thus, double hard, chain creaks	00:54.840	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 14b, punch bag, hit, combos, double hard, chain creaks, wide, Line OM1's.wav	punch bag, hit, with gloves, smack, thus, double hard, chain creaks, wide	00:54.840	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Line Audio OM1's stereo	2	24	96000
BOXING GYM 15a, uppercut bag, hit, singles x3, various, wide, CMC641.wav	uppercut bag, hit, with gloves, smack, thud, various strengths, chain creaks	01:13.519	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 15b, uppercut bag, hit, singles x3, various, wide, CMC641.wav	uppercut bag, hit, with gloves, smack, thud, various strengths, chain creaks, wide	01:13.519	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 16a, uppercut bag, hit, combos, various, chain creaks, mkh416&30.wav	uppercut bag, hit, with gloves, smack, thud, various, chain creaks	00:30.991	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 16b, uppercut bag, hit, combos, various, chain creaks, wide, CMC641.wav	uppercut bag, hit, with gloves, smack, thud, various, chain creaks, wide	00:30.991	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 17a, pad, hit, singles x6, medium, mkh416&30.wav	pad, hit, with gloves, smack, thud	00:09.596	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 17b, pad, hit, singles x6, medium, wide, CMC641.wav	pad, hit, with gloves, smack, thud, wide	00:09.596	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 18a, pad, hit, singles x7, hard, mkh416&30.wav	pad, hit, with gloves, hard, smack, thud	00:15.567	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 18b, pad, hit, singles x7, hard, wide, CMC641.wav	pad, hit, with gloves, hard, smack, thud, wide	00:15.567	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 19a, pad, hit, combos, medium, mkh416&30.wav	pad, hit, with gloves, medium, smack, thud	00:12.394	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 19b, pad, hit, combos, medium, wide, CMC641.wav	pad, hit, with gloves, medium, smack, thud, wide	00:12.394	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 20a, pad, hit, combos, hard, mkh416&30.wav	pad, hit, with gloves, hard, smack, thud	00:12.650	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 20b, pad, hit, combos, hard, wide, CMC641.wav	pad, hit, with gloves, hard, smack, thud, wide	00:12.650	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 21a, punch ball, hit, single x3, soft, mkh416&30.wav	punch ball, hit, with gloves, smack, soft	00:16.103	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 21b, punch ball, hit, single x3, soft, wide, CMC641.wav	punch ball, hit, with gloves, smack, soft, wide	00:16.102	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 22a, punch ball, hit, combos, hard, mkh416&30.wav	punch ball, hit, with gloves, smack, hard	00:22.498	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 22b, punch ball, hit, combos, hard, wide, CMC641.wav	punch ball, hit, with gloves, smack, hard, wide	00:22.498	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 23a, punch ball, hit, combos, hard, foot movement, mkh416&30.wav	punch ball, hit, with gloves, hard, smack, foot movement	00:13.835	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 23b, punch ball, hit, combos, hard, foot movement, wide, CMC641.wav	punch ball, hit, with gloves, hard, smack, foot movement, wide	00:13.835	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 24a, speed ball, hit, single x2, mkh416&30.wav	speed ball, hit, with gloves, wooden plate, bounce, rattle	00:16.640	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 24b, speed ball, hit, single x2, wide, CMC641.wav	speed ball, hit, with gloves, wooden plate, bounce, rattle, wide	00:16.640	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 25a, speed ball, hit, combos, mkh416&30.wav	speed ball, hit, with gloves, wooden plate, bounce, rattle	00:25.941	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 25b, speed ball, hit, combos, wide, CMC641.wav	speed ball, hit, with gloves, wooden plate, bounce, rattle, wide	00:25.941	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 26, impact, body fall, boxing ring floor, heavy, CMC641.wav	body fall, slam, heavy, boxing ring floor	00:11.759	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 27, impact, body hitting corner pads, boxing ring, CMC641.wav	body hitting corner pads, rope stretch, boxing ring movement	00:41.451	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 28, impact, body hitting corner pads, boxing ring, heavy, CMC641.wav	body hitting corner pads, slam, thud, heavy, boxing ring movement	00:14.563	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 29, impact, hand slams, boxing ring floor, heavy, CMC641.wav	hand slams, heavy, thud, boxing ring floor	00:07.385	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 30a, feet, foot movements, in ring, rattle, shakes, scrapes, mkh416&30.wav	feet, foot movements, in ring, rattle, shakes, scrapes, shuffle	00:44.105	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 30b, feet, foot movements, in ring, rattle, shakes, scrapes, wide, CMC 641.wav	feet, foot movements, in ring, rattle, shakes, scrapes, shuffle, wide	00:44.105	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 31a, feet, foot movements, in ring, scrapes, rattle, shakes, mkh416&30.wav	feet, foot movements, in ring, scrapes, rattle, shakes, shuffle	00:27.551	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 31b, feet, foot movements, in ring, scrapes, rattle, shakes, wide, CMC 641.wav	feet, foot movements, in ring, scrapes, rattle, shakes, shuffle, wide	00:27.551	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 32, feet, leather boots, in ring, footwork, heavy, CMC641.wav	leather boots, footwork, heavy, thud, in ring	00:36.312	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 33, feet, leather boots, in ring, footwork, heavy, shadow boxing, CMC641.wav	leather boots, footwork, heavy, thud, shadow boxing, in ring	00:16.229	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 34, feet, leather boots, in ring, footwork, scrapes, CMC641.wav	leather boots, footwork, scrapes, shuffle, in ring, canvas	01:18.601	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 35, feet, leather boots, concrete, slow walking, scuffs, CMC641.wav	leather boots, slow walking, scuffs, concrete	00:42.586	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 36, ring ropes, creaks, hand grabs, CMC641.wav	ring ropes, creaks, stretch, hand grabs	01:52.957	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 37, ring ropes, hooks, creaks, squeaks, CMC641.wav	ring ropes, stretch, hooks, creaks, squeaks	02:05.389	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 38, gloves, on, off, velcro, CMC641.wav	gloves, on, off, velcro, scrape	00:26.026	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641	1	24	96000
BOXING GYM 39a, chain, creaks, metal, mkh416&30.wav	chain, creaks, back and forth, eerie, metal, boxing punch pad	00:25.632	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 39b, chain, creaks, metal, wide, mkh8040s.wav	chain, creaks, back and forth, eerie, metal, boxing punch pad, wide	00:25.632	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH8040s ORTF	2	24	96000
BOXING GYM 40a, alarm, bleep test, exercise buzzer, mkh416&30.wav	alarm, bleep test, exercise buzzer, times up	00:03.562	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 40b, alarm, bleep test, exercise buzzer, CMC641.wav	alarm, bleep test, exercise buzzer, times up	00:03.562	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 41a, training session, sparring on punch bags, mkh416&30.wav	east london, trainer vocal encouragement, pad impacts, chain rattles, exercise buz	02:52.490	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 41b, training session, sparring on punch bags, CMC641.wav	east london, trainer vocal encouragement, pad impacts, chain rattles, exercise buz	02:52.490	Boxing Gym	https://www.ifatreefallsfx.com/	Enos Desjardins	IfaTreeFalls	Schoeps CMC641 stereo	2	24	96000
BOXING GYM 42a, training session, sparring on punch bags, lighter, mkh416&30.wav	east london, trainer vocal encouragement, pad impacts, chain rattles, exercise buz	05:42.101	Boxing Gym	https://www.ifatreefallsfx.com/	Rick Blything	IfaTreeFalls	Sennheiser MKH416&30 MS decoded	2	24	96000
BOXING GYM 42b, training session, sparring on punch bags, lighter, CMC641.wav	east london, trainer vocal encouragement, pad impacts, chain rattles, exercise buz									