



US 20060025284A1

(19) **United States**

(12) **Patent Application Publication**
Livingstone et al.

(10) **Pub. No.: US 2006/0025284 A1**

(43) **Pub. Date: Feb. 2, 2006**

(54) **KARATE MASTER**

Publication Classification

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(51) **Int. Cl.**
A63B 69/34 (2006.01)

(52) **U.S. Cl.** **482/83**

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(57) **ABSTRACT**

A portable exercise device consisting of a base, which holds a pole in a vertical position that one or more arms are attached to. Each arm can freely rotate around the pole. At the end of each arm is a pad that can be hit by the user to propel the arms around the pole allowing the user to hit the pad again without changing their position. The arms that are mounted on the pole can be adjusted up and down the pole by using the collar device.

(21) Appl. No.: **10/900,665**

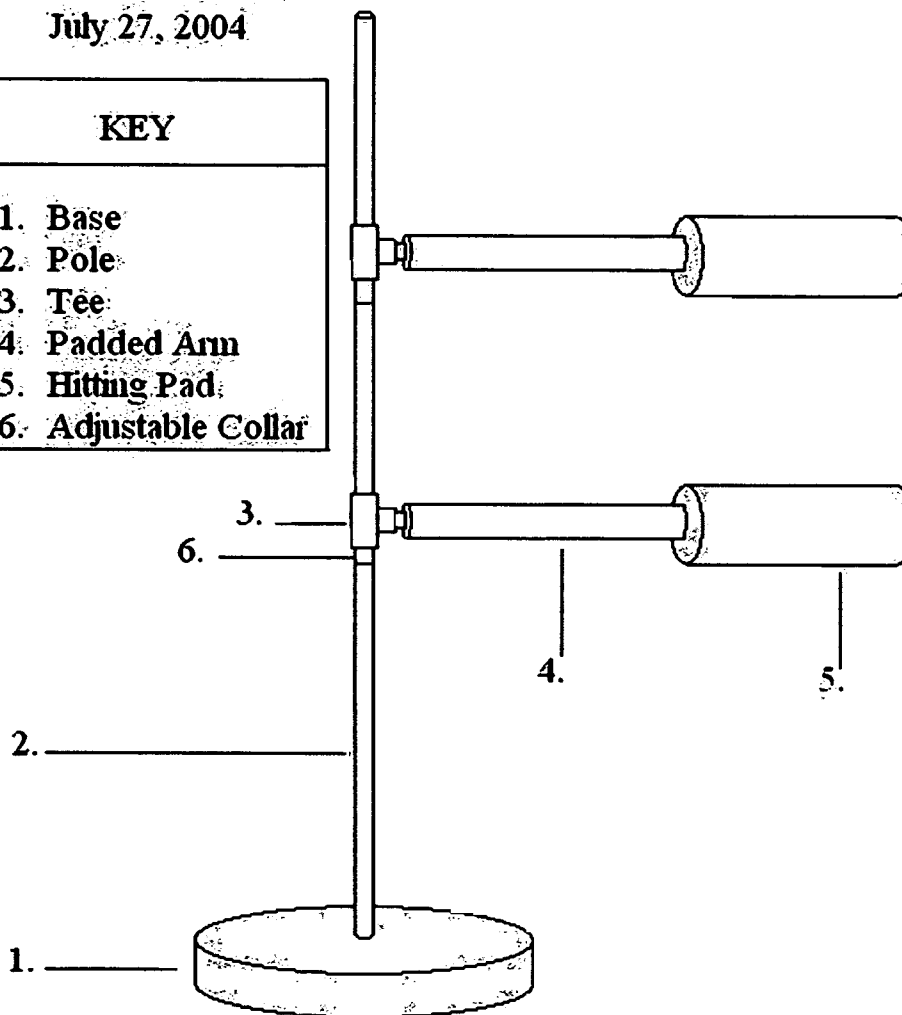
(22) Filed: **Jul. 28, 2004**

Karate Master

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July 27, 2004

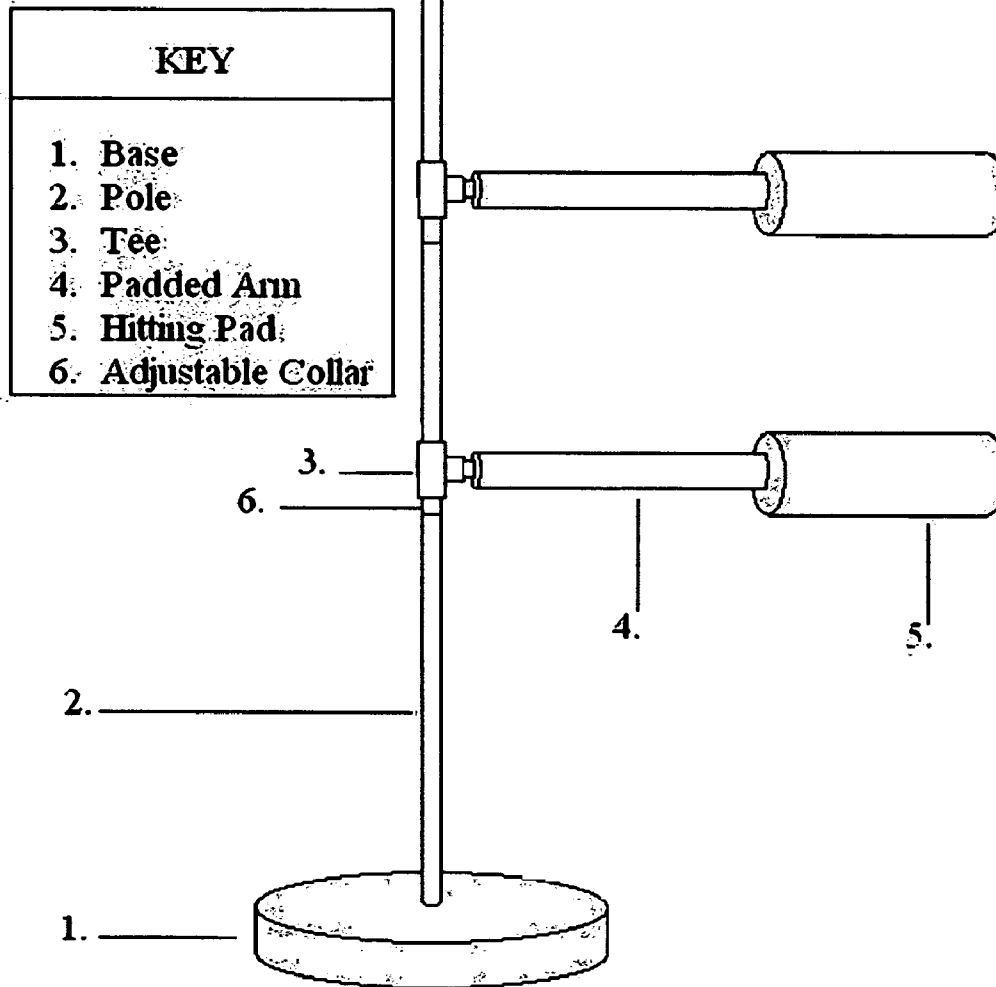
KEY	
1.	Base
2.	Pole
3.	Tee
4.	Padded Arm
5.	Hitting Pad
6.	Adjustable Collar



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KARATE MASTER

BACKGROUND OF INVENTION

[0001] 1. Field of the Invention

[0002] The present invention relates to athletic training equipment or games used for fun or for sports training or exercise. The invention is comprised of a base, pole, arms and pads that can be hit and blocked by the user. One or more users can use the device at the same time as part of the activity.

[0003] 2. Description of Related Art

[0004] The related prior art consists of three patents. The first patent is U.S. Pat. No. 5,522,783, which is an Isotonic-Isometric Device for exercise and physical therapy.

[0005] The second is U.S. Pat. No. 4,533,138 a Multiple Sport Training Device used for baseball, and U.S. Pat. No. 5,690,597 the Martial Arts Exercise Apparatus, which is used for muscle strengthening.

[0006] The improvements embodied in the present invention allow one or more users to play with or against each other with one or multiple arms to either block or strike with a hand or object.

SUMMARY OF THE INVENTION

[0007] The Karate Master (KM) is designed to act as a device to practice kicking, punching, blocking, and ducking. The device uses the force generated by the user to propel one or two padded arms. The harder the user hits the pad at the end of the arm, the faster the arm swings back around to the user. The user can then hit the pad again, or maneuver out of the way of the pad to let it rotate around again or simply block the pad. The device allows the user to practice both defensive and offensive skills. The KM is designed as a device to challenge the user's eye hand and foot coordination, and to practice martial arts or to be used simply as a game for balancing.

[0008] The KM has adjustable arms, which can be raised, lowered or removed. The user can use one or two arms. One or two persons can use the KM. For two persons one user can be the player who hits and or blocks the arms being propelled by the second player. The two players can also hit the pads back and forth to each other. The KM could be marketed to a wide range of users. Small children can enjoy playing with it as a game to build coordination, and seniors can use it as part of their morning exercise ritual. Serious athletes or martial arts enthusiasts can also use the KM. The KM could also fit into the cardio kick boxing exercise programs. The KM can be used inside or outdoors.

[0009] The object of the present invention is to provide a very versatile device that can be fast moving and aggressively used by one or more participants or can be used by children or seniors for fun and balance. The Karate Master could also be used for physical therapy or by Police Departments or military for defensive tactics. Another object of the Karate Master Invention is to provide a new and improved exercise device that can be efficiently and easily manufactured, marketed, and installed, and the components of which are easily transported to the far corners of the World. And it is further object that the present invention may be simply and reliably made with minimum labor costs.

[0010] These together with other objects of the invention along with the various features of novelty, which characterize the invention, are pointed out with particularity in the claims annexed to and forming a part of this disclosure. For a better understanding of the Karate Master Invention, its operating advantages, and the specific objects attained by its uses, reference should be had to the accompanying drawings, and descriptive matter in which there is illustrated preferred embodiment to the invention.

BRIEF DESCRIPTION OF THE DRAWING

[0011] **FIG. 1.** A perspective of the indoor version using a heavy base.

DESCRIPTION OF THE PREFERRED EMBODIMENT

[0012] The instant invention presents a solution for an improved device compared to the old punching or kick bag used for karate and boxing or aerobic kickbox training. The Karate Master is easily portable, and does not require the jarring blows needed for the punching bag. Perhaps the greatest benefit of the present invention is the range of activity or intensity that the product can offer. By adding an additional arm to the invention the complexity of the device is doubled therefore allowing the user to be continually challenged. The user can further be challenged by the amount of force used to hit the arm. The greater the force the faster the arm swings and increase in difficulty of hitting the swinging arm a second time.

[0013] The preferred embodiment depicted in **FIG. 1**, the Karate Master or implement of the present invention is comprised of a base, pole, arms and pads. The base can be made from a variety of materials and can include but not limited to a water filled plastic container, cement filled container, or heavy metal base with reaching stabilizers legs to prove stability for the swinging arms above. The pole can also be made from a variety of materials including but not limited to plastic, wood or metal. The length of pole can vary depending of the age group of the user and the whether or not the product is designed for a base or for the pole to be driven into the ground instead of the base. The arms can also be made from a variety of materials including but not limited to plastic, wood or metal. The arms would be padded with dense foam padding for the users protection. The length and size of the arms would vary depending on the marketed product size for the specific age group. The final component of the Karate Master is the pad. This is the point where the user would hit the device. The pad could be made of foam, cloth, cork or other absorbing products. The pad can be a stand alone or covered with cloth to increase the wear of the pad after being repeatedly hit by the user or users.

[0014] While the Karate Master Invention has been described what reference to the specific embodiment described, those descriptions are only illustrative and are not to be construed as limiting the Invention. With respect to the above descriptions, then, it is to be realized that the optimal dimensional relationship for the parts of the invention include variations in size, materials, shape, configurations, form, function, and manner of operations assembly and use are deemed readily apparent and obvious to those skilled in the art and all equivalent relationships to those illustrated in the drawings and described in the specifications are intended to be encompassed by the present Invention.

[0015] Therefore, the foregoing is considered as illustrative only of the principles of the Invention. Further, sense numerous modifications and changes will readily occur to those skilled in the art, it is not desired to limit the Invention to the exact construction and operation shown and described and accordingly, all suitable modifications and equivalents may be restored to falling within the scope of the Invention.

What is claimed as being new and desired to be protected by Letters Patent of the United States as follows:

- 1. An exercise device used with one or more swinging arms that can be hit by one or more users as a game or for athletic training.
- 2. The pole can be stabilized by a base.
- 3. The pole can also be pounded directly into the ground elevating the need for a base.
- 4. The pole could also be anchored to the ceiling and floor without a base.
- 5. The base can be made from a variety of materials and can include but not limited to a water or sand filled plastic container, cement filled container, or heavy metal base with reaching stabilizing legs to provide stability for the swinging arms above.
- 6. The pole can also be made from a variety of materials including but not limited to plastic, wood or metal.
- 7. The length of the pole can vary depending of the age group of the user and the whether or not the product is designed for a base or for the pole to be driven into the ground or attached to the ceiling and floor instead of the base.

8. The arms can also be made from a variety of materials including but not limited to plastic, wood or metal. The arms would be padded with dense foam padding around each arm for the users protection.

9. The pad is the point where the user would hit the device. The pad could be made of foam, cloth, cork, rubber or other shock absorbing products. The pad can stand-alone or be covered with cloth to increase the wear of the pad after being repeatedly hit by the user or users.

10. The pad can be any shape or size including a rectangle shape. The pad can also be customized to represent a shape of a human fist or other object.

11. To adjust the arms and prevent them from sliding down the pole a collar device would be used to keep the arm in one place. The collar can be made of plastic or metal and held in place with a bolt or clip.

12. The arms would be attached to the pole by a tee that would allow the arms to be slid off the pole and also allow the arm to rotate around the pole from the force of the hit.

13. The arms have the ability to rotate around the pole 360 degrees.

14. The exercise device can be used with one swinging arm or as many as the user would like.

15. The exercise device can be used by one or more people as a game, exercise, training or physical therapy.

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