

[54] TRAINING AND PRACTICING APPARATUS
FOR WRESTLING

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273/55 A; 35/29 R

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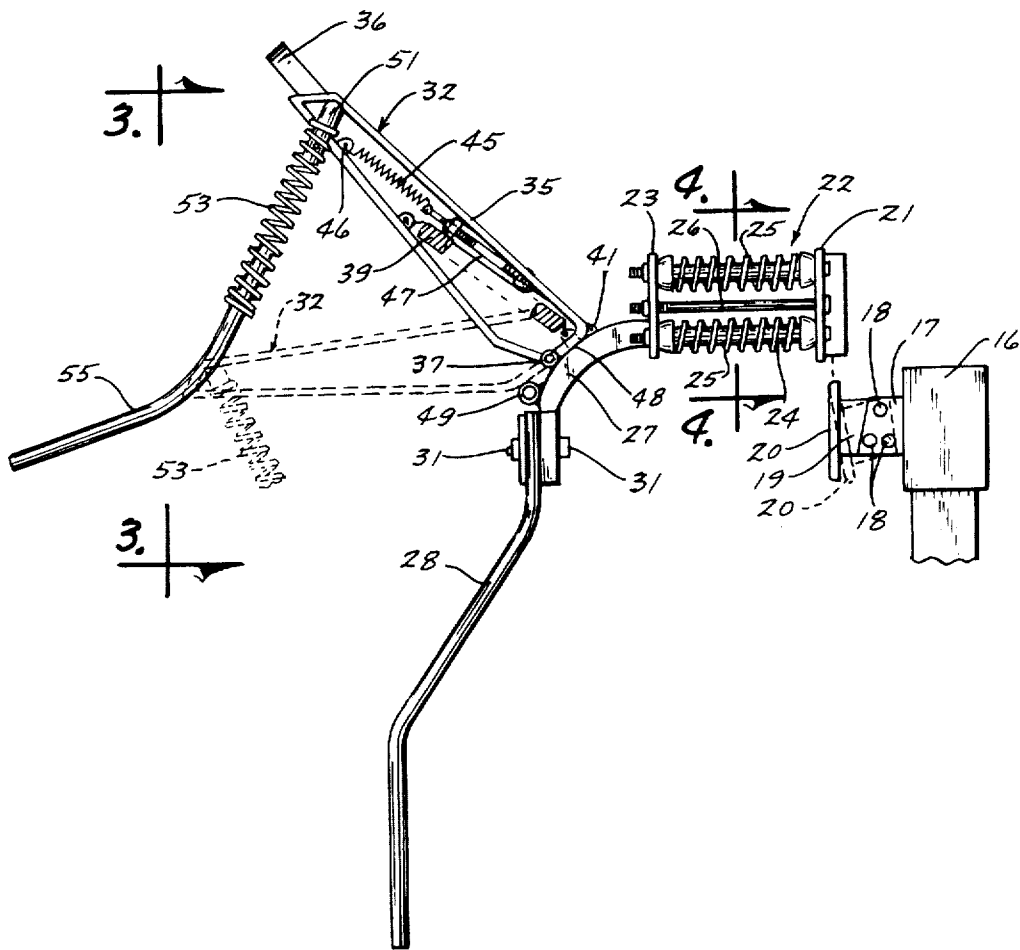
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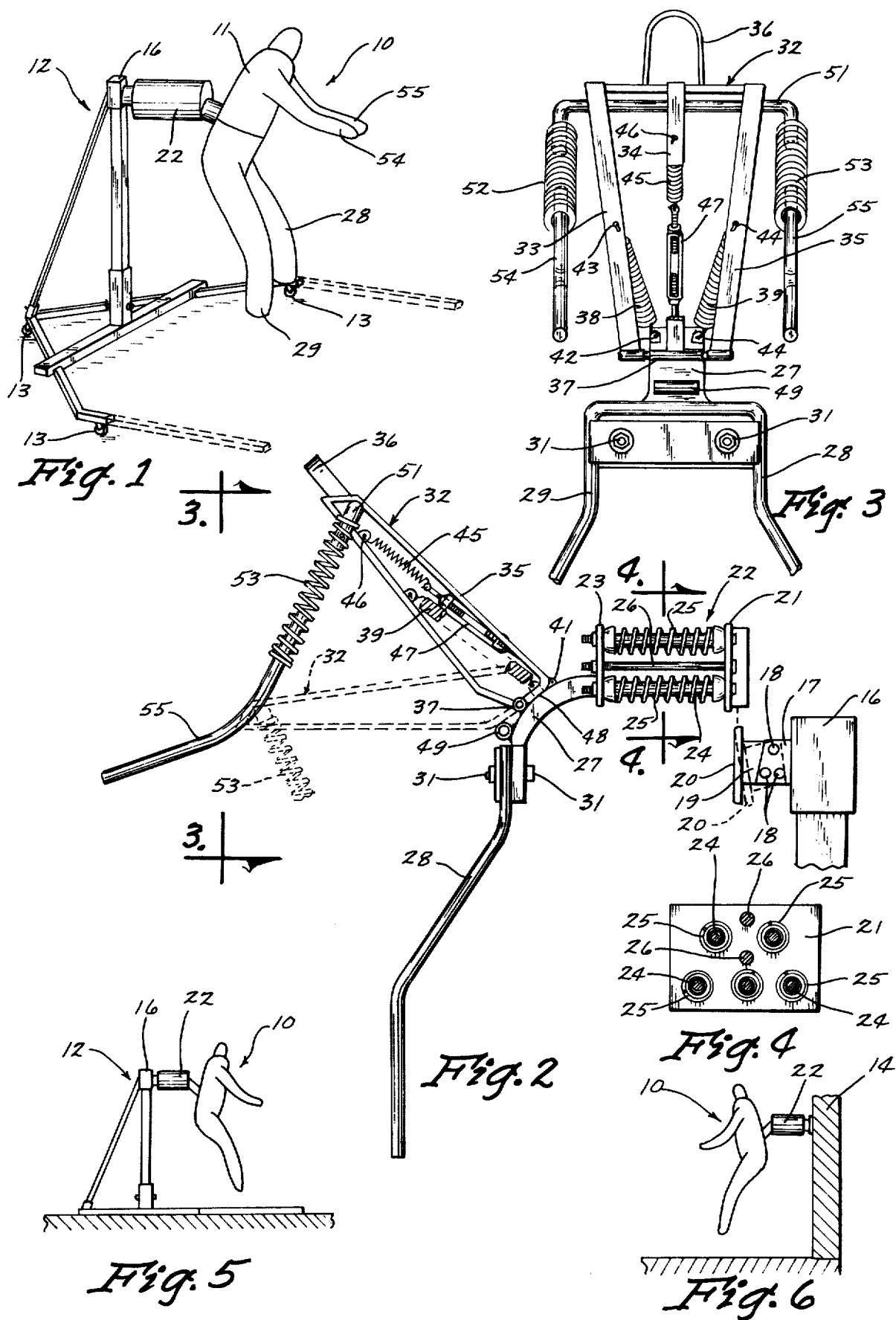
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[57] ABSTRACT

A device for training wrestlers including a padded dummylike figure formed over a frame of which the arms and upper torso are spring biased to a certain position but which are movable to other positions. The training device is adapted to be resiliently mounted to a wall or other mounting framework.

17 Claims, 6 Drawing Figures





TRAINING AND PRACTICING APPARATUS FOR WRESTLING

BACKGROUND OF THE INVENTION

The present invention relates generally to a wrestling practice, training and conditioning device and more particularly to such a device which simulates a wrestler in actual competition.

The timing of various moves and actions is, of course, a most important factor in achieving the proper skills in sports in general. This is particularly true in the sport of wrestling. An indispensable part of the training of wrestlers has been actual wrestling and wrestling drills between teammates prior to competition with individuals from other wrestling teams. It is difficult, however, to prepare wrestlers mentally to practice against teammates as intensely as against actual opponents in a competitive wrestling match. Consequently the proper timing of various wrestling moves may be slightly different in these two situations, the proper timing usually being somewhat faster in actual competition than when practicing against a teammate. Furthermore there is a danger of injury during daily practices which is only increased when full speed wrestling is necessary in these practice sessions. While intrasquad drills between teammates cannot, as a practical matter, be eliminated completely, it is desirable for a wrestler to be able to individually practice certain drills and wrestling moves at actual competition speed and under controlled conditions. There is therefore a need for a device which accomplishes these objectives.

While the prior art shows devices attempting to simulate the presence or actions of a person to some extent, these prior art devices are of very little use as a wrestling practice or training device, primarily because they were not designed for such use. For example, U.S. Pat. No. 3,421,759 discloses a resilient membered judo training device in which a dummy-like figure is formed over rubber straps which are connected together and are then stretched from floor to ceiling. U.S. Pat. No. 1,123,570 shows a dummy-like figure attached to a wall on its upper torso, but it is designed only for general exercise purposes. Also in the prior art are numerous types of dummy-like structures for practicing football and the like, such as U.S. Pat. Nos. 3,514,105, 3,547,438 and 3,674,265 for example. Because these prior art devices were not designed to simulate the stance and reactions of a wrestler in competition, they do not fulfill the needs enunciated above.

SUMMARY OF THE INVENTION

The present invention relates to a training or practice device for wrestlers and includes a padded dummy-like figure resiliently mounted to an upright support. The dummy-like figure simulates a typical stance and typical actions and reflexes of a wrestler in actual competition. The figure is normally in a substantially upright position, but it bends at the waist and elbows when certain wrestling holds or maneuvers are impressed upon it. A shock absorbing mounting structure facilitates the purpose of simulating a wrestling situation with an actual opponent, since it allows the various parts of the dummy-like figure to move with a limited resistance and then to spring back to a typical wrestler's stance.

An object of the present invention is to provide a wrestling practice or training device which simulates a wrestler in actual competition.

Another object is to provide a training device for improving a wrestler's skills and timing.

A further object of the invention is to provide a wrestler's training device which reduces the amount of practice wrestling necessary between teammates.

Still another object is to provide a wrestler's practice and training device which is safe.

A still further object of the invention is to provide a device which permits a wrestler to practice wrestling maneuvers and moves alone, without the need to perform these maneuvers and moves on another person.

Other objects, advantages, and novel features of the present invention will become apparent from the following detailed description of the invention when considered in conjunction with the accompanying drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

FIG. 1 illustrates a perspective view of a preferred form of the invention;

FIG. 2 is a side elevational view of the present invention with the padding removed;

FIG. 3 is a front view of the invention with the padding removed;

FIG. 4 is a cross-sectional view of the resilient mounting device of the present invention taken along line 4-4 of FIG. 2;

FIG. 5 shows a side view of the present invention as shown in FIG. 1, but with the roller castors removed; and

FIG. 6 is a side elevational view showing the present invention mounted to a wall.

DESCRIPTION OF THE PREFERRED EMBODIMENT

Referring now to the drawings wherein like reference numerals designate identical or corresponding parts throughout the several views, FIG. 1 shows a perspective view of a preferred embodiment 10 of the present invention. The framework of the dummy-like structure 10 is shown in FIGS. 2 and 3, and this framework is covered by a foamed material 11 such as Resolite in order to prevent injury to a wrestler utilizing the instant invention. The dummy 10 may be connected to a display stand 12 (FIGS. 1 and 5) with or without the rolling castors 13 thereon. Ideally however, the dummy 10 is mounted to a wall 14 as shown in FIG. 6.

Referring again now to FIGS. 2 and 3 which show the framework of the dummy-like structure 10 without the padding 11 thereon, a support means 16 is shown having a pair of extending plates 17 thereon. These plates 17 have preferably three openings 18 therein for mating with two holes in plate 19. It is to be understood that the plate 19 has two holes therein which may be aligned with the top hole 18 of the extending plates 17 and with one or the other of the bottom holes 18 in plates 17 to thereby be able to pivot the plate 19 and thereby the entire dummy 10 about a pin received through top opening 18 of plates 17. The plate 19 is secured to another plate-like member 20 to which is selectively secured another plate 21. It is to be understood that the particular connection between plates 20 and 21 is not at all critical and, in fact, the plate 19 may

extend directly from the plate 21 without having an additional plate 20.

The resilient mounting mechanism 22 as shown in FIG. 2 serves to resiliently affix the framework of the dummy-like FIG. 10 to the supporting bracket 16. The resilient mounting mechanism 22 is comprised of plates 21 and 23 which are connected together by means of a series of shock absorbers 24, each respectively having a compression spring 25 disposed therearound. Additionally, two restraining rods 26 are slidably received within openings in plates 21 and 23. These restraining rods 26 serve to prevent the springs 25, or any pulling on the dummy 10 from causing the plates 21 and 23 to separate beyond the point shown in FIG. 2. These restraining rods 26 do not, however, prevent plates 21 and 23 from moving closer together.

The plate 23 is securely affixed to a base member 27, to which everything else of the frame work of the dummy 10 is ultimately affixed. Extending downwardly and outwardly from the base member 27 are legs 28 and 29. These legs are preferably connected to the base member 27 by bolts 31, but it is to be understood that they may be secured to base member 27 in any suitable manner, or they may form a part of and be integral with the base member 27.

An upper torso or body section of the framework is indicated by the numeral 32 in FIGS. 2 and 3. This body section 32 is formed by an upper brace, a lower brace and three bars 33, 34 and 35 which are of a looped configuration as best shown in FIG. 2. A horse-shoe shaped bar 36 is mounted to the top of the body section 32 and forms the head of the dummy 10. The body section 32 is pivotally attached to the base member 27 at the hinge 37. Because of the hinge 37, the body section 32 can move from and between the extreme positions shown in FIG. 2 in solid and dotted lines respectively.

The body section 32 is, however, spring biased to the position shown in solid lines in FIG. 2. This biasing is effected by two identical springs 38 and 39 which are connected at one end thereof to the base member 27 at points 41 and 42 respectively. The other ends of the tension springs 38 and 39 are connected at the points 43 and 44 to the bars 33 and 35 respectively of the body section framework 32. An additional spring 45 is connected at one end thereof to the bar 34 at point 46 and at the other end thereof ultimately to the base member 27. The spring 45, however, has an adjustable turn-buckle device 47 connected between the bottom end thereof and the base member 27 to allow the force on spring 45 to be adjustable. This turn-buckle device 47 allows one to adjust the spring 45 to thereby determine how much of a force is required to move the body section 32 to the position as shown in dotted lines in FIG. 2 and this adjustment also affects the speed at which the body section 32 returns to the position shown in solid lines in FIG. 2 upon release of the body section 32 by a wrestler from a lower position such as the position shown in dashed lines in FIG. 2.

The body section 32 and the base section 27 together form a stop mechanism to prevent the body member 32 from moving beyond the two extreme positions shown in FIG. 2. Point 48 in FIG. 2 shows the abutment of body section 32 and base member 27, and it is the structure at this point 48 which prevents the body section 32 from moving clockwise about the hinge 37 beyond the position shown in solid lines in FIG. 2. A stop

tube 49 welded to the base member 27 forms a stop for the counterclockwise movement of the body section 32 about the hinge 37.

Securely affixed to the top of the body section 32 is a U-shaped rod 51 each end of which is connected securely to coil springs 52 and 53. These coil springs 52 and 53 are securely fastened at the other ends thereof respectively to arm-shaped members 54 and 55.

In actual operation, the dummy 10 is mounted to a wall 14 or to a framework 12 and the foamed padding is placed upon the structure around the resilient mounting 22 and around the framework of the dummy-like figure itself, if this has not been done already. It is noted that the dummy 10 is mounted at a point on the dummy 10 where no experienced wrestler would attack or attempt to place his arms. Utilizing this device, a wrestler can practice a single or double leg take-down by first bumping the arms 54 and 55 upwardly and then proceeding to grab one or both of the legs 28 and 29. Additionally, a wrestler may bump the arms 54 and 55, forcing them upwardly and then proceed inwardly for a body hold around the body section 32, above the resilient mounting 22. It will be readily apparent to experienced wrestlers and wrestling coaches that various other wrestling holds and drills can be easily facilitated by such a versatile practice and training structure.

It can therefore be appreciated that the disclosed device does indeed simulate a wrestler in actual competition. The movement of the body section 32 with respect to the legs 28 and 29 in the base member 27 may be adjusted to achieve the exact timing needed to represent actual competitive circumstances. The crouched stance with legs and arms extending as shown in the drawings represents a typical stance for a wrestling competitor and when the dummy 10 is attacked, it gives or moves with a limited resistance similar to that of a person, through the resilient mounting mechanism 22, which quickly returns the dummy 10 to its previous position much like an actual wrestler would attempt to bounce back once attacked. Additionally, it is noted that the placement and design of the resilient mounting 22 places the present training device a sufficient distance from its mounting 16 on a wall 14 such that sufficient penetration past the dummy like figure or structure 10 by a wrestler can be achieved without interference from the mounting structure to which the device is ultimately secured.

Accordingly, it can be seen that the objects referred to above are accomplished by this novel invention. Obviously many modifications and variations of the present invention are possible in light of the above teachings. It is therefore to be understood that, within the scope of the appended claims, the invention may be practiced otherwise than as specifically described.

We claim:

1. A wrestling practice device comprising:
 - support means;
 - a base member resiliently mounted to said support means;
 - leg shaped members attached to said base and extending downwardly therefrom;
 - a body section pivotally connected to said base member, said body member having a first position extending substantially vertically and a second position extending substantially horizontally; and
 - means for biasing said body section to said first position.

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2. A wrestling practice device as defined in claim 1 wherein

means are provided on said wrestling practice device for padding said device.

3. A wrestling practice device as defined in claim 1 wherein said leg shaped members extend outwardly as well as downwardly.

4. A wrestling practice device as defined in claim 1 wherein arm shaped members extend from the upper part of the body section.

5. A wrestling practice device as defined in claim 4 wherein said arm members include means for resiliently biasing the arm shaped members to one position and allow movement of the arms to other positions.

6. A wrestling practice device as defined in claim 4 wherein said arm shaped members are connected to said body section by means of coil springs attached to said body member on one end thereof and to each said arm member respectively on the other end thereof.

7. A wrestling practice device as defined in claim 1 wherein said means for biasing said body section to said first position includes at least one tension spring connected at one end to said base member and at the other end to the upper portion of said body section.

8. A wrestling practice device as defined in claim 7 wherein said tension spring is adjustable in force.

9. A wrestling practice device as defined in claim 8 wherein two additional tension springs are disposed on each side of the first said tension spring and each additional tension spring is connected to one end thereof to said base member and at the other end thereof to said body section.

10. A wrestling practice device as defined in claim 1 wherein stop means on said base member and said body

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section prevent said body section from pivoting beyond said first and second positions.

11. A wrestling practice device as defined in claim 1 wherein the resilient mounting of said base member to said support means comprises at least one shock absorber means.

12. A wrestling practice device as defined in claim 11 wherein a compression spring is disposed around said one shock absorber.

13. A wrestling practice device as defined in claim 12 wherein the resilient mounting of said base member to said support means includes a plurality of identical shock absorbers and compression springs.

14. A wrestling practice device as defined in claim 13 wherein all of said shock absorbers and compression springs are mounted at one end to a first plate and at the other end thereof to a second plate, respectively; and said resilient mounting further includes means for preventing said first and second plates from moving further than a predetermined distance from each other.

15. A wrestling practice device as defined in claim 14 wherein said preventing means includes two restraining rods slidably connected at each end thereof to said plates.

16. A wrestling practice device as defined in claim 1 wherein said pivotal mounting of said body section to said base member is substantially at same vertical level as said resilient mounting.

17. A wrestling practice device as defined in claim 1 wherein said resilient mounting of said base member to said support means is selectively pivotable along a horizontal axis.

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