



US 20030224879A1

(19) **United States**

(12) **Patent Application Publication**
Hansberry

(10) **Pub. No.: US 2003/0224879 A1**

(43) **Pub. Date: Dec. 4, 2003**

(54) **TRAINING DEVICE**

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(21) Appl. No.: **10/359,008**

(22) Filed: **Feb. 5, 2003**

Related U.S. Application Data

(63) Continuation of application No. 09/206,460, filed on
Dec. 7, 1998, now abandoned.

(60) Provisional application No. 60/067,988, filed on Dec.
9, 1997.

Publication Classification

(51) **Int. Cl.⁷ A63B 69/00**
(52) **U.S. Cl. 473/423**

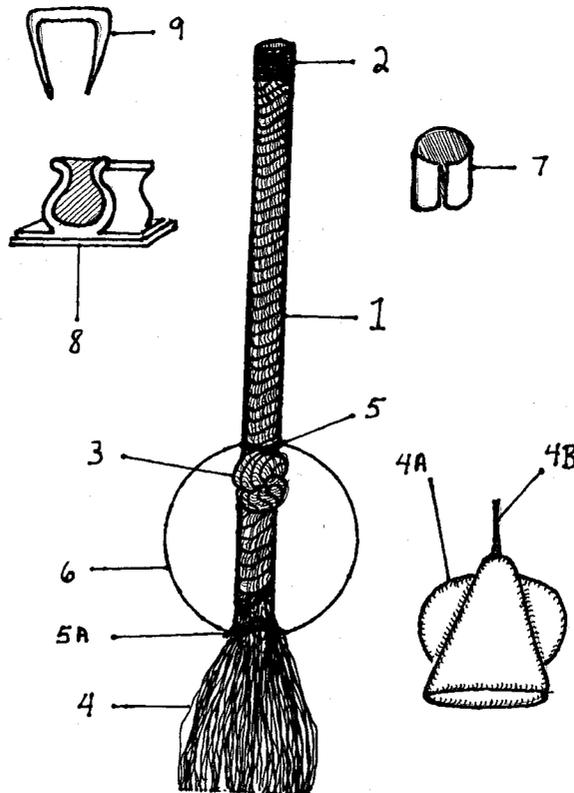
(57) **ABSTRACT**

- (a) to provide a low cost striking apparatus.
- (b) to provide a light weight striking apparatus.

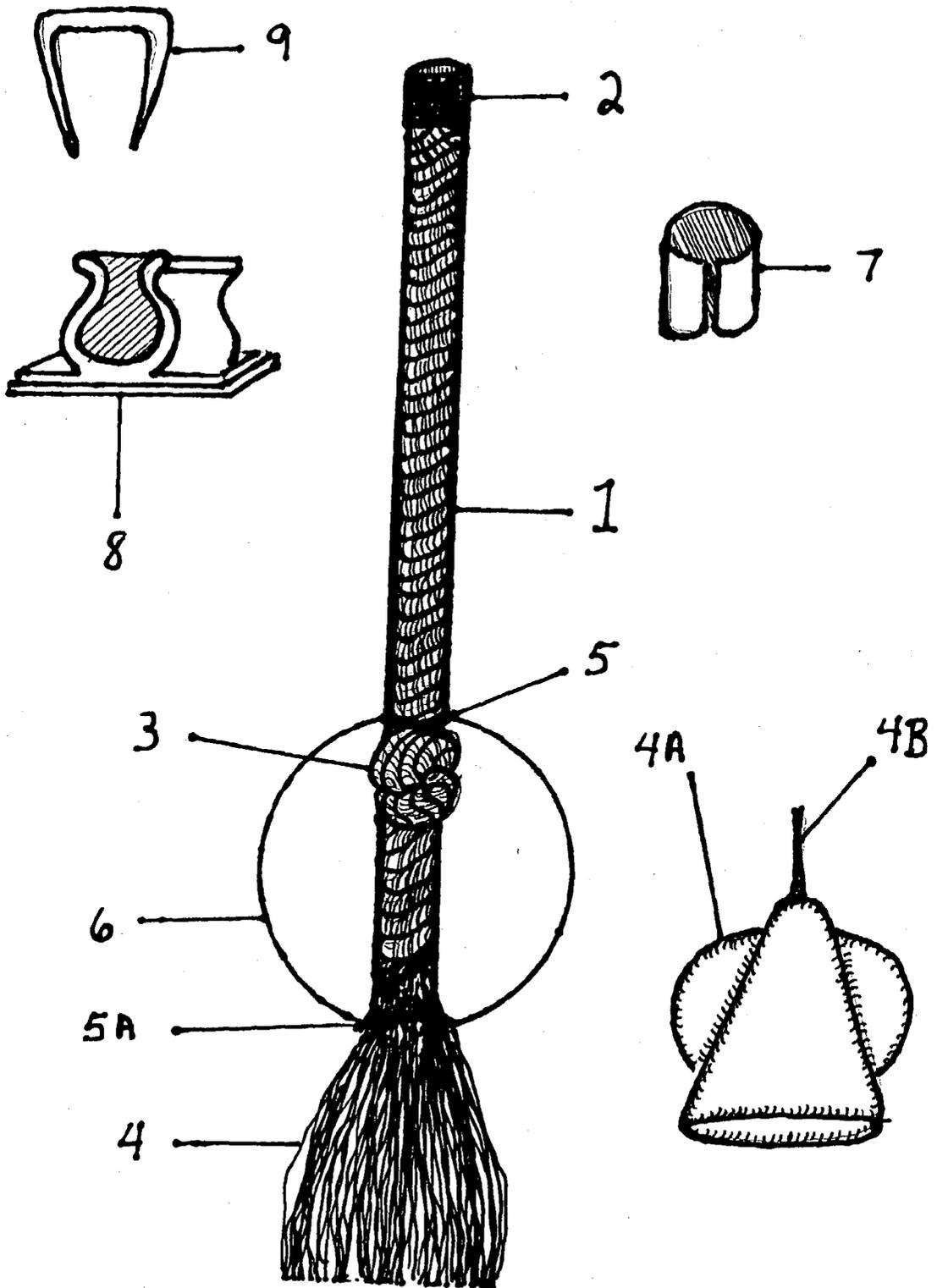
- (c) to provide a soft striking apparatus.
- (D) to provide a striking apparatus that does not make any noise when struck.
- (e) to provide a striking apparatus that creates the least amount of resistance when stroke.
- (f) to provide a striking apparatus that can be installed anywhere and adjusted for height with ease.
- (g) to provide a striking apparatus that can be used by a person between the ages of 1 year old to 120 years old.
- (h) to provide a striking apparatus that can be struck without fear of bodily injury.
- (i) to provide a striking apparatus that can increase eye hand coordination.
- (j) to provide a striking apparatus that will promote physical fitness.

I feel said striking apparatus is a needed idea and should be patented because: it can be installed easily and used anywhere, by anyone young and old. It doesn't make any noise and will not hurt the user when it is struck with a bare fist, foot, bat or club. Kids can practice their baseball batting swings anywhere without the need for another person to be present. People can learn to defend themselves by practicing their punching and kicking techniques in an apartment or office without disturbing anyone. Lastly, it will promote good physical fitness.

SUSPENDED STRIKING APPARATUS THAT IS SILENT WHEN STRUCK



SUSPENDED STRIKING APPARATUS THAT IS SILENT WHEN STRUCK



TRAINING DEVICE

FIELD OF INVENTION

[0001] This invention relates to striking apparatuses for the purpose of practicing punching and kicking techniques and or for practicing baseball batting and or golf swing mechanics.

[0002] The apparatuses main function is to enable the user to practice batting, punching and kicking techniques anywhere without effecting the environment around them.

[0003] I came up with the idea for a silent striking apparatus that is simple to install anywhere and won't injure when struck when I was boxing and living in an apartment. Hanging a heavy bag, speed bag or middle bag was out of the question. If I happened to live in a place with a cellar and there was a beam strong enough to support a bag the neighbors would complain that it made too much noise and shook the house.

[0004] To create a Suspended Striking Apparatus That Is Silent When Struck you must first determine a length of material—rope is preferred, cut and tape or seal said end to prevent separation of fibers. At the opposite end the rope is knotted 4" or more from that end. Below the knot the rope fibers are separated to produce a puff of fiber and or a piece of fabric can be mounted to said end to create target area. When the target is struck the apparatus will move very little and produce no noise by means of effecting the least amount of resistance. The total weight of the apparatus is less than a pound.

[0005] A weight can be attached just above the knot and serves to stabilize the apparatus when the target area is struck. Many different objects can be used as a stabilizer: tape, rubber, plastic, metal nuts, washers, ball bearings, and wood. I find a metal nut encased in a plastic euro ball patent 5038504 serves as the best stabilizer. Although the ball is not intended to be the target it can be struck to effect movement of device.

[0006] To attach the ball to the rope you must first determine the thickness of rope being used. I prefer $\frac{3}{8}$ " braided polyester rope. For a $\frac{3}{8}$ " rope a $\frac{1}{2}$ " hole must be bored through the top end of the ball to allow for the taped end of the rope to pass through. Next, a $\frac{3}{4}$ " hole must be bored through the ball to allow the knot to pass into the ball. With the two holes bored into the ball you then thread the rope through the ball. To do so you must start with the taped end, threading it through the $\frac{3}{4}$ " hole and then the $\frac{1}{2}$ " hole. You then slide the ball down the rope and thread the knot through the $\frac{3}{4}$ " hole until it is encased within the ball itself. The smaller opening prevents the knot from passing through the ball, thus keeping the ball in place. The puff of rope fiber or fabric seats under the ball and forms the target area. The striking point.

[0007] At the taped end (top) a plastic sleeve is fastened to the rope. The sleeve serves two purposes. 1. Height locator. 2. Quick connect, quick release when using a plastic cord clip.

[0008] The said device can also be attached to surfaces using a number of techniques. 1. Cord clip, for smooth surfaces. 2. Cable staple, for smooth and rough surfaces, such as wood and plaster. 3. Suction cup. 4. Screw. 5. Nail. 6. Tape: can also be used to secure the apparatus to surfaces.

After years of using and testing said device I find that a cord clip or cable staple are the best means of attaching the said apparatus to surfaces.

[0009] This apparatus should not be limited to standard ropes but should cover any metal, plastic, rubber, synthetics or neutral materials that can be hung up easily and affect the same result as the described device.

REFERENCE NUMERALS IN DRAWING

- [0010] 1 Rope
- [0011] 2 Tape
- [0012] 3 Knot
- [0013] 4 Puff Of rope fiber target
- [0014] 4A Fabric targic
- [0015] 4B Fastening string
- [0016] 5 Bored hole
- [0017] 5A Bored hole
- [0018] 6 Ball/Weight
- [0019] 7 Plastic sleeve
- [0020] 8 Cable Clip with adhesive back
- [0021] 9 Cable Stable

BACKGROUND-DESCRIPTION OF PRIOR ART

[0022] Sporting goods suppliers offer a number of apparatuses to the public for practicing striking techniques. The disadvantages of the present devices are: they all make a lot of noise, need a solid structure to be secured to and can injure the hands and feet when struck.

[0023] No patent could be found for the Heavy bag. Said apparatus is formed from either cloth, canvas or leather into a bag like form which is filled with either sand, fabric or water. The disadvantages of said device are: it is hard, heavy and makes a lot of noise well being struck with hand or foot. It is noted the said device can lead to injury if struck with the bare hand or foot.

[0024] No patent could be found for a speed bag. Said apparatus is a ball shaped leather or canvas bag the is filled with air and mounted to a back board of some kind. The disadvantages of said device are: it is hard, makes a lot of noise and needs to be mounted to a costly back board structure that is hard to adjust for height. It is also noted that said device can lead to injury of the hand and wrist.

[0025] No patent could be found for the double end bag. Said device is made from leather or canvas which is shaped into a ball like object when filled with air. To set said device for striking one has to locate solid material in a ceiling and on a floor, mount eye bolts between rubber bands and fasten the bag to said points. The disadvantages of said device are: it is hard to install and makes noise and tends to shake the structure it is mounted to. It is noted that said device can lead to hand and wrist injury if struck with an unprotected hand.

[0026] Training bag apparatus: U.S. Pat. No. 5,624,358 to Hestilow (1995) A training bag comprising of a pedestal having an upper end, a lower end, and a deck at the upper end. This invention is a heavy bag on a stand. The disadvantages of the device are: it is big, heavy, and hard. When you strike it it tips away and then snaps back with force at

the striker. Injury can occur to the hands, wrists, elbow, shoulders, feet, ankles, knees and hips.

[0027] No such prior art striking apparatus could be found for baseball, golf, tennis, etc.

1. A suspended striking apparatus comprising:

(a) a light weight length of material that supports a target/striking area.

(b) a mounting system that is quick and ease to install to any surface.

(c) a striking target that is soft and effects the least amount of resistance when struck.

(d) a striking apparatus that does not make any noise when struck with a fist, foot, bat or club.

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