ABSTRACT

A vertically adjustable boxing punching training bag with a cord running from its top through a pulley fastened either to a frame or ceiling and running thence to instructor's control handle and thence through another pulley fastened either to a frame or floor and thence back to the bottom of the punching bag.
VERTICALLY ADJUSTABLE BOXING BAG

[0001] This invention relates to boxing training equipment, more particularly to a vertically adjustable boxing punching training bag.

PRIOR ART

[0002] Boxing is a highly developed sport and entertainment activity. As a result, some boxing or punching bags have already been patented.

[0003] Typically a punching bag is suspended by a single cord from a ceiling or a frame, dangling and recentering like a pendulum.

[0004] U.S. Pat. No. 6,244,993 B1 filed Mar. 15, 1999 by C. Dunn is an example of a boxing bag dangling from a single cord with the added feature of secondary bag to provide unpredictability in return swing.

[0005] U.S. Pat. No. 5,902,217 filed Sep. 24, 1997 by M. Scheckner and A. Adams is another example of a boxing bag hanging from a single point but with added support straps and a martial arts accessory which has simulated arms.

[0006] U.S. Pat. No. 4,434,980 filed Feb. 11, 1982 by B. Babioneau is another example of a punch bag that fights back. In this case the dual bag system with arm accessories is attached to both floor and ceiling but cannot be moved up and down.


SUMMARY OF INVENTION

[0008] The subject invention is a punching/boxing training bag supported from both above and below which can be moved up and down. An object of this invention is to provide a boxing training target which moves not only back and forth but also up and down. Another object of this invention is to provide a more stable boxing target with 2 means of support. Still another object of this invention is to provide a boxing training bag which can be positioned by the instructor. Yet another object of this invention is to provide a training punching bag which enhances skills, speed, hand to eye coordination, counter punching, reflexes and movement. A further object of this invention is to provide a training bag which can be used interchangeably for training for boxing, kick boxing, karate, and other forms of martial arts. This invention consists of a boxing bag having a top connecting hook and a bottom connecting hook both of which in use are connected to a single cord which runs through a ceiling (or frame top) pulley to a control point and then back again to the boxing bag through a floor (or frame bottom) pulley.

SPECIFICATION

[0009] FIG. 1 depicts punching bag (1) with, upper hook (2) and lower hook (3) at opposite end of punching bag (1). Cord (4) is attached to upper hook (1) and runs through upper pulley (5) through control handle (7) to control point (8) then through lower pulley (6) and back to lower hook (3). Control point (8) upper pulley (5) and lower pulley (6) are all attached to frame (9). Pulleys (5) and (6) are fastened to frame by means of pulley fasteners (10).

[0010] FIG. 2 shows punching bag (1) having upper hook (2) and lower hook (3) all connected with cord (4) which runs from upper hook (2) through upper pulley (5) control handle (7), and lower pulley (6) and back to punching bag at lower hook (3). In this figure upper pulley (5) and lower pulley (6) are connected to frame (9) but control handle is held by instructor as a boxers works the bag.

[0011] FIG. 3 shows the parts of FIG. 2 and further depicts how the instructor has moved the bag to a higher position then in FIG. 2.

[0012] FIG. 4 contains the features of FIG. 2 and FIG. 3 but shows how the instructor has moved the bag to a lower position for kick boxing. Lower hook (3) is out of view and control handle (7) has been eliminated with instructor controlling by direct contact with cord (4).

[0013] FIG. 5 highlights a pulley (5) or (6) with cord (4) running through, each fastened to floor or ceiling with pulley fasteners (10).

[0014] FIG. 6 shows application of the invention without need for frame (9). Punching bag (1) has upper hook (2) connected to cord (4) running through upper pulley (5) fastened by pulley fasteners (10) to ceiling, with cord (4) running through a control handle (7) held against wall by control hook (11) then through lower pulley (6) and back to lower hook (3) at bottom of punching bag (1).

[0015] FIG. 7 shows the parts of FIG. 6 except control handle (7), which is replaced with cord end tabs (12) in the case of a cord which is not continuous.

[0016] FIG. 8 contains the parts of FIG. 6 except upper hook (2) and lower hook (3) because in this case cord (4) runs continuously through punching bag (1).

1. A boxing bag having a cord running from its top through slidable movement means to a control handle and back through another slidable movement means to the bottom of the bag.

2. The boxing bag of claim 1 wherein the slidable movement means is a pulley.

3. The boxing bag of claim 2 wherein the pulleys are fastened to a frame.

4. The boxing bag of claim 1, 2 and 3 wherein the contact handle is tubular rubber.

5. The boxing bag of claims 1, 2, 3 and 4 wherein the cord runs continuously through the bag.

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