March 17, 1970 H. R. GUERIN 3,501,143

SPRING TYPE JUDO EXERCISING DEVICE

Filed June 10, 1968

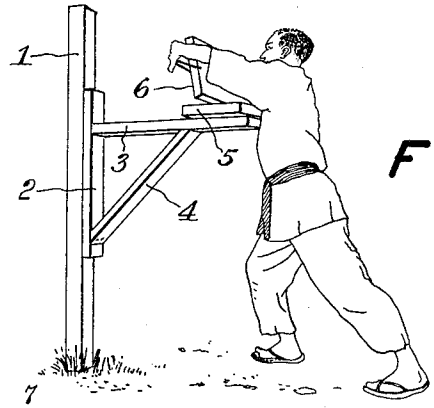


FIG. 1

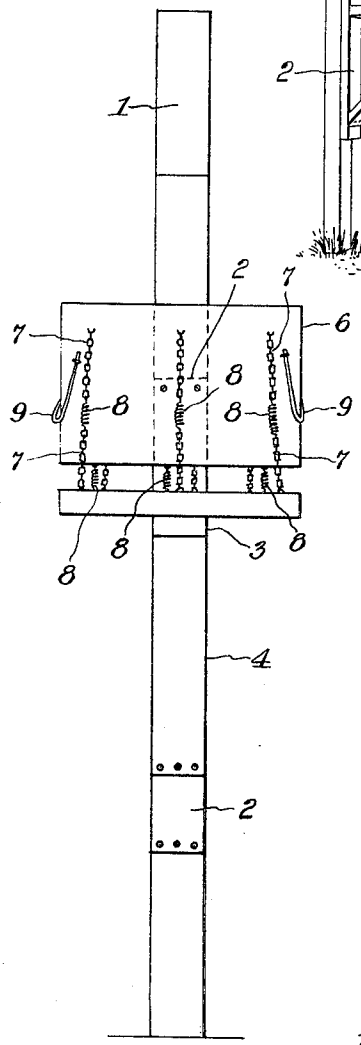


FIG. 2

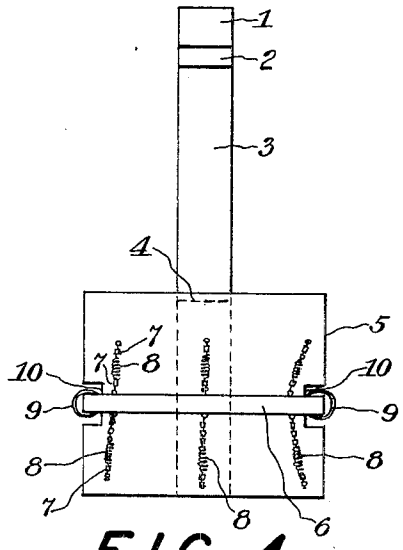


FIG. 4

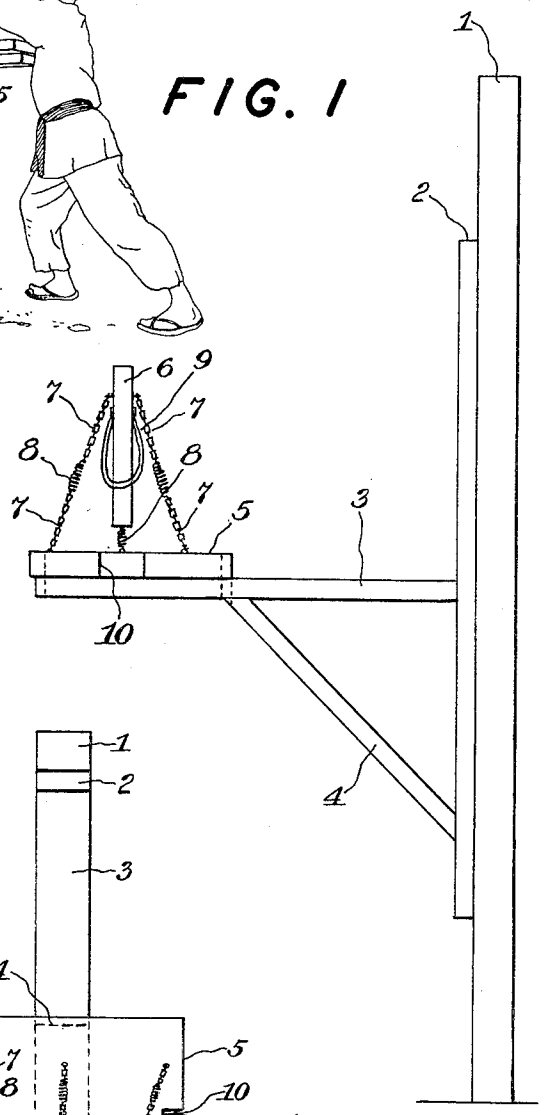


FIG. 3

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SPRING TYPE JUDO EXERCISING DEVICE

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U.S. Cl. 272—83 4 Claims

ABSTRACT OF THE DISCLOSURE

Apparatus adapted for use by an individual practising the art and sport of judo which permits the individual, without using the services of a partner as previously required, to practice each of the eight different positions in breaking an opponent's balance, as must be done prior to a successful throw, as well as permitting the individual to practice the entire movements of different judo throws. The apparatus comprises a main upright supporting member with an extended arm supporting a board on its edge that is spring mounted so as to resist movement from various directions.

SUMMARY OF THE INVENTION

In my invention, a horizontal board is supported by a horizontal member secured to a vertical support. A vertical board disposed above the horizontal board has its bottom horizontal edge secured to the horizontal board by springs. Belts or ropes are secured to opposite vertical edges of the vertical board. The opposite sides of the vertical are secured to the top surface of the horizontal board to establish tension whenever the vertical board is titled or twisted by the user moving the belts held in both hands. This tension simulates the reaction of an opponent .

BRIEF DESCRIPTION OF THE DRAWINGS

In the drawings:
FIG. 1 shows my invention in use;
FIG. 2 is a front view of my invention;
FIG. 3 is a side view of my invention; and
FIG. 4 is a top view of my invention.

DETAILED DESCRIPTION OF PREFERRED EMBODIMENT

Referring now to FIGS. 1–4, a vertical plate **2** is secured to the side of a vertical post or wall **1**. A horizontal member **3** extends outward from the plate **2** and is supported by brace **4**. A horizontal board **5** is supported by member **3**. A vertical board **6** is above board **5**. Lengths of chain **7** are connected at opposite ends between opposite top vertical portions of board **6** and board **5**,

these lengths being connected by springs **8**. The bottom edge of board **6** is connected by springs **8** to board **5**.

Board **5** has opposite rectangular notches **10**. Belts or ropes **9** can be secured to opposite edges of board **6**.

In the art of judo, a player must first be pulled off balance before he can be thrown. There are eight positions in which a player's balance can be broken. My invention allows a person to practice these off balance positions and also go through the entire movements of different judo throws by himself without requiring practice with a partner as heretofore required. The springs **8** provide tension when the boards are pulled and pushed, thus simulating the resistance of an opponent when a player tries to throw him.

While I have described my invention with particular reference to the drawings, such is not to be considered as limiting its actual scope.

Having thus described this invention, what is asserted as new is:

1. Apparatus of the type described comprising:
a first horizontal rectangular board;
means horizontally supporting said first board in a horizontal elevated position;
a second vertical board;
spring means securing the bottom horizontal edge of the second board to the top surface of the first board;
first spring and chain means securing one surface of the second board to an adjacent portion of the top surface of the first board; and
second spring and chain means securing the opposite surface of the second board to an adjacent portion of the top surface of the first board.

2. Apparatus as set forth in claim **1** wherein said spring means includes a plurality of spaced apart vertical coil springs.

3. Apparatus as set forth in claim **2** wherein each spring and chain means includes a plurality of spaced apart connection links, each link comprising two lengths of chain interconnected by a coil spring.

4. Apparatus as set forth in claim **3** wherein said horizontal support means includes a horizontal member extending outward from a vertical support.

References Cited

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