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A. H. FITZGERALD

PUNCHING BAG

Filed June 27, 1922

FIG. 1.

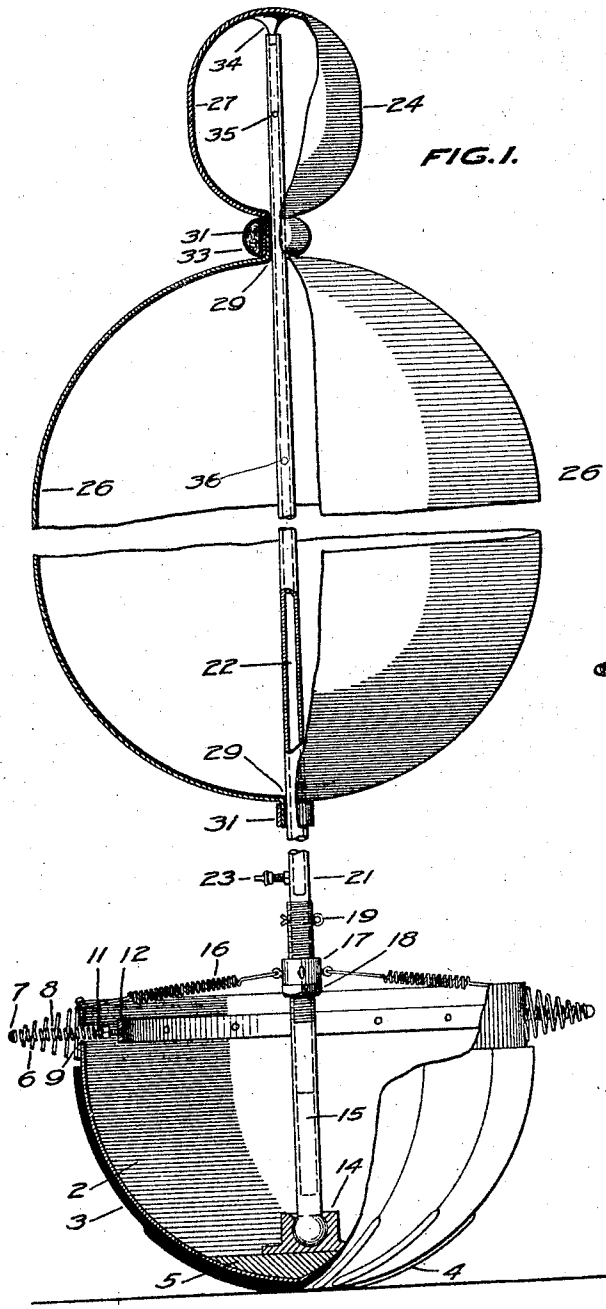
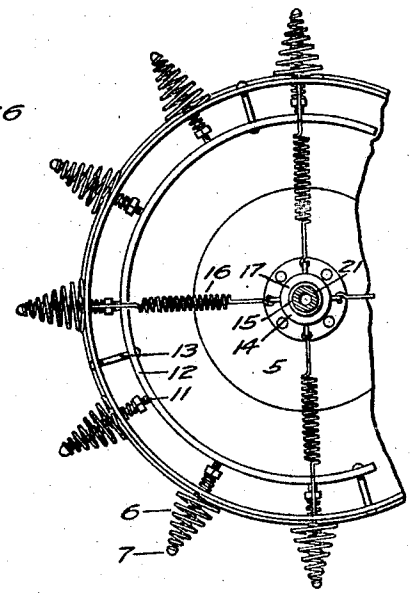


FIG. 2.



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UNITED STATES PATENT OFFICE.

ALFRED H. FITZGERALD, OF SAN MATEO, CALIFORNIA.

PUNCHING BAG.

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To all whom it may concern:

Be it known that I, ALFRED H. FITZGERALD, a citizen of the United States of America, and a resident of San Mateo, county of San Mateo, and State of California, have invented a new and useful Punching Bag, of which the following is a specification.

My invention relates to punching bags and one of the objects of the invention is to provide an exercising device for practicing the art of self defense.

Another object of the invention is to provide a portable punching bag that is characterized by a quick recovery to normal position after being struck.

A further object of the invention is the provision of a portable punching bag simulating the head and body of a boxer.

The invention possesses other objects and features of advantage, some of which, with the foregoing, will be set forth in the following description of my invention. It is to be understood that I do not limit myself to the showing made by the said description as I may adopt variant forms of my invention within the scope of the claims.

Referring to the drawings: Fig. 1 is an elevation of my device, parts of which are shown in section. Fig. 2 is a fragmentary plan view of the base.

In the form of my invention shown I provide a semi-spherical base 2, preferably formed of light sheet metal and provided at its bottom center with a stabilizing weight 5. The exterior surface is protected by a rubber covering 3 provided with ribs 4 extending radially from the bottom center of the semisphere. These ribs provide means for retarding whirling movement of the base following a glancing blow.

Disposed on the upper periphery of the semispherical base are a plurality of outwardly extending, helical compression springs 6, provided with rubber tips 7. The helical springs are preferably re-enforced by cylindrical coil springs 8 extending thru apertures 9 formed in the base. The opposite or inner ends of the cylindrical coil springs are secured on studs 11 threaded into a supporting ring 12 disposed in the upper portion of the base and held in spaced relation thereto by studs 13.

Secured to the stabilizing weight in the base 2 is a socket 14 adapted to receive a ball formed on the lower end of a tube 15. The upper end of the tube is resiliently maintained in central position by tension springs 16 secured to the edge of the semispherical base at one end and at the other to a collar 17 adjustably positioned on the tube by a nut 18.

Adjustably secured in the tube 15 by a pin 19 is a stem 21 provided with an air passage 22 extending from its top end to a point above the base, where a tire valve 23 of conventional design is inserted and thru which air under pressure may be supplied to the air passage.

The stem 21 is adapted to support pneumatic bags 24 and 26 provided with bladders 27 and 28, the bags being of such dimensions as to represent the head and body of a man. The bag 26 and its bladder 28 are provided with necks 29 thru which the stem passes, and the bag 24 and its bladder 27 are provided with similar necks at one end which preferably abut against the upper necks of the bag 26 and its bladder. The neck 29 at the lower end of the bag 26 is tightly secured about the stem by a suitable clamp 31, the adjoining necks of both bags are secured by the clamp 32 which is provided with a protecting pad 33. The bag 24 is flexibly secured at its top end by a rubber stud 34 formed on the inside of the bladder and projecting downwardly into the upper end of the stem. Ports 35 and 36 are formed in the stem connecting the air passage 22 with the bags 24 and 26.

My device may be employed on a polished floor as its protected base and springs prevent the contact of any metal parts therewith. Furthermore the compression springs cause a rebound from the floor which aids the stabilizing weight in quickly returning the bags to vertical position after being struck. The tension springs arrest the movement of the bags in relation to the base, tending to keep the stem in a radial position. The result of the structure explained is a bag which is usable in any convenient space and one which is possessed of unusual speed of recovery.

I claim:

1. A portable punching bag comprising a bag, a stem for supporting the bag, a semispherical base in which said stem is mounted, and compression springs arranged on the outer surface of said base for effecting the quick recovery of the base when rocked by blows on the bag.

2. A portable punching bag comprising

a bag, a stem for supporting the bag, a semi-spherical base in which said stem is mounted, resilient means for centralizing the stem in said base, and means comprising compression springs for effecting the quick recovery of the base when rocked by blows on the bag.

3. A portable punching bag comprising a bag, a stem for supporting the bag, a semi-spherical base in which said stem is mounted, a valve controlled air passage in said stem for inflating the bag, adjustable resilient means for positioning the stem in said base, and means comprising compression springs for effecting the quick recovery of the base when rocked by blows on the bag.

4. A portable punching bag comprising a bag, a stem for supporting the bag, a semi-spherical base in which said stem is mounted, means on said base for effecting the quick recovery of the base when rocked by blows on the bag, and a protective covering on said base including ribs to retard the whirling movement thereof.

In testimony whereof, I have hereunto set my hand.

ALFRED H. FITZGERALD.