CLAIMS:

1. A boxing training apparatus mountable to a support structure, the apparatus comprising:

a support member mountable to the support structure;

at least one biasing member mountable to the support member;

a strikeable member displaceably mountable to the support member such that the at least one biasing member is disposed between the support member and the strikeable member, the strikeable member having a mirrored surface and being displaceable away from a resting position and towards the support member when the mirrored surface is struck; and

a stopping member mountable to the support member such that the strikeable member is urged towards the stopping member by the at least one biasing member for returning the strikeable member to the resting position after the strikeable member has been displaced.

2. The apparatus of claim 1, wherein the strikeable member either

a) defines at least one aperture, and wherein the support member comprises at least one respective guide member received in the at least one aperture of the strikeable member such that the strikeable member is displaceable along the at least one respective guide member via the at least one aperture, or

b) comprises at least one respective insert at least partially received in the at least one aperture for facilitating smooth displacement of the strikeable member along the at least one respective guide member.

3. The apparatus of claim 1 or 2, wherein the stopping member is mountable to the support member by being mountable to the at least one respective guide member and/or the stopping member defines at least one aperture, and wherein the stopping member is mounted to the support member by at least one respective fastener received by the at least one respective guide member via the respective at least one aperture of the stopping member.

4. The apparatus of any one of the preceding claims, wherein the at least one biasing member 1) is mountable to the support member by being mountable to the at least one respective guide member, 2) is removably mounted to the support member, or 3) comprises a plurality of biasing members mounted to the support member and spaced from each other to define a pattern.

5. The apparatus of any one of the preceding claims, wherein the strikeable member is in contact with the stopping member when the strikeable member is in the resting position.

6. The apparatus of any one of the preceding claims, wherein the, or each, at least one biasing member comprises a coiled spring, and optionally defines an effective spring constant of between about 4 and about 80.

7. The apparatus of any one of the preceding claims, wherein a maximum distance that the strikeable member is displaceable away from the resting position and towards the support member is between about 10 millimetres and about 100 millimetres, or is between about 30 millimetres and about 50 millimetres.

8. The apparatus of any one of the preceding claims, wherein the mirrored surface comprises a pair of spaced vertical lines positioned to act as a guide for positioning of a user’s head during use.

9. The apparatus of any one of the preceding claims, wherein the strikeable member comprises a non-metal member (e.g., plywood or plastic), and a metal sheet

(e.g., stainless steel), the metal sheet comprising or carrying the mirrored surface, wherein the non-metal member further optionally defines at least one hole and is optionally affixed to the metal sheet by an adhesive.

10. The apparatus of any one of the preceding claims, wherein the strikeable member further comprises a cushioning member for absorbing force when the strikeable member is struck, preferably the cushioning member is disposed between the non-metal member and the metal sheet, and preferably the cushioning member comprises a foam sheet.

11. The apparatus of claim 10, wherein the non-metal member is affixed to a first surface of the foam sheet by an adhesive and the metal sheet is affixed to an opposed, second surface of the foam sheet by an adhesive.

12. The apparatus of any one of the preceding claims, wherein the support member 1) comprises a non-metal member, and/or 2) defines at least one hole, wherein said support member with at least one hole further optionally comprises a frame, the frame comprising a pair of spaced frame members and a spine member disposed between the pair of spaced frame members.

13. The apparatus of any one of the preceding claims, wherein the stopping member comprises a frame member for at least partially covering the support member, the strikeable member, and the at least one biasing member.

14. The apparatus of any one of the preceding claims, further comprising a damping member disposed between the strikeable member and the stopping member for damping movement and/or impact when the strikeable member returns to the resting position, wherein the damping member preferably comprises a foam member.

15. A method of assembling a boxing training apparatus, the method comprising:

mounting at least one biasing member of the apparatus to a support member of the apparatus;

displaceably mounting a strikeable member of the apparatus to the support member such that the at least one biasing member is disposed between the support member and the strikeable member, the strikeable member having a mirrored surface and being displaceable away from a resting position and towards the support member when the mirrored surface is struck; and

mounting a stopping member of the apparatus to the support member such that the strikeable member is urged towards the stopping member by the at least one biasing member for returning the strikeable member to the resting position after the strikeable member has been displaced.

16. A boxing training apparatus mountable to a support structure, the apparatus comprising:

at least one biasing member mountable to the support structure;

a strikeable member displaceably mountable to the support structure such that the at least one biasing member is disposed between the support structure and the strikeable member, the strikeable member having a mirrored surface and being displaceable away from a resting position and towards the support structure when the mirrored surface is struck; and

a stopping member mountable to the support structure such that the strikeable member is urged towards the stopping member by the at least one biasing member for returning the strikeable member to the resting position after the strikeable member has been displaced.

17. The apparatus of claim 16, wherein a) the strikeable member defines at least one aperture, and wherein the apparatus further comprises at least one respective guide

member mountable to the support structure, the strikeable member being displaceably mountable to the support structure by the at least one respective guide member being received in the at least one aperture of the strikeable member such that the strikeable member is displaceable along the at least one respective guide member via the at least one aperture, b) the at least one biasing member is mountable to the support structure by being mountable to the at least one respective guide member between the support structure and the strikeable member, and/or c) the stopping member is mountable to the support structure by being mountable to the at least one respective guide member and/or comprises a frame member for at least partially covering the strikeable member and the at least one biasing member.