TRAINING DEVICE FOR SPORTSMEN AND CHILDREN

Technical Field

The utility model relates to physical development of human beings, in particular to training devices for boxers or to toys for developing physical abilities of children.

Prior Art

A training device for sportsmen going in for combat sports is known (USSR Inventor's Certificate SU1500325A) intended also for training boxers to simulate fighting at close quarters. The device comprises a mannequin-shaped means for absorbing punches, suspended from a fixed support by means of a flexible cord, and a drive thereof. The flexible cord is connected to the mannequin body by means of a hinged arm which comprises spring-loaded link. The drive is configured as an elastic member (rubber belt) coupled to a sportsman's forebody and has a mechanism fixable to the sportsman's body. The point of fixing the elastic member to the mannequin body is disposed lower than the suspension point thereof which is disposed at its lumbar region. The mannequin upper part is made heavier than its lower part. When the sportsman moves the mannequin moves together with him. The mannequin movement simulates forbidden head movements which in actual practice result in eyebrow injures suffered by the sportsman.

However, since the mannequin is connected to the fixed support, this training device offers few functionality and is not convenient enough in service.

Summary of the Utility Model

It is an object of the proposed utility model to provide a device for training boxers or for developing physical abilities of children, whose design features would enable enhancement of its functionality while decreasing the same in dimensions and making it more convenient in service.

Said object is achieved by means of a device for training sportsmen and children, said device comprising a punch absorbing means configured, for example, as a ball, pear or pumpkin made of leather duplicated with dublerin and provided with contrasting painted inserts sewed therein, a cut and holes for lacing up the cavity filled with a shock-absorbing filler, characterized in that a sealed chamber containing liquid and/or weight is arranged in said

cavity, said chamber, by means of a synthetic rope passing through a leather stripe fixed to the body of the punch absorbing unit, being rigidly connected to the flexible cord in the form of a twisted rubber rope whose top end is in a length-adjustable manner connected to a mechanism fixable to a sportsman's body, said mechanism being configured as a leather belt with a fixing device.

In contrast to the closest prior art whose design features create conditions which only simulate fighting at close quarters, the present utility model provides a device configured as a balanced punch absorbing unit freely suspended by means of the flexible coupling (umbilical cord-type) from a sportsman's body, said sportsman being able to move freely together with the proposed device, so that conditions are created not only of fighting at close quarters but also of real fighting against a moving opponent. At the same time, as the sportsman is able to move freely together with the device ease of its use is provided.

Brief Description of the Drawings

Next, the utility model will be explained by way of a detailed description of the configuration and operation of the proposed device with reference to the attached Fig. 1 showing a general view of "Molecula" device for training sportsmen and children.

Best Mode for Carrying Out the Utility Model

The device comprises a punch absorbing unit which may be differently configured, for example, as a ball made of leather 1 duplicated with dublerin 2 and provided with a cut and holes 3 for lacing up the ball cavity. Contrasting painted inserts 4 are sewed onto the ball surface. The ball cavity is filled with a shock absorbing filler 5 and has a sealed chamber 6 containing liquid or weight 7, which is provided inside said cavity. The chamber 6 is coupled by a synthetic rope 8 to a "pigtailed" rubber rope 9 comprising a flexible cord in communication with a mechanism fixable to a sportsman's body, for example, to his/her head, said mechanism being configured as a belt 10 with a fixing device 11 and a knot 12 for adjusting the rope 9 length.

For a training session using the proposed device, a punch absorbing unit is selected, for, example, a ball depending on the sportsman's weight. The leather belt 10 is fixed by means of the fixing device 11 to the sportsman's head and the ball is positioned at a desired level by adjusting the rubber rope 9 length with the knot 12.

When the ball is punched, it may move in different directions depending on the punch direction. The balancing weight causes the ball to return to its initial position, which then moving by inertia simulates all kinds of variants of the opponent's attack. Bright contrasting inserts are provided not only as decorative elements but also for creating a visual contrast. At the same time, as the sportsman is able to move freely together with the device, a training session is possible wherever convenient to the sportsman.

Training sessions using "Molecula" device are beneficial to developing reaction, coordination, particular group of muscles, peripheral vision, to stress coping. At the same time, it replaces a number of training devices and no special physical drill is required to practice the same. The device may be practiced at any time, anywhere and by all those who are willing to improve their skills or just to strengthen health.

Industrial Applicability

The utility model in any of its embodiments may be industrially implemented using the present processes and conventional means.

The proposed device is inexpensive and multifunctional, easy to manufacture and convenient in service.

Claims

1. "Molecula" device for training sportsmen or children, said device comprising a means fixable to a sportsman's or child's body, to which means a punch absorbing unit is connected which is configured, for example, as a ball, pear or pumpkin made of leather or a strong material and provided with a hole for closing its cavity wherein a shock-absorbing filler is arranged, characterized in that a sealed chamber containing liquid and/or weight is arranged in the cavity of said punch absorbing unit, said chamber, by means of a link passing through an additional leather stripe fixed to the body of said punch absorbing unit, being rigidly connected to the flexible cord whose top end is in a length-adjustable manner connected to said means fixable to a sportsman's body.

2. "Molecula" device for training sportsmen or children according to claim 1, characterized in that said sealed chamber is coupled to said flexible cord by means of a synthetic rubber rope.

3. "Molecula" device for training sportsmen or children according to claim 1, characterized in that said means fixable to a sportsman's body is configured as a leather belt with a fixing device.