WHAT IS CLAIMED IS:

1. A movable die component ~~(116)~~ for a press device ~~(100)~~, the die component comprising:

a plate body ~~(200)~~ having a workpiece engagement surface ~~(214)~~ configured to engage a workpiece ~~(102)~~ formed by the press device, the plate body having a plurality of internal pockets ~~(236)~~ completely enclosed by the plate body.

2. The movable die component ~~(116)~~ of claim 1, wherein the plate body ~~(2000~~ includes an upper cap ~~(238)~~ and a lower cap ~~(240)~~ covering the internal pockets ~~(236)~~.

3. The movable die component ~~(116)~~ of claim 1, wherein the plate body ~~(200)~~ includes support ribs ~~(244)~~ extending between an upper cap ~~(238)~~ and a lower cap ~~(240)~~, the support ribs separating the internal pockets ~~(236)~~ from one another, the upper cap and the lower cap covering the internal pockets.

4. The movable die component ~~(116)~~ of claim 1, wherein the plate body ~~(200)~~ is formed by a plurality of layers ~~(230, 232, 234)~~ built-up on each other and being integral to form a unitary plate body ~~(200)~~.

5. The movable die component ~~(116)~~ of claim 4, wherein the layers comprise a lower layer ~~(234)~~, a plurality of middle layers ~~(232)~~, and an upper layer ~~(230)~~, the internal pockets ~~(236)~~ being provided in the middle layers, the lower layer covering a bottom of each internal pocket, the upper layer coving a top of each internal pocket.

6. The movable die component ~~(116)~~ of claim 1, further comprising damping material at least partially filling the internal pockets ~~(236)~~, the damping material having a lower specific weight than a specific weight of a material of the plate body ~~(200)~~.

7. The movable die component ~~(116)~~ of claim 1, wherein the plate body ~~(200)~~ is formed by a plurality of direct metal laser sintering layers comprising a

lower layer ~~(234)~~, a plurality of middle layers ~~(232)~~, and an upper layer ~~(230)~~, the internal pockets ~~(236)~~ being provided in the middle layers, the lower layer covering a bottom of each internal pocket, the upper layer coving a top of each internal pocket.