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(54) Title: METHOD AND DEVICES TO MEASURE PARAMETERS FOR BOXING PUNCHES OR PUSH ACTIONS

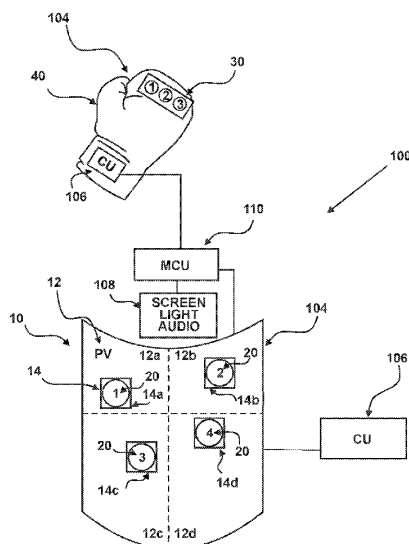


FIG. 2

(57) Abstract: This disclosure describes a method and devices for performing multiple measurements of a boxing punch (or a similar push action in other sports). These measurements provide force, acceleration, four types of reaction time, 3D angles, speed, accuracy/precision, rate of force development, straight punch (jab or cross) efficiency, SPR index (Strength, Precision, reaction time) and/or other information. The devices doing the associated measurements, use one or more force sensors and one or more motion sensors embedded in the boxing gloves and/or in the punched (pushed) object (e.g., punching bag or mitts). In case of a flat screen used for punching area and showing an opponent, a set of position sensors can be used to measure the accuracy of the punch (push). The novel methods and devices can be used in a boxing (or pushing) test, assessment, and training activities, also for fitness and exercising games.

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