

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization
International Bureau

(43) International Publication Date
19 September 2024 (19.09.2024)



(10) International Publication Number
WO 2024/187234 A1

(51) International Patent Classification:
A63B 69/34 (2006.01) *A63B 69/22* (2006.01)

(21) International Application Number:
PCT/AU2024/050223

(22) International Filing Date:
14 March 2024 (14.03.2024)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
2023900687 14 March 2023 (14.03.2023) AU

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(81) Designated States (*unless otherwise indicated, for every
kind of national protection available*): AE, AG, AL, AM,
AO, AT, AU, AZ, BA, BB, BG, BH, BN, BR, BW, BY, BZ,
CA, CH, CL, CN, CO, CR, CU, CV, CZ, DE, DJ, DK, DM,
DO, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT,
HN, HR, HU, ID, IL, IN, IQ, IR, IS, IT, JM, JO, JP, KE, KG,
KH, KN, KP, KR, KW, KZ, LA, LC, LK, LR, LS, LU, LY,
MA, MD, MG, MK, MN, MU, MW, MX, MY, MZ, NA,
NG, NI, NO, NZ, OM, PA, PE, PG, PH, PL, PT, QA, RO,

(54) Title: BOXING TRAINING APPARATUS

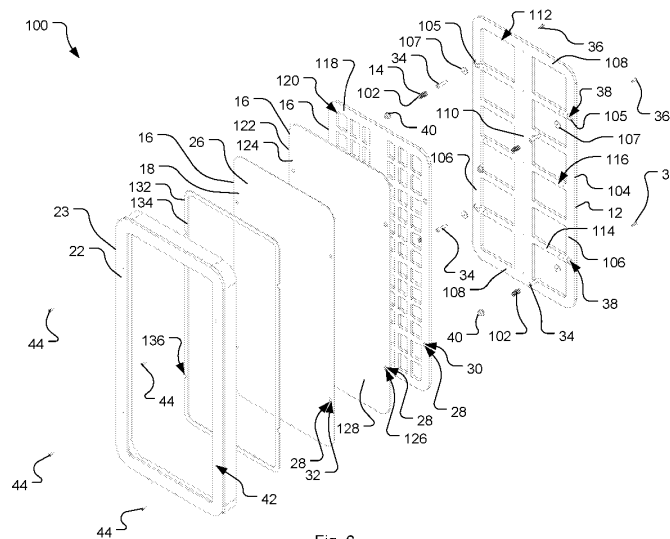


Fig. 6

(57) Abstract: Embodiments relate generally to a boxing training apparatus mountable to a support structure. Embodiments also relate to a method of assembling a boxing training apparatus. An example apparatus comprises: 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.

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RS, RU, RW, SA, SC, SD, SE, SG, SK, SL, ST, SV, SY, TH,
TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, WS,
ZA, ZM, ZW.

(84) Designated States (*unless otherwise indicated, for every kind of regional protection available*): ARIPO (BW, CV, GH, GM, KE, LR, LS, MW, MZ, NA, RW, SC, SD, SL, ST, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, RU, TJ, TM), European (AL, AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU, LV, MC, ME, MK, MT, NL, NO, PL, PT, RO, RS, SE, SI, SK, SM, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, KM, ML, MR, NE, SN, TD, TG).

Published:

- *with international search report (Art. 21(3))*
- *in black and white; the international application as filed contained color or greyscale and is available for download from PATENTSCOPE*