

Title (en)

Sports technique and reaction training system.

Title (de)

Trainingssystem für Sporttechnik und Reaktionsvermögen.

Title (fr)

Système pour l'entraînement de la technique sportive et des réflexes.

Publication

**EP 0253920 A2 19880127 (EN)**

Application

**EP 86113366 A 19860929**

Priority

US 89071686 A 19860725

Abstract (en)

A system for technique and accelerated reaction training of a person (30) by a training program in which an array (10, 110, 300) of lights is positioned visibly in front of the person (30), with each light signifying a different particular movement pattern to be executed by the person (30) in a given amount of time. A control system (126) selectively energizes one light of the array at a time, signifying a particular movement pattern to be executed, in a sequence of lighting of the array of lights unknown to the person undertaking the training program. In this program, the sequence of lighting of the array appears to be random, such that the person (30) waits for an unknown light to be energized, and must then react in a measured time period with the particular movement pattern to be executed in response to that particular light. The control system (126) is programmable to enter a different individual time period of response for each different light, and then times each individual time period of response. Additionally, an audible feedback is supplied to the person (30) by an acoustic transducer (136) which is activated by the control system (126) at the end of each individual time period of response to audible signal, such as by a beep, to the person (30) the end thereof.

IPC 1-7

**A63B 69/00**; **A61B 5/16**

IPC 8 full level

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CPC (source: EP US)

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Cited by

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