

Title (en)
SPORTS TECHNIQUE AND REACTION TRAINING SYSTEM

Publication
EP 0253920 B1 19920205 (EN)

Application
EP 86113366 A 19860929

Priority
US 89071686 A 19860725

Abstract (en)
[origin: EP0253920A2] 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 audibly signal, such as by a beep, to the person (30) the end thereof.

IPC 1-7
A61B 5/16; **A63B 69/00**

IPC 8 full level
A61B 5/16 (2006.01); **A63B 24/00** (2006.01); **A63B 69/00** (2006.01); **A63B 69/38** (2006.01)

CPC (source: EP US)
A63B 24/00 (2013.01 - EP); **A63B 69/0024** (2013.01 - EP); **A63B 69/0053** (2013.01 - EP US); **A63B 69/0075** (2013.01 - EP);
A63B 69/38 (2013.01 - EP); **A63B 69/385** (2013.01 - EP); **A63B 2225/30** (2013.01 - EP)

Citation (examination)
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Designated contracting state (EPC)
AT BE CH DE FR GB IT LI LU NL SE

DOCDB simple family (publication)
EP 0253920 A2 19880127; **EP 0253920 A3 19880817**; **EP 0253920 B1 19920205**; AT E72407 T1 19920215; AU 587305 B2 19890810;
AU 6864887 A 19880128; BR 8700669 A 19880301; CA 1260579 A 19890926; DE 3683852 D1 19920319; IE 870289 L 19880125;
IL 81494 A0 19870916

DOCDB simple family (application)
EP 86113366 A 19860929; AT 86113366 T 19860929; AU 6864887 A 19870206; BR 8700669 A 19870213; CA 516218 A 19860818;
DE 3683852 T 19860929; IE 28987 A 19870204; IL 8149487 A 19870206