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Sports technique and reaction training system.

(57)

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 program-

mable 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.

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REACTION DRILLS
Serve & Volley

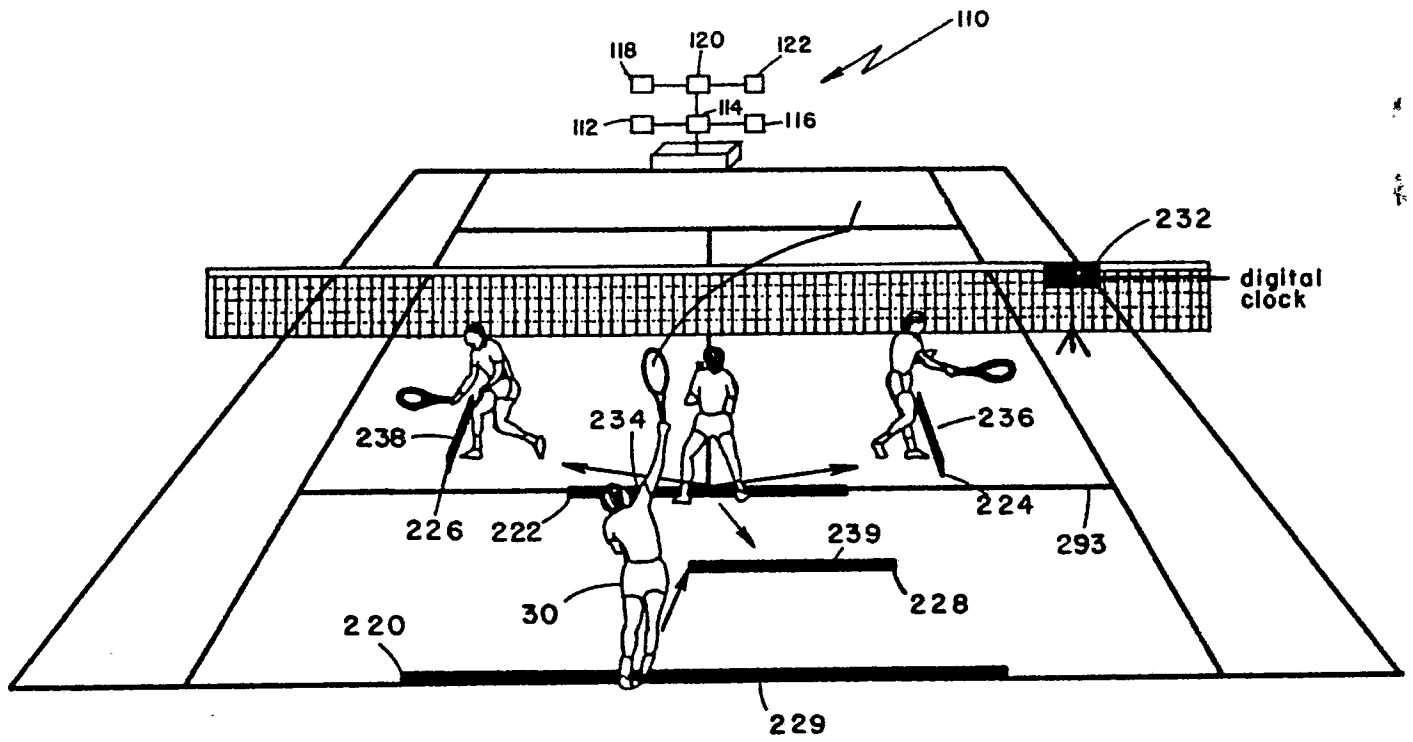


Fig. 4



DOCUMENTS CONSIDERED TO BE RELEVANT			
Category	Citation of document with indication, where appropriate, of relevant passages	Relevant to claim	CLASSIFICATION OF THE APPLICATION (Int. Cl.4)
E	EP-A-0 213 533 (INNOVATIVE TRAINING PRODUCTS) * whole document * -----	1-15	A 63 B 69/00 A 61 B 5/16
			TECHNICAL FIELDS SEARCHED (Int. Cl.4)
			A 63 B 69/00 A 61 B 5/00 A 63 F 9/00
The present search report has been drawn up for all claims			
Place of search		Date of completion of the search	Examiner
BERLIN		20-04-1988	SCHLESIER
CATEGORY OF CITED DOCUMENTS			
X : particularly relevant if taken alone Y : particularly relevant if combined with another document of the same category A : technological background O : non-written disclosure P : intermediate document			
T : theory or principle underlying the invention E : earlier patent document, but published on, or after the filing date D : document cited in the application L : document cited for other reasons ----- & : member of the same patent family, corresponding document			