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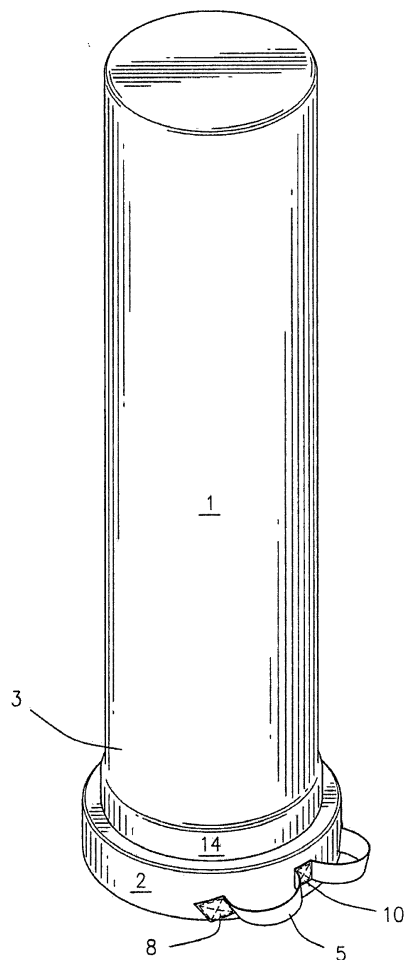
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(54) **Multi Position Freestanding Training Bag**

(57) A training bag comprising a bag removably attached to a base, where the bag may be a foam cylinder with a cover and the base may be pre-filled with sand. The bag may attach to the base via hook and loop material. The training bag may be used for all standing strikes, high and low, as well as for ground work, and requires no assembly and no installation.



**FIG. 1**

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**Description****BACKGROUND OF THE INVENTION**Cross Reference.

**[0001]** Not Applicable.

Field of the Invention.

**[0002]** This invention relates generally to a training bag, and more particularly, but not by way of limitation, to a multi position freestanding training bag.

Description of the Related Art.

**[0003]** Training bags are frequently used in martial arts training. Heavy bags typically hang from the ceiling, while free standing bags are typically on stands or weighted bases. Both are typically used for upright training. Grappling dummies are typically used for ground work, as they generally cannot stand upright independently.

**[0004]** Current heavy bags require home installation and attachment to ceiling joists. Current freestanding bags require assembly and the addition of weights. All current punching bags are functionally limited to specialized conditioning and training.

**[0005]** Traditional freestanding bags have limitations in light of today's diversifying martial arts interests and emerging trends in conditioning, cardio, instruction, and technique development. Market demands are evolving at home and in schools as multi-disciplines have become mainstream. Mixed martial arts has become a more prevalent sport, and overall training styles, as well as other forms of martial arts training, such as cage fitness and cardio kickboxing, have led to a need for greater flexibility in a freestanding bag.

**[0006]** Based on the foregoing, it is desirable to provide a bag that effectively serves all martial arts disciplines, including boxing, mixed martial arts, and wrestling. It is further desirable to provide a bag that requires no assembly and no installation.

**SUMMARY OF THE INVENTION**

**[0007]** In general, in a first aspect, the invention relates to a training bag comprising: a bag, where the bag has an elongated shape with a first end and a second end; and a base with a top and a bottom, where the bag removably attaches to the top of the base at the second end of the bag. The bag may comprise a foam cylinder, and may have a vinyl cover. The base may be cylindrical and may have a larger diameter than the bag and a shorter height than the bag. The base may be pre-filled with sand, the amount of which may be adjustable. The bottom of the base may be flat, and/or may be capable of deforming during use due to the sand in the base.

**[0008]** The base may have a strap attached to a side

of the base, where the strap has two ends and is attached to the base at both ends, forming a loop. The base may additionally or alternately have a strap attached to a side of the base, where the strap has a first end, a second end, and a middle and is attached to the base at both ends and at the middle, forming a first loop between the first end and the middle and a second loop between the second end and the middle. The middle of the strap may be attached to the base at a higher level than the first end or the second end, such that the first loop angles downward from the middle to the first end and the second loop angles downward from the middle to the second end.

**[0009]** The bag may attach to the base via grommets and lacing. Additionally or alternately, the bag may attach to the base via hook and loop material. The training bag may further comprise a ring of hook material extending upward from the base such that the bag fits within the ring, where the ring has hooks projecting radially outwardly therefrom. A ring of loop material may extend downwardly from the bag near the second end of the bag such that the ring of loop material covers the ring of hook material of the base when the bag is in place within the ring of hook material of the base, where the ring of loop material has loops projecting radially inwardly therefrom such that the loops of the ring of loop material of the bag may engage with the hooks of the ring of hook material of the base to removably attach the bag to the base. The bag may further comprise a cover and the ring of loop material may be attached to the cover.

**[0010]** The ring of loop material of the bag may have hooks projecting radially outwardly therefrom. A plurality of tabs of loop material may extend upward from the base adjacent the ring of hook material, where the tabs have loops projecting radially inwardly therefrom, such that the loops of the tabs may engage the hooks of the ring of loop material of the bag when the ring of loop material of the bag is in place engaged with the ring of hook material of the base. The training bag may further comprise a flap extending downwardly from the bag adjacent the ring of loop material of the bag such that the flap covers the plurality of tabs of the base, the ring of loop material of the bag, and the ring of hook material of the base when the bag is in place removably attached to the base.

**BRIEF DESCRIPTION OF THE DRAWINGS**

**[0011]** Figure 1 is a perspective view of the multi position freestanding training bag;

**[0012]** Figure 2 is a front view of the multi position freestanding training bag;

**[0013]** Figure 3 is a back view of the multi position freestanding training bag;

**[0014]** Figure 4 is a left side view of the multi position freestanding training bag;

**[0015]** Figure 5 is a right side view of the multi position freestanding training bag;

**[0016]** Figure 6 is a top view of the multi position freestanding training bag;

**[0017]** Figure 7 is a bottom view of the multi position freestanding training bag;

**[0018]** Figure 8 is a perspective cut away view of the bottom of the multi position freestanding training bag showing how the bag attaches to the base; and

**[0019]** Figure 9 is a perspective view of the bottom of the multi position freestanding training bag showing an alternate option for attaching the bag to the base.

**[0020]** Other advantages and features will be apparent from the following description and from the claims.

#### DETAILED DESCRIPTION OF THE INVENTION

**[0021]** The devices and methods discussed herein are merely illustrative of specific manners in which to make and use this invention and are not to be interpreted as limiting in scope.

**[0022]** While the devices and methods have been described with a certain degree of particularity, it is to be noted that many modifications may be made in the details of the construction and the arrangement of the devices and components without departing from the spirit and scope of this disclosure. It is understood that the devices and methods are not limited to the embodiments set forth herein for purposes of exemplification.

**[0023]** In general, in a first aspect, the invention relates to a multi position freestanding training bag. The multi position freestanding training bag comprises a bag 1 and a base 2, as seen in Figures 1 through 8. The bag 1 may have a cylindrical shape and may attach at its lower end to the base 2. The bag 1 may be filled with foam or other appropriate material, and may have a vinyl cover 3.

**[0024]** The base 2 may likewise have a cylindrical shape, and may generally have a slightly larger diameter and a substantially shorter height than the bag 1. The base 2 may include a material used to provide additional weight and stability, such as, but not limited to, sand, lead, marbles, and/or other appropriate material. The bag 2 may be pre-filled with the material. The amount of such material in the base 2 may be adjustable by the user; this allows the user to change the functional properties and rebounding of the training bag. If the user prefers a discipline that utilizes more throws, he or she may choose to lighten the base 2, while a user that prefers more standing kicks may choose to add weight to the base 2. The base 2 may be made of vinyl, which enables quiet operation and protects floors and mats from damage. The base 2 may have a flat bottom, or the bottom may be rounded. If the base 2 is filled with sand or other malleable material, the base 2 may have a dynamic geometry such that the sand keeps the base 2 in contact with the floor when the bag 1 is struck, independent of the inherent shape of the base 2. This enables dynamic lateral movement while the center of gravity of the training bag stays low (essentially flat) and constant for the base 2, regardless of geometry, allowing the training bag to easily rebound, with or without help, to a vertical position. Varying the properties of the sand, including the volume, concen-

trations, and how tightly packed it is, may allow alternation of the rebounding properties of the training bag.

**[0025]** The base 2 may have one or more straps 4 and 5 attached thereto, which may serve as inserts for feet during sit-ups and allow easy movement of the multi position freestanding training bag. Specifically, the base 2 may have a single loop strap 4 attached to one side, where strap 4 is attached to the base at both ends 6 and 7, creating a single loop; and a double loop strap 5 attached to the opposite side, where strap 5 is attached at both ends 8 and 9 and at its middle 10, creating two loops. The double loop strap 5 may attach at its middle 10 at a higher point than the point at which its ends 8 and 9 attach, such that the two loops angle downward away from the middle 10.

**[0026]** The bag 1 may attach to the base 2 via hook and loop material. The base 2 may have an upwardly projecting ring of material 11 into which the base 2 fits. The ring 11 may be hook material, with the hooks projecting outwardly therefrom. The bag 1 may have a downwardly projecting ring of material 12, where the ring 12 is hook and loop material with hooks projecting outwardly therefrom and loops projecting inwardly therefrom. The ring 12 on the bag 1 may attach to the ring 11 on the base 2 via the hooks on the ring 11 and the loops on the ring 12, such that the ring 12 covers the ring 11. The base 2 may have a plurality of upwardly projecting tabs 13 adjacent the ring 11. The tabs 13 may be loop material, with the loops projecting inwardly therefrom. With the ring 12 on the bag 1 in place covering the ring 11 on the base 2, the tabs 13 may attach to the ring 12 via the hooks on the ring 12 and the loops on the tabs 13, such that the ring 12 is sandwiched between the ring 11 and the tabs 13. The ring 12 may have a flap 14 adjacent the ring 12 that folds over the tabs 13 when they are in place attached to the ring 12, covering the tabs 13, ring 12, and ring 11.

**[0027]** Alternately or additionally, the bag 1 may attach to the base 2 via grommets 14 and lacing 15, as shown in Figure 9.

**[0028]** The weight and shape of the base 2 allow a user to strike the bag 1, and the bag 1 return to its upright position. The bag 1 may also lay flat for mixed martial arts conditioning and technique training. Unlike traditional grappling dummies, which do not stand upright independently, the multi position freestanding training bag may stand upright for a wide range of standing take-down drills, including double-leg takedowns, hip toss, leg sweeps, and throws.

**[0029]** The multi position freestanding training bag may be used for multiple disciplines, including boxing, mixed martial arts, wrestling, jujutsu, cage fitness, cardio kick boxing, etc. The multi position freestanding training bag may be used in homes, schools, or gyms, or other appropriate venues. The multi position freestanding training bag has a 95% strike zone, may be sold fully assembled, requires no installation, may be used for multiple disciplines, and provides instant gratification and convenience. The multi position freestanding training

bag may be used for all standing strikes, high and low, as well as for ground work. The multi position freestanding training bag may be used as a heavy bag for a boxing workout, may provide a sparring experience, may provide dynamic strike reaction similar to a speed bag, and allows for ground work, providing a full body workout.

**[0030]** Whereas, the devices and methods have been described in relation to the drawings and claims, it should be understood that other and further modifications, apart from those shown or suggested herein, may be made within the spirit and scope of this invention.

## Claims

### 1. A training bag comprising:

a bag, where the bag has an elongated shape with a first end and a second end; and  
a base with a top and a bottom, where the bag removably attaches to the top of the base at the second end of the bag.

2. The training bag of Claim 1 where the bag comprises a foam cylinder.

3. The training bag of Claim 1 where the bag comprises a vinyl cover.

4. The training bag of Claim 1 where the base is cylindrical and has a larger diameter than the bag and a shorter height than the bag.

5. The training bag of Claim 1 where the base is pre-filled with sand.

6. The training bag of Claim 5 where the amount of sand in the base is adjustable.

7. The training bag of Claim 5 where the bottom of the base is capable of deforming during use due to the sand in the base.

8. The training bag of Claim 1 where the bottom of the base is flat.

9. The training bag of Claim 1 where the base has a strap attached to a side of the base, where the strap has two ends and is attached to the base at both ends, forming a loop.

10. The training bag of Claim 1 where the base has a strap attached to a side of the base, where the strap has a first end, a second end, and a middle and is attached to the base at both ends and at the middle, forming a first loop between the first end and the middle and a second loop between the second end and the middle.

11. The training bag of Claim 10 where the middle of the strap is attached to the base at a higher level than the first end or the second end, such that the first loop angles downward from the middle to the first end and the second loop angles downward from the middle to the second end.

12. The training bag of Claim 1 where the bag attaches to the base via grommets and lacing.

13. The training bag of Claim 1 where the bag attaches to the base via hook and loop material.

14. The training bag of Claim 13 further comprising a ring of hook material extending upward from the base such that the bag fits within the ring, where the ring has hooks projecting radially outwardly therefrom.

15. The training bag of Claim 14 further comprising a ring of loop material extending downwardly from the bag near the second end of the bag such that the ring of loop material covers the ring of hook material of the base when the bag is in place within the ring of hook material of the base, where the ring of loop material has loops projecting radially inwardly therefrom such that the loops of the ring of loop material of the bag may engage with the hooks of the ring of hook material of the base to removably attach the bag to the base.

16. The training bag of Claim 15 where the bag comprises a cover and where the ring of loop material is attached to the cover.

17. The training bag of Claim 15 where the ring of loop material of the bag has hooks projecting radially outwardly therefrom, the training bag further comprising a plurality of tabs of loop material extending upward from the base adjacent the ring of hook material, where the tabs have loops projecting radially inwardly therefrom, such that the loops of the tabs may engage the hooks of the ring of loop material of the bag when the ring of loop material of the bag is in place engaged with the ring of hook material of the base.

18. The training bag of Claim 17 further comprising a flap extending downwardly from the bag adjacent the ring of loop material of the bag such that the flap covers the plurality of tabs of the base, the ring of loop material of the bag, and the ring of hook material of the base when the bag is in place removably attached to the base.

### 19. A training bag comprising:

a bag with a first end and a second end, where the bag comprises a foam cylinder and a cover;

a base with a top and a bottom, where the bag removably attaches to the top of the base at the second end of the bag and where the base is pre-filled with sand;

a ring of hook material extending upward from the base such that the bag fits within the ring, where the ring has hooks projecting radially outwardly therefrom; 5

a ring of hook and loop material extending downwardly from the bag near the second end of the bag such that the ring of hook and loop material covers the ring of hook material of the base when the bag is in place within the ring of hook material of the base, where the ring of hook and loop material has hooks projecting radially outwardly therefrom and loops projecting radially inwardly therefrom such that the loops of the ring of hook and loop material of the bag may engage with the hooks of the ring of hook material of the base to removably attach the bag to the base; 10 15 20

a plurality of tabs of loop material extending upward from the base adjacent the ring of hook material, where the tabs have loops projecting radially inwardly therefrom, such that the loops of the tabs may engage the hooks of the ring of hook and loop material of the bag when the ring of hook and loop material of the bag is in place engaged with the ring of hook material of the base; and 25

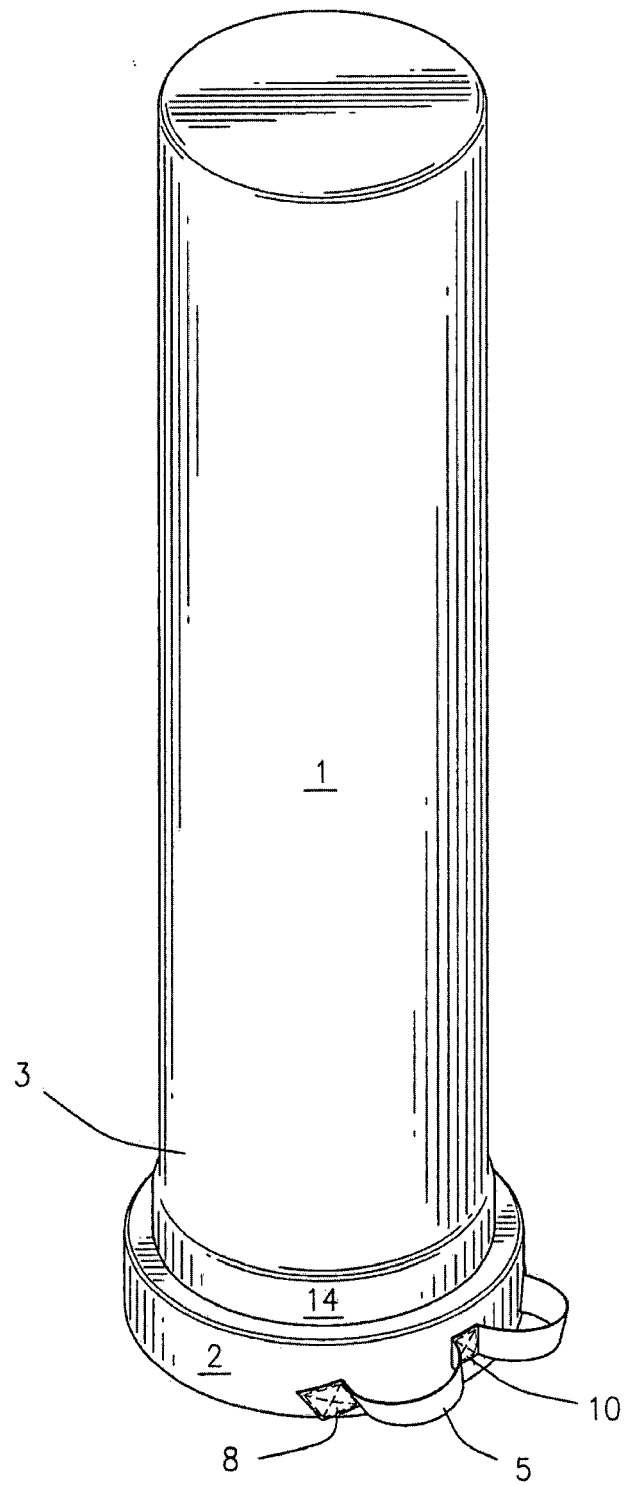
a flap extending downwardly from the bag adjacent the ring of hook and loop material of the bag such that the flap covers the plurality of tabs of the base, the ring of hook and loop material of the bag, and the ring of hook material of the base when the bag is in place removably attached to the base. 30 35

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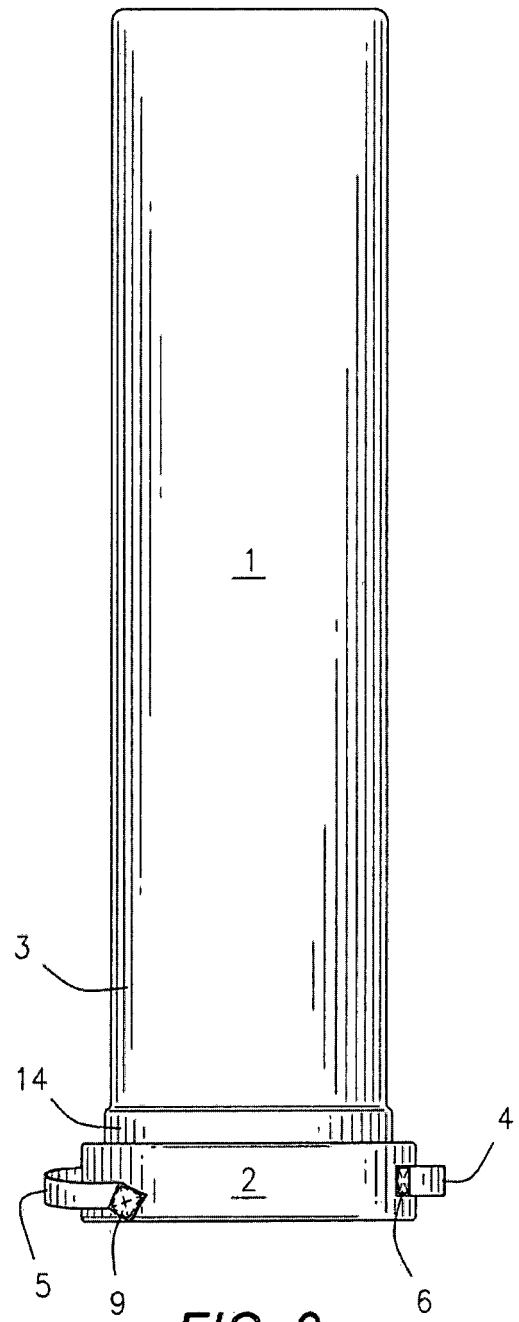
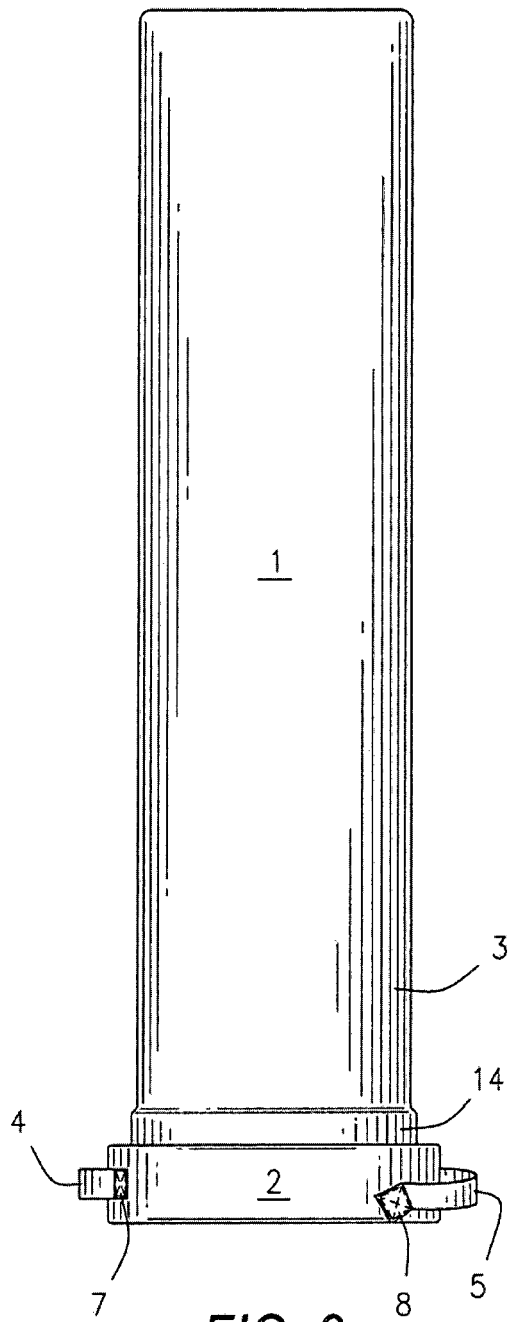
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**FIG. 1**



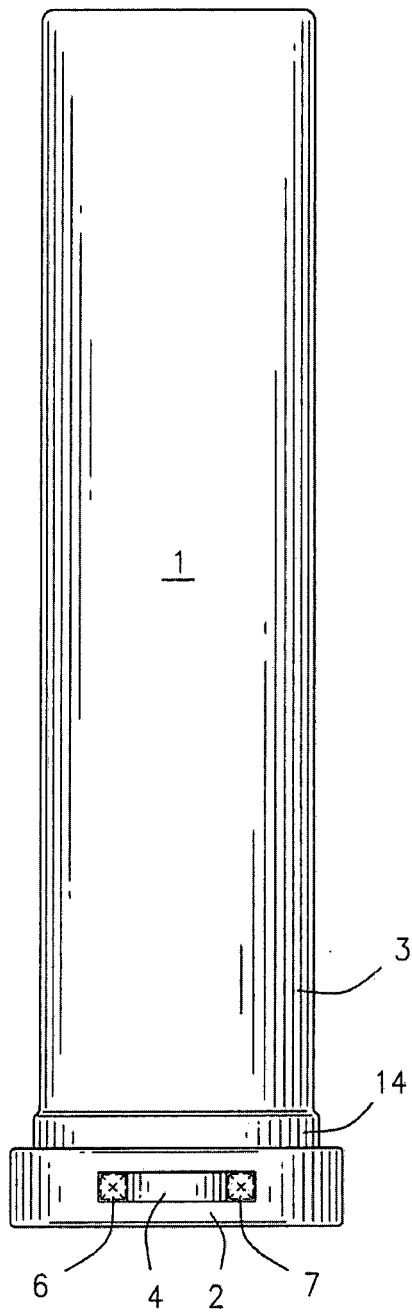


FIG. 4

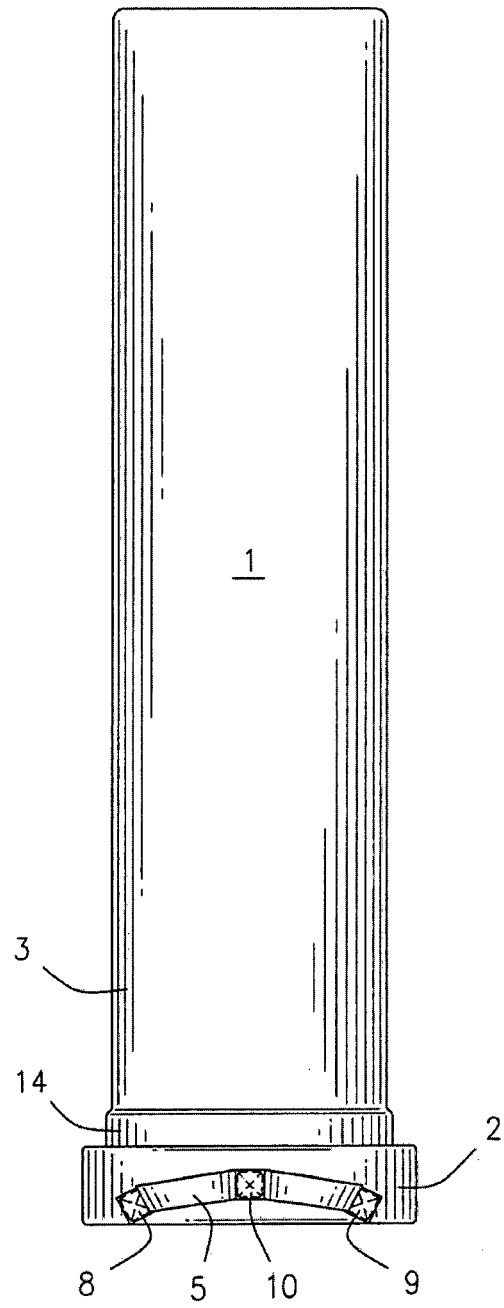


FIG. 5



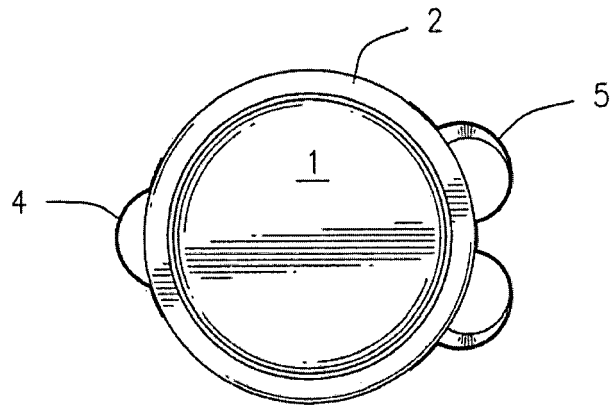


FIG. 6

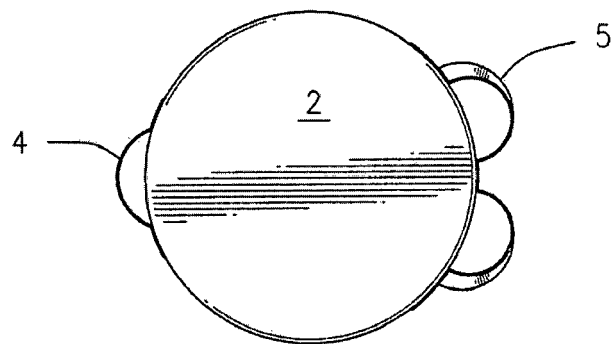


FIG. 7

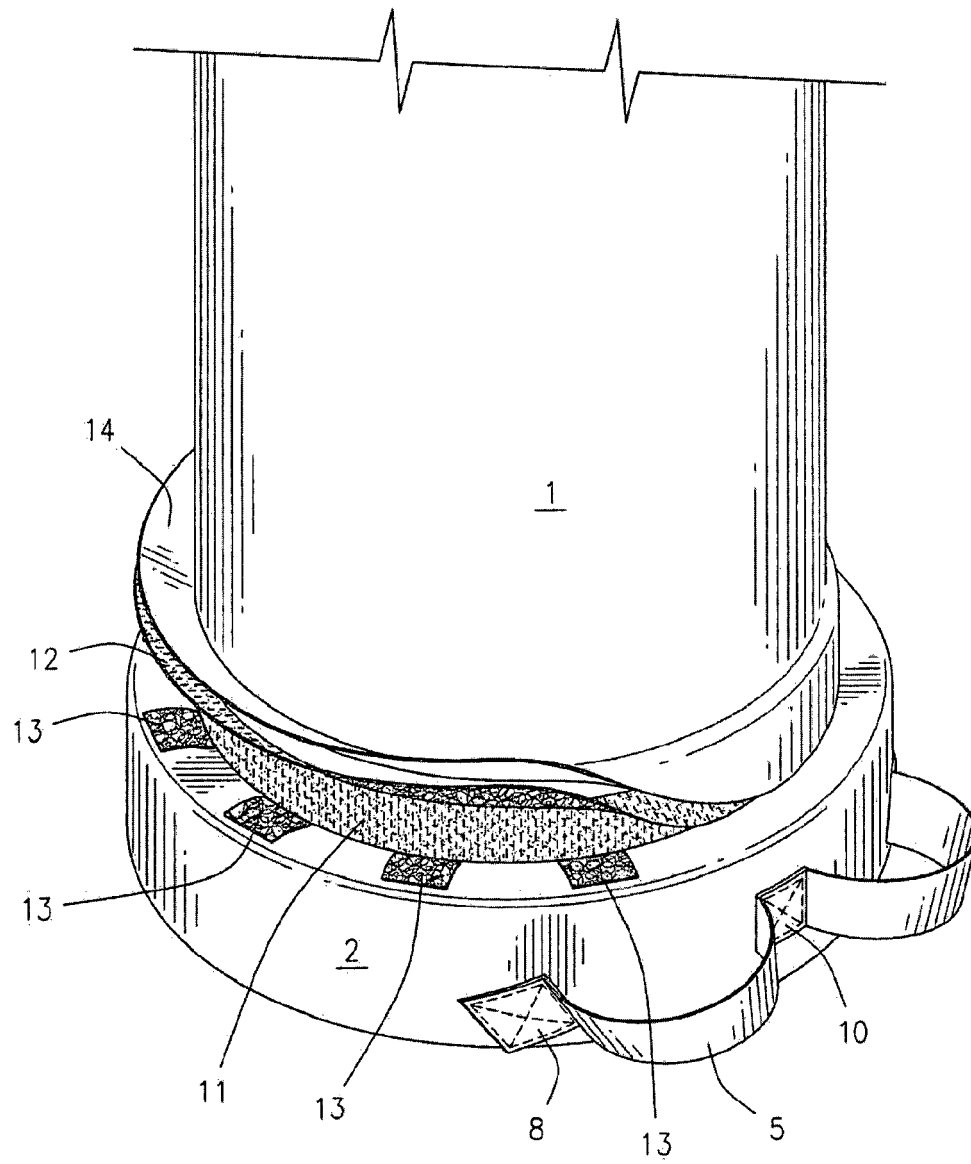


FIG. 8

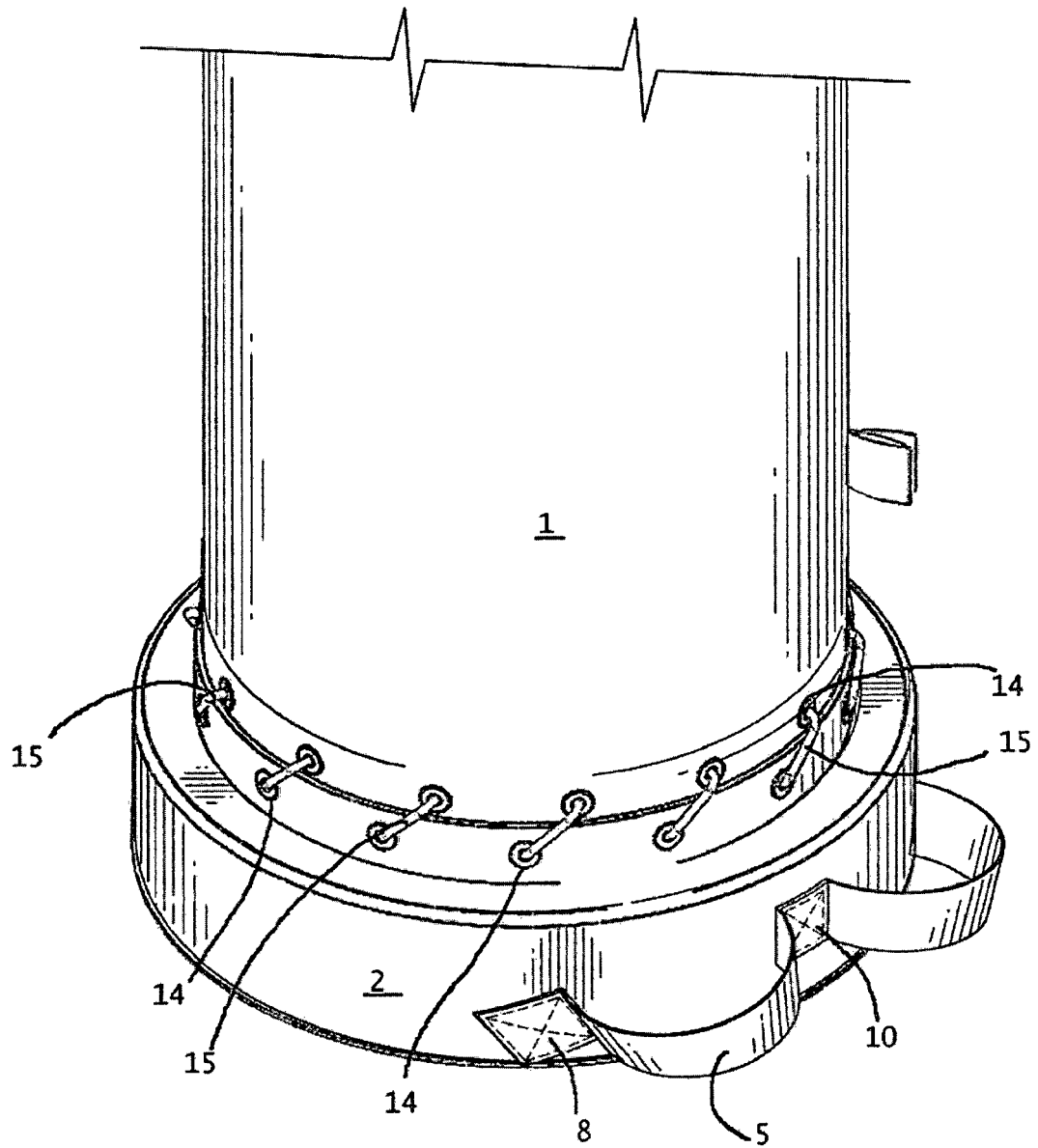


FIG. 9



## EUROPEAN SEARCH REPORT

Application Number  
EP 13 17 6593

DOCUMENTS CONSIDERED TO BE RELEVANT			
Category	Citation of document with indication, where appropriate, of relevant passages	Relevant to claim	CLASSIFICATION OF THE APPLICATION (IPC)
X	US 2005/187043 A1 (MILLER CRAIG M [CA] ET AL) 25 August 2005 (2005-08-25) * abstract * * paragraphs [0019], [0022], [0038], [0040], [0053], [0047]; figures 5,6 *	1-3,5-8, 12,13	INV. A63B69/20 A63B71/02 A63B69/00
X	US 6 106 443 A (KUO JAMES Y C [TW]) 22 August 2000 (2000-08-22) * abstract * * column 2, line 39; figures 3,4,5 * * column 2, line 23 * * column 2, line 57 * * column 3, line 10 - line 13 * * column 1, line 36 - line 41 * * column 1, line 45 - line 54 *	1,2,4-6, 8,12	
X	US 2006/019803 A1 (GIAQUINTA DENISE [US] ET AL) 26 January 2006 (2006-01-26) * abstract * * figures 1,3 * * paragraphs [0032], [0035], [0036], [0038], [0068] *	1-6,8	TECHNICAL FIELDS SEARCHED (IPC) A63B
X	US 6 390 958 B1 (CHU YONG S [US]) 21 May 2002 (2002-05-21) * abstract * * column 3, line 56 - line 58 * * column 4, line 25 - line 29 * * column 3, line 60 - column 4, line 5 * * figures 9,2,8 *	1,2,4-6, 8	
The present search report has been drawn up for all claims			
Place of search Munich		Date of completion of the search 22 October 2013	Examiner Fuentes, Santiago
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	

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**ANNEX TO THE EUROPEAN SEARCH REPORT  
ON EUROPEAN PATENT APPLICATION NO.**

EP 13 17 6593

This annex lists the patent family members relating to the patent documents cited in the above-mentioned European search report.  
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22-10-2013

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