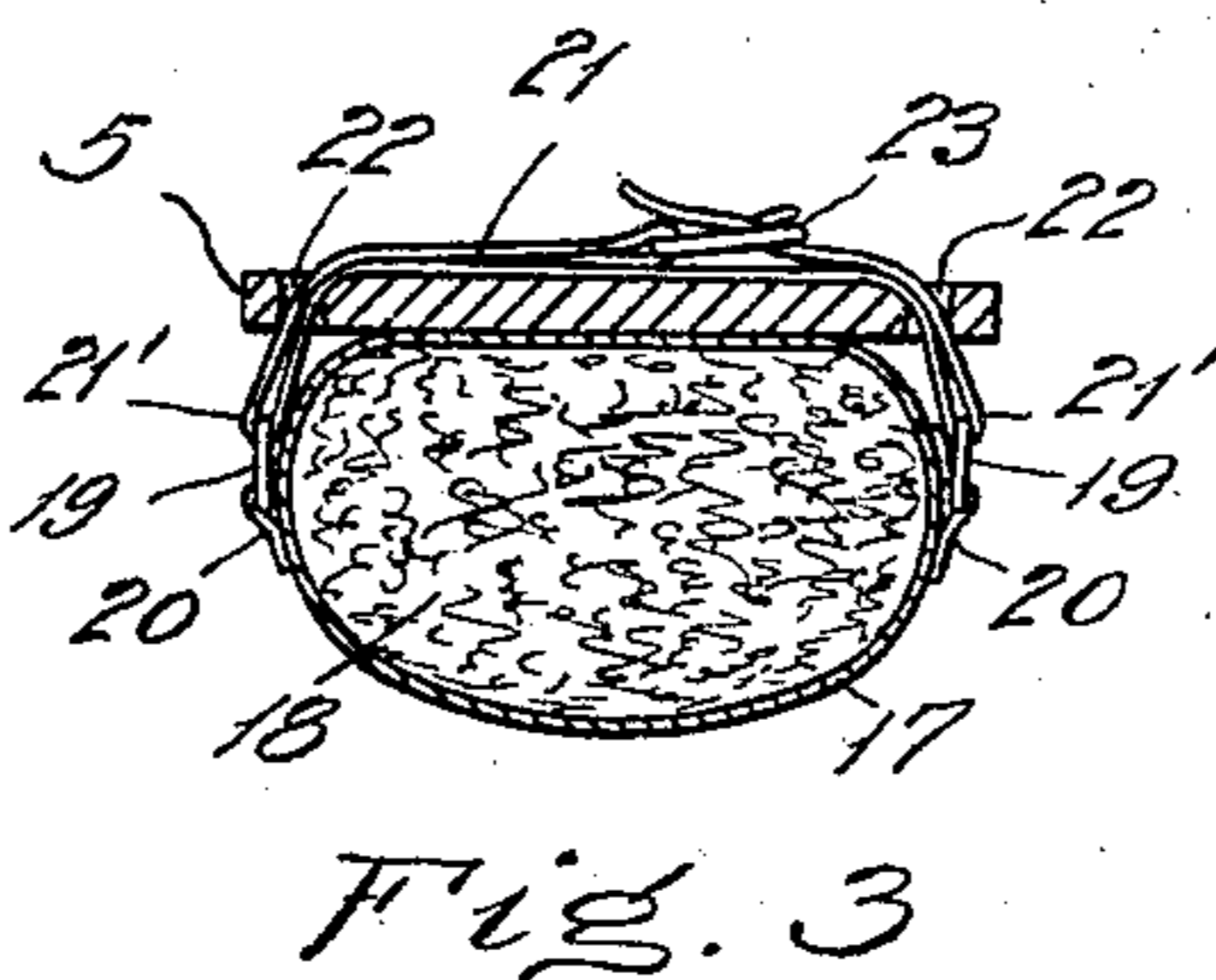
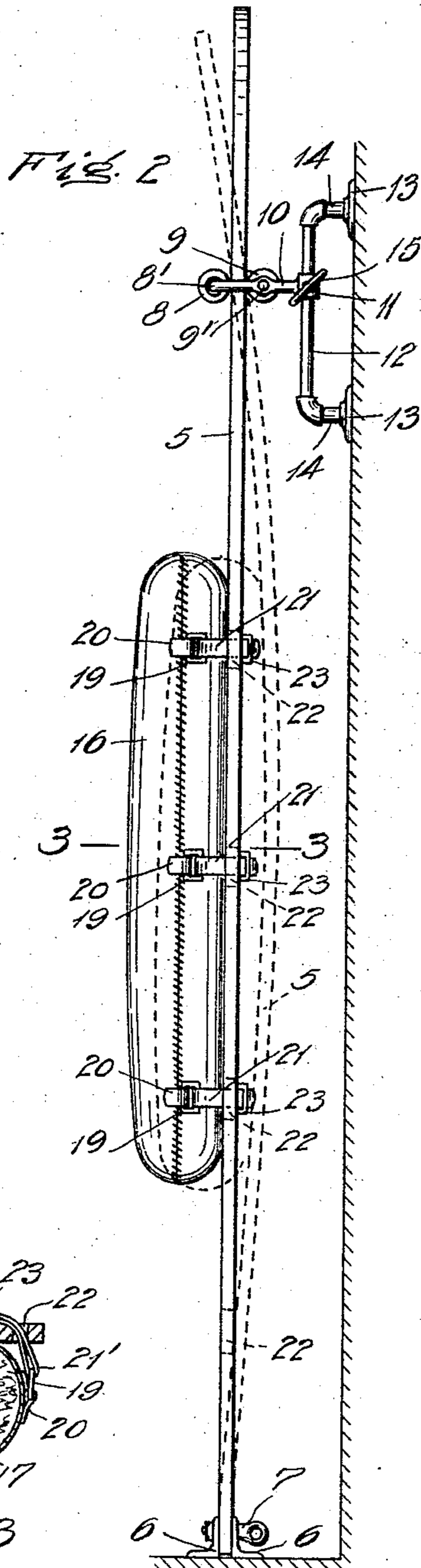
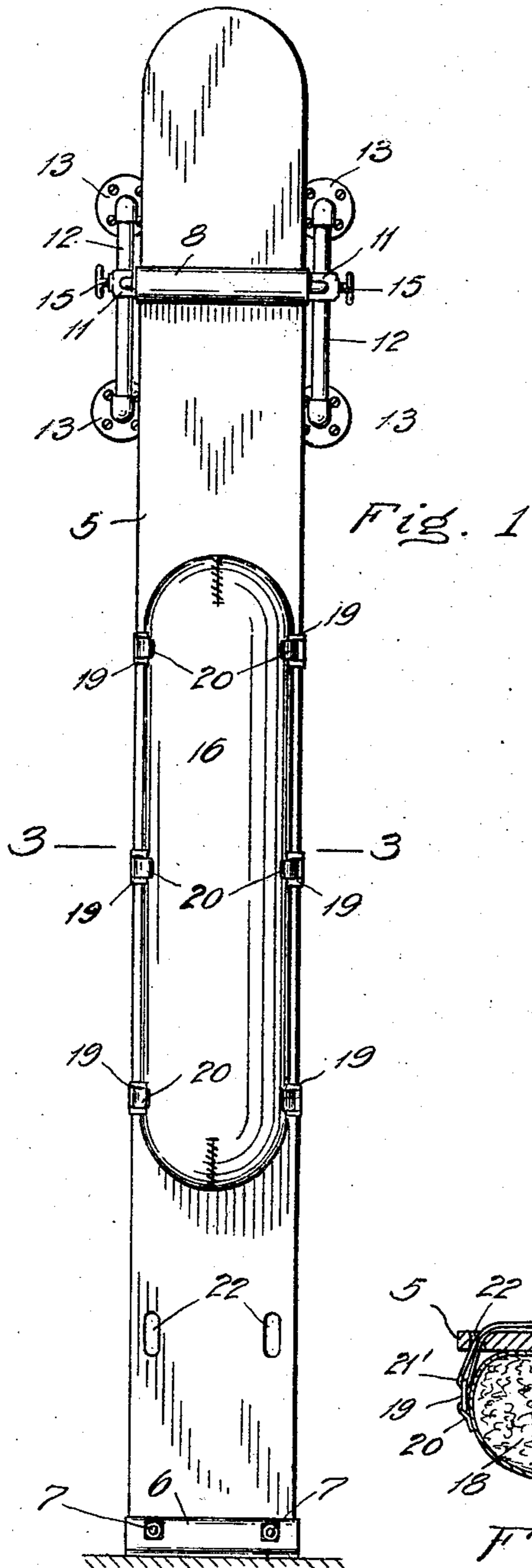


A. J. AUSTIN.  
STRIKING BAG.  
APPLICATION FILED JAN. 21, 1909.

944,648.

Patented Dec. 28, 1909.



WITNESSES:  
Horace Barnes.  
Freeman B. Flanders,

INVENTOR:  
Alonzo J. Austin  
BY  
Pierre Barnes  
ATTORNEY.

# UNITED STATES PATENT OFFICE.

ALONZO J. AUSTIN, OF SEATTLE, WASHINGTON.

## STRIKING-BAG.

944,648.

Specification of Letters Patent.

Patented Dec. 28, 1909.

Application filed January 21, 1909. Serial No. 473,436.

*To all whom it may concern:*

Be it known that I, ALONZO J. AUSTIN, a citizen of the United States, residing at Seattle, in the county of King and State of Washington, have invented certain new and useful Improvements in Striking-Bags, of which the following is a specification.

This invention relates to improvements in gymnastic apparatus and more particularly to that class known as striking-bags.

The object of my improvements is the provision of a device of this nature which will afford an extended range of exercise for muscular development and the promotion of agility in the user.

The invention consists in the novel construction and adaptation of devices, as will be hereinafter described and claimed.

In the accompanying drawings, Figure 1 is a front elevational view of apparatus embodying my invention. Fig. 2 is a side view of the same. Fig. 3 is a horizontal section taken through 3—3 of the preceding views.

In the drawings, the reference numeral 5 designates a board, or an equivalent, which is arranged to be approximately vertical and is secured at its lower end by an attachment to an underneath support, such as a floor. This attachment is desirably comprised of two metallic angle-bars 6 which are clamped to the board by nutted screw-bolts 7 extending through the board and the upturned flanges of said bars. The angle-bars are also rigidly secured to said support, as by bolts.

Adjacent to the upper end of the board, it is secured against horizontal movement by being housed between rollers 8 and 9 which are desirably covered with a peripheral facing of rubber or other elastic material and are disposed to bear respectively against the front and rear faces of the board. The rollers are mounted for rotation upon transversely arranged rods 8' and 9' extending between and connected at their ends with the horizontal members 10 of a frame. The frame members 10 are provided at the rear with sockets 11 through which respectively extend post elements 12 of brackets which are adapted to be secured to a house wall or other suitable support, as by screws passed through wall-plates 13 upon the outer extremities of rearwardly extending arms 14. The frame which carries said rollers is adapted to be secured at various elevations,

as by set-screws 15 extending through screw-threaded holes in the socket members to impinge against the bracket-posts 12.

16 is a striking bag which, as shown in Fig. 3, is comprised of a sack 17 of leather, or other tough and flexible material, and is provided with a filling 18, such as hair. This bag is desirably of an oblong configuration with a width approximating that of the board and is provided with eyes 19 which are secured to the bag by straps 20. Said eyes are disposed in couples, and each pair thereof is arranged in a horizontal plane. The office of these eyes is to afford means for the engagement of straps 21 wherewith the bag is lashed to the board and, for the better securement of the bag, pairs of spaced holes 22, are provided near the lateral edges of the board and through selected of the holes said straps are extended. Advantageously, the straps are each doubled to provide loops 21' to receive the aforesaid eyes and the respective straps are provided with a buckle 23 upon one end to adjustably engage the perforated other end of its strap and fastening at the rear of the board. Said pairs of holes 22 are spaced apart to correspond with the spacing of the bag straps and, preferably, at least one pair of such holes in excess of the number of straps is provided for the bag thus enabling the bag to be lashed to the board at various heights for the accommodation of the user. For example, an adult would, in practice, employ such holes as to secure the bag in a more elevated position than would be suitable for a juvenile who would utilize the lower holes with the bag at a lower height.

To use the invention the bag is struck from the front either directly or in oblique lines to the plane of the board whereupon the resiliency of the board allows the same to be sprung rearwardly with the bag, as indicated by the broken lines in Fig. 2, the elasticity of the board then asserting itself to cause the board to rebound forwardly of its normal plane, provided that the user does not overcome such rebound by counter blows. By reason of the bottom of the board being fixedly secured it is obvious that the top thereof is drawn downwardly to compensate for whatever bending movement is given the board and in correspondence to the force of the blow delivered against the bag. The provision of the rollers in the frame-support

for the upper portion of the board offers little restraint to such bending of the board. The effective elasticity of the board may be graduated by lowering or raising the roller-carrying frame. Should the filling of the bag through hard usage settle toward the bottom of the bag then the latter may be reversed. The bag, as before mentioned, may be likewise secured to various adjusted heights to suit the purposes of the user.

As a means for the development of the muscles which are brought into play in boxing, this invention is peculiarly valuable and is adapted for use either in the home or in gymnasiums.

What I claim, is—

1. In an apparatus of the class described, an upright board, means for fixedly securing said board at its lower end, means including two rollers for supporting the upper portion of the board therebetween, and a striking-bag secured to the board intermediate the two aforesaid means.

2. In an apparatus of the class described, a board, a striking-bag, strap connections for securing the bag to the board, and means for adjustably securing the board in an upright position.

3. In apparatus of the class described, an upright board, a striking bag detachably connected to said board, means for connecting the lower end of the board to a fixed support, and adjustable means for connecting the upper end of the board to a support.

4. In apparatus of the class described, an upright board which is fixedly secured at its lower end, a bracket arranged for securement to a wall and provided with an upright post, a frame slidably connected to said post, rollers rotatably carried by the frame and spaced apart to accommodate said board

therebetween, a striking-bag, and means for securing said bag to the board.

5. In apparatus of the class described, an upright spring-board, a striking-bag detachably connected to said board, means for fixedly connecting the lower end of the board to a fixed support, and adjustable means which are located above the bag for preventing the tilting of the board from an upright position.

6. In apparatus of the class described, a striking-bag, an upright support for said bag, a means fixedly securing the lower end of the support, and a means for securing the upper end of the support against tilting, said means being arranged to allow longitudinal movement to the support with respect to the means.

7. In apparatus of the class described, a striking-bag, a support for said bag, means for securing the respective ends of said support, one of said means being arranged to allow longitudinal movement to the support with respect to said means.

8. In apparatus of the class described, a spring-board arranged in a substantially upright position, a means for fixedly securing the lower end of the board to a fixed support, a bracket arranged to be secured to a vertical support, a frame movable vertically upon the bracket, means to secure said frame in adjusted positions with respect to said bracket, two rollers rotatably mounted in said frame and disposed to receive the board therebetween, and a striking-bag secured to the board.

ALONZO J. AUSTIN.

Witnesses:

F. B. FLANDERS,  
HORACE BARNES.