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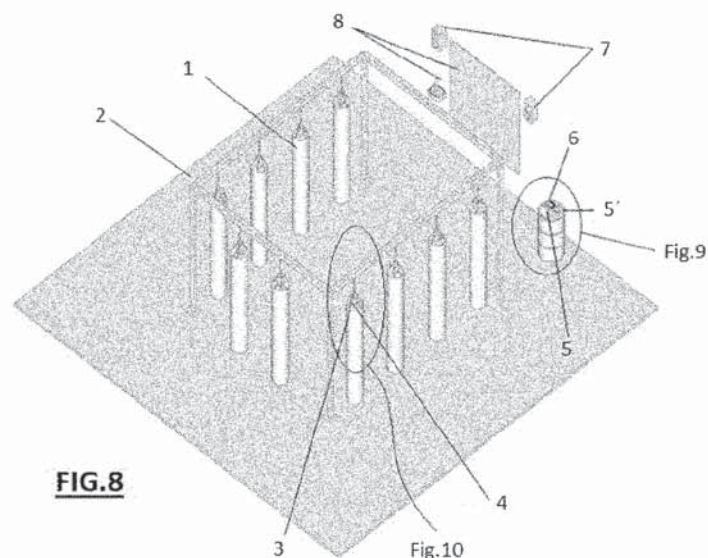
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(54) Title: INTEGRATED SYSTEM FOR BOXING AND MARTIAL ARTS-BASED GROUP COMPETITIVE TRAINING AND METHOD OF USE THE SAME



(57) Abstract: The invention described and claimed in the present application comprises a modular and integrated system for optimal, organized, structured and integral training and competition using boxing and martial arts-based training and conditioning tools, record keeping, integration, displaying and communication components. The purely structural elements of the invention comprise a metal frame, easy to assemble and disassemble, anchored to the floor with engagement means. Impact receiving means (1) Boxing training bags, and other training tools can be mounted to the frame in a pre-determined, pre-structured arrangement and array. The underlying idea is to seek and optimize a global training vision of a single participant or a group of participants in order to improve their training experience and results, and to allow individual to establish training metrics and group competition.

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