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(54) **MARTIAL ARTS SLEEVE GRIP TRAINER**

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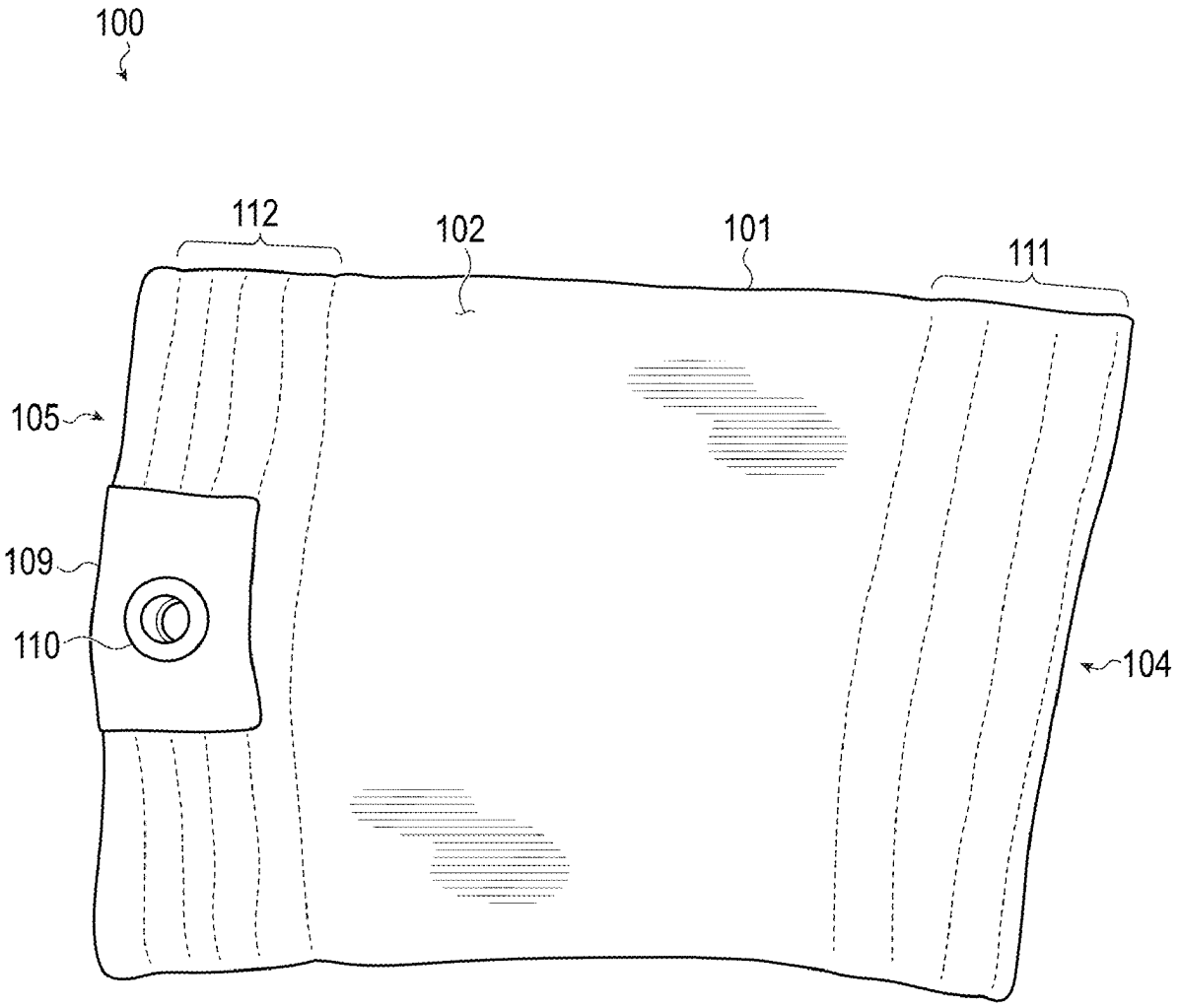
(57) **ABSTRACT**

A martial arts sleeve grip trainer includes a tubular body formed of a first material, a second material attached to the one or more ends of the tubular body to reinforce the second material, and one or more attachment points. The attachment points may include one or more grommets extending through the tubular body and the second material. The configuration of these features may enable the martial arts sleeve grip trainer to simulate the sleeve of another person for purpose of training sleeve grips while preventing significant wear on the martial arts sleeve grip trainer in order to prolong the useful life of the martial arts sleeve grip trainer.



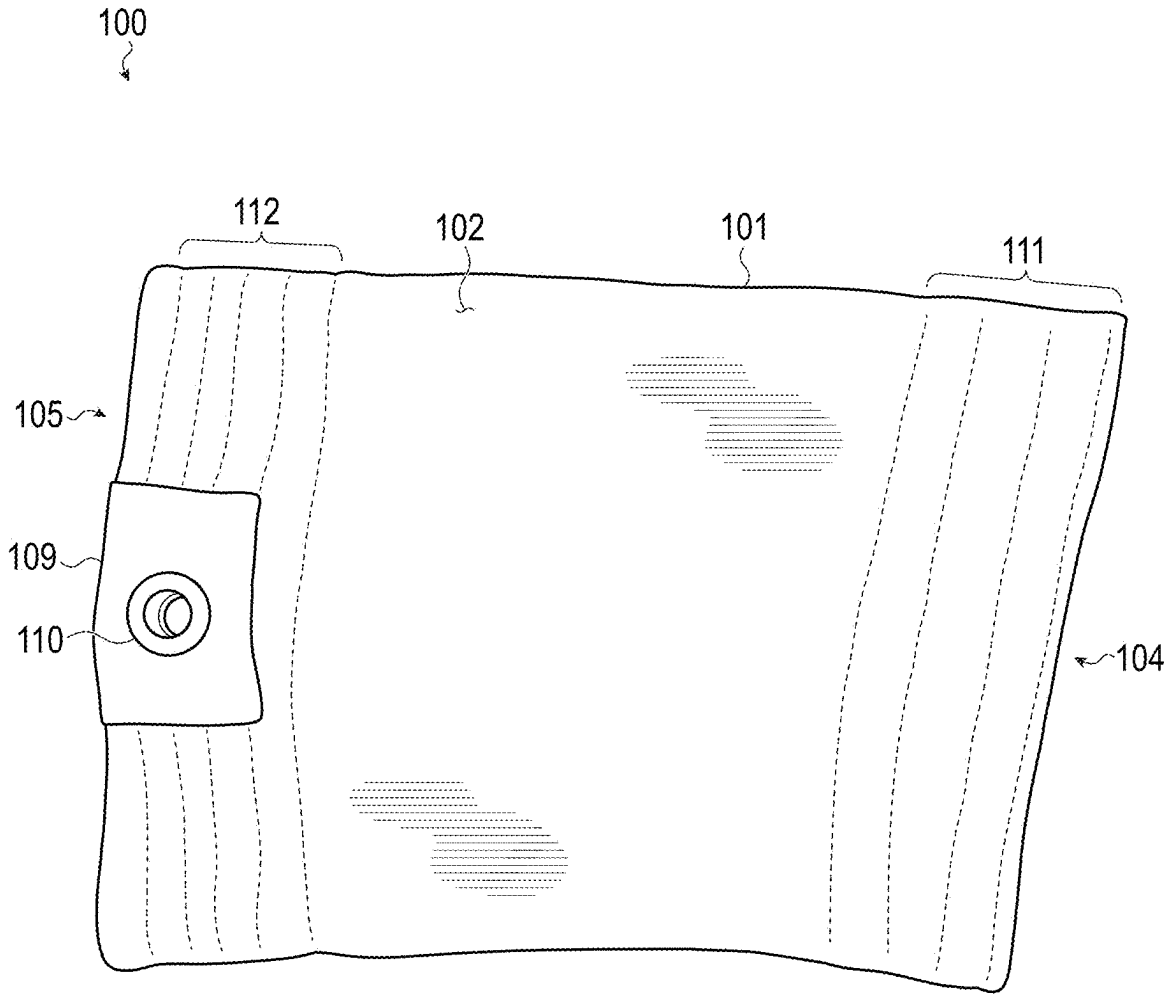


FIG. 1A

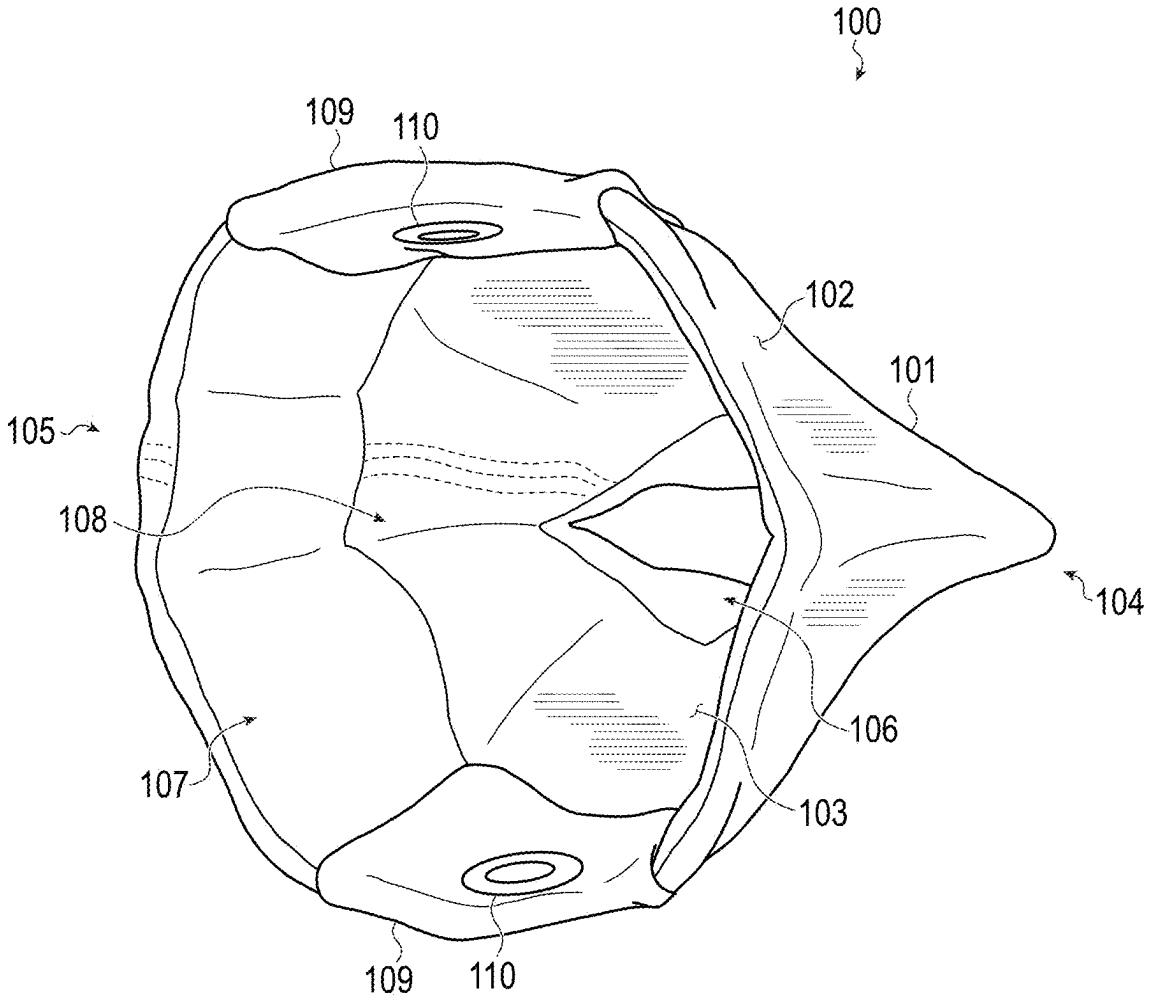


FIG. 1B

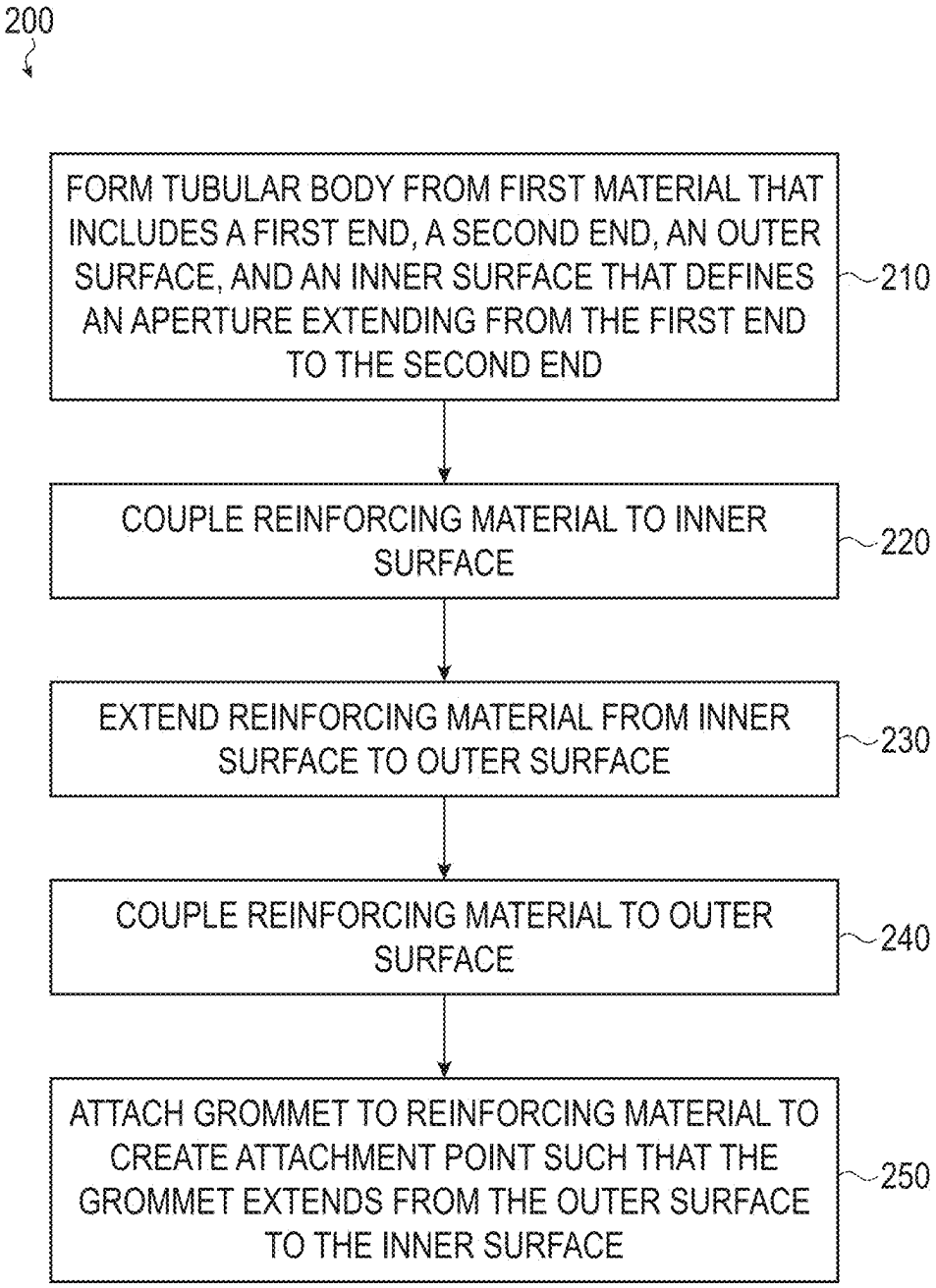

200
FORM TUBULAR BODY FROM FIRST MATERIAL THAT INCLUDES A FIRST END, A SECOND END, AN OUTER SURFACE, AND AN INNER SURFACE THAT DEFINES AN APERTURE EXTENDING FROM THE FIRST END TO THE SECOND END
210
COUPLE REINFORCING MATERIAL TO INNER SURFACE
220
EXTEND REINFORCING MATERIAL FROM INNER SURFACE TO OUTER SURFACE
230
COUPLE REINFORCING MATERIAL TO OUTER SURFACE
240
ATTACH GROMMET TO REINFORCING MATERIAL TO CREATE ATTACHMENT POINT SUCH THAT THE GROMMET EXTENDS FROM THE OUTER SURFACE TO THE INNER SURFACE
250

FIG. 2

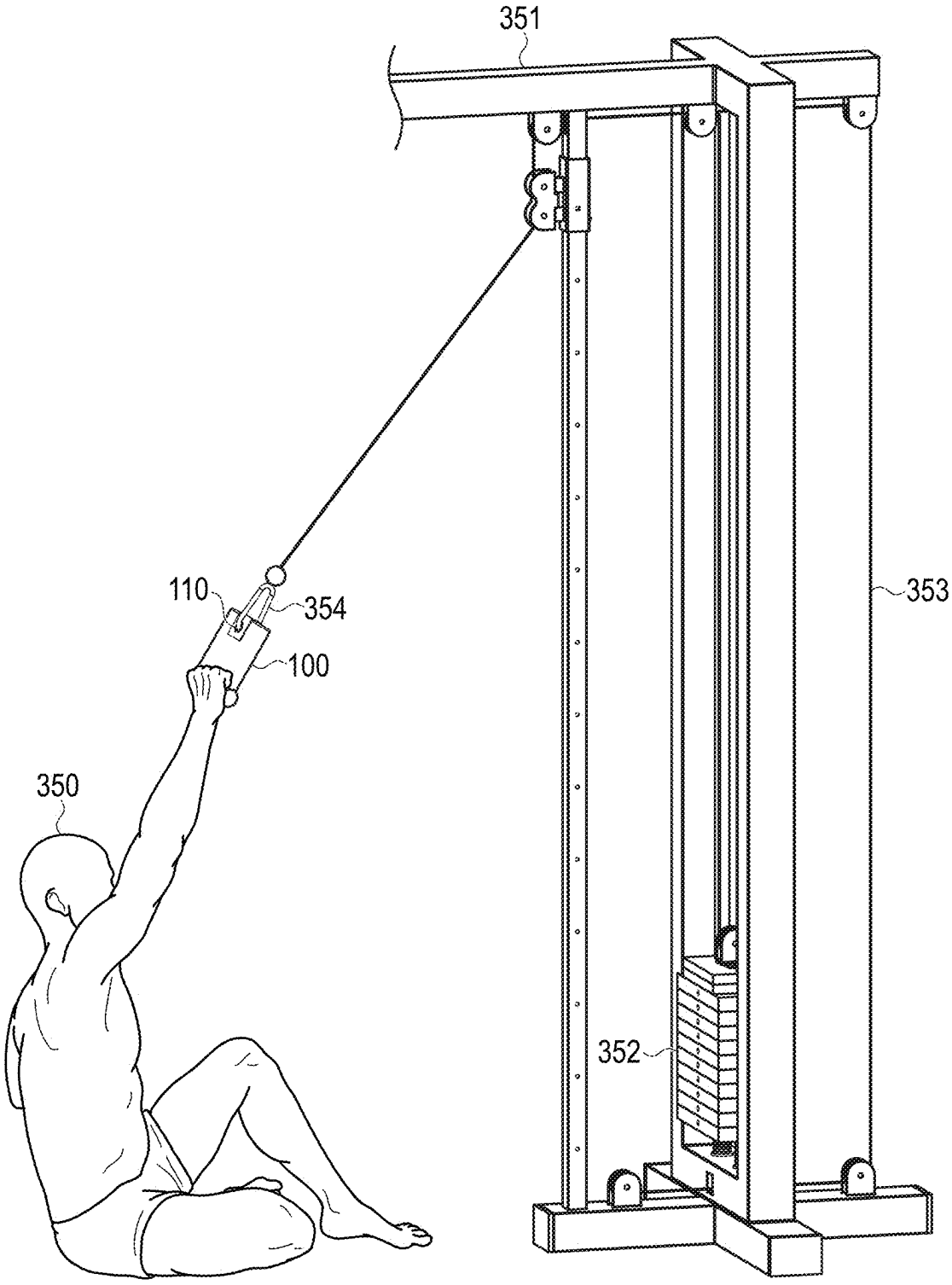


FIG. 3A

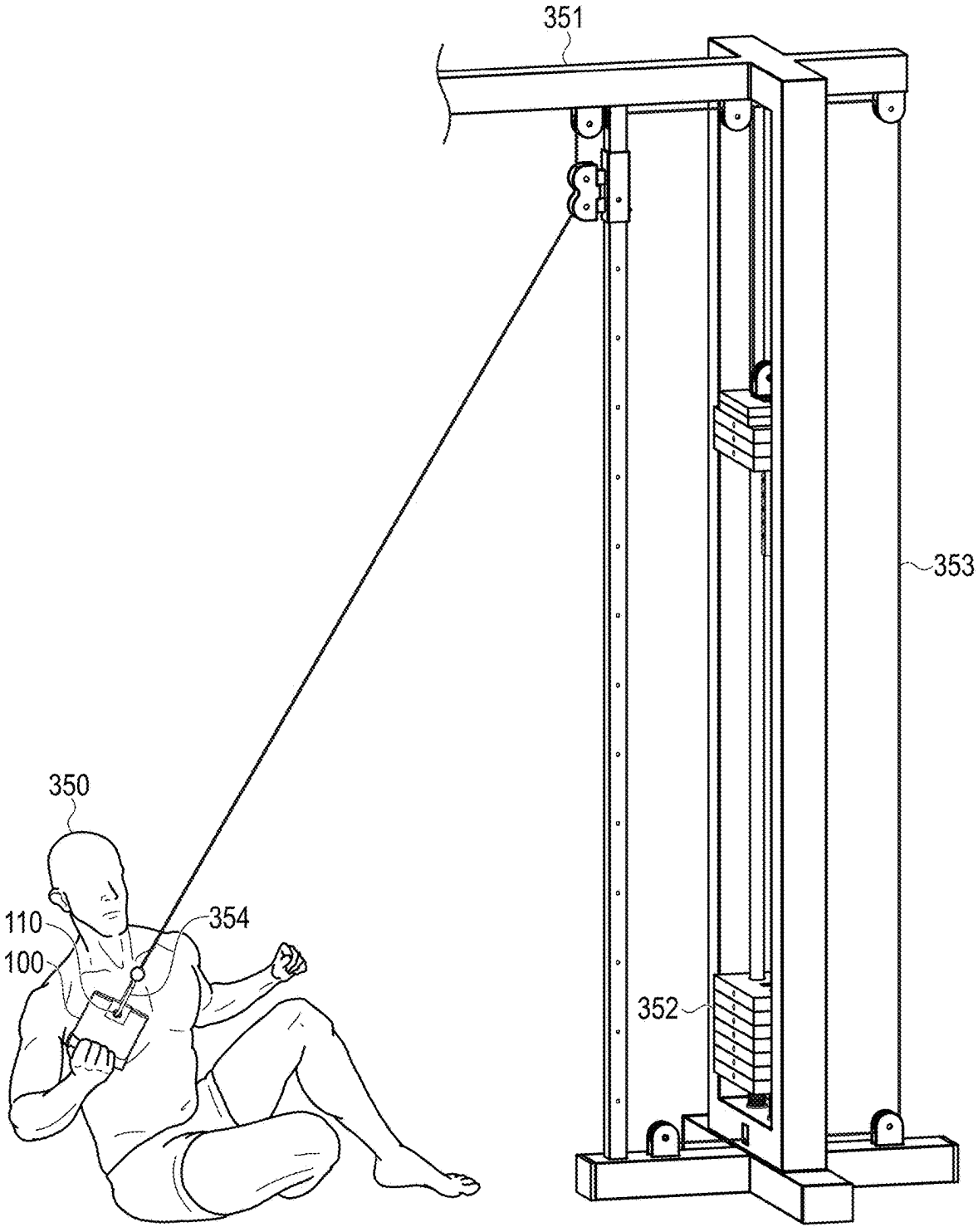


FIG. 3B

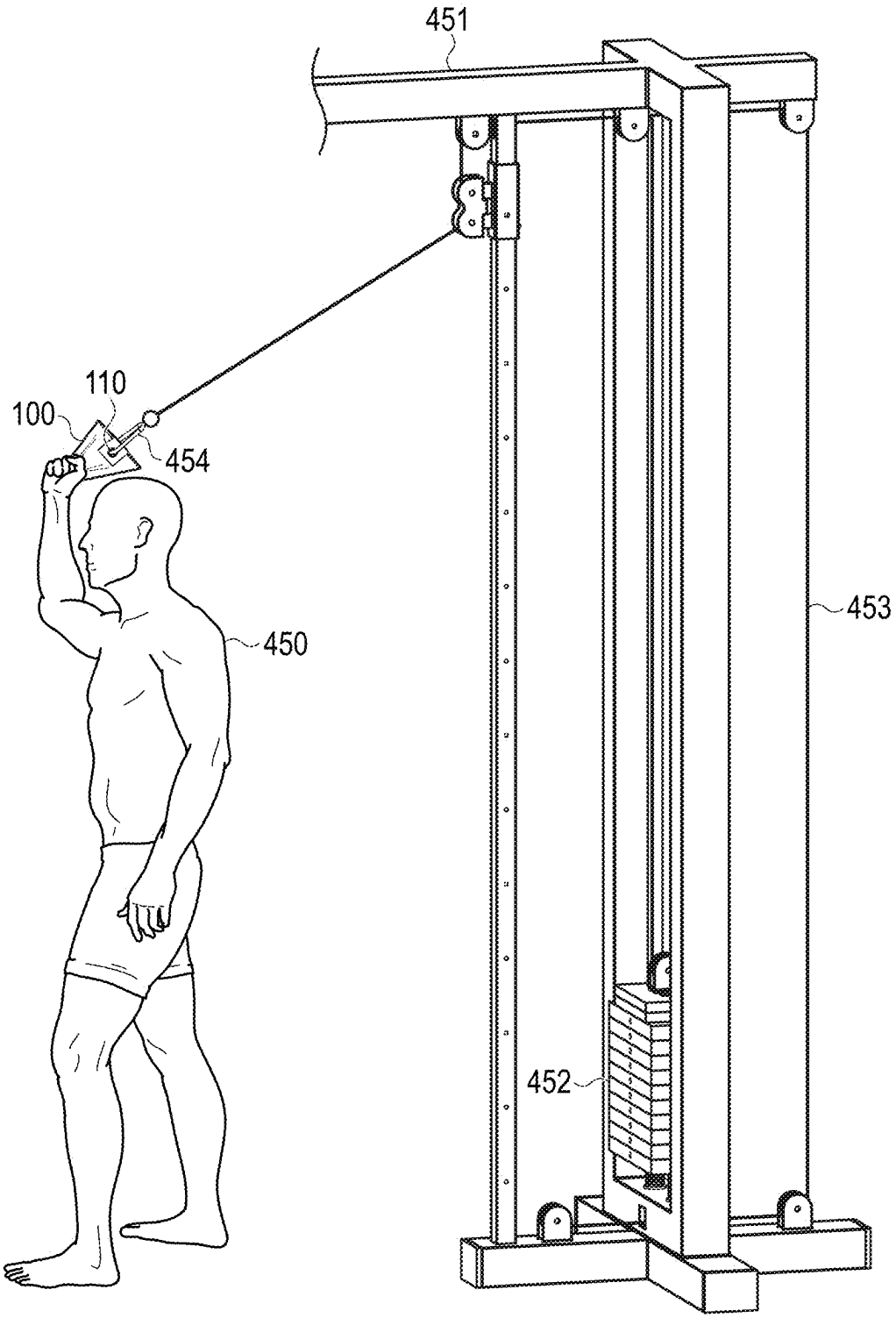


FIG. 4A

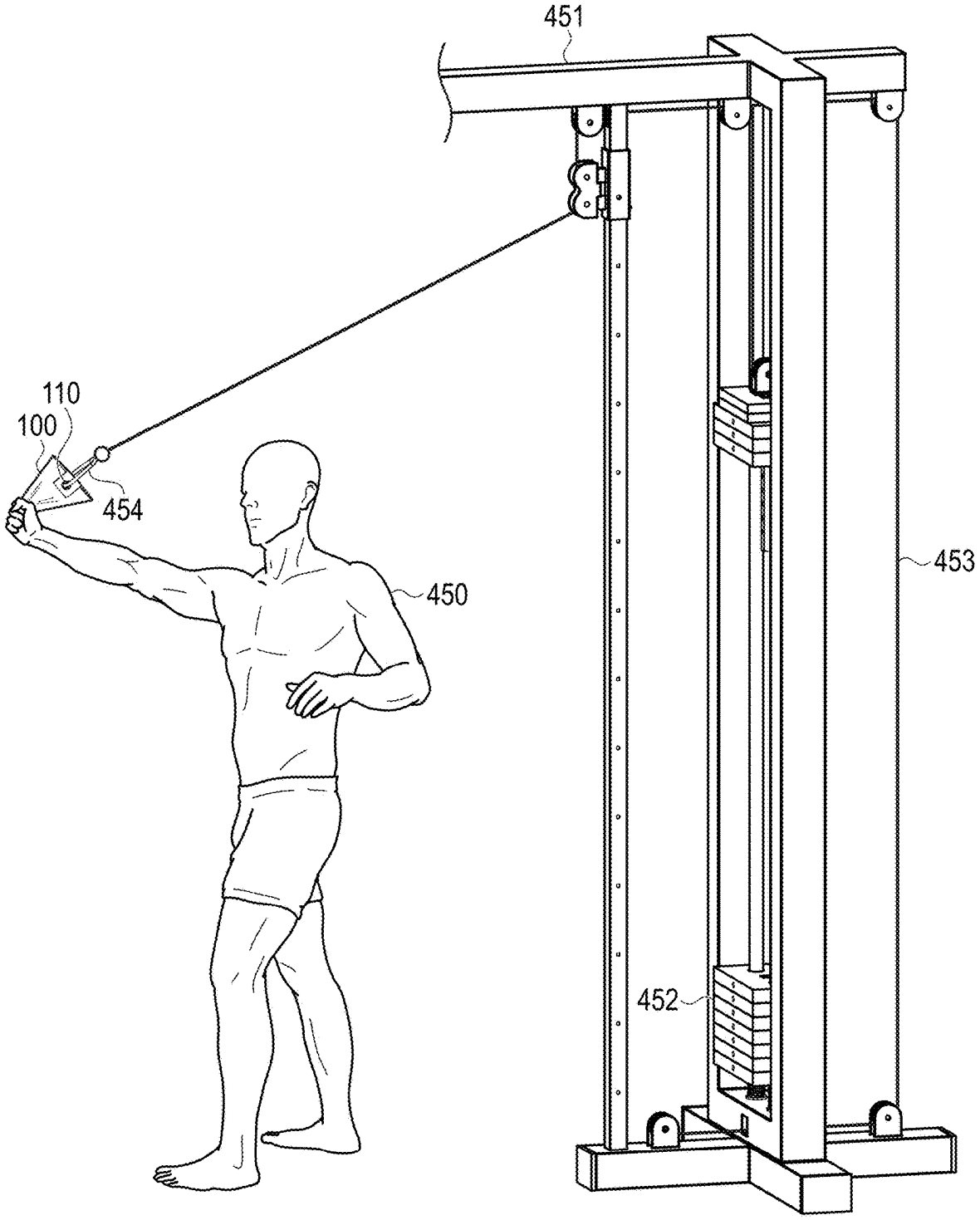


FIG. 4B

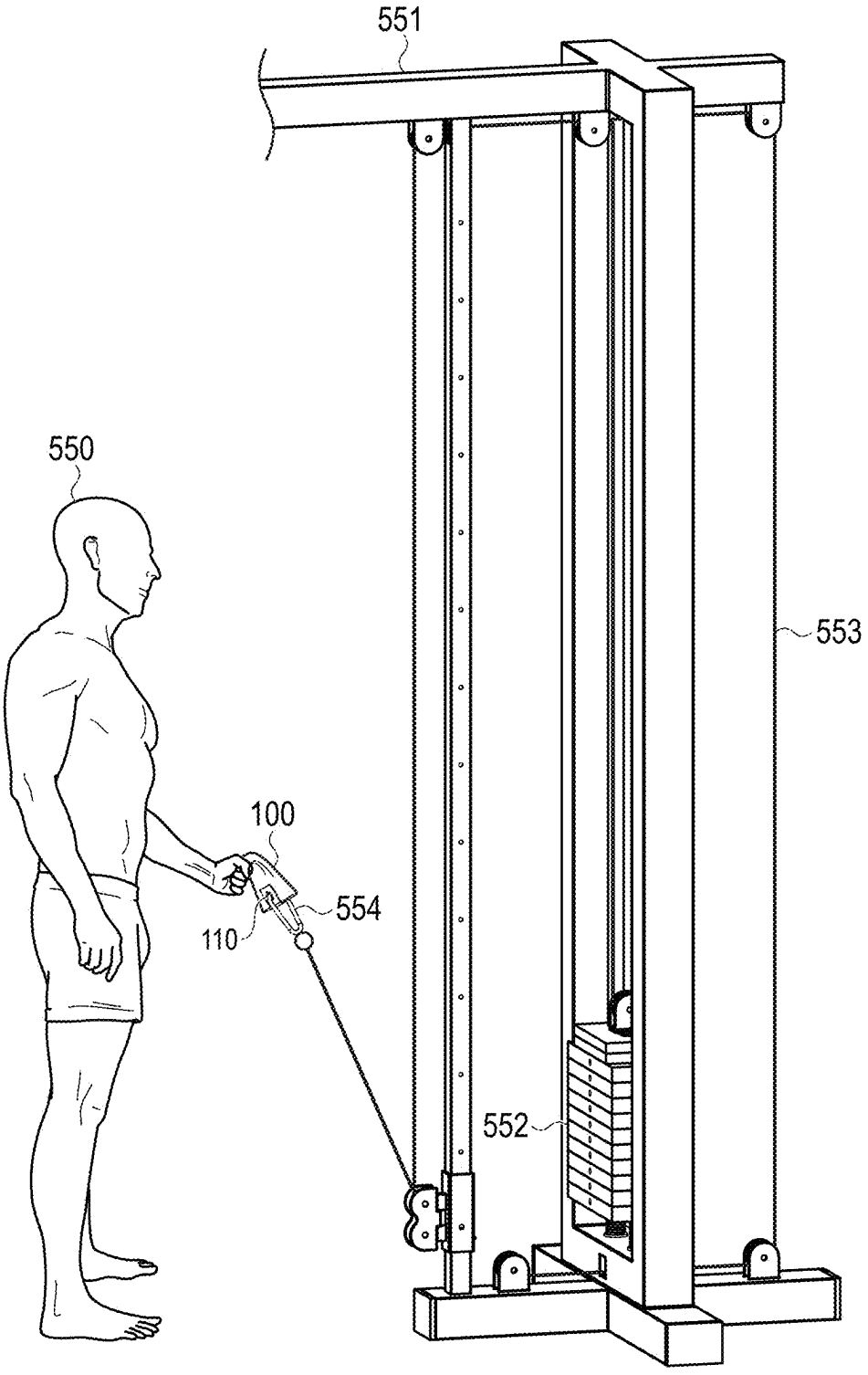


FIG. 5A

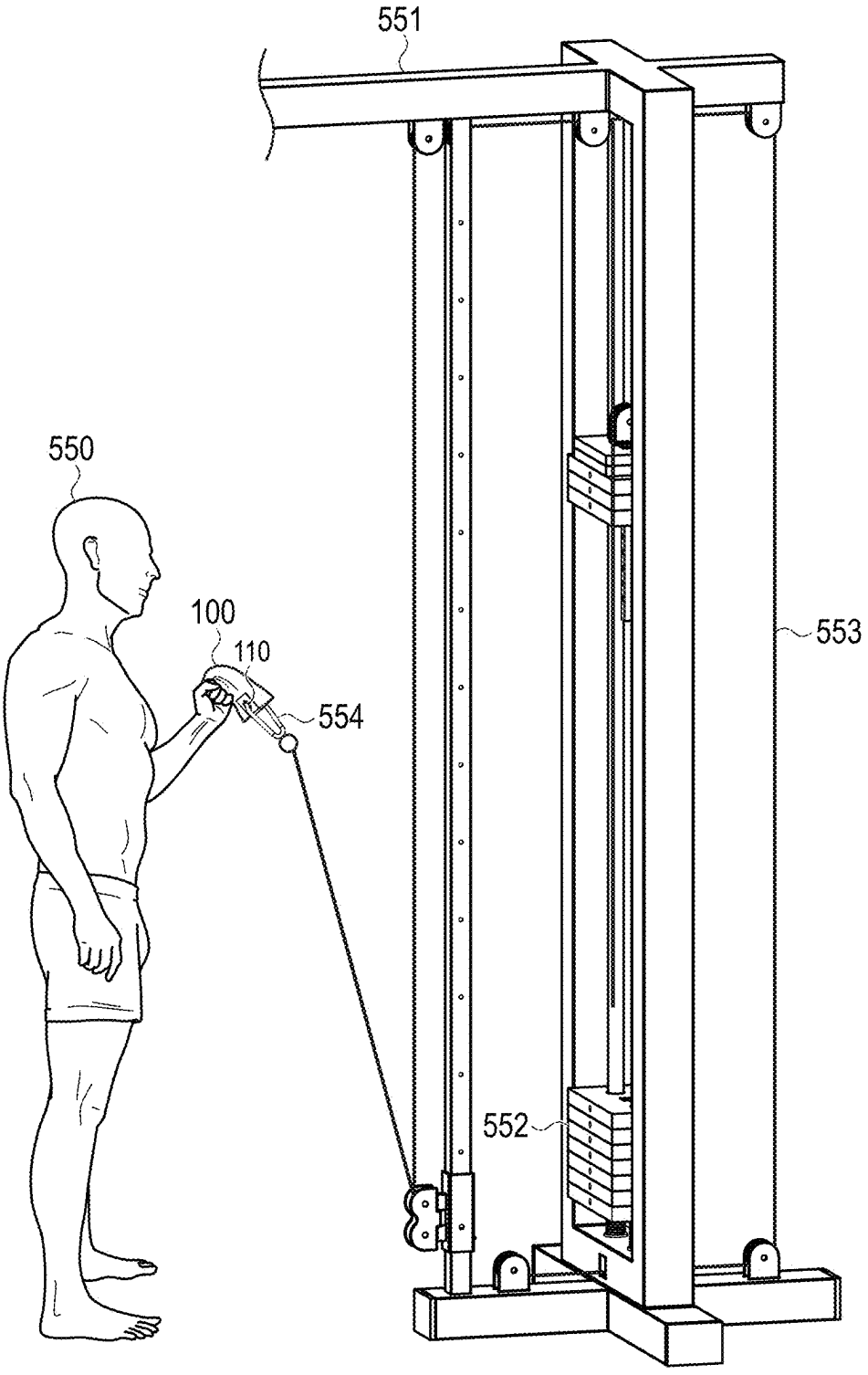


FIG. 5B

MARTIAL ARTS SLEEVE GRIP TRAINER

CROSS-REFERENCE TO RELATED APPLICATION

[0001] This application is a non-provisional of and claims the benefit under 35 U.S.C. 119(e) of U.S. Provisional Patent Application No. 63/555,773, filed Feb. 20, 2024, the contents of which are incorporated herein by reference as if fully disclosed herein.

FIELD

[0002] The described embodiments relate generally to training equipment. More particularly, the present embodiments relate to a martial arts sleeve grip trainer.

BACKGROUND

[0003] Many martial arts, such as jiu jitsu, involve grips. Such grips include ball and socket grips, cable grips, s grips, pretzel grips, and butterfly grips. Many such grips involve using the fingers and/or thumb of one or more hands to grip one or more sleeves of another person's gi and pulling in one or more directions, such as pulling towards the body in a motion similar to a row, pulling away from the body in a motion similar to the reverse of a bicep curl, pulling towards to the body similar to a bicep curl, and so on.

[0004] People may train their sleeve grips in order to increase grip and/or wrist rotation strength, increase martial arts proficiency, and so on. In many situations, this may be done while actually gripping the sleeve of another person's gi.

OVERVIEW

[0005] The present disclosure relates to a martial arts sleeve grip trainer. The martial arts sleeve grip trainer may include a tubular body formed of a first material, a second material attached to the one or more ends of the tubular body to reinforce the second material, and one or more attachment points that include one or more grommets extending through the tubular body and the second material. The configuration of these features may enable the martial arts sleeve grip trainer to simulate the sleeve of another person for purpose of training sleeve grips while preventing significant wear on the martial arts sleeve grip trainer in order to prolong the useful life of the martial arts sleeve grip trainer.

[0006] In various embodiments, a martial arts sleeve grip trainer includes a tubular body defining a first end, a second end opposite the first end, an outer surface, and an inner surface opposite the outer surface that defines an aperture extending from the first end to the second end; reinforcing material coupled to the tubular body around a perimeter of the first end on the inner surface and extending over onto the outer surface; a first grommet coupled to the first end extending through the reinforcing material on the outer surface and the reinforcing material on the inner surface; and a second grommet coupled to the first end opposite the first grommet across the aperture, the second grommet through the reinforcing material on the outer surface and the reinforcing material on the inner surface.

[0007] In some examples, the martial arts sleeve grip trainer includes additional reinforcing material coupled to the tubular body around an additional perimeter of the second end on the inner surface. In a number of examples, the first grommet and the second grommet are metal grommets. In various examples, the reinforcing material is duck fabric. In some examples, the first end forms a circle around the aperture. In a number of examples, the reinforcing material includes a tongue that extends from the inner surface to the outer surface. In various examples, the tubular body is a uniform length from the first end to the second end.

[0008] In some embodiments, a martial arts sleeve grip trainer includes a tubular body formed of a first material defining a first end, a second end opposite the first end, an outer surface, and an inner surface opposite the outer surface that defines an aperture extending from the first end to the second end; a second material coupled to the tubular body around a perimeter of the first end on the inner surface and extending over onto the outer surface; a first attachment point coupled to the first end extending through the second material on the outer surface and the second material on the inner surface; and a second attachment point coupled to the first end extending through the second material on the outer surface and the second material on the inner surface.

[0009] In various examples, the second material is coarser than the first material. In some examples, the second material is sewn to the first material. In a number of examples, the second material extends around the perimeter of the first end on the outer surface. In various examples, part of the outer surface at an edge of the first end is exposed around the second material. In some examples, the tubular body is cylindrical. In various examples, the martial arts sleeve grip trainer further includes additional second material coupled to the second end.

[0010] In a number of embodiments, a martial arts sleeve grip trainer includes a body defining a first end, a second end opposite the first end, at least one outer surface, and at least one inner surface opposite the at least one outer surface that defines a space; reinforcing material coupled to the body at the first end on the at least one inner surface and extending over onto the at least one outer surface; a first attachment point extending through the reinforcing material on the first end; and a second attachment point extending through the reinforcing material on the first end.

[0011] In various examples, the body includes at least two flaps joined at least at the first end. In some examples, the body is formed of woven cotton. In a number of examples, the first attachment point and the second attachment point are grommets. In various examples, the reinforcing material is more tear resistant than the body. In some examples, the reinforcing material includes a first piece of reinforcing material on an edge of the at least one inner surface and a second piece of reinforcing material that extends from the at least one inner surface to the at least one outer surface.

BRIEF DESCRIPTION OF THE DRAWINGS

[0012] The disclosure will be readily understood by the following detailed description in conjunction with the accompanying drawings, wherein like reference numerals designate like structural elements.

[0013] FIG. **1**A depicts a first view of a martial arts sleeve grip trainer.

[0014] FIG. **1**B depicts a second view of the martial arts sleeve grip trainer with the "sleeve" open.

[0015] FIG. **2** depicts a flow chart illustrating an example method for making a martial arts sleeve grip trainer. This method may make a martial arts sleeve grip trainer such as that discussed in FIGS. **1**A and/or **1**B.

[0016] FIG. **3**A depicts a starting position of a first example exercise that may be performed using a martial arts sleeve grip trainer. The martial arts sleeve grip trainer may be a martial arts sleeve grip trainer such as that discussed in FIGS. **1**A-**1**B and/or **2**.

[0017] FIG. **3**B depicts an ending position of the first example exercise that may be performed using the martial arts sleeve grip trainer.

[0018] FIG. **4**A depicts a starting position of a second example exercise that may be performed using a martial arts sleeve grip trainer. The martial arts sleeve grip trainer may be a martial arts sleeve grip trainer such as that discussed in FIGS. **1**A-**1**B and/or **2**.

[0019] FIG. **4**B depicts an ending position of the second example exercise that may be performed using the martial arts sleeve grip trainer.

[0020] FIG. **5**A depicts a starting position of a third example exercise that may be performed using a martial arts sleeve grip trainer. The martial arts sleeve grip trainer may be a martial arts sleeve grip trainer such as that discussed in FIGS. **1**A-**1**B and/or **2**.

[0021] FIG. **5**B depicts an ending position of the third example exercise that may be performed using the martial arts sleeve grip trainer.

DETAILED DESCRIPTION

[0022] Reference will now be made in detail to representative embodiments illustrated in the accompanying drawings. It should be understood that the following descriptions are not intended to limit the embodiments to one preferred embodiment. To the contrary, it is intended to cover alternatives, modifications, and equivalents as can be included within the spirit and scope of the described embodiments as defined by the appended claims.

[0023] The description that follows includes sample systems, methods, and apparatuses that embody various elements of the present disclosure. However, it should be understood that the described disclosure may be practiced in a variety of forms in addition to those described herein.

[0024] As discussed above, people may train their sleeve grips in order to increase grip and/or wrist rotation strength, increase martial arts proficiency, and so on by gripping the sleeve of another person's gi. However, this requires the participation of another person. Further, this kind of practice can cause a great deal wear and/or other damage on the hands, wrists, forearms, and so on as the person practicing may have no control over the other person's movements or resistance. The other person may make rapid, quick movements that may cause potential injury.

[0025] Another person's sleeve may instead be simulated by attaching a length of fabric to a weight or similar mechanism. However, such an apparatus may not simulate the sleeve of another person very well. Further, use may cause significant wear on the apparatus such that the apparatus may not be usable for very long.

[0026] The following disclosure relates to a martial arts sleeve grip trainer. The martial arts sleeve grip trainer may include a tubular body formed of a first material, a second material attached to the one or more ends of the tubular body to reinforce the second material, and one or more attachment points that include one or more grommets extending through the tubular body and the second material. The configuration of these features may enable the martial arts sleeve grip trainer to simulate the sleeve of another person for purpose of training sleeve grips while preventing significant wear on the martial arts sleeve grip trainer in order to prolong the useful life of the martial arts sleeve grip trainer.

[0027] These and other embodiments are discussed below with reference to FIGS. **1**A-**5**B. However, those skilled in the art will readily appreciate that the detailed description given herein with respect to these Figures is for explanatory purposes only and should not be construed as limiting.

[0028] FIG. **1**A depicts a first view of a martial arts sleeve grip trainer **100**. FIG. **1**B depicts a second view of the martial arts sleeve grip trainer **100** with the "sleeve" (i.e., the body **101** open.

[0029] With reference to FIGS. **1**A and **1**B, the martial arts sleeve grip trainer **100** may include a body **101**. The body **101** may be formed of a first material. The body **101** may include an outer surface **102** and an inner surface **103** opposite the outer surface **102**. The body **101** may include a first end **105** and a second end **104** opposite the first end **105**. The body **101** may define an aperture **108** that extends from the first end **105** to the second end **104**. The body may include one or more attachment points **110**, which may be one or more grommets, metal grommets, and/or other attachment mechanisms.

[0030] The body **101** may be tubular. Such a configuration may enable fingers and/or thumbs of multiple hands to engage the martial arts sleeve grip trainer **100** as one or more fingers/and/or thumbs may be inserted into the aperture **108** in order to grasp the martial arts sleeve grip trainer **100** at one or more places.

[0031] The martial arts sleeve grip trainer **100** may also include second material **107**, **106** coupled to the inner surface **103** respectively at the first end **105** and the second end **104**. The second material **107**, **106** may be respectively sewn to the first material using stitching **112**, **111** and/or another attachment mechanism, such as adhesive. The second material **107**, **106** may respectively extend around part or all of a perimeter around the first end **105** and the second end **104**.

[0032] The martial arts sleeve grip trainer **100** may also include additional second material **109** that extends from the inner surface **103** to the outer surface **102**. As shown, the additional second material **109** may be configured in a tongue that extends from the inner surface **103** to the outer surface **102**. Alternatively, the additional second material **109** may be configured in another configuration that extends from the inner surface **103** to the outer surface **102** and extends partially or fully around a perimeter of the first end **105**.

[0033] In some implementations, the additional second material **109** may be coarser than the first material. As such, it may be desirable to have the additional second material **109** extend only partially around a perimeter of the first end **105** this may minimize the potential contact between fingers and/or thumbs and the additional second material **109**, which may be rough on fingers and/or thumbs as compared to the first material.

[0034] Although the additional second material **109** is described as "additional," it is understood that this is an example. In some implementations, the additional second material **109** may be a portion of the second material **107**. Various configurations are possible and contemplated without departing from the scope of the present disclosure.

[0035] As shown, the attachment points **110** may extend through the second material **107**. The attachment points **110** may also extend through the additional second material **109**.

[0036] The second material **107**, **106** and/or the additional second material **109** may be a reinforcing material. The second material **107**, **106** may be more durable than the first material, more resistant to tearing than the first material, coarser than material, denser than the first material, have a tighter weave than the first material, and so on. The first material may be double cotton, cotton weave, another material typically used to make a gi, and/or another material. The second material **107**, **106** and/or the additional second material **109** may be duck fabric, canvas, and/or other material.

[0037] The second material **107**, **106** and/or the additional second material **109** may reinforce the martial arts sleeve grip trainer **100** and prevent the martial arts sleeve grip trainer **100** from tearing or ripping during use. In particular, the second material **107**, **106** and/or the additional second material **109** may prevent an element (such as the clip of a cable tower or a weight) attached to the attachment point **110** from tearing through the martial arts sleeve grip trainer **100**.

[0038] As shown, the body **101** is of uniform length from the first end **105** to the second end **104**. As the attachment point **110** extends through the body **101**, this configuration places the attachment point **110** in an area where the body **101** is the thickest. This may contribute to further tearing and/or ripping resistance as compared to configurations where an attachment point is positioned at an area where the body **101** is thinner than at other areas, such as where an attachment point is positioned on a strip that extends from a main body.

[0039] Although the martial arts sleeve grip trainer **100** is illustrated and described as including particular components arranged in a particular configuration, it is understood that this is an example. In a number of implementations, various configurations of various components may be used without departing from the scope of the present disclosure.

[0040] For example, the martial arts sleeve grip trainer **100** is illustrated and described as including the second material **107**, **106** coupled to the inner surface **103** respectively at the first end **105** and the second end **104**. However, it is understood that this is an example. In various implementations, one or more of the second material **107**, **106** may be omitted. Various configurations are possible and contemplated without departing from the scope of the present disclosure.

[0041] By way of another example, the body **101** is illustrated and described above as being tubular. However, it is understood that this is an example. In various implementations, other configurations may be used, such as where the body **101** is formed of two strips of material joined at least at one end. Various configurations are possible and contemplated without departing from the scope of the present disclosure.

[0042] FIG. **2** depicts a flow chart illustrating an example method **200** for making a martial arts sleeve grip trainer. This method may make a martial arts sleeve grip trainer such as that discussed in FIGS. **1**A and/or **1**B.

[0043] At operation **210**, a tubular body may be formed from first material that includes a first end, a second end, an outer surface, and an inner surface. The inner surface may define an aperture extending from the first end to the second end.

[0044] At operation **220**, reinforcing material or other second material may be coupled to the inner surface. The reinforcing material or other second material may be sewn to the inner surface using stitching and/or another attachment mechanism, such as adhesive.

[0045] At operation **230**, the reinforcing material or other second material may be extended from the inner surface to the outer surface. The reinforcing material or other second material may be extended from the inner surface to the outer surface to cover a perimeter of the outer surface and/or a portion thereof.

[0046] At operation **240**, the reinforcing material may be coupled to the outer surface. The reinforcing material may be sewn to the outer surface using stitching and/or another attachment mechanism, such as adhesive.

[0047] At operation **250**, a grommet and/or more other attachment mechanisms may be attached to the reinforcing material to create attachment point. Attachment of the grommet and/or more other attachment mechanisms may cause the grommet and/or more other attachment mechanisms to extend from the outer surface to the inner surface.

[0048] Although the example method **200** is illustrated and described as including particular operations performed in a particular order, it is understood that this is an example. In various implementations, various orders of the same, similar, and/or different operations may be performed without departing from the scope of the present disclosure.

[0049] For example, the method **200** is described as forming a tubular body from the first material. However, it is understood that this is an example. In other examples, other configurations may be used. By way of illustration, in some examples, a body may be formed by coupling two strips of material at least at one end. Various configurations are possible and contemplated without departing from the scope of the present disclosure.

[0050] FIG. **3**A depicts a starting position of a first example exercise that may be performed using a martial arts sleeve grip trainer **100**. The martial arts sleeve grip trainer **100** may be a martial arts sleeve grip trainer such as that discussed in FIGS. **1**A-**1**B and/or **2**.

[0051] As shown, the martial arts sleeve grip trainer **100** depicted in FIG. **3**A may include at least one attachment point **110** (such as one or more grommets) attached to a clip **354** of a cable **353** of a cable tower **351** in order to couple the martial arts sleeve grip trainer **100** to a weight stack **352** of the cable tower **351**. A person **350** may grip one or more portions of the martial arts sleeve grip trainer **100** with one or more fingers and/or thumbs and pull in one or more motions to perform the first example exercise, such as pulling towards the person's body like a row.

[0052] FIG. **3**B depicts an ending position of the first example exercise that may be performed using the martial arts sleeve grip trainer **100**.

[0053] Although FIGS. **3**A-**3**B illustrate performance of a first example exercise using the martial arts sleeve grip trainer **100**, it is understood that this is an example. By way of illustration, the martial arts sleeve grip trainer **100** may be attached to equipment other than the cable tower **351**, such as a kettle bell or other weight. By way of another illustration, the first example exercise may be performed using a martial arts sleeve grip trainer with a different configuration than the one shown. Various configurations are possible and contemplated without departing from the scope of the present disclosure.

[0054] FIG. **4**A depicts a starting position of a second example exercise that may be performed using a martial arts sleeve grip trainer **100**. The martial arts sleeve grip trainer **100** may be a martial arts sleeve grip trainer such as that discussed in FIGS. **1**A-**1**B and/or **2**.

[0055] Similarly to FIGS. **3**A-**3**B, the martial arts sleeve grip trainer **100** depicted in FIG. **4**A may include at least one attachment point **110** (such as one or more grommets) attached to a clip **454** of a cable **453** of a cable tower **451** in order to couple the martial arts sleeve grip trainer **100** to a weight stack **452** of the cable tower **451**. A person **450** may grip one or more portions of the martial arts sleeve grip trainer **100** with one or more fingers and/or thumbs and pull in one or more motions to perform the second example exercise, such as pulling away from the body like the reverse of a bicep curl.

[0056] FIG. **4**B depicts an ending position of the second example exercise that may be performed using the martial arts sleeve grip trainer **100**.

[0057] Although FIGS. **4**A-**4**B illustrate performance of a first example exercise using the martial arts sleeve grip trainer **100**, it is understood that this is an example. By way of illustration, the martial arts sleeve grip trainer **100** may be attached to equipment other than the cable tower **451**, such as a kettle bell or other weight. By way of another illustration, the first example exercise may be performed using a martial arts sleeve grip trainer with a different configuration than the one shown. Various configurations are possible and contemplated without departing from the scope of the present disclosure.

[0058] FIG. **5**A depicts a starting position of a third example exercise that may be performed using a martial arts sleeve grip trainer **100**. The martial arts sleeve grip trainer **100** may be a martial arts sleeve grip trainer such as that discussed in FIGS. **1**A-**1**B and/or **2**.

[0059] Similarly to FIGS. **3**A-**3**B, the martial arts sleeve grip trainer **100** depicted in FIG. **5**A may include at least one attachment point **110** (such as one or more grommets) attached to a clip **554** of a cable **553** of a cable tower **551** in order to couple the martial arts sleeve grip trainer **100** to a weight stack **552** of the cable tower **351**. A person **550** may grip one or more portions of the martial arts sleeve grip trainer **100** with one or more fingers and/or thumbs and pull in one or more motions to perform the third example exercise, such as pulling approximately parallel to the person's body like a bicep curl.

[0060] FIG. **5**B depicts an ending position of the third example exercise that may be performed using the martial arts sleeve grip trainer **100**.

[0061] Although FIGS. **5**A-**5**B illustrate performance of a first example exercise using the martial arts sleeve grip trainer **100**, it is understood that this is an example. By way of illustration, the martial arts sleeve grip trainer **100** may be attached to equipment other than the cable tower **551**, such as a kettle bell or other weight. By way of another illustration, the first example exercise may be performed using a martial arts sleeve grip trainer with a different configuration than the one shown. Various configurations are possible and contemplated without departing from the scope of the present disclosure.

[0062] In various implementations, a martial arts sleeve grip trainer may include a tubular body defining a first end, a second end opposite the first end, an outer surface, and an inner surface opposite the outer surface that defines an aperture extending from the first end to the second end; reinforcing material coupled to the tubular body around a perimeter of the first end on the inner surface and extending over onto the outer surface; a first grommet coupled to the first end extending through the reinforcing material on the outer surface and the reinforcing material on the inner surface; and a second grommet coupled to the first end opposite the first grommet across the aperture, the second grommet through the reinforcing material on the outer surface and the reinforcing material on the inner surface.

[0063] In some examples, the martial arts sleeve grip trainer may include additional reinforcing material coupled to the tubular body around an additional perimeter of the second end on the inner surface. In a number of examples, the first grommet and the second grommet may be metal grommets. In various examples, the reinforcing material may be duck fabric. In some examples, the first end may form a circle around the aperture. In a number of examples, the reinforcing material may include a tongue that extends from the inner surface to the outer surface. In various examples, the tubular body may be a uniform length from the first end to the second end.

[0064] In some implementations, a martial arts sleeve grip trainer may include a tubular body formed of a first material defining a first end, a second end opposite the first end, an outer surface, and an inner surface opposite the outer surface that defines an aperture extending from the first end to the second end; a second material coupled to the tubular body around a perimeter of the first end on the inner surface and extending over onto the outer surface; a first attachment point coupled to the first end extending through the second material on the outer surface and the second material on the inner surface; and a second attachment point coupled to the first end extending through the second material on the outer surface and the second material on the inner surface.

[0065] In various examples, the second material may be coarser than the first material. In some examples, the second material may be sewn to the first material. In a number of examples, the second material may extend around the perimeter of the first end on the outer surface. In various examples, part of the outer surface at an edge of the first end may be exposed around the second material. In some examples, the tubular body may be cylindrical. In various examples, the martial arts sleeve grip trainer may further include additional second material coupled to the second end.

[0066] In a number of implementations, a martial arts sleeve grip trainer may include a body defining a first end, a second end opposite the first end, at least one outer surface, and at least one inner surface opposite the at least one outer surface that defines a space; reinforcing material coupled to the body at the first end on the at least one inner surface and extending over onto the at least one outer surface; a first attachment point extending through the reinforcing material on the first end; and a second attachment point extending through the reinforcing material on the first end.

[0067] In various examples, the body may include at least two flaps joined at least at the first end. In some examples, the body may be formed of woven cotton. In a number of examples, the first attachment point and the second attachment point may be grommets. In various examples, the reinforcing material may be more tear resistant than the body. In some examples, the reinforcing material may include a first piece of reinforcing material on an edge of the at least one inner surface and a second piece of reinforcing

material that extends from the at least one inner surface to the at least one outer surface.

[0068] Although the above illustrates and describes a number of embodiments, it is understood that these are examples. In various implementations, various techniques and/or features of individual embodiments may be combined without departing from the scope of the present disclosure.

[0069] As described above and illustrated in the accompanying figures, the present disclosure relates to a martial arts sleeve grip trainer. The martial arts sleeve grip trainer may include a tubular body formed of a first material, a second material attached to the one or more ends of the tubular body to reinforce the second material, and one or more attachment points that include one or more grommets extending through the tubular body and the second material. The configuration of these features may enable the martial arts sleeve grip trainer to simulate the sleeve of another person for purpose of training sleeve grips while preventing significant wear on the martial arts sleeve grip trainer in order to prolong the useful life of the martial arts sleeve grip trainer.

[0070] The foregoing description, for purposes of explanation, used specific nomenclature to provide a thorough understanding of the described embodiments. However, it will be apparent to one skilled in the art that the specific details are not required in order to practice the described embodiments. Thus, the foregoing descriptions of the specific embodiments described herein are presented for purposes of illustration and description. They are not targeted to be exhaustive or to limit the embodiments to the precise forms disclosed. It will be apparent to one of ordinary skill in the art that many modifications and variations are possible in view of the above teachings.

What is claimed is:

1. A martial arts sleeve grip trainer, comprising:
- a tubular body defining a first end, a second end opposite the first end, an outer surface, and an inner surface opposite the outer surface that defines an aperture extending from the first end to the second end;
- reinforcing material coupled to the tubular body around a perimeter of the first end on the inner surface and extending over onto the outer surface;
- a first grommet coupled to the first end extending through the reinforcing material on the outer surface and the reinforcing material on the inner surface; and
- a second grommet coupled to the first end opposite the first grommet across the aperture, the second grommet through the reinforcing material on the outer surface and the reinforcing material on the inner surface.

2. The martial arts sleeve grip trainer of claim **1**, further comprising additional reinforcing material coupled to the tubular body around an additional perimeter of the second end on the inner surface.

3. The martial arts sleeve grip trainer of claim **1**, wherein the first grommet and the second grommet are metal grommets.

4. The martial arts sleeve grip trainer of claim **1**, wherein the reinforcing material comprises duck fabric.

5. The martial arts sleeve grip trainer of claim **1**, wherein the first end forms a circle around the aperture.

6. The martial arts sleeve grip trainer of claim **1**, wherein the reinforcing material includes a tongue that extends from the inner surface to the outer surface.

7. The martial arts sleeve grip trainer of claim **1**, wherein the tubular body is a uniform length from the first end to the second end.

8. A martial arts sleeve grip trainer, comprising:
- a tubular body formed of a first material defining a first end, a second end opposite the first end, an outer surface, and an inner surface opposite the outer surface that defines an aperture extending from the first end to the second end;
- a second material coupled to the tubular body around a perimeter of the first end on the inner surface and extending over onto the outer surface;
- a first attachment point coupled to the first end extending through the second material on the outer surface and the second material on the inner surface; and
- a second attachment point coupled to the first end extending through the second material on the outer surface and the second material on the inner surface.

9. The martial arts sleeve grip trainer of claim **8**, wherein the second material is coarser than the first material.

10. The martial arts sleeve grip trainer of claim **8**, wherein the second material is sewn to the first material.

11. The martial arts sleeve grip trainer of claim **8**, wherein the second material extends around the perimeter of the first end on the outer surface.

12. The martial arts sleeve grip trainer of claim **8**, wherein part of the outer surface at an edge of the first end is exposed around the second material.

13. The martial arts sleeve grip trainer of claim **8**, wherein the tubular body is cylindrical.

14. The martial arts sleeve grip trainer of claim **8**, further comprising additional second material coupled to the second end.

15. A martial arts sleeve grip trainer, comprising:
- a body defining a first end, a second end opposite the first end, at least one outer surface, and at least one inner surface opposite the at least one outer surface that defines a space;
- reinforcing material coupled to the body at the first end on the at least one inner surface and extending over onto the at least one outer surface;
- a first attachment point extending through the reinforcing material on the first end; and
- a second attachment point extending through the reinforcing material on the first end.

16. The martial arts sleeve grip trainer of claim **15**, wherein the body comprises at least two flaps joined at least at the first end.

17. The martial arts sleeve grip trainer of claim **15**, wherein the body is formed of woven cotton.

18. The martial arts sleeve grip trainer of claim **15**, wherein the first attachment point and the second attachment point comprise grommets.

19. The martial arts sleeve grip trainer of claim **15**, wherein the reinforcing material is more tear resistant than the body.

20. The martial arts sleeve grip trainer of claim **15**, wherein the reinforcing material comprises a first piece of reinforcing material on an edge of the at least one inner surface and a second piece of reinforcing material that extends from the at least one inner surface to the at least one outer surface.

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