

Contact: Richard K. Pumerantz, PhD
President & CEO
Impact Training Systems, Inc.
e-Mail: Richard@ImpactTrainingSystems.com

5650-B Arrow Hwy
Montclair, CA 91763
Phone 909 608 0289
Fax 909 608 0299

Impact Training
Systems, Inc.

Press Release

First Time Ever - Reaction Time and Speed Events at San Diego Grand Nationals

MONTCLAIR, CA – March 29, 2005 – The San Diego Grand Nationals, to be held April 23-24, 2005 at the San Diego Concourse, will be the first martial arts tournament to hold reaction time and speed events. Three age groups (12 years and under, 13 – 17 years, and 18 + years) will compete in four new event categories: fastest 12” punch, most punches in 5 seconds, fastest standing roundhouse kick, and most kicks in 5 seconds. All events will be judged using the HitMaster™ Personal Trainer from Impact Training Systems, Inc. of Montclair, CA.

“Adding reaction time and speed events to our tournaments encourages martial arts training to be enhanced by advances in technology”, says Tom Georgion of Pro Kenpo Martial Arts and promoter of the tournament. “These advances in martial arts equipment push our training to new levels, and allow us to continue to offer new and exciting events for our competitors.”

According to Cisco Guerra, VP of Marketing for Impact Training Systems, “It was Bruce Lee who said that ‘physical speed’, or ‘fast twitch muscle speed,’ can be increased by correct repetition training, but what we do not commonly practice is reaction training. For the first time in the history of martial arts tournaments, we can determine who actually is the fastest. Unfortunately, Bruce Lee will not be there to compete.”

What makes the HitMaster™ Personal Trainer unique is the HitPad™, a thin and flexible electronic sensor that attaches to nearly every punching bag or shield. Multiple HitPads™ can be attached to one Controller with a multi-port adapter for multiple-zone training and multiple-competitor events. The Controller counts the number of hits and calculates reaction time in thousands of a second.

For tournament information, visit www.ProKenpo.com or call (866) 825-7346. For information on the HitMaster™ Personal Trainer, visit www.ImpactTrainingSystems.com or call (877) Impact-5.

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For more information, press only:

Richard K. Pumerantz, PhD, 909-608-0289, Richard@ImpactTrainingSystems.com

For more information on HitMaster Personal Trainer:

<http://www.ImpactTrainingSystems.com/HitMaster.html>

For more information on San Diego Grand Nationals:

<http://www.ProKenpo.com>