

Title (en)

METHOD FOR TEACHING A GOLF SWING USING SIMPLE THOUGHT IMAGERY AND VERY LIMITED BODY AWARENESS

Title (de)

GOLFSCHWUNGTUNINGSVERFAHREN UNTER EINSATZ VON EINFACHER VORSTELLUNGSKRAFT UND SEHR GERINGEM KÖRPERBEWUSSTSEIN

Title (fr)

PROCEDE D'APPRENTISSAGE POUR L'EXECUTION DU SWING UTILISANT DES IMAGES DE REPRESENTATION SIMPLES ET NE NECESSITANT QU'UNE PERCEPTION DU CORPS TRES LIMITEE

Publication

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Application

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Priority

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Abstract (en)

[origin: WO2006081414A2] A method for teaching a person to effectively swing a golf club includes establishing a pivot line or imaginary plane used by the golfer during both the setup and swing phase of a golf swing. A hand line is established when the person feels when gripping the club. A nose line awareness is created by the natural, vertical line existing between the golfer's eyes. A foot line is also established for the golfer's awareness of releasing or shifting his weight at the proper time. The method emphasizes how these reference lines align relative to the ball during setup and impact and involves first visualizing the pivot line extending beneath the ball and perpendicular to the intended line of flight. The pivot line provides a simple frame of reference for alignment of the club face, hands, feet, waist, head; and a natural plane for the golfer's body to turn and pivot around. At the beginning of each swing the golfer's hand line is aligned straight along the pivot line and his nose line is set behind the pivot line. During his swing, the golfer's thought is to return his hand line straight along the pivot line at impact, and then release his nose line or foot line after his hand line passes the pivot line. Practice aids such as a quick reference guide incorporating the unique mental golf imagery techniques are used to help facilitate learning and actually experiencing the method.

IPC 8 full level

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CPC (source: EP KR US)

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