

Title (en)
PRACTICE DEVICE, USE OF A PRACTICE DEVICE AND METHOD FOR CHECKING THE ALIGNMENT OF THE LONGITUDINAL AXIS OF A PERSON'S BODY

Title (de)
ÜBUNGSGERÄT, VERWENDUNG EINES ÜBUNGSGERÄTS UND VERFAHREN ZUR KONTROLLE DER AUSRICHTUNG EINER KÖRPERLÄNGSACHSE EINER PERSON

Title (fr)
APPAREIL D'EXERCICE, UTILISATION D'UN APPAREIL D'EXERCICE ET PROCÉDÉ DE CONTRÔLE DE L'ORIENTATION DE L'AXE LONGITUDINAL DU CORPS D'UNE PERSONNE

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Abstract (en)
[origin: WO2012016643A2] When playing golf, the golf swing of a person (60) is crucial for the quality of the strike. In order to obtain as good a golf swing as possible with high striking reliability and precision, the club has to be rotated by the arms (70) in a positionally fixed manner about an imaginary axis through the head (68) and upper body (66). In order to monitor said positionally fixed rotation, a second person generally has to be consulted. Independent checking is namely possible only with difficulty. The problem addressed by the invention is therefore to provide a practice device (10) with which it is possible independently and without the assistance of other people to check the position of the imaginary axis in order, even alone, to be able to practice the optimum golf swing. This problem is solved by a practice device (10) according to the invention. The practice device (10) has at least two side surfaces (18, 20) which are aligned substantially perpendicularly to the underlying surface and are at a distance which corresponds at least substantially to the distance between human eyes. It is therefore possible, by positioning the practice device (10) on the underlying surface (28), visually to detect even small lateral deviations from a central ideal position above the practice device (10) by the side surfaces (18, 20) being correspondingly visible to a greater or lesser extent.

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