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(54) **GOLF TRAINING AID HAVING MULTIPLE FUNCTIONS**

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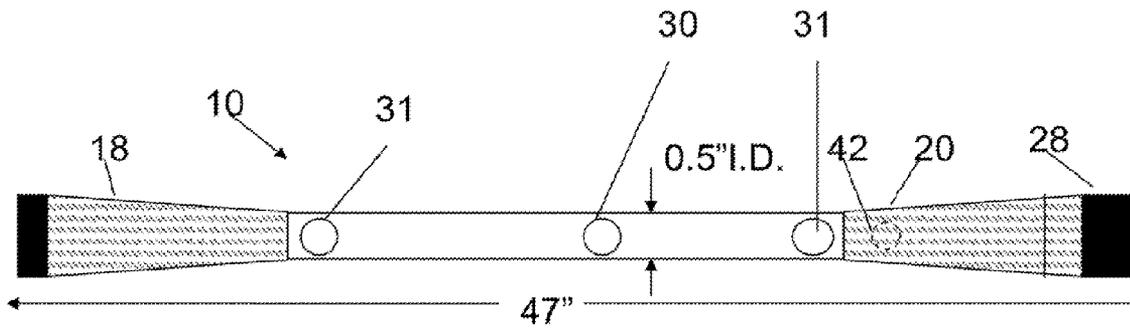
(57) **ABSTRACT**

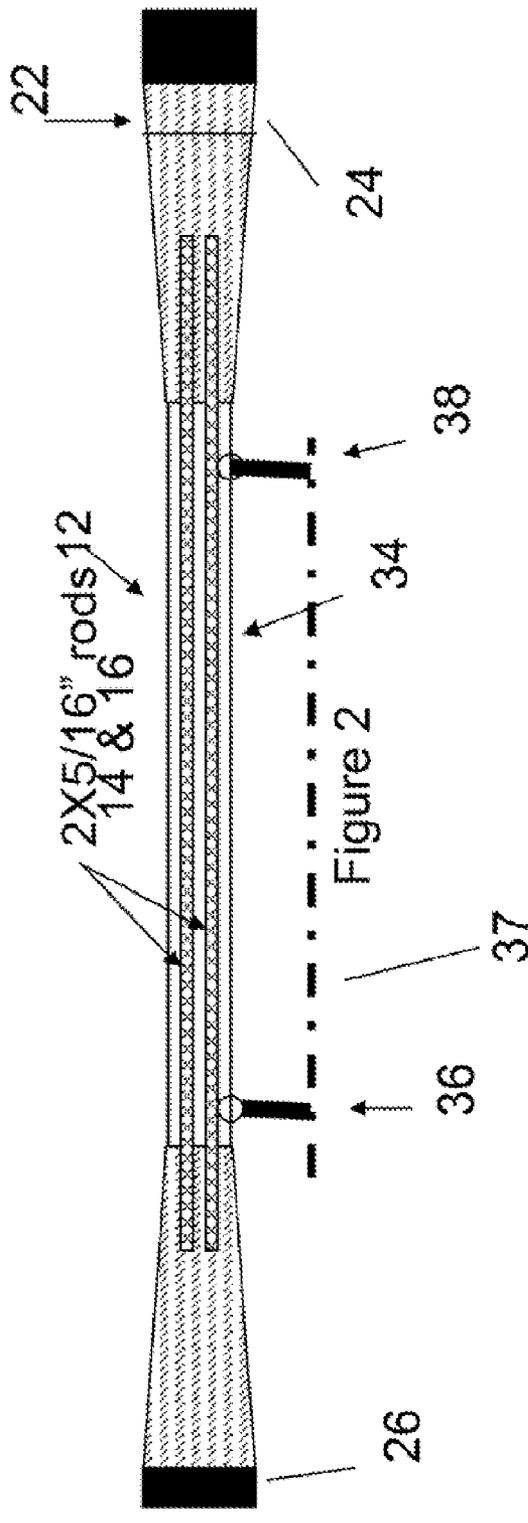
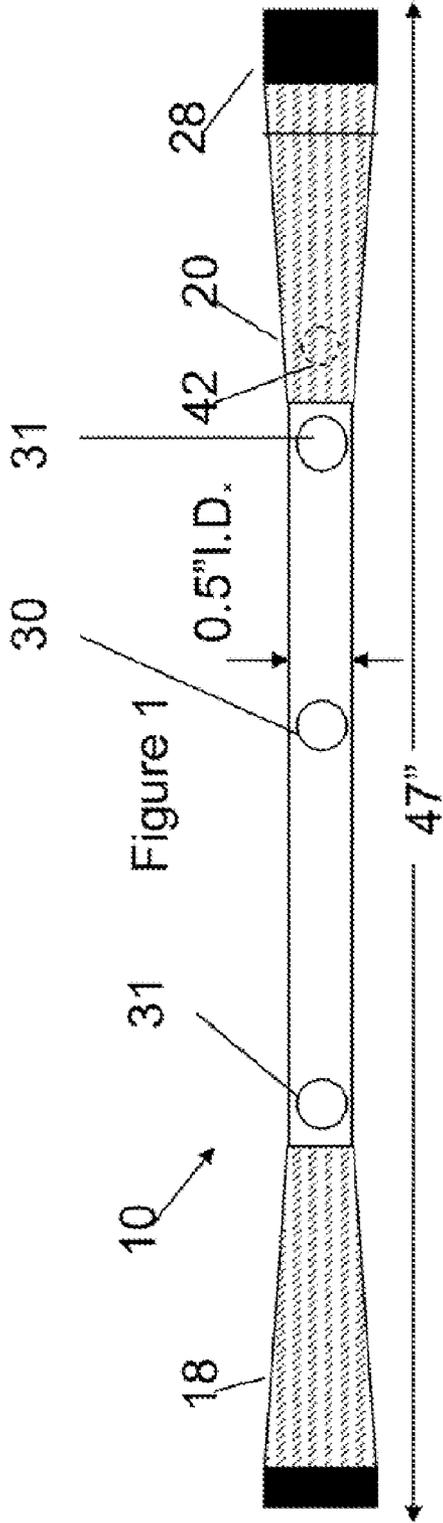
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A golf training aid having multiple functions comprising a tubular body as a storage compartment for storing alignment rods and mounting pins. The golf training aid can be used in various configurations such as a putting track or a swing alignment aid. The golf training aid fits into a golf bag and its cushioned ends protect adjacent golf clubs when the bag is being shipped.

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**GOLF TRAINING AID HAVING MULTIPLE FUNCTIONS**

**CROSS-REFERENCE TO RELATED APPLICATIONS**

[0001] This application claims the benefit of U.S. Provisional Patent Application 61073568 filed on June 18, 2008.

**FIELD OF THE INVENTION**

[0002] This invention relates to practice devices for games using tangible projectiles, namely, golf, and specifically for a golf training aid having multiple functions.

**BACKGROUND OF THE INVENTION**

[0003] Golfers often make use of an exercise and warm-up tool prior to starting the game. The tool may be as simple as a pair of irons held by the golfer and swung in such a way to warm up the arms and torso of the golfer. There are also purpose built tools such as a weighted club that can be used for swinging. The tool may be as simple as a wooden dowel or pair of fiberglass rods that may golfers carry as alignment aids for putting and driving practice. There are many examples of golf training aids in the known art. One example is U.S. Pat. No. 6,767,290 "Golf Training Aid" issued to Tan disclosing a shoulder strap to maintain proper body stance when swinging. Another example is U.S. Pat. No. 7,455,595 "Golf Training Aid" issued to Gibbons et al. which is another device attached to the body to promote a proper golf swing. A third example is U.S. Pat. No. 4,949,971 "Golf Training Aid" issued to Thornton which provides for a pointing aid attachable to a golf club to promote accuracy. Other training aids often used by golfers include: a weight swing club, a short indoor weight swing club, swing alignment rods with "T" attachments, a putting plain, a fitness pole for stretching, a club protector for travel, putting trainers, string lines, free weights, foam rollers, flexible swing temp trainers, belly putter training attachment, rubber exercise tubing, putting tracks and putting mirrors.

[0004] Certain deficiencies and disadvantages are associated with the golf aids tools presently available to golfers who desire a better warm-up tool. Existing aids tend not to be balanced and so are not effective tools to be used for muscle warm-ups. They do not fit entirely into a golf club bag and often protrude out the end of the bag. This leaves these devices vulnerable to damage during travel in cargo holds of aircraft. They do not permit the golfer to combine different tools together in a single package. For example, the alignment rods, swinging exercise tool and weighted club are three different devices that can clutter up the golf bag. As the examples identified herein illustrate, the warm-up tools and training aids are cumbersome and not well suited for travel. Therefore, there is a continuing requirement in the sport of golf for a training aid and warm up tool that incorporates a number of different fitness and training exercise in a multi-functional tool.

**SUMMARY OF THE INVENTION**

[0005] My invention is intended to overcome the deficiencies of know exercise apparatus used by golfers during warm-up exercises by providing a convenient, economical and efficient golf training aid having multiple functions. Furthermore, my invention is intended to provide a warm-up tool that can also carry alignment rods within its body and be

used as a golf club protector in the golf bag. To do this, the warm-up tool of my invention is longer than golf club handles carried in the golf bag and has a cushioned end so that impact is on the cushioned end and not on the golf club heads.

**BRIEF DESCRIPTION OF THE DRAWINGS**

[0006] FIG. 1 is a bottom view of my invention.

[0007] FIG. 2 is a side view of my invention.

**DETAILED DESCRIPTION OF A PREFERRED EMBODIMENT**

[0008] Referring to FIGS. 1 and 2, there is shown a bottom and side view respectively of my invention 10 which is a golf training aid to be used by a golfer for warm-up exercises and for teaching other golfers to swing and put. The body 12 of the apparatus 10 is a long hollow tube. In one embodiment of the invention the tube is 47 inches long with an outer diameter of 0.5 inches. The body 12 of the invention can be made from a lightweight metal such as aluminum or an alloy of aluminum or from a resilient plastic, fiberglass or carbon composite. The diameter of the tube is sufficient to contain two fiberglass alignment rods 14 and 16 which are about 3/16 inches in diameter. The apparatus has a golf club grip 18 and 20 on each end for symmetry and balance. At least one of the ends 22 has a threaded cap 24 to permit storage of the alignment rods and closure of the tube. The cap is weighted to adjust the weight and balance of the aid for male and female players. A golf grip at one end of the body and a weight at the opposite end of the body allows the golfer to swing the body like a golf club into a full finish position and increase swing speed. This promotes a stronger drive and further drive distances. The other end of the tube is permanently sealed to prevent the alignment rods from exiting the tube during transport. The double ended grip feature permits the golfer to swing either end and promotes balance of the apparatus. The apparatus weighs about the same as two driving irons and so is well adapted as an exercise tool for practicing a golf swing or for twisting exercises. The ends of the rod 26 and 28 are cushioned and removable so as to protect it and to act as an impact surface during travel which avoids damage to the heads of the golf clubs stored in the bag. Generally, the apparatus will be the longest device in the golf club bag.

[0009] The symmetry of the body permits its use as a fitness and stretching tool.

[0010] There are at three holes 30, 31 and 32 in the bottom surface 34 of the body 12. A first hole 30 is located in the centre bottom of the body 12. A second hole 31 is located adjacent to grip 18 and a third hole 32 is located adjacent to opposite grip 20. The second hole 31 and the third hole 32 are adapted to receive one end of a pin member (33 and 35) in a frictional fit that is used to secure the body to a grass surface 37 as illustrated in FIG. 2 in order to elevate the body above the surface of a green to create a putting track. The pin members 33 and 35 are stored in the body 12 and are about 8 inches long. In another embodiment the apparatus includes a level bubble. In yet another embodiment there is a mirror attachable to the body by magnet so that the golfer can view eye alignment.

[0011] On one end of the tube there is an addition hole 42 which acts as a whistle. The golfer removes the grip covering the hole and then can swing the device as a club using the opposite grip. The whistle sound indicates how fast the swing is.

**[0012]** The apparatus can come in different lengths and the grips in different colors. The grips and the tube can be used as a substrate for branding and advertisement. The apparatus can be weighted to suit male and female players. The weights are contained in the removable cushioned end **28** of the apparatus and can be changed to suit the user. There can be different weights for the end **28** sold in a kit form.

**[0013]** The apparatus has the advantage of being an instrument that conforms to golfing rules and that can be carried in the player's golf bag during play. Other exercise devices are not permitted in the bag during play. For the traveling player, the apparatus has a number of other uses such as a walking stick and a clothes hanging rod.

**[0014]** A number of exercises can be performed using this apparatus such as a swing, over-shoulder twist, tee pee stretch, axe chop, on plane stretch, side bend, golf stance chest stretch, push-pull shoulder strengthening, wrist roll-ups using a weight tied to the rod. The apparatus can also be used in combination with other exercise tools such as balls.

**[0015]** The alignment aids carried within the tube are used for full shot alignment, full shot ball positioning, down target line, swing plane check, mirror eye alignment check, putting for narrow tracks, putting arcs and bends. The tripod spikes carried with the apparatus are used for putting drills. An instruction booklet showing the use of the apparatus as an exercise and training aid will be included as a kit comprising the apparatus with alignment rods, pegs and mirror. Various weighed end caps can also be sold with the kit.

**[0016]** It can be seen that this apparatus uniquely combines a variety of uses into a single implement.

**[0017]** Although the description above contains much specificity, these should not be construed as limiting the scope of the invention but as merely providing illustrations of some of the presently preferred embodiments of this invention. The scope of the invention should be determined by the appended claims and their legal equivalents.

What is claimed is:

**1.** A golf training aid comprising a body comprising a first end and a second end, a first grasping means fixed to said body first end for swinging the body in an arc, a second grasping means fixed to the body second end for swinging the body in said arc, weight means removable fixed to the body for adjusting the weight of the body and a storage compartment so that a golfer can perform golf swings using simulated golf clubs of varying weight.

**2.** The golf training aid of claim **1**, wherein the body is a hollow tubular body comprising an open first end and a closed second end, the result being that said hollow tubular body forms said storage compartment.

**3.** The golf training aid of claim **2**, wherein said open first end is threaded and adapted to receive a threaded weighted closure plug thereby forming said weight means.

**4.** The golf training aid of claim **3**, wherein said threaded closure plug comprises a plurality of threaded closure plugs having various weights so that the golf training aid can be weighted to simulate the weight of a variety of golf clubs.

**5.** The golf training aid of claim **4**, wherein said plurality of closure plugs include a cushioned top surface for absorbing impacts.

**6.** The golf training aid of claim **5**, wherein said first grasping means is a first golf grip mounted over the first end of the body, said first golf grip having an open top end to permit threaded fastening of said plurality of closure.

**7.** The golf training aid of claim **6**, wherein said second grasping means is a second golf grip mounted over the second end of the body, and wherein said second golf grip includes a cushioned top surface for absorbing impacts.

**8.** The golf training aid of claim **7**, wherein the body has a length greater than the length of a golf club so that it extends outside of a golf bag, the result being that one of said cushioned top surface of the plurality of closure plugs and said cushioned top surface of said second golf grip is exposed to impact loads thereby protecting adjacent golf clubs.

**9.** A golf training aid comprising a tubular body comprising a first open end and a second closed end forming a storage compartment within said tubular body, a first open ended golf grip over said first open end and a second closed ended golf grip over said second closed end, wherein said first open end is threaded and adapted to receive a threaded weighted closure plug having a cushioned top surface, wherein said threaded weighted closure plug is adapted to simulate the weight of a golf club,

**10.** The golf training aid of claim **9**, further comprising the tubular body having a bottom surface comprising a first hole disposed midway between the first open end and the second closed end, a second hole disposed adjacent to said first open ended golf grip end and a third hole disposed adjacent to said second closed ended golf grip.

**11.** The golf training aid of claim **10**, wherein at least two of said first hole, said second hole and said third hole are adapted to receive a first and a second pin member each having a first end and a second end, so that said first end of said first and second pin members is press fit into said at least two of said first hole, said second hole and said third hole, and so that the first and second pin second ends are pressed into a grass surface thereby suspending the body above said grass surface thereby forming a putting alignment aid.

**12.** The golf training aid of claim **11**, wherein the first and second pin members are stored within said storage compartment.

**13.** The golf training aid of claim **12**, further comprising a first and a second alignment rod adapted for parallel placement with the body on a grass surface thereby forming a putting track.

**14.** The golf training aid of claim **13**, wherein said first alignment rod includes a first end for fitting in the first hole thereby forming a "T" with the body, and wherein said second alignment rod may be disposed across the first alignment rod for a target line thereby forming a golf alignment tool.

**15.** The golf training aid of claim **14**, wherein the first alignment rod and the second alignment rod are stored in the storage compartment.

**16.** The golf training aid of claim **15**, wherein least one of the first and second grips is removable from the body revealing as whistle hole used for producing an audible sound during swing exercises so that a golfer may assess the speed of a swing by the volume of the whistle during the swing.

**17.** A kit for a golf training aid comprising, in combination:

- a. a tubular body member having a threaded open first end and a closed second end, wherein said first end mounts a removable golf grip and wherein said second end mounts a fixed golf grip, wherein said tubular body further includes a first, second and third hole equally spaced between the first and second grips;
- b. a plurality of threaded closure plugs having various weights and adapted for threaded engagement with said threaded open first end, wherein said plurality of threaded closure plugs may be exchanged one for

another on the threaded open first end thereby simulating the weight of a variety of clubs for swinging exercises;

c. a set of alignment rods for storage within said tubular body, said set of alignment rods for use with the tubular body for golf stroke and foot alignment exercises; and,

d. a set of pins for mounting the body above a grass surface, wherein said set of pins are adapted for press fitting into two of said first, second and third holes and said grass surface thereby forming a putting track.

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