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GOLF PRACTICING DEVICE

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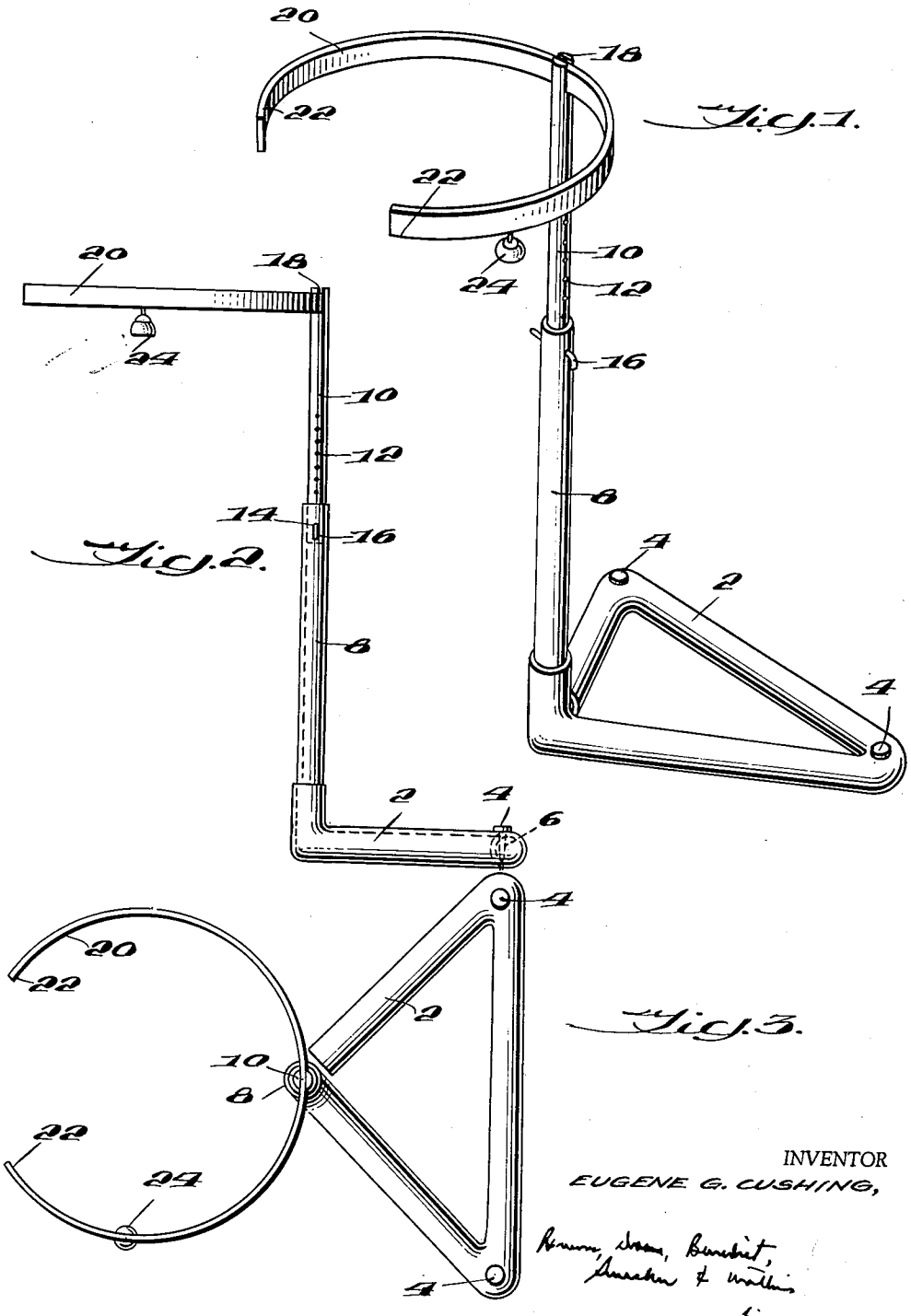


Fig. 1.

Fig. 2.

Fig. 3.

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GOLF PRACTICING DEVICE

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This invention relates to a golf training device, and more particularly, to a device to train a person to use the proper pivot for a sound golf swing.

The pivoting motion of the hips is one of the most difficult elements of the golf swing to learn. The development of the proper pivoting motion is an important step in progressing from the ranks of the high handicap golfer to the status of a consistent par golfer.

One of the factors which makes it difficult to develop a proper pivoting motion is that the golfer is insensitive to the position of his hips during the golf swing. He is unable to determine at any point in the swing whether his body is in the correct position. One popular method of training, is to take lessons from a golf instructor, who can observe and analyze the golfer's motion during the practice swing and recommend the corrections that must be made. This method of training, however, is expensive and the corrections are usually only temporary. Another method might be to practice the golf swing in front of a mirror. This method is also unsatisfactory because the golfer cannot look at the mirror and execute his usual golf swing at the same time.

Attempts have been made to develop golf training devices which are attached to the body of the golfer to restrict his movements to the desired motions. These devices are expensive, uncomfortable, and often do not indicate whether the golfer has actually mastered the proper pivoting motion.

Accordingly, in view of the defects of the prior devices and methods, it is an object of this invention to provide a device for training a person in the development of a proper pivoting motion in his golf swing.

Another object of this invention is to provide a golf training device which will not interfere with a person while he is executing his golf swing.

A further object of this invention is to provide a golf training device which is of inexpensive construction, and yet, will serve as an effective training device.

According to a preferred embodiment of the invention, an adjustable post is secured in a base. An open resilient ring is secured to the top of the post and extends horizontally outward therefrom. A bell warning device is attached to the ring. The ring is resilient so that the user can spread the open end sufficiently to stand within the ring. The ring is adapted to be positioned about the hips of the golfer, but spaced slightly outward therefrom. If the golfer executes a proper pivoting motion, his hips will not bump the ring, but if he swings or lunges during the swing he will bump the ring, which will vibrate the bell to warn him of his incorrect hip movement.

This preferred embodiment of the invention is illustrated in the accompanying drawings, in which:

FIG. 1 is a perspective view of the golf training device;

FIG. 2 is a side elevational view of the device; and

FIG. 3 is a top plan view of the device.

Referring to FIG. 1, the golf training device is provided with a base 2. To provide additional stability for the base, anchor pins 4 at the corners of the base, as shown in FIG. 3, extend through holes 6 in the base 2 to engage the ground or other support.

A hollow post 8 is secured in the base 2 and extends upwardly therefrom, being telescoped into the open upper end thereof. A hollow tube 10 of smaller diameter than

that of the inside of the post 8, is also telescoped within the post 8.

The tube 10 is provided with a series of holes 12 which extend transversely through the tube 10. The post 8 is provided with a single transverse hole 14. A set pin 16 extends through the hole 14 in the post 8 and through one of the series of holes 12 in the tube 10. The set pin 16 provides a means for adjusting the height of the tube 10 above the base 2.

The upper end of the tube 10 is provided with a transverse slot 18. A ring 20 is secured within the slot 18. It may be removably secured in the slot by a close fit between the slot 18 and ring 20, or it may be secured permanently in the slot 18 by welding.

The ring 20, as shown in FIG. 3 is an open ring with two end portions 22. The ring 20 is formed of a deformable, resilient material, such as metal or plastic, so that the end portions 22 may be spread apart to adjust to the size of the golfer's hips. A bell 24 is attached to the ring 20. Other types of warning devices may be used which will be actuated by the motion or vibration of the ring 20.

To use the device, it is placed on the practice tee so that the base 2 will rest evenly on the ground. The anchor pins 4 are driven into the ground, if necessary, to prevent movement of the base. The set pin 16 is removed from the post 8 so that the height of the post 10 may be adjusted. The ring 20 should be positioned at the height of the trainee's hips. After the proper height adjustment, the pin 16 is inserted through the hole 14 in the post 8 and through one of the holes 12 in the tube 10 to fix the height of the tube and of the ring 20.

After the proper height adjustment has been made, the trainee positions himself within the ring 20 to adjust the size of the ring. Since the ring 20 is made of a deformable material, the trainee can adjust the size of the ring by spreading the end portions 22. The ring 20 should be adjusted so that it is spaced several inches from either side of the trainee as he stands with his back to the post 8.

The trainee will then be in a position to assume his usual stance in addressing the ball. Since the ring 20 is spaced from the trainee's hips, it will not interfere with his body movement during the golf swing. If, during his practice swing, the trainee lunges or moves from side to side, instead of executing the proper pivoting motion, his hips will bump against the ring 20 and the vibration will cause the bell 24 to ring. The ringing bell, therefore, will indicate to the trainee that he did not execute the proper pivoting motion during his practice swing.

It is apparent from the foregoing description, that the training device will be effective for indicating proper pivotal motion during the golf swing. Its simplicity of construction permits the training device to be constructed inexpensively, so that practically all golfers will be able to afford one. As a further advantage the training device is positioned behind the golfer so that it will not be a distraction to him while he is practicing his swing.

While the invention has been illustrated and described in one embodiment, it is recognized that variations and changes may be made therein, without departing from the invention as set forth in the claim.

I claim:

A device for teaching to a golfer the proper movement of his hips during his golf swing comprising a base, an upright support secured to the base adjacent one edge of the base, a pair of substantially arcuate arms extending outwardly from the support and secured at one end of each to the support, the opposite ends of the arms being separated and disconnected from each other, said arms being formed of a firm, rigid material capable of being readily bent to shape so as to embrace the hip por-

tion of a golfer free and clear thereof and retaining the set of such adjustment, providing a gauge for a proper golf swing, means for adjusting the arms vertically relative to the support to the height of the golfer's hips and to accommodate golfers of different heights, said base extending outwardly only on the side of the support opposite from that on which the arms extend.

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