

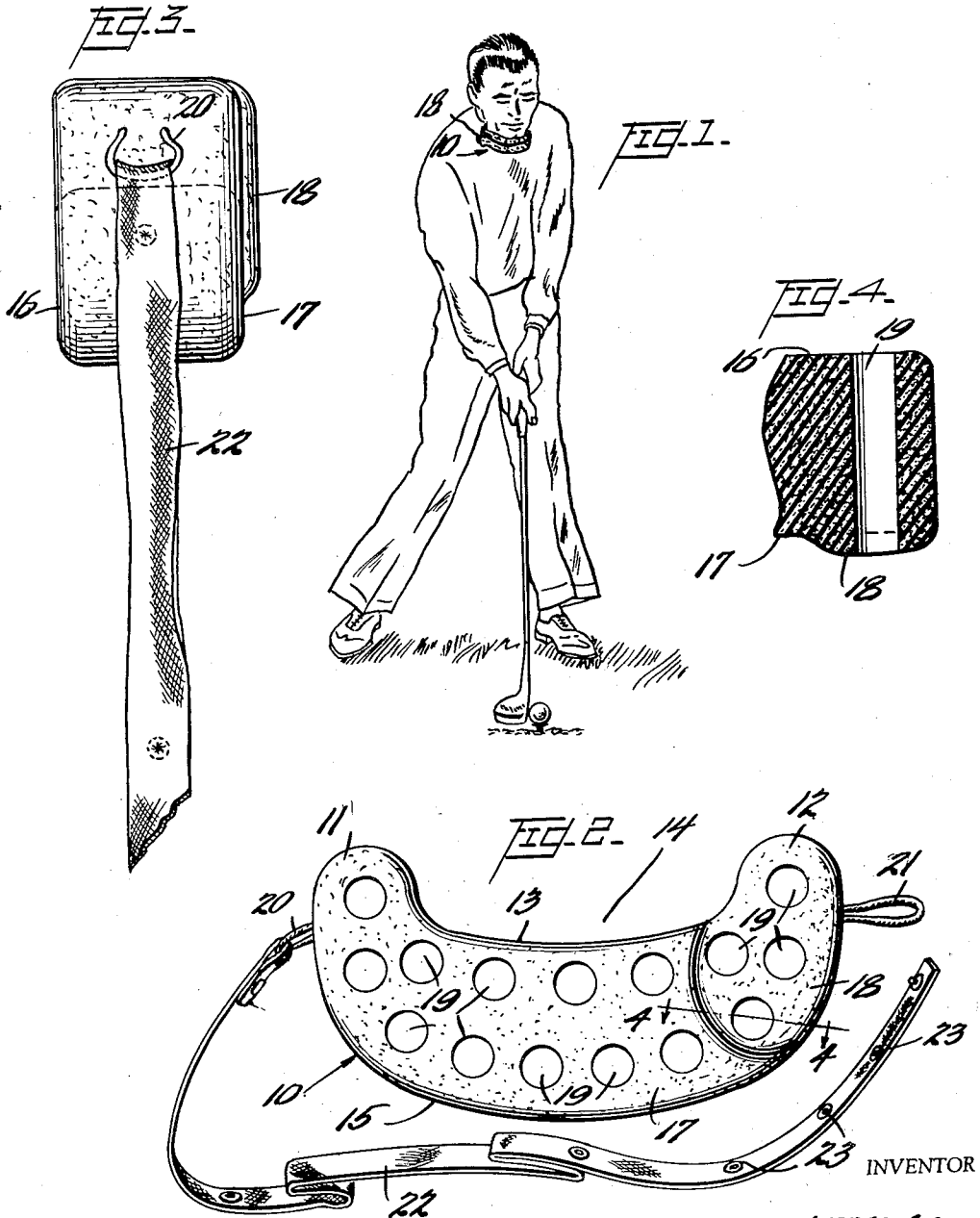
Dec. 18, 1956

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2,774,601

DEVICE FOR USE IN PLAYING GOLF

Filed June 1, 1953



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DEVICE FOR USE IN PLAYING GOLF

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Application June 1, 1953, Serial No. 358,765

2 Claims. (Cl. 273—190)

This invention relates to a device designed to aid a player in playing the game of golf.

A principal object of the invention is the provision of a device of the indicated type which will aid and train the golfer to hold his head down, keep his eye on the ball, and execute a proper follow through when making a shot.

Another object of the invention is the provision of a device of the indicated type which will initially aid the golfer in placing his head in the proper position and which will also assist the golfer in holding his head in the proper position during execution of the swing.

A further object of the invention is the provision of a device of the indicated type which will assist a golfer to keep from moving his head before the shot is complete, and which, if the head is moved, will make him cognizant of this fact.

A still further object of the invention is the provision of a device of the indicated type which will assist the golfer in swinging the club properly from the inside to the outside.

Another object of the invention is the provision of a device of the indicated type which will allow a full natural swing of the club but which will help to prevent an exaggerated swing.

Still another object of the invention is the provision of a device of the indicated type which will aid a golfer in acquiring the proper follow through technique.

These and other objects and advantages of the invention will become more apparent from the following detailed description taken with the accompanying drawing, wherein:

Figure 1 is a front view of a player in the act of hitting a golf ball and showing the device of the invention in proper position for use;

Figure 2 is a bottom plan view of the device;

Figure 3 is an end view of the device; and

Figure 4 is a cross-sectional view of the device taken on the line 4—4 of Figure 2.

Referring to the drawing, the numeral 10 generally designates a body preferably formed of a relatively soft, resilient material, such as sponge rubber or the like. Viewed in plan, the body 10 has the approximate shape of a crescent modified in certain respects to adapt it for the purpose of the present invention. Thus, the ends 11 and 12 of the body 10 are rounded rather than pointed, and the curvature of the concavely curved side 13 of the body has been modified to provide a recess 14 shaped to comfortably receive the front portion of the neck of a player. The curvature of the opposite side wall 15 of the body corresponds in general to the curvature of the wall 13. The body 10 is provided with top and bottom walls or surfaces 16 and 17 and these are preferably parallel and substantially flat with the exception of a raised portion 18 on the bottom wall 17 adjacent one end of the body. The purpose of the raised portion 18 will be described more in detail hereinafter. A plurality of openings 19 pierce the body 10 between the walls 16

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and 17 and serve as ventilating means when the device is in use.

At opposite ends thereof, the body 10 is provided with loops 20 and 21 for receiving the ends of a strap 22, designed to be looped around the neck to support the device when not in use, or to prevent the device from falling to the ground when it becomes dislodged while a shot is being made. The loops 20 and 21 may be embedded in the material of the body 10 or otherwise secured thereto in any suitable manner. The strap 22 may be of leather, cloth or the like and is preferably provided with snap fastener elements 23 to permit the same to be releasably secured to the loops 20 and 21 in any desired adjusted position.

The dimensions of the body 10 may be varied in accordance with the requirements of individual players. On the average, however, the width of the body between the walls 13 and 15 measured substantially centrally thereof will be approximately 2½ inches and this decreases to a width of approximately 1¼ inches at the rounded ends 11 and 12. The thickness of the body measured between the walls 16 and 17 will usually be approximately 2¾ inches depending largely on the length of the player's neck. The depth of the recess 14 at its central portion will be approximately 1¼ inches and its length approximately 3¼ inches. It will be understood, however, that these dimensions are merely illustrative and, as stated above, may be varied to suit the requirements of individual players.

Operation

In the use of the device for making a shot, it is positioned between the chin and chest of the player with the recess 14 disposed to the rear in a manner to receive and comfortably accommodate the front portion of the player's neck. The player then drops his head until his chin rests on and presses lightly against the top wall 16 of the body 10. This will place the head in the position which it normally assumes in addressing the ball and, if the head is maintained in this position, the light pressure exerted on the device by the chin will serve to retain it in position.

When the device is positioned as stated and the player has properly addressed the ball, he is then ready to make his shot. In making the shot, the swing is executed in the usual manner, the shape, size and soft resilient nature of the body 10 permitting the necessary turning movement of the player's body without substantially moving the head. Thus the player may make a full normal swing without dislodging the device so long as he maintains his head down and his eye on the ball. However, if the player lifts and/or turns his head during the swing, the device will become dislodged and the player will be aware that he has failed to hold his head down and keep his eye on the ball.

During the back swing, the player's body and shoulders turn which, in the case of a right handed player, produces a rearward angle or offset of the right shoulder with respect to the left shoulder. Since the head is not appreciably turned or moved during the back swing, if the shot is properly executed, this would normally tend to lessen the pressure of the chin on the body 10 with the possibility that it might become dislodged. In order to prevent and overcome this tendency, the raised portion 18 is provided on the bottom wall 17, at the end of the device which rests against the right portion of the player's body. This serves to maintain sufficient pressure on the device to prevent accidental dislodgment thereof when the back swing as well as the down swing, is properly executed.

The position of the player as the club head is about to strike the ball is illustrated in Figure 1. If the device is still in position between the chin and chest of the

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player at this time, he is assured that, up to this point at least, he has kept his head down and his eye on the ball. Conversely, if the device has become dislodged at this point, or at any prior point, he is cognizant of the fact that he has raised his head or otherwise improperly executed the swing.

After the ball is hit, the proper follow through must be executed by the player if maximum effectiveness and distance is to be obtained. When the proper follow through is executed using the device of the invention, the player is aware of a sensation of the right shoulder contacting the device. However, if the head is raised too soon the device will become dislodged and the player will know that he has not executed the follow through properly. Under these conditions, the device will usually fall directly downwardly to the ground adjacent the player's feet unless the restraining strap 22 is being used. However, if the proper follow through is properly executed the device will either end up pinched between the shoulder and chin or, the shoulder will have triggered or kicked against the device knocking it to the ground some distance forward of the feet. Thus, if the device becomes dislodged during the follow through, the player will be able to determine by the position of the device on the ground whether or not the follow through has been properly executed.

The device may be used with or without the strap 22. When testing for proper follow through in the manner indicated above, the strap should not be used and may desirably be removed. In other cases it may or may not be used depending on the desires of the individual player.

The device of the invention is an excellent training aid for golfers, particularly in making the longer wood and iron shots, and in actual use has been found to increase the distance of these shots and lower the score of the average golfer several strokes for a single round. It is light in weight, small enough to be carried on the person and very comfortable to use because of its shape, size and soft resilient nature. The device allows a full and natural swing but helps to prevent exaggerated swings. It assists the golfer to keep his head down and if the head is lifted and turned before the shot is completed,

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the player is immediately aware of this fact. The device further aids the golfer in developing the proper follow through technique and serves to indicate when this is properly executed by the sensation of the shoulder contacting the device, and by the position of the device on the ground if the shoulder dislodges it.

The device of the invention is preferably formed of sponge rubber because of its soft, resilient nature. However, other spongy and/or resilient materials such as cellulose sponge, nylon sponge and the like may be used.

While a preferred embodiment of the invention has been disclosed, it will be appreciated that the invention is not limited to the specific details illustrated and described, except as included in the following claims.

I claim:

1. A golf training device comprising a generally crescent-shaped compressible cushion, formed of spongy material and having a substantially rectangular cross-section, the concave portion being adapted to fit the human neck, said body having upper and lower faces for engagement with the chin and chest of a player and having an uncompressed thickness of the order of 2½ inches such that, when the body is held between the chin and the chest of a player, the player's head will be in the position normally occupied when the ball is correctly addressed, said body, at one end thereof, having an increased thickness for engagement with the shoulder of the player during the follow-through of a golfing stroke.

2. The structure of claim 1 wherein there is provided, for attachment to the end portions of the cushion, a detachable strap member to encircle the neck of the player, the length of the strap member being sufficient to permit the cushion to hang freely on the chest of the player.

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