March 24, 1925. 1,530,519

C. D. REMINGTON

GOLF FORM APPARATUS

Filed Feb. 23, 1923

FIG. 2

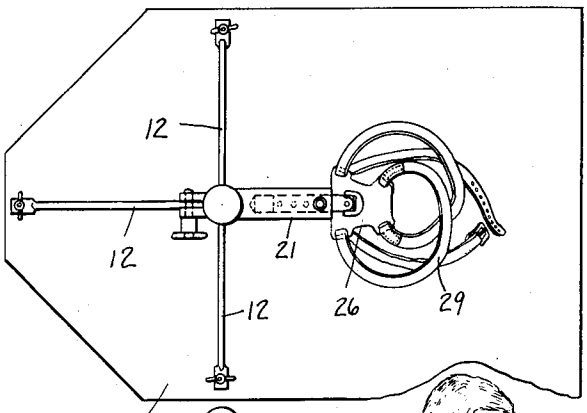


FIG. 4

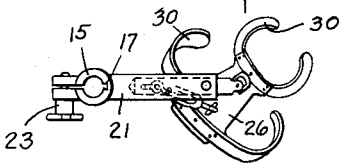


FIG. 5

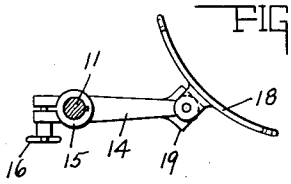


FIG. 1

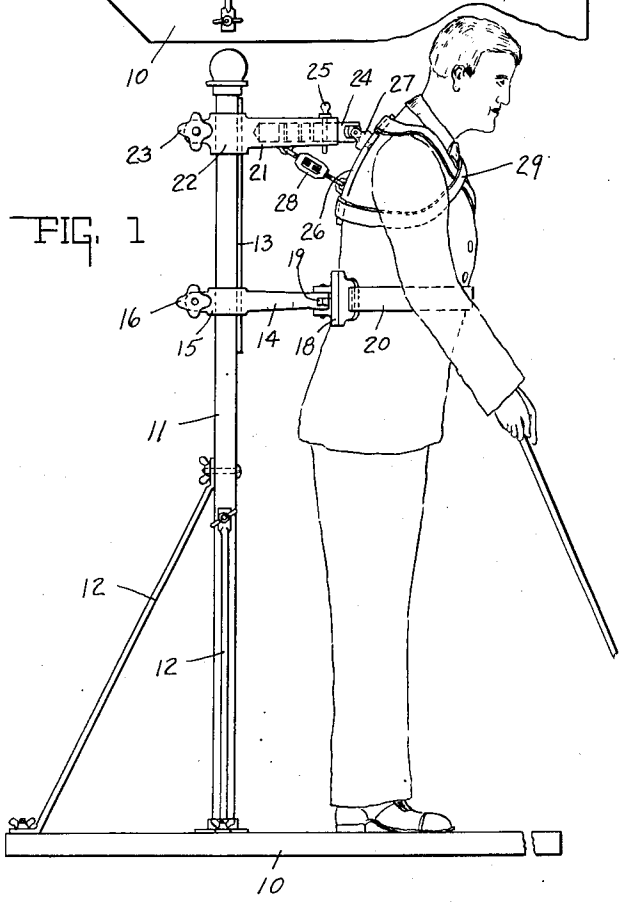
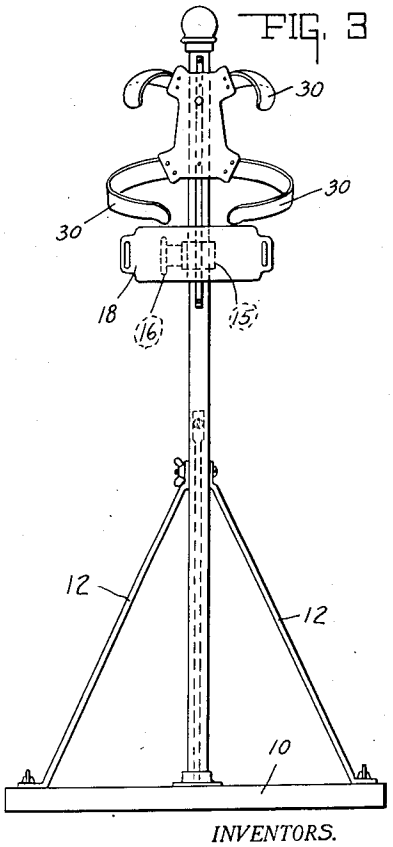


FIG. 3



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Patented Mar. 24, 1925. 1,530,519

UNITED STATES PATENT OFFICE

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GOLF-FORM APPARATUS.

Application filed February 23, 1923. Serial No. 620,729.

To all whom it may concern:

Be it known that I, CHARLES D. REMINGTON, a citizen of the United States, and a resident of Indianapolis, county of Marion, and State of Indiana, have invented a certain new and useful Golf-Form Apparatus; and I do hereby declare that the following is a full, clear, and exact description thereof, reference being had to the accompanying drawings, in which like numerals refer to like parts.

This invention relates to a training apparatus for golf players, particularly for use in teaching beginners to swing on the ball.

It is well known that it is the tendency of the average beginner or player who has not acquired proper form, to raise his body when swinging the club back preparatory to striking the ball. In some instances the body is elevated on the toes, and usually the shoulders or upper portion of the body is also raised in bringing the club up. In order to acquire proper form and be able to strike the ball squarely and follow through, that tendency to raise up must be overcome. The feet must remain fixed on the ground, and the upper portion of the body, the waist, shoulders and head must remain in fixed position. Only a turning movement of the waist and shoulders with the corresponding movement of the legs may be had, while the feet and head remain in fixed position.

It is the object of this invention to provide a brace for holding and maintaining the body from any vertical or upward movement when swinging back for a stroke, said brace permitting the required lateral swing thereof. By swinging the club while held to the brace, the player is taught to swing without elevating the body, so that in actual play the natural tendency to do so will have been overcome.

The full nature of this invention will be understood from the accompanying drawings and the following description and claims.

In the drawings, Fig. 1 is a side elevation of the apparatus. Fig. 2 is a plan view looking down thereon. Fig. 3 is a front elevation thereof. Fig. 4 illustrates the position of the shoulder plate when the player follows through. Fig. 5 illustrates the position of the body plate when the player follows through.

In the drawings there is shown a base 10 upon which the player stands and the supporting post 11 is rigidly mounted. Said post is rigidly braced by the members 12. On the forward face of the post there is provided a vertically extending key 13. Slidably mounted on the post 11, and adjustable vertically thereon, there is a laterally extending arm 14 extending from the collar 15 which surrounds said post and is clamped thereon at the rear side by the screw 16. The collar 15 is provided with the groove 17 in which the key 13 extends so as to permit the vertical adjustment of the arm upon the post, but prevent any lateral turning movement thereof. By means of the clamping screw 16 the arm 14 may be adjusted and clamped in position upon the post so as to be adjustable to players of varying height.

Pivoted on the outer end of the arm 14 there is a body plate 18 which is curved to conform to the contour of the back of the player about the waist line. On each side of the arm 14 there are provided the stop projections 19 against which the body plate 18 is adapted to abut when swinging laterally so that its lateral swinging movement will be limited.

The arm 14 is adjusted in height so that the body plate 18 will strike the player at about the waist line extending across his back, and is provided with the straps 20 arranged to pass about the body and be secured to each end of the plate for holding him firmly in position.

When the player is addressing the ball and getting his stance, the body plate 18 is centrally positioned, as shown in Figs. 1, 2 and 3. As the player swings back at the beginning of the stroke, he may swing his body and the body plate 18 about a horizontal plane to the position shown in Fig. 4, but will be prevented from raising or elevating his body. As he swings through, striking the ball, his body and the plate 18 will swing to the left in a horizontal plane until the body plate reaches the position shown in Fig. 5 at the end of the stroke. The body will, therefore, still be compelled to swing only in a horizontal plane in following through.

From the foregoing it will be obvious that the body plate will permit of no vertical movement or elevation of the body during

the swing, but will compel the player to swing back and through with his body moving in a horizontal plane, which is desirable for acquiring proper form and enabling the player to properly strike the ball. However, in the case of applying the apparatus to most persons, it is more desirable to employ a shoulder brace rather than a body brace. In that instance the body brace may be removed from the standard 11 altogether. Therefore, the apparatus may be employed by using both the body brace and shoulder brace, or either of them separately, depending upon the nature of the requirements of the pupil.

The shoulder brace comprises an arm 21 extending outwardly from the standard 11 and supported thereupon by means of the collar 22 and screw 23, said arm having a key-way so as to be vertically slidable upon the brace, but prevented from lateral movement thereon by means of the key 13. Mounted in the arm 21, there is an extension bar 24 having a plurality of holes therein through which the pin 25 may be inserted for the longitudinal extension thereof. The shoulder plate 26, so curved as to adapt itself to the back of the pupil between the shoulders, is mounted upon the end of the bar 24 by means of the universal joint 27, whereby it is free to pivot vertically and laterally. An adjustable brace 28 is pivotally secured between the bottom of the arm 21 and the lower portion of the plate 26, so that the brace will be rigidly held in proper position while permitting its free pivotal movement. The plate 26 may be provided with cross straps 29 for strapping the shoulders of the pupil thereto, as shown in Figs. 1 and 2, or may be provided with spring metal bands 30, as shown in Figs. 3 and 4, for yieldingly clamping the shoulders of the pupil against the plate.

The shoulder plate acts to prevent raising the shoulders out of substantially a horizontal plane while swinging on the ball and still permits of the necessary free lateral swinging movement.

The invention claimed is:

1. In a device of the class described, a vertically extending supporting post, a laterally extending arm slidably mounted on said post, means for securing said arm in adjusted position thereon, and a body securing plate pivoted on the end of said arm, and means for restricting said plate to a swinging movement in a horizontal plane.

2. In a device of the class described, a vertically extending supporting post, a laterally extending arm slidably mounted on said post, means for securing said arm in adjusted position thereon, a body securing plate pivoted on the end of said arm, and means for restricting said plate to a swinging movement in a horizontal plane, and means on said arm for limiting the lateral swinging movement thereof.

3. In a device of the class described, a vertically extending supporting post, a laterally extending arm slidably mounted on said post, means for securing said arm in adjusted position thereon, a plate pivoted on the end of said arm, and means for restricting said plate to a swinging movement in a horizontal plane, and means for securing a body to said plate.

4. In a device of the class described, a vertically extending supporting post, a laterally extending arm slidably mounted on said post, means for securing said arm in adjusted position thereon, a body securing plate, a universal joint for connecting said plate to the end of said arm, adjustable means for restricting said plate to a horizontal swinging movement and means on said plate for securing the body thereto.

5. In a device of the class described, a vertically extending supporting post, a laterally extending arm slidably mounted on said post, means for securing said arm in adjusted position thereon, an extension member adjustably mounted with respect to said arm for permitting the extension thereof, a plate, a universal joint connection between said plate and extension member, adjustable means for restricting said plate to a horizontal swinging movement and means on said plate for securing a body thereto.

6. In a device of the class described, a vertically extending supporting post, a laterally extending arm slidably mounted on said post, means for securing said arm in adjusted position thereon, a plate, a universal joint for connecting said plate to the end of said arm, means on said plate for securing the body thereto, and an adjustable brace connecting said arm with the lower portion of said plate.

7. A device for training a golf player comprising a support, and an arm extending therefrom and vertically adjustable with respect thereto, a shoulder plate adapted to be secured to the shoulders of the player, means for restricting said shoulder plate to a lateral swinging movement, a second arm extending from and vertically adjustable upon said support, and a waist securing means pivotally mounted on the end of said arm, said means being so pivoted as to be restricted to a lateral swinging movement, whereby the shoulders and waist of the player will be held against vertical movement and be permitted to freely swing in making a drive.

In witness whereof, I have hereunto affixed my signature.

CHARLES D. REMINGTON.