United States Patent [19]

Arkin

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[54] **GOLF PRACTICE DEVICE**

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[52] **U.S. Cl.** ..... **273/189 R,** 273/190 B

[51] **Int. Cl.** **A63b 69/36**

[58] **Field of Search** 273/188, 190, 189, 273/183

[56] **References Cited**

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[57] **ABSTRACT**

A golf practice device comprising an elastic and resilient member adapted to be attached and positioned with respect to the forearm of the player so that the arm is held straight against bending with the head properly positioned relative to the shoulder and to improve the pivoting of the body. The golf practice device includes a length of flexible, elastic and resilient cord including a clamp at each end thereof. The clamps are adapted to engage the cord at any position along the length thereof, so that a loop of any size may be formed at each end of the cord. The length of the cord is such that it may extend from a first loop encircling generally the area of a golfer's shoulder join, across the golfer's back, around the golfer's forearm and to a second loop encircling the joint between the thumb and adjacent finger of the hand on the golfer's other arm. The shoulder engaging end of the cord also is adapted to be fastened to the golfer's belt. In order to also maintain the golfer's head in proper position, the shoulder engaging end of the cord is adapted to encircle the golfer's head, pass downwardly on a side of the golfer's face, under the golfer's chin, over and under the golfer's shoulder and then to the golfer's forearm and thumb.

2 Claims, 8 Drawing Figures

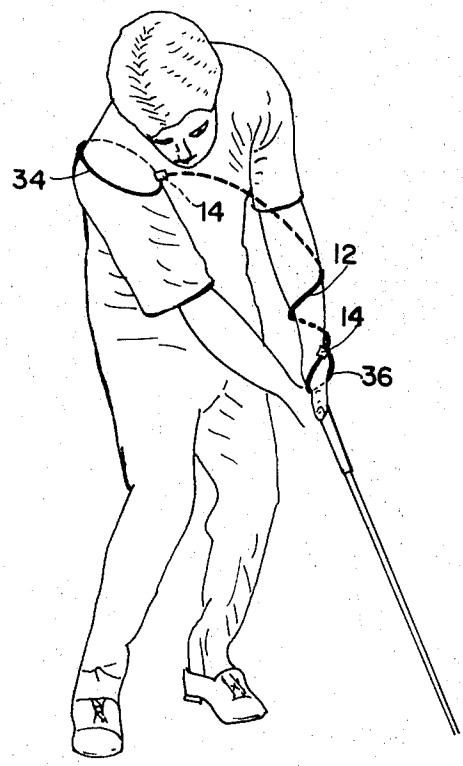


FIG. 1

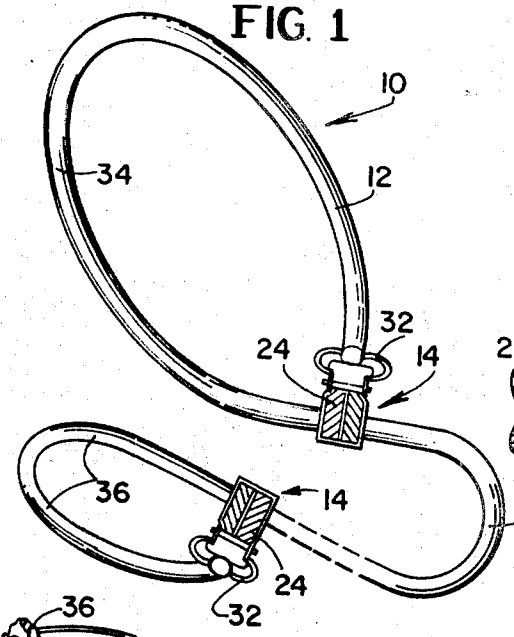


FIG. 2

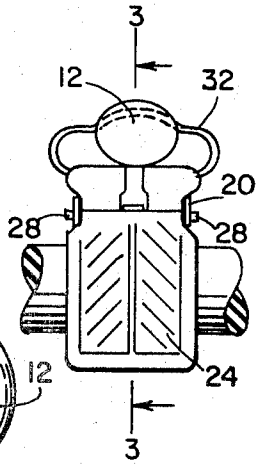
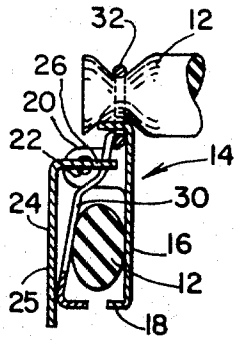


FIG. 3



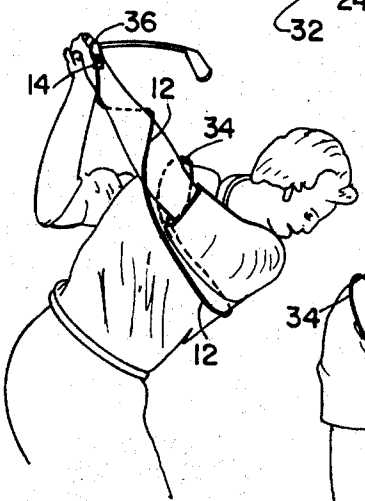


FIG. 4

FIG. 5

FIG. 6

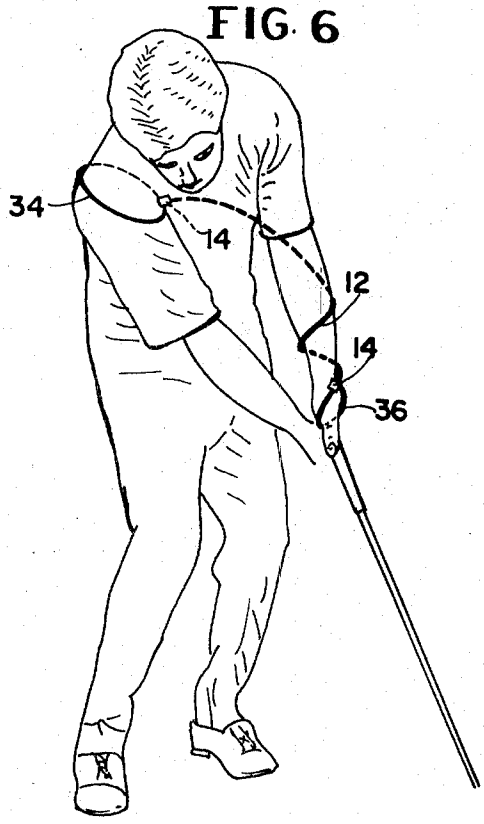


FIG. 7

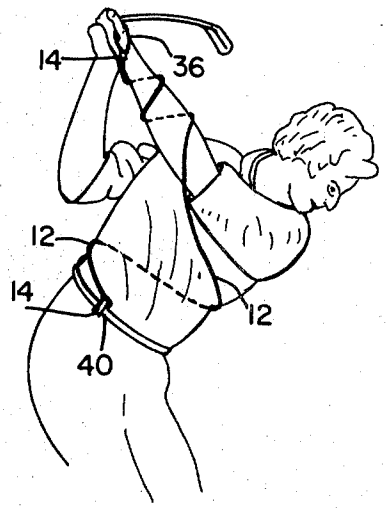
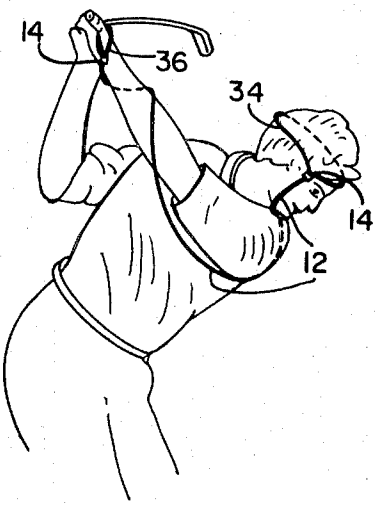


FIG. 8



GOLF PRACTICE DEVICE

BRIEF SUMMARY OF THE INVENTION

In golfing it is recognized that for properly hitting a golf ball the left arm should remain straight and not bend at the elbow during the entire swinging movement of the arm. It is also essential that the head be properly positioned relative to the left shoulder and that the head be kept down and that the proper pivotal movment be executed. An object of this invention is to provide a training and/or practice device which will accomplish the aforementioned. It will place a restraining influence on the left arm and prevent it from bending at the elbow, that is, it will tend to maintain the left arm straight during its entire swing. It will properly position the head downward against the left shoulder and maintain it in that position and it will facilitate the proper body pivot. Practicing with this device will teach the player the proper playing positions so that when the device is removed from the body the player will be able to perform properly in normal play.

Another object of this invention is to provide a practice device which is readily adjustable to accommodate differently sized players.

Another object of this invention is to provide a golf practice device which is relatively inexpensive to produce and easy and simple to apply.

DESCRIPTION OF THE DRAWINGS

In the drawings:

FIG. 1 is a view of the golf practice device with the opposite ends looped so that for attachment to the body, as shown in FIGS. 4, 5 and 6, the larger looped portion fits around the arm at the shoulder and the smaller looped portion is to be engaged by the thumb of the opposite hand.

FIG. 2 is a plan view of the clamping device.

FIG. 3 is a sectional view taken on line 3—3 of FIG. 2.

FIG. 4 shows the device positioned on the body with one end of the device around the shoulder of the right arm and the opposite end around the forearm of the left arm and with the body positioned for the backswing.

FIG. 5 shows the device secured as in FIG. 4 but with the body in position just prior to hitting the golf ball.

FIG. 6 shows the position after hitting the ball.

FIG. 7 is a view of the device with one end attached adjacent the waist and the body positioned for the backswing, and

FIG. 8 shows one end of the device attached to the head and the body positioned for the backswing.

The device generally indicated at 10 comprises a member or cord 12 which is preferably round and solid in cross-section and is formed of a flexible elastic and resilient material such as rubber or the like. A clamping member generally indicated at 14 is attached to the elastic and resilient member or cord 12 at each of the opposite ends of the member 12. The clamping members 14 are identical and each is formed preferably of metal and comprises a back plate which forms the rear jaw 16 having an inwardly extending lower lip 18. The back plate or rear jaw 16 has a pair of spaced forwardly extending side ears 20 each provided with an opening 22. The front member 24 of the clamp is of an inverted L-shape and comprises a front wall 25 and a rearwardly extending lip 26 which is at right angles to the front wall, with the rearwardly extending lip provided with

lateral extensions 28 which are received in the openings 22 to pivotally support the front member 24 relative to the back or rear jaw member 16. A front jaw member 30 is suitably connected to the rear jaw member 16. A wire loop 32 is secured to the clamp at the inner end thereof. The end of the flexible member 12 is compressed and passed through the loop 32 which, as shown in FIG. 3, will anchor the clamp 14 to the resilient member 12.

To form either of the looped ends 34 or 36, the movable jaw 30 of the clamping member 14 is moved to open or unclamping position by pivoting the front member 24 outwardly which positions the jaw 30 away from the jaw 16 and permits the jaws 16 and 30 to be positioned around the member 12 at the appropriate spot. The front member 24 is then pivoted to the position shown in FIG. 3 where the jaws 16 and 30 are clamped to the resilient member 12. It will be understood that the aforedescribed clamping means are conventional and that any other conventional clamping means may be used with equal facility.

Referring to FIG. 1, the clamp 14 at one end is clamped to form the smaller loop 36 which is the thumb loop, while the other clamp is connected to form the larger loop 34 which is herein identified as the shoulder loop since it engages the body around the shoulder. The looped portions 34 and 36 of the restraining member are adjustable in that they may be made of any size to accommodate differently sized body portions of people.

When the device is applied to the person, as shown in FIGS. 4, 5 and 6, the looped portion 34 is placed around the right arm on the right shoulder of the person and then passes around the back of the body and angularly and downwardly, as shown in dotted lines, to pass across the underside of the left elbow and then over the left forearm and is wrapped around the left forearm below the left elbow, with the looped end 36 positioned and hooked around the thumb on the left hand.

As the player's body moves to the backswing position of FIG. 4, the resilient member 12 will exert a sufficient pull on the left forearm to keep it from bending at the elbow. It also helps to improve the pivoting of the body and to keep the head positioned properly relative to the left shoulder. All of this takes place with the left forearm in straight alinement with the upper part of the arm and thus prevents bending of the left arm during the entire swing of the left arm as it moves from its initial position shown in FIG. 4 through the movement shown in FIG. 5 to the completion of the swing in striking the ball, as in FIG. 6. The golf club is held in the conventional manner by the two hands since the loop 36 around the thumb does not interfere with the gripping of the club.

The number of winds of the resilient member 12 around the left forearm can vary from that shown in FIGS. 4 through 6. It can be increased or decreased to place the proper restraining influence on the arm; each player can use whichever restraining influence desirable to meet his particular requirements. In practice hitting a golf ball with the restraining means of this invention the player can be taught how to effect a swing without bending the forearm and at the same time keep the head properly positioned and improve the body pivot.

While the invention is shown in connection with the left arm, it will be understood that it is equally applicable to the other arm for those who swing from the opposite arm.

FIG. 7 shows the device worn differently from that previously described. In this manner the larger looped end **34** is eliminated by detaching the clamping jaws **16** and **30** from the resilient member **12** and securing the clamping jaws of the clamping member to the belt or to the player's clothes at the waistline, as at **40**, adjacent the right arm. The resilient member **12** then passes around the lower rear of the back, then upwardly below the left elbow and is wrapped around the left forearm and connected to the thumb, as previously described. This also holds the left arm straight and helps to produce the proper pivot.

FIG. **8** shows the device to be worn by those who have to improve keeping the head down. In this case the looped end **34** is adjusted to fit around the head. The resilient member then passes downwardly on the right side of the face and under the chin and over the left shoulder, then under the left shoulder and forwardly under the left elbow and wound around the left forearm and connected to the thumb as previously described. This serves to maintain the left arm straight, to keep the head down and positioned against the left shoulder and helps the body pivot properly.

The device of this invention is therefore capable of being worn in the various manners shown for correcting and improving improper body positions in the playing of golf.

What is claimed is:

1. A golf practice device comprising a single elastic and resilient member, a clamping member fixedly secured to each of the opposite ends of said elastic and resilient member, each said clamping member clamping and detachably engaging said elastic and resilient member at a location along the length thereof and forming an adjustable loop at each of the opposite ends, with each loop being adjustable to accommodate varying sizes, with one of said loops adapted to encircle the joint between one arm and its adjacent shoulder of the wearer and said elastic and resilient member extending across the back of the wearer and forwardly and encircling the forearm of the other arm, with the other loop encircling the joint between the thumb and adjacent finger of the hand of said other arm to prevent said other arm from bending at the elbow.

2. A structure as set forth in claim **1** in which each clamping member has a pair of clamping jaws for detachable engagement with said elastic and resilient member.

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