Feb. 6, 1940. G. D. PAULSEN 2,189,613

GOLF PRACTICING APPARATUS

Filed Oct. 31, 1938

Fig. 1.

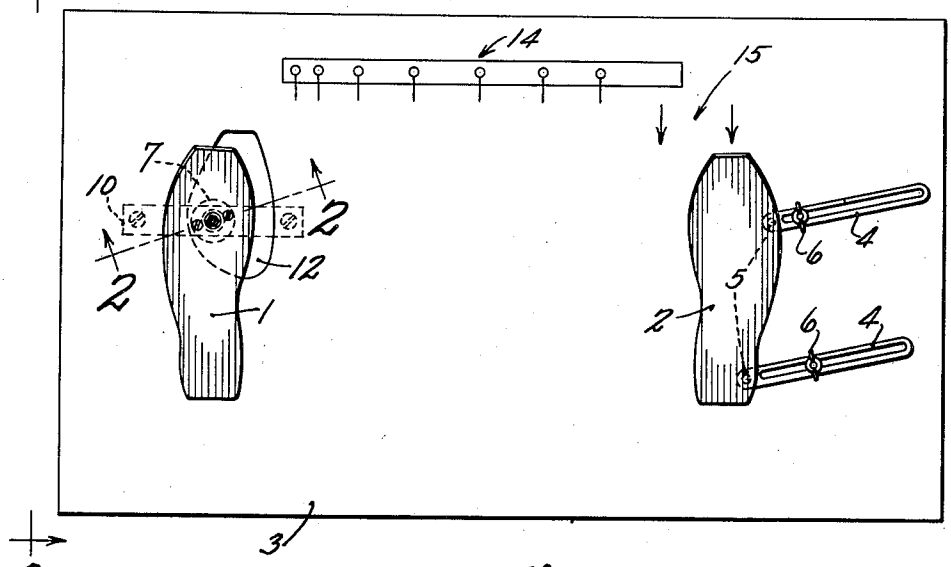


Fig. 2.

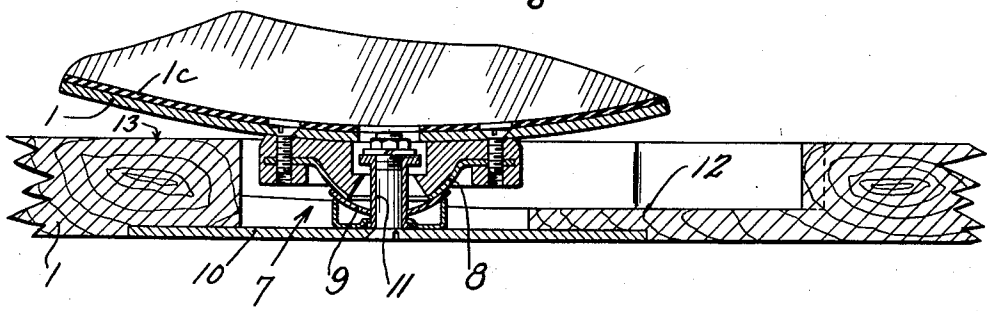
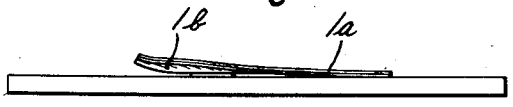


Fig. 3.



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GOLF PRACTICING APPARATUS

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7 Claims. (Cl. 273—35)

This invention relates to a golf practicing apparatus and has for its object the provision of an apparatus which may be used either indoors or out for training a student of golf in the proper body swing for any of the usual types of golf strokes. The arrangement is based on my theory that if the student is given a proper stance and is by training accustomed to a proper "feel" of the feet in the movement of making each stroke then the correct pivotal motion of the body at the waist and swing at the shoulders will unconsciously follow until the proper coordination of these movements will become more natural and uniform for every type of stroke.

Accordingly, it is the particular object of the present invention to provide such a support for the feet of the student that in making a stroke the turning press of the feet on said support will automatically cause the same to assume the proper positions throughout the stroke. To this end the invention consists in the novel combination and arrangement of parts as hereinafter more particularly described, in connection with a preferred embodiment of the same as shown in the accompanying drawing, in which

Fig. 1 is a plan view of the apparatus;

Fig. 2 is an enlarged detail section along line 2—2 of Fig. 1; and

Fig. 3 is a side view of the apparatus viewed from line 3—3 of Fig. 1.

Referring more particularly to said drawing, there is provided a pair of foot plates 1 and 2 and these may be conveniently mounted on a portable platform 3 as shown. The foot plates are spaced apart on the platform to provide a proper stance for the student standing on said foot plates. Preferably one of the plates such as 2 is mounted on the platform by means of adjustable locating devices, whereby the relative positions between the plates 1 and 2 may be varied to suit the stance of each particular student. These adjustable devices may comprise slotted arms 4 pivoted to the plate 2 at 5 and adapted to be fastened firmly to the platform 3 by means of bolts and clamp nuts at 6. The plate 2 may thus be firmly held down upon the platform 3 without substantial movement in its adjusted position. The principal function of this plate 2 is to properly locate the right foot of the player (assuming a right handed player) with respect to the left foot on plate 1. Consequently while less satisfactory this right foot plate 2 may be replaced by any suitable fixed marking device located on the platform to suit the practicing player.

The foot plate 1 at the left is mounted in fixed location upon the platform 3 and preferably has as its sole means of attachment to said platform a universal joint connection at 7 and shown in detail in Fig. 2. Also as shown in Fig. 1 this joint connection 7 is located centrally and below that forward portion of the foot plate which is designed to support the ball of the foot. Any suitable universal joint construction may be employed for this connection at 7 and in general comprises the spherical head member 8 fastened to the bottom of plate 1 and coacting cup member 9 fastened to a metal strap 10 secured to the bottom of platform 3. The retaining stud member 11 holds the joint together in a loose manner for the desired universal movement.

The plates 1 and 2 are shaped to match the left and right foot respectively of a right handed player. They would be reversed of course for a left handed player. For convenience in generalized description we may say that the plate (plate 1 as here shown) which is at the side toward the ball's flight is the "near" plate and that plate 2 as here shown is the "far" plate. Similarly we may refer to the "near" foot and "far" foot of the player. Each plate as shown in Fig. 3 is substantially flat at the rear or heel portion 1*a* and slightly scooped shape for a rounded bottom at the forward or ball of the foot portion 1*b*. Both plates are preferably lined with rubber or some anti-slip composition 1*c* for giving a firm frictional grip to the shoe sole of the player standing thereon. Due to the rounded bottom of the portion 1*b* of plate 1, it may rock when resting on the platform 3 and by reason of said universal joint connection at 7 this foot plate 1 may pivot in all directions about the same. It is desired to limit the rocking movement of the plate 1 and for this purpose stops are provided whereby the outward or left side rocking movement is limited to a substantially horizontal position for the foot plate, whereas the inward rocking movement thereof toward the right side may dip slightly below the horizontal position as well as forwardly from the heel and toward the toe portion of said foot plate. Convenient stops for limiting the rocking movement of the plate 1 are provided by recessing the platform at 12 slightly below the upper horizontal surface of said platform, said recess 12 being shaped somewhat like the forward part of foot plate 1 but offset laterally and to the right and forward of said foot plate 1 as shown in Fig. 1. The stop for limiting the outward rocking of the plate 1 is provided by the horizontal surface of the platform at 13 (see Fig. 2), and the stop for limiting the inward rocking move-

ment of said plate 1 is provided by the bottom of the recess 12. It will be observed that when the foot plate 1 is rocked inwardly its rear portion 1a is likewise stopped by the upper horizontal surface of the platform 3 whereas the forward portion 1b will rock down into the recess 12, thus permitting said plate 1 to rock downwardly at the front to a slightly greater extent than at the rear.

Indicia is placed under the platform at 14 for indicating different positions of the ball to be struck at by the practicing player. In simulating the drive from the tee, the ball would be assumed as being located at the most left hand marker of said indicia 14 and for shots of lesser length the assumed position of the ball would be gradually displaced to the right at the markers of said indicia, the most right hand position being for the short iron. Likewise indicia may be marked on the platform at 15 for indicating different positions of the plate 2 for men and women drivers. The entire upper surface of the platform 3 may be conveniently covered with rubber or other soft sound deadening material to eliminate objectionable mechanical sounds in the use of the apparatus.

The apparatus is used as follows: The student takes a position with his left foot on plate 1 and right foot on plate 2 and representation of the ball placed at one of the markers of the indicia 14. He then swings the club as he would for making a stroke and as his body swings on said drive the turning press of his foot on the left hand plate will rock it inwardly and forwardly causing his left foot to assume the proper position for guiding his waist in a proper pivotal movement. It is this feature of the invention which is particularly important in guiding and instructing the student, namely that the properly guided movement of the left foot in making the swing will bring about a more uniform pivotal movement at the waist.

I claim:

1. A golf practicing apparatus comprising a pair of foot supporting plates mounted in spaced relation to provide a golfer's stance, adjustable devices for fixing the relative stance positions of said plates, one of said plates being pivotally mounted so as to partake of a rocking movement in response to the turning press of the foot thereon, and stops to limit said rocking movement to approximately a horizontal position in response to an outward press of the foot, and to a slight dip downward and forward in response to an inward press of the foot.

2. A golf practicing apparatus comprising a pair of foot supporting plates, mounted in spaced relation to provide a golfer's stance, adjustable devices for fixing the relative stance positions of said plates, one of said plates having its sole means of mounting on a universal joint beneath that portion of the plate that supports the ball of the foot whereby said plate partakes of a rocking movement in response to the turning press of the foot thereon, and stops to limit said rocking movement to approximately a horizontal position in response to an outward press of the foot, and to a slight dip downward and forward in response to an inward press of the foot.

3. A golf practicing apparatus comprising a platform having mounted thereon in spaced relation a pair of foot supporting plates to provide a golfer's stance, adjustable devices for fixing the relative stance positions of said plates, one of said plates being pivotally mounted so as to partake of a rocking movement in response to the turning press of the foot thereon, said platform having a recess formed therein beneath said plate and offset to one side thereof so as to provide stops to limit said rocking movement to approximately a horizontal position in response to an outward press of the foot, and to a slight dip downward and forward in response to an inward press of the foot.

4. A golf practicing apparatus comprising a pair of foot supporting plates mounted in spaced relation to provide a golfer's stance, adjustable devices for fixing the relative stance positions of said plates, one of said plates being pivotally mounted so as to partake of a rocking movement in response to the turning press of the foot thereon, stops to limit said rocking movement to approximately a horizontal position in response to an outward press of the foot, and to a slight dip downward and forward in response to an inward press of the foot, and indicia on said platform in front of said plates for indicating different positions of a golf ball to be struck at.

5. A golf practicing apparatus comprising a foot plate for supporting the near foot of the player, said plate having means for mounting the same so as to partake of a rocking movement about a center located beneath the ball of the foot, and stops to limit said rocking movement to approximately a horizontal position in response to an outward press of the foot and to a slight dip downward and forward in response to an inward press of the foot.

6. A golf practicing apparatus comprising a foot plate for supporting the near foot of the player, said plate being mounted on a universal joint so as to partake of a rocking movement about a center located beneath the ball of the foot, and stops to limit said rocking movement to approximately a horizontal position in response to an outward press of the foot and to a slight dip downward and forward in response to an inward press of the foot.

7. A golf practicing apparatus comprising a platform, a foot plate mounted on said platform by means of a universal joint, and stops formed in said platform to limit the rocking movement of said plate.

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