C. F. SMITH.

GOLF TRAINING DEVICE.

APPLICATION FILED APR. 16, 1918.

1,279,924. Patented Sept. 24, 1918.

Fig. 1.



Fig. 4.

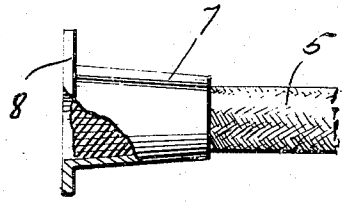


Fig. 5.

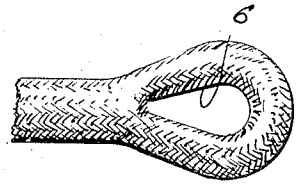
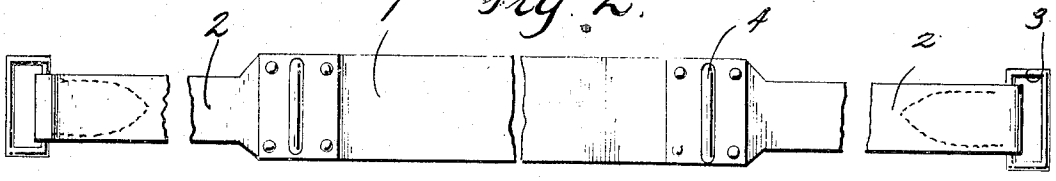


Fig. 2.



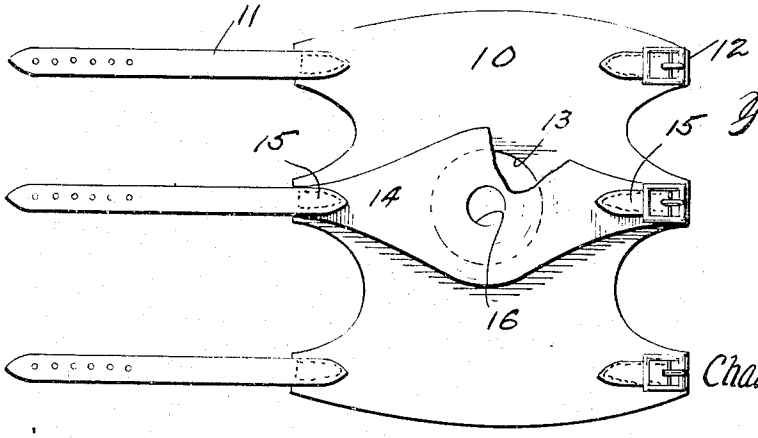


Fig. 3.

INVENTOR

Charles F. Smith

WITNESSES

BY

ATTORNEY

UNITED STATES PATENT OFFICE.

CHARLES F. SMITH, OF WHITE PLAINS, NEW YORK.

GOLF-TRAINING DEVICE.

1,279,924. Specification of Letters Patent. Patented Sept. 24, 1918.

Application filed April 16, 1918. Serial No. 228,920.

To all whom it may concern:

Be it known that I, CHARLES F. SMITH, a citizen of the United States, residing at White Plains, in the county of Westchester and State of New York, have invented certain new and useful Improvements in Golf-Training Devices, of which the following is a specification.

This invention relates to apparel, and is more particularly allied to the class of devices therein known as shoulder braces; and its object is to produce a golf training harness in the form of an attachment to be applied over an ordinary belt, by means of which the motions of the arms are limited in making golf strokes.

The invention consists broadly of a pair of guides fast on the belt, a pair of flexible cords slidably mounted through said guides and limited in their outward movement thereby, and connections between their outer ends and straps which encircle the arms at the elbows. Details are set forth in the following specification and shown in the drawings, wherein:—

Figure 1 is a rear elevation of a player equipped with this training device,

Fig. 2 is an enlarged rear elevation of the belt portion of the device,

Fig. 3 is a still further enlarged detail of the strap for one arm,

Figs. 4 and 5 are details of the respective extremities of the elastic cord employed.

The belt comprising a body portion 1 which is flexible but is inelastic and is intended to stand behind the waist line, side extensions 2 leading from the ends of the body around over the hips, and metallic loops 3 at the forward extremities of said extensions and through which the ordinary belt (not seen in the drawings) is to be rove so that the entire belt portion is clamped upon the wearer by the use of the ordinary belt which he commonly employs. The body portion 1 is by preference slightly wider than the side extensions 2, and at its end or at its points of juncture with them it carries metallic loops forming guides 4 in the shape of rings or eyes whose bases are fixed upon it and whose bodies project outward from it. Through these guides or eyes 4 respectively are slidably mounted elastic cords 5 whereof each has an enlarged loop or eye 6 at its inner end and an enlargement of some kind constituting a head 7 at its outer end. As shown in Fig. 4 this head may well be made by clamping a metallic member upon the outer end of the cord-section 5, said member having a flange 8 around its outer extremity.

Secured to each arm is an armlet. This is by preference formed in the shape of a wide strap 10 having projecting from one edge a number of tongues 11 and having secured to its other edge a corresponding number of buckles 12, so that the strap may underlie the arm and the tongues may be brought over the top of it and connected adjustably with the buckles. At the center of the wide strap is a considerable hole 13 into which the elbow fits so that when the player is in action there will be little or no impediment to the free articulation of his arm and nothing directly overlying the tip of the elbow to bear on the cords, muscles, or nerves at that point. Loosely mounted upon and transversely overlying the strap 10 is a narrower strap 14 secured only at its ends at 15 to the larger strap, its center being widened somewhat so as to overlie the hole 13, and at the exact center of this narrow strap is formed a small hole 16 through which is passed the shank of the head 7 when the parts are assembled.

In the assembly of parts, the ordinary belt is strung through the loops 3 and passed around the waist and buckled, and this leaves the belt element 1 at the back of the wearer as shown in Fig. 1. The elastic cords being slidably mounted through the guides 4 with their headed outer ends within the holes 16 in the armlets, their inner ends or eyes 6 are now connected in any appropriate manner at the point 20, by some element which cannot pass through the guides 4. It may be a metal ring or loop, or a flexible member, or perhaps a short section of lacing such as a cord or thong looped through the two eyes and with its ends connected with each other. This would give a certain degree of adjustment, in that the eyes could be drawn closer together or permitted to move farther apart, according to the normal distance between the wearer's elbows. The armlets now being applied to the arms with the holes 13 over the tips of the elbows, the training device or "harness" is in position to afford just that restriction to each movement and just that assistance in the making of a golf stroke which is desirable, especially for beginners. It will not be necessary in this specification to amplify the details of advantage arising from the use of this device, but it will be clear that as each

arm is raised both elastic cords will slide through the guides 4 until that eye 6 on the cord which is nearest the elevated arm strikes the guide, after which the raising of the arm will stretch the cord and the farther the arm is raised the greater the tension or resistance exerted. The free movement permitted before the stretching occurs depends on the spacing of the guides 4 as well as on the length of the two cord sections 5. The flanged heads 7 are loosely and swivelly mounted within the small holes 16, and the flanges will be so far from the larger holes 13 that they will not touch the tips of the elbows. All parts should be strongly and durably made, and of materials which will stand weather, perspiration, and wear.

What is claimed as new is:—

1. In a golf harness, the combination with a pair of spaced guides adapted to be carried at the rear of the belt; of two elastic cords slidably mounted respectively through said guides, an enlarged connection between their inner ends and disposed between said guides, through which it may not pass, and means for connecting their outer ends with the arms of the wearer.

2. In a golf harness, the combination with a pair of spaced guides adapted to be carried at the rear of the belt; of a pair of elastic cords mounted respectively through said guides and capable of sliding therein, each cord having an eye at its inner end and an enlarged head at its outer end, connections between said eyes, and armlets mounted on said heads and adapted to encircle the wearer's arms.

3. In a training device of the class described, the combination with a belt element having loops at its extremities adapted to be swung on the ordinary belt, and guides outstanding from said element in spaced relation thereto; of a pair of elastic cords respectively mounted so as to slide through said guides, a connection between their inner ends larger than the guides, armlets adapted to encircle the wearer's arms, and loose connections between the outer ends of said cords and the armlets.

4. In a training device of the class described, the combination with a pair of armlets each consisting of a wide strap having tongues at one edge and buckles at the other and a large hole in its center adapted to receive the wearer's elbow, and a narrow strap overlying the center of said wide strap and having a small hole opposite said large hole; of an elastic element slidably connected at its midlength with the back of the wearer's belt and having its ends passed through the small holes of the armlets and the extremities of its ends headed, for the purpose set forth.

5. In an exercising device, the combination with an elastic element composed of a cord, a metallic head at its end, and a flange at the outer end of said head; of an armlet having means for securing it around the wearer's arm at the elbow, and including a strap overlying the body of the armlet and provided with a hole at its center of a size to receive said head, for the purpose set forth.

In testimony whereof I affix my signature in presence of two witnesses.

CHARLES F. SMITH.

Witnesses:
R. C. O'NEIL,
ALBERT J. YOUNG.