May 3, 1949. F. L. JOHNSTON 2,469,301

GOLF PRACTICE DEVICE

Filed Oct. 4, 1947

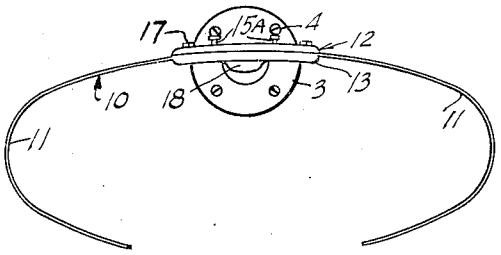


Fig. 2

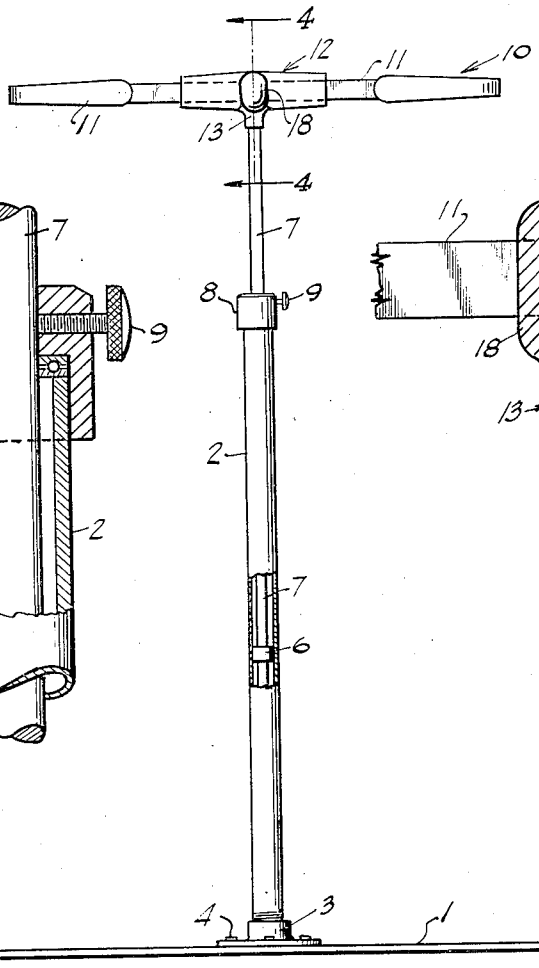


Fig. 1

Fig. 3

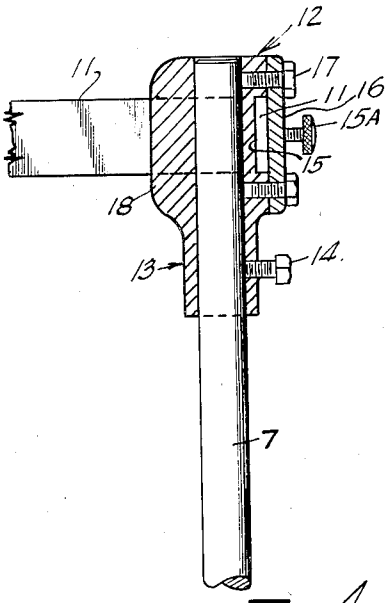


Fig. 4

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GOLF PRACTICE DEVICE

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2 Claims. (Cl. 273—35)

1

This invention relates to improvements in exercising apparatus especially adapted for use by golfers.

It is one of the principal objects of the invention to provide apparatus of this character especially designed to guide a user through the proper pivoting and swinging motion of the body during the back swing and downward swing of a golf club prior to its impact with a golf ball. Constant use of apparatus made in accordance with my invention will develop an habitual correct pivoting and swinging motion and at the same time provide body exercise for the user when using the apparatus for practice swings.

A further object is the provision of apparatus of this character which is simple, efficient, durable, readily adjustable, and of inexpensive construction.

These and other objects will appear as my invention is more fully hereinafter described in the following specification, illustrated in the accompanying drawing and finally pointed out in the appended claims.

In the drawing:

Figure 1 is a front elevation of the invention.

Figure 2 is a top plan view of Figure 1.

Figure 3 is an enlarged fragmentary sectional detail view of rotatable and adjustable shaft-supporting means.

Figure 4 is an enlarged sectional view taken approximately along the line 4—4 of Figure 1.

Referring now more particularly to the drawing.

Reference numeral 1 indicates a base which may be of any desired shape or thickness. To one side of the base I secure a hollow vertical column 2 by threaded engagement with an internally threaded and flanged socket 3 which is secured to the base by screws or bolts 4.

To the uppermost end of the column 2, I secure a ball or roller thrust bearing 5, and intermediate the ends of the column I provide a bushing 6. Rotatably mounted in the bearing 5 and bushing 6 is a shaft 7 adapted to be adjusted vertically and held in various adjusted positions by a collar 8 lockable to the shaft 7 by means of a set screw 9. The collar is rotatably supported upon the bearing 5.

Secured to the uppermost end of the shaft 7 is a body embracing element, generally indicated at 10, and which consists of two metallic spring bands 11 which are mounted to the shaft by means of a clamping element 12 comprising a head 13 adapted to be secured to the shaft by means of a set screw 14 and channeled as at 15 throughout the length of its rear face. The inner ends of the bands 11 are adjustably disposed within the channel 15 and are securely held in any of their adjusted positions by means of set screws 15A extending through a clamping plate 16 which is secured to the head by bolts 17.

The front face of the head 13 is formed with a

2

centrally located projection 18 for contacting the body of the user in the region of the sacro-iliac and to establish a pivot point for the body when the device is in use.

In operation, the user stands on the base 1, and places the bands 11 about his body at the hip-line thereof. When so positioned the projection 18 on the head 13 is held in contact with the back of the body in the region of the sacro-iliac. Then as the body is pivoted to either the left or the right it is compelled to move about the pivot point established by the projection 18 in its rotary motion with the shaft 7 in conformity with the body movement required in establishing and developing accurate habits necessary when making a correct swing.

It is to be understood that a variety of sizes and shapes and types of body fastening elements may be used to serve the purpose of the bands 11.

While I have shown a particular form of embodiment of my invention, I am aware that many minor changes therein will readily suggest themselves to others skilled in the art without departing from the spirit and scope of the invention.

Having thus described the invention, what I claim as new and desire to protect by Letters Patent is:

1. Apparatus of the class described comprising a base, a hollow vertical column fixedly secured to the base, a shaft rotatably mounted within the column and adjustable vertically with respect thereto, a head rigidly secured to the upper end of said shaft, a body-embracing element attached to said head and rotatable with said shaft as a pivot point, and means formed centrally of said body-embracing element to provide a single point of contact with the spinal column of the user to restrict partial body movement about said shaft as the pivot point.

2. Apparatus of the class described comprising a base, a hollow vertical column fixedly secured to the base, a shaft rotatably mounted within the column and adjustable vertically with respect thereto, a head rigidly secured to the upper end of said shaft, a body-embracing element attached to said head and rotatable about a pivot point established by said shaft, said body-embracing element comprising a pair of arcuate spring blades adjustably mounted with respect to each other within said head, an enlargement formed centrally of said head and adapted to contact the spinal column of the body of a user positioned within the body-embracing element.

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The following references are of record in the file of this patent:

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