METHOD AND APPARATUS FOR TEACHING THE GAME OF GOLF

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ABSTRACT
A method and apparatus for teaching the game of golf, the apparatus of which includes a novel harness assembly that is removably affixed to the upper body portion of the trainee. The harness assembly includes first and second spaced apart straps that are draped over the trainee's shoulders. Uniquely, each of the first and second straps have on their front portions an upper rod receiving loop, a lower rod receiving loop and an intermediate rod receiving loop disposed between the upper rod receiving loop and said lower rod receiving loop. The apparatus also includes an elongated position-indicating rod having first and second end portions that are selectively receivable within the rod receiving loops provided on the first and second straps. The position-indicating rod can be interconnected with the harness so that it extends either substantially parallel with the plane of the trainee's shoulders or angularly with respect thereto. The position-indicating rod is of a length so that it spans the trainee's chest and arms and includes end portions that are visible to the trainee both at the time of address and during the golf swing. Accordingly, the position-indicating rod can be used to assist in aligning with the target and can also uniquely be used to provide a tactile indication to the trainee if the degree of rotation during the golf swing is improper and if the arms are incorrectly positioned relative to the trainee's body at address and during the golf swing.
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BACKGROUND OF THE INVENTION

[0002] 1. Field of the Invention

[0003] The present invention relates generally to the golf training devices. More particularly the invention concerns a method in apparatus for use by a golfer to learn the proper techniques for properly addressing the golf ball, properly aligning with the target and properly swinging the golf club.

[0004] 2. Discussion of the Prior Art

[0005] In the past the number of different types of training devices have been proposed to help a golfer develop a proper stance and swing. One such device is disclosed in U.S. Pat. No. 5,890,958 issued to Mingo. This device comprises a golf swing teaching device for guiding the shoulder turn of the golfer from the address position to the apex of the backswing, through the forward swing until contact with the ball and the subsequent follow through. The Mingo device includes a shirt like garment worn by the trainee and an elongated rigid shaft connected to the garment. The device also includes a flat face marker provided on the golfer’s lead shoulder that is adapted to be engaged by the golfer during the golf swing.

[0006] Another golf training device is disclosed in U.S. Pat. No. 5,658,203 issued to Shub. This device includes a breastplate adapted to be worn adjacent to the golfer’s chest and an elongated shaft supported by the breastplate and extending laterally therefrom for visually aligning the trainee with a distance target when addressing the golf ball.

[0007] Still another prior art golf training device is disclosed in U.S. Pat. No. 6,206,787 B1 issued to Kleppen. This latter device comprises a harness with a chest encircling band and shoulder straps having front and rear portions. A rigid indicating bar is attached to the rear portions of the shoulder straps so that the rigid shaft is not visible to the golfer when addressing the golf ball.

[0008] By way of brief background, developing proper techniques for addressing the golf ball and for accomplishing a proper and consistent swing are essential to mastering the game of golf. In this regard, during the proper golf swing by a right-handed golfer, the torso and hips rotate to the right around a central axis while the head is essentially stationary. The feet remain in position but the weight is transferred to the right foot as the left heel is raised. On the forward swing the rotation is reversed. After impacting the ball, torso rotation properly continues to the left during the follow through. Weight is transferred to the left foot as he right heel elevates. During the entire swing, the position of the trainee should remain essentially stationary. While the prior art training devices assist in perfecting certain aspects of the address and swing, none have proven to be particularly effective in teaching all of the important aspects of the address and the swing. It is this drawback of prior art that the method and apparatus of the present invention seeks to overcome by providing a simple, easy-to-use apparatus and the method of using the same that gives the trainee a positive visual and tactile indication of an improper address to the ball, an improper directional alignment with the target and an improper swing of the golf club.

SUMMARY OF THE INVENTION

[0009] By way a brief summary, the apparatus of the present invention comprises a novel harness assembly that is removably affixed to the upper body portion of the trainee. The harness assembly includes first and second spaced apart straps that are draped over the trainee’s shoulders. Uniquely, each of the first and second straps have on their front portions an upper rod receiving loop, a lower rod receiving loop and an intermediate rod receiving loop disposed between the upper rod receiving loop and said lower rod receiving loop. The golf training apparatus also includes an elongated position-indicating rod having first and second end portions that are selectively receivable within the rod receiving loops provided on the first and second straps. With this novel construction, the position-indicating rod can be interlocked with the harness so that it extends either substantially parallel with the plane of the trainee’s shoulders or angularly with respect thereto. The position-indicating rod is of a length that it spans the trainee’s chest and arms and includes end portions that are visible to the trainee both at the time of address and during the golf swing. Accordingly, the position-indicating rod can be used to assist in aligning with the target and can also uniquely be used to provide a tactile indication to the trainee if the degree of rotation during the golf swing is improper and if the arms are incorrectly positioned relative to the trainee’s body at address and during the golf swing.

[0010] With the forgoing mind, it is an object of the present invention to provide a golf-training device and a method of using same that will markedly assist a golfer in developing a correct and repeatable golf swing.

[0011] Another object of the invention is provide a golf training apparatus of the aforementioned character that provides both a visual and tactile indication to the trainee of improper address, alignment and golf swing.

[0012] Another object of the invention is to provide a golf training apparatus as described in the preceding paragraphs that includes an elongated positioning indicating rod that can be positioned at various selected heights and angular orientations with respect to the shoulders of the trainee.

[0013] Another object of the invention is to provide a golf training apparatus of the character described that can be used either by right-handed or left-handed golfers without modifying the apparatus.

[0014] Another object of the invention is to provide a golf training apparatus that is a simple construction, embodies a minimum number of component parts and one that is easy to use with a minimum amount of training.

[0015] Another object of the invention is to provide a golf training apparatus as described in the preceding paragraphs that provides a tactile indication of improper swing, but does not unduly interfere with the normal accomplishment of a practice swing.

[0016] It is an additional object of the invention to provide a method for teaching the golfer the proper degree of upper body turn necessary to accomplish a full and correct back swing.
[0017] Another object of the invention is to provide a method for teaching the golfer by tactile indication to maintain the rearward arm and elbow in close proximity with the body during the golf swing.

[0018] Another object of the invention is to provide a method for teaching the golfer proper arm positioning and alignment with the target while setting up for a full swing or for a putting stroke.

[0019] The foregoing objects as well as other objects will become apparent upon reading the following detailed description when considered in conjunction with the drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

[0020] FIG. 1 is a generally perspective front view showing the golf training apparatus of the invention affixed to a trainee.

[0021] FIG. 2 is a generally perspective rear view showing the golf training apparatus of the invention affixed to a trainee.

[0022] FIG. 3 is a generally perspective view of one form of the golf training apparatus of the invention.

[0023] FIG. 4 is a generally perspective view of a trainee using the golf training apparatus of the invention to properly address the golf ball using a driver.

[0024] FIG. 5 is a generally perspective view of a trainee using the golf training apparatus of the invention to properly address the golf ball using a wedge.

[0025] FIG. 6 is a generally perspective illustrative view of the trainee using the golf training apparatus to accomplish a proper back swing.

[0026] FIG. 7 is a generally perspective illustrative view similar to FIG. 6, but showing the trainee accomplishing an incorrect back swing.

[0027] FIG. 8 is a generally perspective illustrative view of the trainee using the golf training apparatus to accomplish a proper downswing.

[0028] FIG. 9 is a generally perspective view similar to FIG. 5, but showing the trainee using the golf training apparatus of the invention in a different configuration to properly address the golf ball using a mid iron.

[0029] FIG. 10 is a generally perspective view similar to FIG. 9, but showing the trainee accomplishing a proper back swing using the golf training apparatus of the invention to ensure that the left shoulder is not incorrectly lifted during the swing.

[0030] FIG. 11 is a generally perspective view of a trainee using the golf training apparatus of the invention to properly align a putter with a selected target.

[0031] FIG. 12 is a generally perspective view similar to FIG. 11 showing the trainee using the golf training apparatus of the invention to properly address the ball using a putter and using the golf training apparatus to ensure that the arms remain close to the body.

[0032] FIG. 13 is a generally perspective view of a trainee using the golf training apparatus of the invention to properly align a long iron with a selected target.

[0033] FIG. 14 is a generally perspective view showing the harness of the invention in position on the trainee and showing in the solid lines the position-indicating rod in a first position and showing in the dotted lines the position-indicating rod in angularly extending positions.

[0034] FIG. 15 is an enlarged, generally perspective view of the harness assembly of the invention showing the position indicating rod in a first angularly, downwardly, extending position and being closely received within the rod retaining loops.

[0035] FIG. 16 is an enlarged, generally perspective view similar to FIG. 15, but showing the position indicating rod in an alternate, angularly extending position.

[0036] FIG. 17 is a generally perspective view showing the trainee using the golf training apparatus of the invention with the position indicating rod in an angled configuration to properly address the golf ball using a mid to long iron.

[0037] FIG. 18 is a generally perspective view similar to FIG. 17, but showing the trainee accomplishing a proper back swing using the golf training apparatus of the invention with the position indicating rod in an angled configuration to ensure that the right elbow is not incorrectly lifted during the swing.

DESCRIPTION OF THE INVENTION

[0038] Referring to the drawings and particularly FIGS. 1, 2 and 3, the golf training apparatus of the invention can be seen to comprise a harness assembly 20, which, as shown in FIGS. 2 and 3, can be removably affixed to the upper body “UB” of a trainee. Harness assembly 20 here comprises first and second spaced apart straps 22 and 24 that are draped over the trainee’s shoulders. As shown in FIG. 1, straps 22 and 24 have front portions 25 and, as shown in FIG. 2, have rear portions 27 that are interconnected by a transverse strap 27a.

[0039] As depicted in the drawings, straps 22 and 24 extend over the chest and back portions of the trainee. As best seen in FIGS. 1 and 3, first strap 22 is uniquely provided with a plurality of vertically spaced apart rod receiving loops 26. Similarly, second strap 24 is uniquely provided with a plurality of vertically spaced apart rod receiving loops 28 (FIG. 1). As best seen in FIG. 3, the front portion of strap 22 is provided with an upper loop 26a, a lower loop 26b and an intermediate loop 26c that is disposed between loops 26a and 26b. Similarly, the front portion of strap 24 is also provided with an upper loop 28a, a lower loop 28b and an intermediate loop 28c that is disposed between loops 28a and 28b. As illustrated in FIG. 3, harness assembly 20 also includes a chest band 30 that is connected to the lower extremities of the first and second straps and encircles the trainee’s chest portion “C” in the manner shown in FIGS. 1 and 2.

[0040] As indicated in FIG. 3, chest band 30 has first and second ends 30a and 30b that are interconnected by connector means for releasably interconnecting the first and second ends of the chest band. This connector means is here provided in the form of a conventional buckle assembly 32.

[0041] An important aspect of the apparatus of the form of the invention shown in the drawings comprises an elongated position-indicating that rod 34 can be removably connected
to the harness assembly in several different positions and orientations. As shown in FIG. 1 of the drawings, elongated position-indicating rod 34 has a length greater than the width “W” of the shoulders of the trainee and includes first and second end portions 34a and 34b respectively. In a manner presently described first end portion 34a is slidably receivable within a selected one of the rod receiving loops provided on the front of first strap 22. Position-indicating rod 34 also has a said second end portion 34b that is slidably receivable within a selected one of the rod receiving loops provided on the front of second strap 24. With this novel construction the elongated position-indicating rod can uniquely be adjustably positioned within planes generally parallel to the first, generally horizontal plane “P” of the trainee’s shoulders (FIG. 1) and alternatively can be adjustably positioned within planes extending angularly with respect to the plane “P” (FIG. 9). As depicted in FIG. 1, the trainee’s shoulders are also positionned in a first, substantially vertically extending plane that intersects plane “P” and is generally parallel to the plane of the paper.

Turning particularly to FIG. 4, the trainee is there shown using the golf training apparatus of the invention to properly address the golf ball using a driver “D”. For this purpose, the position-indicating rod is carried by the uppermost loops 26a and 28a of straps 22 and 24. Due to the position of the ball at address and due to the length of the driver, the driver set up has been increased in the shoulders as indicated by the angularly upward extending orientation of the position-indicating rod 34. However, as illustrated in FIG. 5, in a proper set up using a wedge “W”, the trainee’s shoulders are substantially level as is the position-indicating rod 34. In a proper setup when using a mid iron, such as a six iron, the proper angle of the position-indicating rod would be at an angle approximately halfway between the angle of the rod shown in FIG. 4 and the angle of the rod shown in FIG. 5. With this understanding, in carrying out one form of the method of the invention, the trainee first positions the position-indicating rod 34 within the uppermost loops provided on first and second straps 22 and 24. In addressing the ball using a driver, the second end 34b of the position-indicating rod is viewed by the trainee to make certain that this end of the rod is at or near level. If the end of the rod is either above or below level, the trainee at once knows that the address to the ball is improper and can correct the stance accordingly.

Referring next to FIG. 6, the trainee is depicted using the golf training apparatus to accomplish a proper back swing. In using the apparatus of the invention to accomplish the back swing, the position-indicating rod is once again held in position on the harness 20 by means of the uppermost loops 26a and 28a. As depicted in FIG. 6, at the top of the back swing, the upper body of the trainee is substantially perpendicular to the vertical plane within which the rod resided at the commencement of the back swing. Accordingly, by observing the position of the second end 34b of the position-indicating rod, the trainee can at once determine whether or not a full upper body turn has been accomplished. For example, FIG. 7 illustrates the orientation of the position-indicating rod during the accomplishment of improper back swing. As indicated in FIG. 7, in the improper back swing, end 34b of the indicating rod is disposed within a vertical plane that extends an angle less than 90 degrees with respect to the vertical plane within which the indicating rod resided at the commencement of the back swing. When the trainee observes end 34b of the rod in this position, it becomes immediately apparent that a proper full-turn of the upper body portion has not been accomplished and appropriate adjustments can be made.

Turning next to FIG. 8 of the drawings, the trainee is there depicted using the golf training apparatus to accomplish a proper down swing. In using the apparatus of the invention to accomplish the proper downswing, the position-indicating rod 34 is once again held in position on the harness 20 by means of the uppermost loops 26a and 28a. As indicated in FIG. 8, at an intermediate point during the downswing, the upper body of the trainee should be turned to the position there shown wherein end 34a of the indicating rod is pointed downwardly toward the ground. If the trainee tends to improperly standup during the down swing, end 34a of the position-indicating rod will point up rather than correctly pointing downwardly as shown in FIG. 8. Accordingly, by observing the position of the first end 34a of the position-indicating rod, the trainee at once determined whether or not a proper body turn has been a to accomplished.

Referring to FIG. 9, the trainee is once again shown using the golf training apparatus of the invention to perfect a proper back swing. However, it is to be observed that in this example, the position-indicating rod has been arranged in a different configuration to teach the proper address to the golf ball and to teach the accomplishment of a proper back swing using a club such as a mid iron. In this regard, a common fault in accomplishing the back swing comprises the undue to elevation of the inner right elbow (for a right-handed golfer) during the back swing. The apparatus set up as shown in FIG. 9 is specifically adapted to correct this common defect in the swing. As shown in FIG. 9, this latest method of the invention is accomplished by inserting the first end portion 34a of the position-indicating rod into the lowermost loop 26b provided on first strap 22 of the harness. This done, the second end portion 34b of the position-indicating rod is inserted into the uppermost loop 28b provided on second strap 24 of the harness. With the position-indicating rod 34 in the angularly extending configuration shown in FIG. 11, the trainee can undertake a back swing in the manner illustrated in FIG. 10. As shown in FIG. 10, as the trainee turns the upper body portion, end 34a of the position-indicating rod will move into engagement with the inner right elbow and in so doing will to provide to the trainee a tactile indication that the elbow should not be lifted further. This highly unique feature of the invention provides a positive teaching method for ensuring that during the back swing the rearmost or right shoulder is not improperly lifted.

Turning next to FIG. 11, a trainee is shown using the golf training apparatus of the invention to properly align a putter with a selected target. Once again, it is to be observed that in this example, the position-indicating rod has been arranged in still a different configuration to teach
the proper address to the golf ball when using a putter. The apparatus set up as shown in FIG. 11 is specifically adapted to teach the trainee to square the shoulders and to properly align with the selected target. As shown in FIG. 11, this latest method of the invention is accomplished by inserting the first end portion 34a of the position-indicating rod into the uppermost loop 26a provided on first strap 22 of the harness. This done, the second end portion 34b of the position-indicating rod is inserted into the upper loop 28a provided on the second strap 24 of the harness. With the position-indicating rod 34 in the angularly extending configuration shown in FIG. 11, the trainee can turn the upper body portion to a position where end 34a of the position-indicating rod correctly points toward the selected target. When the trainee is properly aligned, end 34b the position-indicating rod will engage the left arm and in so doing will provide to the trainee a tactile indication that the arm should not be moved further away from the body. This highly unique feature of the invention provides a positive teaching method for learning proper alignment during putting and for ensuring that during the address to the ball the arms are not improperly extended from the body.

Referring to FIG. 12, the trainee is depicted using the golf training apparatus of the invention in an alternate manner to properly address the ball using a putter and also to ensure that the arms remain close to the body. This latest method of the invention is accomplished by inserting the first end portion 34a of the position-indicating rod into the lower loop 26b provided on first strap 22 of the harness and by inserting the second end portion 34b of the position-indicating rod into the lower loop 28b provided on the second strap 24 of the harness. With the position-indicating rod 34 in the lowermost, generally horizontally extending configuration shown in FIG. 12, the trainee can turn the upper body portion to a position where end 34a of the position-indicating rod correctly points toward the selected target. When the trainee is properly aligned, end 34b of the position-indicating rod will engage the right arm of the trainee and end 34b the position-indicating rod will engage the left arm. In this way, the position-indicating rod will simultaneously engage both arms of the trainee in so doing will provide to the trainee a tactile indication that the arms should not be moved away from the body.

Turning now to FIG. 13, a trainee is there depicted using the golf training apparatus of the invention to properly align a long iron with a selected target. This latest method of the invention is accomplished by inserting the first end portion 34a of the position-indicating rod into the upper loop 26a provided on first strap 22 of the harness and by inserting the second end portion 34b of the position-indicating rod into the upper loop 28a provided on the second strap 24 of the harness. With the position-indicating rod 34 in this uppermost, generally horizontally extending configuration as shown in FIG. 13, the trainee can turn the upper body portion to a position where end 34a of the position-indicating rod correctly points toward the selected target thereby assuming the proper address position.

Turning to FIGS. 14 through 17, these figures further illustrate the construction of the unique harness assembly of the invention and further illustrate the use of the invention to develop a proper swing wherein a tactile signal is given to the trainee in the event that the right elbow elevates above the correct height during the back swing. As depicted in FIGS. 14 and 17 the drawings, straps 22 and 24 extend over the chest and back portions of the trainee and are in close engagement with the trainee’s upper torso. As illustrated in FIGS. 15 and 16, first strap 22 is uniquely provided with a plurality of vertically spaced apart segments 23 that are sewn to strap 22 in a manner to define rod receiving loops, such as loop 26a, that closely receive and grip the position indicating rod 34. Similarly, second strap 24 is uniquely provided with a plurality of vertically spaced apart segments 23 that are sewn to strap 24 in a manner to the define rod-receiving loops, such as loop 28a, for closely receiving and gripping rod 34. As best seen in FIGS. 15 and 16, the front portion of strap 22 is provided with upper and lower, generally semicircular shaped loops 26a and 26b respectively that closely receive and secure the ends of the positioning-indicating rod. In like manner, the front portion of strap 24 is also provided with upper and lower, generally semicircular shaped loops 28a and 28b that closely receive and secure the opposite ends of the positioning indicating rod. The harness assembly 20 also includes a chest band 30 that is connected to the lower extremities of the first and second straps and encircles the trainee’s chest portion “C” in a manner to ensure that the straps 22 and 24 as well as the central portion of the positioning indicating rod are maintained in close engagement with the trainee’s body during the golf swing. For reasons presently to be described, this important function of the harness assembly is essential to the proper use of the apparatus in teaching the proper golf swing.

As shown in FIGS. 15 and 16, the rod holding segments 23 are uniquely configured to be expandable to define the generally semicircular shaped openings “O” which closely receive and securely grip the position indicating rod when the rod is in a selected one of the positions indicated by the solid and dotted lines in FIG. 14 of the drawings.

Referring particularly to FIG. 17, the trainee is there shown using the golf training apparatus of the invention to perfect a proper back swing during which the right elbow is not improperly elevated during the back swing. As previously mentioned, a common fault in accomplishing the back swing, which is sought to be corrected by the method and apparatus of the present invention, comprises the improper elevation of the inner right elbow “RE” (for a right-handed golfer) during the back swing. The apparatus set up as shown in FIGS. 16 and 17 is specifically adapted to correct this common defect in the swing for a right-handed golfer. As shown in these figure drawings, this latest method of the invention is accomplished by moving the position-indicating rod 34 into the angularly extending position DL shown in FIG. 16. This rod movement is accomplished by inserting the first end portion 34a of the position-indicating rod into the loop 26b provided on first strap 22 of the harness and by inserting the second end portion 34b of the position-indicating rod into the loop 28b provided on the second strap 24 of the harness (see FIG. 16). With the position-indicating rod 34 in the angularly extending configuration shown in FIGS. 16 and 17, the trainee can undertake a back swing using a midiron, such as iron MI, in the manner illustrated in FIG. 18. As shown in FIG. 18, as the trainee turns the upper body portion, end 34b of the rod will slide up the trainee’s left arm and end 34a of the position indicating rod will move into engagement with the inner right elbow. At all times during the swing, the unique
harness assembly functions to ensure that the central portion 34c of the positioning indicating rod is maintained in contact with the trainee’s upper body or torso. This unique positioning of the indicating rod will provide the trainee with a positive tactile indication that the elbow RE should not be lifted further. This highly unique feature of the invention provides an invaluable teaching method, which is not available using other prior art training devices and ensures that, during the back swing, the right elbow is not improperly lifted.

[0052] Turning next to FIG. 15, a left-handed golfer can use the golf training apparatus of the invention there shown to provide a tactile indication that left elbow should not be lifted further. In this example, the position-indicating rod has been arranged into a different angularly shown by the dotted lines “DL-1” in FIG. 14 wherein end 34a of the rod is positioned within loop 26a while end 34b is positioned within loop 28b (see also FIG. 15). The apparatus set up as shown in FIG. 15 is specifically adapted to ensure that the indicating rod is maintained in close contact with the trainee’s body during the swing. If this is not done, end 34b of the position indicating rod will not properly engage the trainee’s elbow during the swing.

[0053] Having now described the invention in detail in accordance with the requirements of the patent statutes, those skilled in the art will have no difficulty in making changes and modifications in the individual parts or their relative assembly in order to meet specific requirements or conditions. Such changes and modifications may be made without departing from the scope and spirit of the invention, as set forth in the following claims.

I claim:

1. A golf training apparatus for use by a trainee having a chest and shoulders having a width and being disposed within a plane comprising:

(a) harness assembly removably affixed to the upper body portion of the trainee, said harness assembly including shoulder straps having spaced apart front portions arranged to drape over and engage the chest of the trainee, each of said front portions of said shoulder straps having a plurality of spaced apart generally semi-circular shaped rod receiving loops; and

(b) an elongated position-indicating rod having a length greater than the width of the shoulders of the trainee and having a central portion and spaced apart end portions that are selectively receivable within a selected pair of said rod receiving loops, whereby said central portion of said elongated position-indicating rod can be adjustably positioned across and maintained in close contact with the chest of the trainee and within planes generally parallel to the plane of the trainee’s shoulders and alternatively can be positioned across and maintained in close contact with the chest of the trainee and within planes extending angularly with respect to the plane of the trainee’s shoulders.

2. The golf training apparatus as described in claim 1 in which each of said shoulder straps has a plurality of spaced apart segments sewn to said shoulder straps, said segments being expandable to define a generally semicircular shaped upper rod receiving loop, a generally semicircular shaped, intermediate rod receiving loop disposed between said upper rod receiving loop and said lower rod receiving loop.

3. The golf training apparatus as described in claim 1 in which said shoulder straps of said harness assembly have end portions and in which said harness assembly further includes a chest band connected to said end portions of said shoulder straps, said chest band so constructed and arranged so as to maintain said shoulder straps in close contact with the trainee’s body.

4. The golf training apparatus as described in claim 3 in which said chest band has first and second ends and in which said harness assembly further includes connector means for releasably interconnecting said first and second ends of said chest band.

5. The training device of claim 4 in which the connector means comprises a buckle located on a front portion of said chest band.

6. A method of teaching a trainee a proper golf swing using a golf club to strike a golf ball and a golf training apparatus, the trainee having an upper torso, a chest and first and second shoulders disposed proximate the intersection of a first generally horizontal plane and a first generally vertical plane, right and left elbows and an upper body including a chest portion and a back portion, the golf training apparatus comprising a harness assembly removably affixed to the upper body of the trainee, said harness assembly including first and second spaced apart straps draped over the trainee’s first and second shoulders respectively and having front and rear portions, each of said front portions of said first and second straps being maintained in close contact with the trainee’s upper body and having on their front portions an upper rod receiving loop, a lower rod receiving loop and an intermediate rod receiving loop disposed between said upper rod receiving loop and said lower rod receiving loop, said golf training apparatus also including an elongated position-indicating rod having first and second end portions closely receivable with said rod receiving loops and a central portion, said method comprising the steps of:

(a) inserting the first end portion of the position-indicating rod into a selected one of the upper or lower loops provided on the front portion of the first strap of the harness;

(b) inserting the second end portion of the position-indicating rod into a selected one of the upper and lower loops on the front portion of the second strap of the harness so that said central portion of said position-indicating rod extends across and is maintained in close contact with the chest of the trainee; and

(c) initiating a golf swing while observing the position of a selected one of said first and second end portions of said position-indicating rod and sensing any tactile indication to the trainee’s arms given by the position-indicating rod during the golf swing.

7. The method as defined in claim 6 in which the first end portion of the position-indicating rod is inserted into the lower loop provided on the first strap of the harness; in which the second end portion of the position-indicating rod is inserted into the upper loop on the second strap of the harness and in which a back swing of the golf club is carried out with the central portion of the position indicating rod being in close contact with the upper portion of the trainee’s body and in a manner so as to lift the first end of the
positioning indicating rod and to thereby ensure that the right elbow is not unduly lifted and remains in close proximity with the upper body during the initial turn of the upper body.

8. The method as defined in claim 6 in which the first end portion of the position-indicating rod is inserted into the upper loop provided on the first strap of the harness; in which the second end portion of the position-indicating rod is inserted into the lower loop on the second strap of the harness; and in which a back swing of the golf club is carried out in a manner with the central portion of the position indicating rod being in close contact with the upper body of the trainee so as not to lift the second end of the positioning indicating rod and to thereby ensure that the left elbow is not unduly lifted and remains in close proximity with the upper body during the initial turn of the upper body.