Aug. 20, 1968 W. A. STAHL 3,397,892

GOLF TRAINING AID

Filed July 2, 1965

FIG. 1.

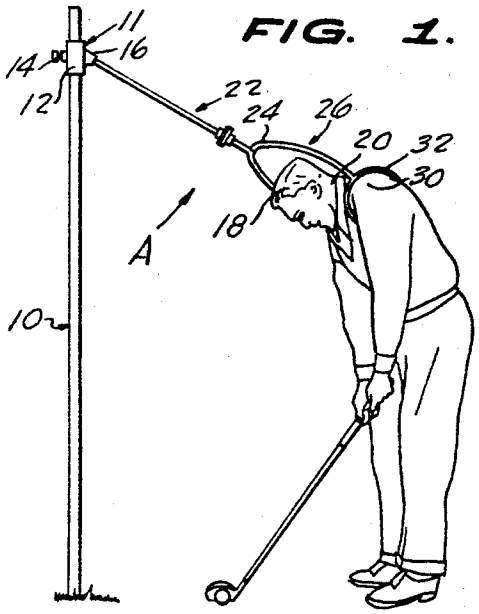


FIG. 2.

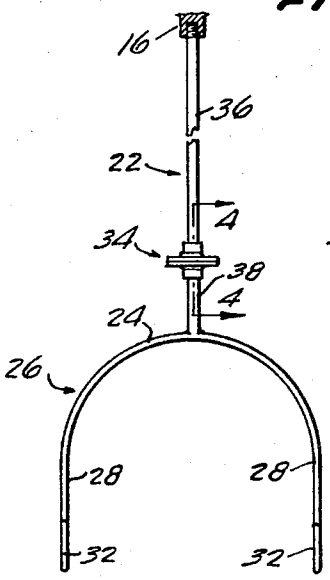


FIG. 3.

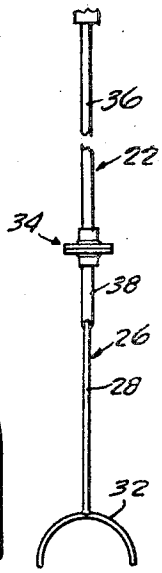


FIG. 6.

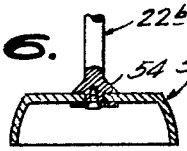


FIG. 5.

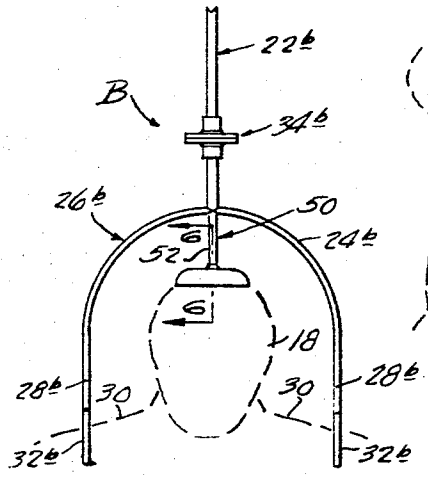


FIG. 8.

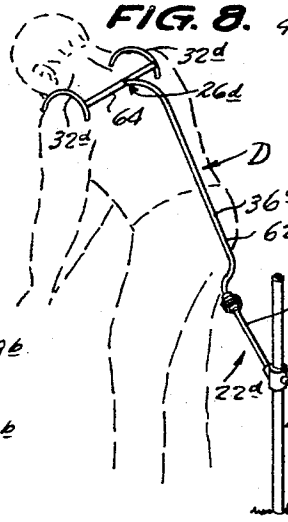
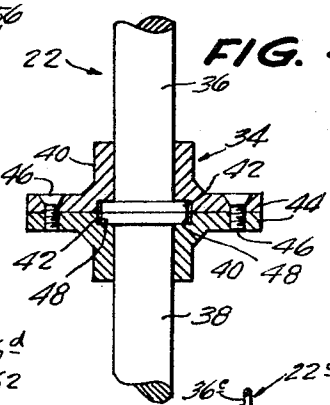


FIG. 4.



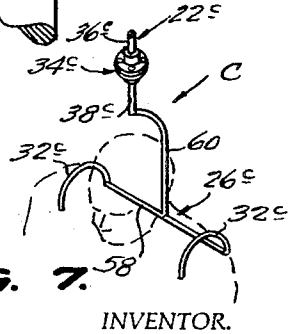


FIG. 7.

INVENTOR.
WALTER A. STAHL,
BY
Berman, Davidson & Berman
ATTORNEYS.

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GOLF TRAINING AID

Walter A. Stahl, P.O. Box 22,
Chagrin Falls, Ohio 44022

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ABSTRACT OF THE DISCLOSURE

A golf training aid having a rigid positioning rod adjustably secured at one end to a vertical support to extend at an acute angle to the horizontal along a line coinciding with the axis of a golfer's neck. To the other end of the rod, a yoke is connected for rotation about an axis coaxial with the rod. In one embodiment, the yoke has a curved portion extending over the head of the golfer. Each of the two ends of the curved portion has a saddle to engage a shoulder of the golfer.

This invention relates to golf training aids.

Prior golf training aids, designed to stabilize the golfer's head while providing guidance for a turn or rotation of the shoulders of the golfer, as a swing is executed, have failed to adequately take into account the facts that, for an efficient and accurate golf swing, the golfer's head must be stabilized at a forward angle, relative to the horizontal, that is to the ground, and that the golfer's shoulders must be disposed in a plane which is normal to the axis extending through the neck and the top of the head of the golfer, so that, in executing a swing, the turn or rotation of the shoulders is made on this axis. Shoulder turns attempted to be made on an axis other than that passing through the golfer's neck and the top of his head ignore the anatomical fact that shoulder turns can be made freely and fully, only on this axis.

The primary object of the present invention is the provision of golf training aids whose use assures free and full shoulder turns, on the above described axis.

Another object of the invention is the provision of devices of the kind indicated, which are simple and uncomplicated in construction, low in cost, and comfortable and easy to use.

In the drawings:

FIGURE 1 is a schematic side elevation, showing a device of the invention in use by a golfer;

FIGURE 2 is an enlarged, contracted side elevation of said device;

FIGURE 3 is a contracted end elevation of FIGURE 2;

FIGURE 4 is a further enlarged fragmentary vertical transverse section, taken on the line 4—4 of FIGURE 2;

FIGURE 5 is a fragmentary side elevation, on the scale of FIGURE 2 showing another form of device of the invention, in use;

FIGURE 6 is an enlarged fragmentary vertical transverse section taken on the line 6—6 of FIGURE 5;

FIGURE 7 is a fragmentary perspective view on a reduced scale, of a further form of device of the invention; and,

FIGURE 8 is a schematic perspective view of a still further form of device of the invention.

Referring in detail to the drawings, and first to FIGURES 1 to 4 thereof, A designates a form of device which comprises a fixed vertical support, such as a ground anchored post **10**, having slidably circumposed thereon a bracket **11** comprising a tubular adjustment sleeve, adapted to be secured, in height adjustments, on the post **10**, as by means of a set screw **14**. The sleeve **12** has a fixed boss **16** which extends outwardly and downwardly therefrom, at an angle calculated to be proper, relative to the horizontal, for a golfer's positioning of his head

18 and neck **20**, when addressing a golf ball and executing a swing.

The device A further comprises a straight rigid positioning rod **22**, suitably fixed, at its upper end, to and in line with the boss **16**, and fixed, at its lower end, to the center of the arcuate cross member **24** of an inverted U-shaped yoke **26**. The yoke **26** is of a width between the straight parallel vertical legs **28**, to amply clear the sides of the golfer's head **18**, and reach down to the golfer's shoulders **30**. Fixed or otherwise formed, on the lower ends of the legs **28**, and disposed in a plane at right angles to the plane of the yoke **26**, are arcuate saddles **32**. The saddles **32** are of a contour and width to rest comfortably upon the top of the golfer's shoulders, while bearing against the front and rear of the shoulders, as shown in FIGURE 1, with the centers of the saddles aligned with the yoke legs **28**.

The positioning rod **22** has incorporated therein, possibly adjacent to the lower end thereof, a rotary joint **34**, which, while keeping the upper and lower sections **36** and **38**, respectively, in line with each other, provides for free rotation of the lower rod section **38**, and the yoke **26**, relative to the upper rod section **36**, and the fixed support post **10**.

The rotary joints **34** can comprise, as shown in FIGURE 4, a pair of opposed and reversed collars **40**, freely circumposed on the related positioning rod sections, which have, at their meeting and abutting ends, lateral annular flanges **42**. The collars **40** have abutted lateral annular flanges **44**, at their meeting ends, which are secured together as by means of screws **46**. The facing sides of the collars are formed with circular recesses **48**, which accommodate the rod section flanges **42**.

In use and operation, the golfer having placed his shoulders **30** in the saddles **32**, with his neck **20** and head **18** held coaxially on an axis aligned with the positioning rod **22**, a swing is properly executed by moving the arms and the shoulders **30**, through a swing, with the head **18** held stationary. While some latitude is permitted by the device for one shoulder being higher than the other, initially, and in the course of the execution of a swing, the device serves to maintain therethrough, a correct positional relationship between the golfer's head, neck, and shoulders.

The form of device B, shown in FIGURES 5 and 6, is similar to the device A, of FIGURES 1 to 4, except for the addition of a more positive head positioning and holding assembly **50**. The assembly **50** comprises a rod **52**, aligned with the positioning rod **22***b* and fixed, at its upper end, to the juncture of the arcuate cross member **34** of the yoke **26**, and the support rod **22***b*. The lower end of the rod **52** has axially affixed thereto, as indicated at **54**, an enlarged diameter circular, inverted pan-shaped head cap **56**, which is dimensioned and formed to conformably engage the top of the golfer's head **18**.

The form of device C, shown in FIGURE 7, has a yoke **26***c*, in the form of a straight horizontal bar **58**, at whose ends, saddles **32***c* are fixed and extend forwardly. The lower section **38***c* of the positioning rod **22***c*, is, instead of being straight, as in devices A and B, formed with a rearwardly offset portion **60**. The positioning rod **22***c* is adapted to be fixedly secured to a post, as in the devices A and B.

The form of device D, as shown in FIGURE 8, like the devices A, B and C, involves a ground anchored post **10***d*, carrying an adjustable bracket **11***d*, to which a positioning rod **22***d* is fixed. In this instance, however, the positioning rod **22***d* extends upwardly, rather than downwardly, from the post **10***d*, at the same angle to the horizontal as the support rods of devices A, B and C, and the yoke **26***d* is fixed on the upper end, rather than the lower end, of the support rod **22***d*.

The upper section **36***d* of the positioning rod **22***d* is rearwardly offset, as indicated at **62**, relative to the lower section **38***d* thereof, so as to clear the golfer's back. The yoke **26***d* comprises a horizontal bar or rod **64** affixed to the upper end of the positioning rod **22***d*, and affixed, at its ends, to saddles **32***d*, which extend upwardly and forwardly from the bar **64**.

The use and operation of the devices B, C, and D, are the same as for the device A.

What is claimed is:

1. A golf training aid comprising a rigid positioning rod, means on one end of said rod for securing said rod at an adjustable height to a fixed upstanding support to extend at an acute angle to the horizontal along a line coinciding with the axis of the neck and through the head of a golfer whose stance is appropriate for a golf swing, a yoke, swivel means connecting said yoke to the other end of said rod for free rotation about an axis coaxial with the axis of said rod, said yoke having a portion extending on each side of a vertical plane containing said rod, and each of said portions terminating in a rigid shoulder-embracing saddle shaped to seat on the top of and exert downward pressure on a shoulder of a golfer.

2. A golf training aid according to claim **1**, wherein said yoke is of inverted U-shaped large enough to freely span the head of a golfer and comprises an arcuate base to the center of which said swivel means is connected, and a pair of laterally spaced, downwardly extending legs, said saddles also being inverted U-shaped members lying in planes normal to the plane of said yoke and being respectively fixed near their centers to the lower ends of the legs of said yoke.

3. A golf training aid according to claim **2** wherein said positioning rod is formed by upper and lower sections joined by said swivel means.

4. A golf training aid according to claim **3** wherein

said positioning rod is adapted to extend at a downward angle relative to the support, said yoke is carried at the lower end of the positioning rod, and said positioning rod is straight throughout its length.

5. A golf training aid according to claim **2** wherein is additionally provided a head positioning assembly comprising a rod fixed to and extending downwardly from said arcuate base of the yoke, said pendant rod being axially aligned with the positioning rod, said pendant rod having a lower end spaced above the saddles, and a head holding member mounted on the lower end of the pendant rod.

6. A golf training aid according to claim **5** wherein said head holding member comprises an inverted pan-shaped cap.

7. A golf training aid according to claim **2** wherein said positioning rod is adapted to extend at an upward angle relative to the support, said yoke is carried at the upper end of the positioning rod, and the upper section of the positioning rod is rearwardly offset relative to the lower section thereof.

8. A golf training aid according to claim **1** wherein said yoke comprises a horizontal rod centrally fixed to the positioning rod, said saddles being fixed on the ends of said horizontal rod, and extending forwardly therefrom.

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RICHARD C. PINKHAM, *Primary Examiner.*

G. J. MARLO, *Assistant Examiner.*