The present invention relates generally to the art of golf and more particularly to a new and novel golf swing training device.

The average golfer has considerable difficulty in perfecting an "inside-out" swing of a golf club. Instead, such average golfer tends to swing the golf club from the outside in. It is essential in order to obtain maximum range and accurate directional control that the golf club be swung from the inside out.

It is a major object of the present invention to provide a golf swing training device for use in teaching a golfer to perfect an inside-out swing of a golf club.

It is another object of the present invention to provide a golf swing training device of the aforesaid nature which permits a golfer to develop the necessary muscles for use in properly hitting a golf ball.

A further object of the present invention is to provide a golf swing training device of the aforesaid nature which may be conveniently used in the home or office.

Yet another object of the present invention is to provide a golf swing training device of the aforesaid nature that is simple in construction, rugged of design and inexpensive to construct.

A more particular object of the present invention is to provide a golf swing training device of the aforesaid nature utilizing a shaft having a vertical weight-receiving portion and a straight handle portion that extends upwardly and inwardly at an angle towards the user relative to the weight-receiving portion, with the weight-receiving portion being adapted to receive one or more weights. This arrangement makes it possible for the user to start his training with a given weight and as the user's muscles develop he can add additional weight thereby progressively strengthening his muscles as he improves his swing.

These and other objects and advantages of the present invention will become apparent from the following detailed description, when taken in conjunction with the appended drawings wherein:

FIGURE 1 is a perspective view of a golfer using a preferred form of golf swing training device embodying the present invention;

FIGURE 2 is a side elevational view of said golf swing training device;

FIGURE 3 is a bottom view of said golf swing training device taken along line 3—3 of FIGURE 2; and

FIGURE 4 is a vertical sectional view taken along line 4—4 of FIGURE 3.

Referring to the drawings, a preferred embodiment of the golf swing training device embodying the present invention includes a shaft S which is preferably of tubular metallic construction. The shaft includes a vertical weight-receiving or first portion 10 and a straight handle or second portion 12 that as indicated in FIGURE 2 extends upwardly and inwardly at an angle towards the user relative to the weight-receiving portion 10. As is also indicated in FIGURE 2, the intermediate portion of the shaft S is curved at the transition between the upper end of the weight-receiving portion 10 and the lower end of the handle portion 12. The handle portion 12 is provided with a conventional grip 14 of the type normally utilized in golf club construction.

The weight-receiving portion 10 of the handle S is adapted to receive one or more weights designated 16 and 18. These weights 16 and 18 may be of conventional annular configuration and formed with a coaxial bore 19 axially slidably received by shaft portion 10. They are secured in place by an upper clamp collar 20 and a lower clamp collar 22. The clamp collars 20 and 22 are of conventional construction each utilizing a set screw 24 that is threadably carried within a threaded bore 26 formed in such collars. The set screws 24 are tightened into tight frictional engagement with the shaft portion 10 to retain the weights in place. The clamp collars 20 and 22 are axially adjustable with respect to the shaft portion 10 by sliding bore portion 19 whereby, as indicated by the phantom lines in FIGURE 2, the weights 16 and 18 may be varied in position relative to the length of shaft portion 10.

In the use of the aforesaid described golf swing training device it has been determined that six weights of 1/4 pounds each may be advantageously employed. It is preferable that the golfer begin his training utilizing two of these weights, e.g. 2 1/2 pounds, as indicated at 16 and 18 in the drawings. The golfer assumes his normal driver or long iron stance gripping the grip 14 as he would a conventional golf club. The shaft 10 is then forced back slowly to the position indicated in FIGURE 1, the golfer keeping his left arm straight until his left shoulder is underneath his chin. Next, the golfer starts his downswing slowly. As the device is swung downwardly it will pull the golfer's right elbow to his right side forcing his hands and wrists to snap into the top of the swing at the correct time. Furthermore, the device will cause the golfer's right shoulder under and into contact with his chin. The golfer then allows his right shoulder to move his head and to thereafter follow through. It is important that the golfer permit the weight of the training device to force him through the top of the swing. This allows the golfer to hit against a stiff left side stretching his back muscles and loosening his shoulders. A perfect inside-out golf swing can be accomplished in this manner.

After the golfer has practiced swinging utilizing two of the weights 16 and 18 he may add more weights to shaft portion 10. Preferably, such additional weight is added over a period of time. In this manner the golfer can progressively develop the muscles necessary to a correct swing.

It is important that the angle between the weight-receiving portion 10 of shaft 10 and the handle portion 12 be properly chosen. If too great an angle is employed the weights will strike the golfer's shoulders during his swing.

If the angle is too slight an inside-out swing cannot take place since the weight will not be behind the golfer's hands at the top of his back swing. It has been found that the handle portion 12 should advantageously be disposed at an angle of approximately 47½ degrees off the vertical axis of the weight-receiving shaft portion 10.

It should be particularly noted that because of the short length of the aforesaid described golf swing training device as compared to a conventional golf club, such device may be used in the golfer's home, office or within other confined spaces. This permits the golfer to practice swinging even when he cannot take the time to visit a golf course. Additionally, it permits the golfer to maintain his muscles in proper condition even when he cannot play golf.

Various modifications and changes may be made with respect to the foregoing detailed description, without departing from the spirit of the present invention or the scope of the following claim.

I claim:

A golf swing training device for developing an inside-out swing comprising:

- a shaft having a vertical first portion and a straight second portion, said second portion extending upwardly and away from the top of said first portion at an angle of approximately 47½ degrees relative to the axis thereof and having a hand grip at the upper end thereof;
weight means slidably disposed on said first portion; 
and, means adjustably secured to said first portion 
for locking said weight means thereto.

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ANTON O. OECHSLE, Primary Examiner.
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