ABSTRACT: A wristband mountable on a golfer's wrist has an elongated body portion on which is a pocket having a flap with the pocket containing a removable and interchangeable weight. A strap integral with one end of the body portion extends through a slot in the body portion around the body portion. The strap overlays the pocket to assist in holding it closed. The free end of the strap is engaged with a buckle at the other end of the body portion. The wristband which has a rough or suede underside is adjustable longitudinally and circumferentially on the golfer's wrist and is held in place frictionally when the strap is tightened. The added weight contained in the pocket effectively applies increased kinetic power to the swing of a golfer without unbalancing the hands holding the club.
This invention concerns a device applicable to the wrist of a golf player for assistance in mechanically directing the swing. It has been found that the left-hand of a right-handed golfer is most important in directing the swing. In execution of the correct golf swing, the left-hand should at the moment of impact of the club with the ball occupy the position that the hands assumed at the address that is with the left-hand in a nearly vertical position. At the point of impact of the club with the ball, the hands should be in the same relative position. During the swing the left wrist should lead the left-hand.

It has been proposed heretofore that a device containing a weight or weights be applied to the left-hand for the double purpose of directing the swing and of adding to the kinetic energy of the club. One such device comprises a fingerless glove which contains a weight within a pocket on the back of the glove. The weight is located near the lower edge of the back of the left-hand between wrist and knuckles. This arrangement is said to cause the hand to return to the desired vertical position and to tend to pull the left-hand by centrifugal force to that position. This prior device has not been found satisfactory because it unbalances the hand and causes an unnatural rotational pull thereon. Recognizing this deficiency, another prior device provided a golfer's glove with closed fingers. A single wide weight or a plurality of weights are disposed in a pocket at the back of the glove to about the dorsum of the player's hand between the wrist and knuckles. While this arrangement provides better balance of the left-hand in the plane of swing, it still tends to rotate the hand outwardly, creating an unnatural rotational force in the plane perpendicular to the plane in which the hands move. This effect arises because during the swing the left wrist must lead the overhanded hand for proper driving action. In another embodiment, of this device, it was proposed a wide, arcuate slug be mounted by straps on the back of the left-hand with the straps extending across the palm. Such an arrangement of straps interferes with the grip on the club and the interference is aggravated by the straps slipping, which is almost always unavoidable. What all the prior golf driving aid devices have failed heretofore to provide is a means to mount a weight or weights properly on the wrist and off the hand of the golf player. A further deficiency of the prior devices mentioned is the enclosure of weights in snap-fastened pockets which can easily snap open during the strain of use so that the weights fall out of the pockets. Another objection is lack of adjustability to different hand sizes.

The present invention is directed at overcoming the above and other deficiencies of prior golf swing aiding devices by providing a wristband with a pocket on the back containing a weight. The wristband engages on the wrist off the hand of the golf player. There the added weight contained in the pocket is most effectively applied to increase kinetic power in the swing without unbalancing the hands holding the club as occurs with the prior devices such as hereinabove described. The present device has an extra long strap which encircles the entire wristband the weight-containing pocket has a flap and a fastening device to hold this pocket closed. The long strap extends through slots in the wristband and is held in place by a buckle. By this arrangement, the wristband is adaptable to different hand sizes, as contrasted with the weighted gloves of the prior art which accommodate only one hand size. Also, the wristband can contain weights of smaller or larger sizes or one or more weights as may be required in particular circumstances. The wristband may be mounted on the right hand of a left-handed player. The device may be made of leather, plastic or other suitable tough, flexible material.

Accordingly, a primary object of the present invention is to provide a Golf Driving Aid for attachment to a player's wrist. A more effective placement of the weight. Once the wristband is tightened it will remain in place. The rough or suede side 52 of the wristband frictionally engages the wrist 50 of the player (FIG. 1) to hold the wristband in place. The wristband is located just beyond the joint 60 between wrist 50 and hand 62 as clearly shown in FIG. 1. Therefore, with the hands 62 and
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64 grasping a club 66 as it is swung, the leading wrist 50 is so weighted that it centrifugally pulls the club around in its plane of motion to increase the kinetic energy of the swing. This increased energy is expended at impact on the golf ball (not shown) in an increased force over which would occur without the wristband.

The wristband has the further beneficial and desirable effect of acting as support for the muscles and veins of the wrist when they are under stress. Moreover, the wristband of the instant invention may be used on the right hand or left hand of the player whereas weighted gloves heretofore proposed in the prior art could only be used on one hand, either right or left, and could fit on only one size of hand. The present wristband by contrast can fit on either wrist and on wrists of different sizes. Furthermore, it is adjustable longitudinally and circumferentially of the wrist, which was not heretofore possible with prior weighted golf gloves.

The device 10 can be used exclusively for training purposes, or if contest or playing rules permit, may be used during normal play. Furthermore, the one-piece construction of the body and strap of the wristband enables the device to be manufactured much more economically than the multiple-sectioned weighted golf gloves heretofore known.

It should be understood that the foregoing disclosure relates to only a preferred embodiment of the invention and that it is intended to cover all changes and modifications of the example of the invention herein chosen for the purposes of the disclosure which do not constitute departures from the spirit and scope of the invention.

I claim:

1. A device for aiding a golf player swing a golf club comprising:
   a wristband engageable on a leading wrist of said golf player
   and spaced from the player's hand, said wristband having an elongated body portion sufficiently long enough to substantially extend circumferentially once around the golf player's wrist;
   a strap integral with one end of said body portion, said strap being at least as long as said body portion to extend circumferentially around said body portion;
   a pocket on said body portion;
   a removable and interchangeable rigid weight means, for placement into said pocket and affecting an increase in the kinetic energy of the swing; and
   securing means at the other end of said body portion for engaging the free end of the strap tightly around said body portion and over said pocket.

2. A device as defined in claim 1, wherein said securing means comprises a buckle and tongue, said strap having a plurality of holes therein for selective engagement by said tongue.

3. A device as defined in claim 1, wherein said body portion has a first transverse slot therein near the pocket for threading the strap therethrough to encircle said body portion.

4. A device as defined in claim 3, wherein said body portion has a second transverse slot therein located between said first slot and; the end of the body portion engaging the free end of the strap.

5. A device as defined in claim 4, wherein said securing means comprises a buckle and tongue secured to the other end of said body portion, said strap having holes therein for selectively engaging on said tongue.

6. A device as defined in claim 5, wherein said wristband carries a flap for closing the pocket; and fastener means disengageable holding the flap in closing position on the pocket while the strap overlays the flap to cooperate with said fastener means in holding the pocket closed.

7. A device as defined in claim 6, wherein said weight means comprises at least one lead weight.

8. A device as defined in claim 1, wherein said wristband carries a flap for closing the pocket; and fastener means disengageable holding the flap in closing position on the pocket while the strap overlays the flap to cooperate with said fastener means in holding the pocket closed.

9. A device as defined in claim 8, wherein said body portion has a roughened suedelike inner side for frictionally engaging the golf player's wrist to prevent displacement of the wristband on the wrist.