

3D Golf BioDynamics Swing Analysis

First Name: Richard **Last Name:** Davies **Email:** _____
Date: 14-Jul-07 **Test type:** After biofeedback
Mass: 165 lbs **Height:** 70 " **Handicap:** 10

Summary

- Well done, great improvements. At adress, your butt sits too far back still.
- Your hip turn is now excellent and your forward hip shift in the downswing is great, resultng in an excellent hand path now.

Setup Foundations

Alignment

	Corridor	You
Hips	0 to 8°	0 Open
Shoulders	5 to 12°	15 Open

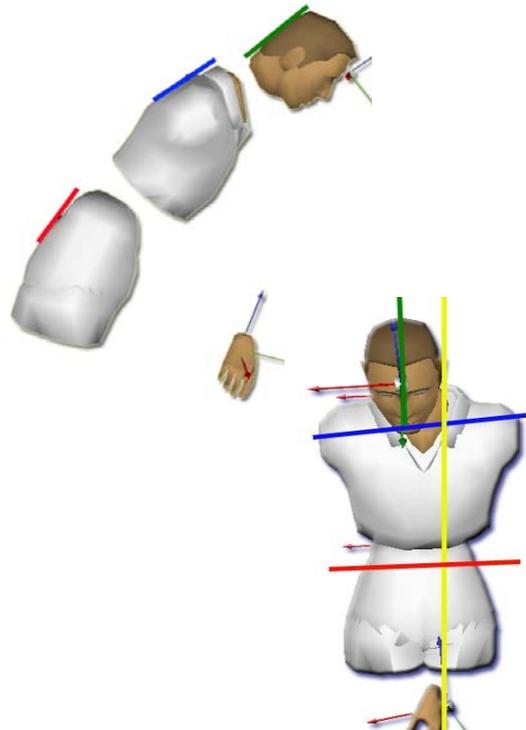
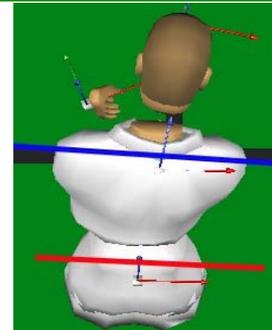
Green = within corridor
 Yellow = just outside corridor
 Red = well outside corridor

Bending

	Corridor	You
Hips	12 to 16°	20 Forward
Shoulders	35 to 45°	35 Forward
Head	30 to 50°	54 Forward

Tilting

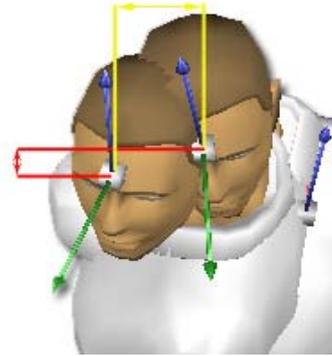
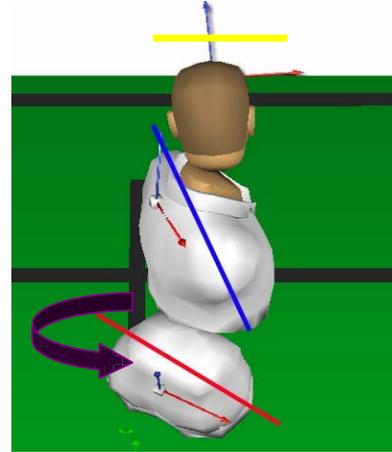
	Corridor	You
Hips	0 to 3°	2 Right
Shoulders	7 to 13°	16 Right
Head	0 to 10°	7 Right



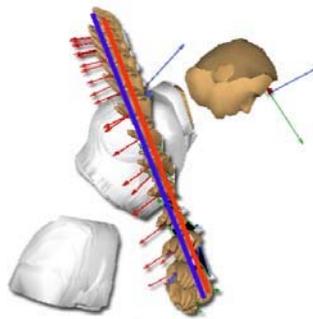
Backswing

Rotations			
	Corridor	You	
Hip Turn	-35 to -45°	-42	Closed
Shoulder Turn	-85 to -95°	-88	Closed
X-Factor	-40 to -50°	-47	Closed
X-Factor Stretch	-15 to -25°	-13	Closed
Head Turn	-20 to -40°	18	Open

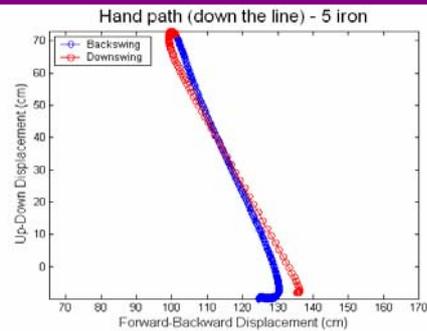
Stability			
	Corridor	You	
Head sway (Address to top)	3 to 4½"	2.4	Away
Head lift (Address to top)	-1½ to ½"	0.1	Up
Head thrust (Address to top)	-½ to ½"	0.1	Forward
Hip drop (Address to top)	-1½ to ½"	-0.4	Down



Ideal Hand Path



Your Hand Path



Blue = backswing Red = downswing

Downswing

Impact Zone			
	Corridor	You	
Hip Turn	35 to 45°	35	Open
Shoulder Turn	35 to 50°	29	Open
Head Turn	10 to 40°	30	Open
Hip Tilt	10 to 15°	14	Right

Spine Angle Control			
	Corridor	You	
Head drop <small>(Top to impact)</small>	-2½ to ½"	-2.5	Down
Head thrust <small>(Top to impact)</small>	-½ to ½"	-0.5	Backward

Body Speeds		
	Corridor	You
Hips	420 to 550 deg/s	364
Shoulders	550 to 700 deg/s	552
Hands	20.0 to 25.0 ft/s	24.1

Timing Sequence <small>(order that peak speeds occur in downswing)</small>			
	Hips	Shoulders	Hands
Ideal	1	2	3
5-iron			
Driver			

