Jim McLean Golf Schools

GOLF BIODYNAMICS
swing excellence through 3D technology


Dr. Rob Neal PhD

3D Golf BioDynamics Swing Analysis

First Name:	Richard	**Last Name:**	Davies	**Email:**	n
Date:	14-Jul-07			**Test type:**	Initial test
Mass:	165 lbs	**Height:**	70 "	**Handicap:**	10

Summary

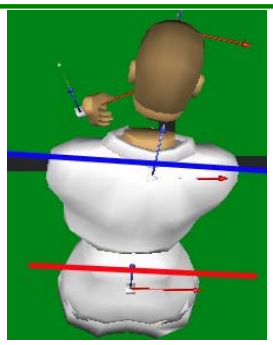
1. Richard, you have some good qualities to your swing, however, at set up, your butt sits too far back and your right hip sits too high.
2. During the backswing your hips over rotate.
3. In the downswing, you need to start with a lateral shift of your hips, this will result in a much improved hand path.

Setup Foundations

Alignment

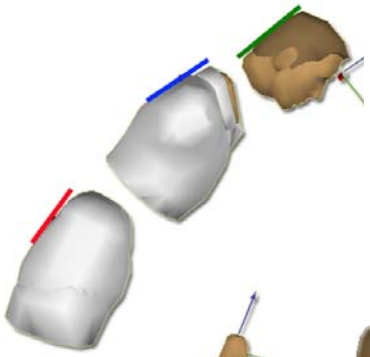
	Corridor	You	
Hips	0 to 8°	0	Open
Shoulders	5 to 12°	10	Open

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



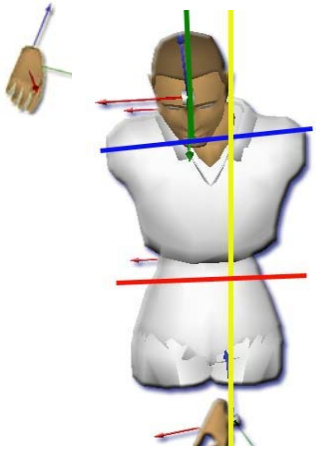
Bending

	Corridor	You	
Hips	12 to 16°	19	Forward
Shoulders	35 to 45°	38	Forward
Head	30 to 50°	51	Forward



Tilting

	Corridor	You	
Hips	0 to 3°	-3	Left
Shoulders	7 to 13°	11	Right
Head	0 to 10°	-2	Left



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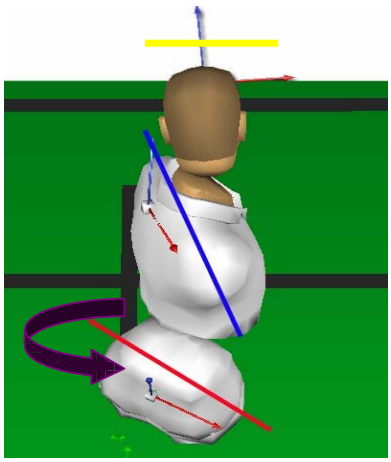
Backswing

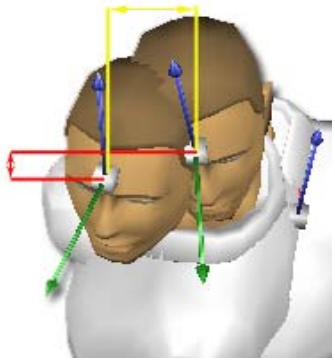
Rotations

	Corridor	You	
Hip Turn	-35 to -45°	-67	Closed
Shoulder Turn	-85 to -95°	-97	Closed
X-Factor	-40 to -50°	-30	Closed
X-Factor Stretch	-15 to -25°	-25	Closed
Head Turn	-20 to -40°	-14	Closed

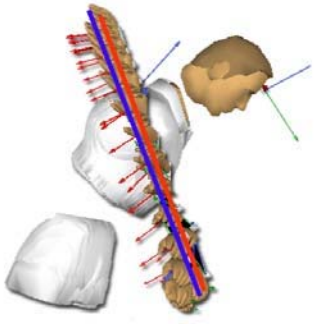


Stability

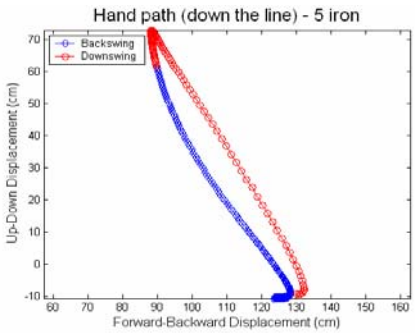
	Corridor	You	
Head sway (Address to top)	3 to 4½"	5.2	Away
Head lift (Address to top)	-1½ to ½"	0.3	Up
Head thrust (Address to top)	-½ to ½"	-0.8	Backward
Hip drop (Address to top)	-1½ to ½"	-1.5	Down



Ideal Hand Path



Your Hand Path



Blue = backswing Red = downswing

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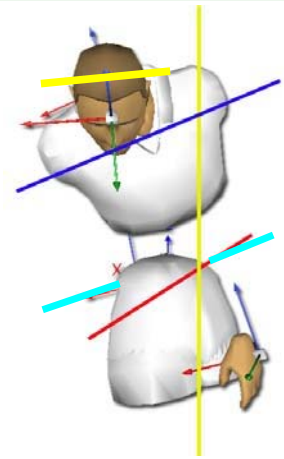
Downswing

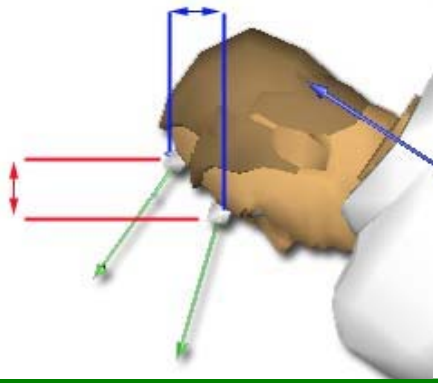
Impact Zone

	Corridor	You	
Hip Turn	35 to 45°	32	Open
Shoulder Turn	35 to 50°	30	Open
Head Turn	10 to 40°	1	Open
Hip Tilt	10 to 15°	6	Right



Spine Angle Control

	Corridor	You	
Head drop (Top to impact)	-2½ to ½"	-2.8	Down
Head thrust (Top to impact)	-½ to ½"	-0.8	Backward



Body Speeds

	Corridor	You
Hips	420 to 550 deg/s	475
Shoulders	550 to 700 deg/s	653
Hands	20.0 to 25.0 ft/s	25.1

Timing Sequence
(order that peak speeds occur in downswing)

	Hips	Shoulders	Hands
Ideal	1	2	3
5-iron			
Driver			