

golfTEC Using Motion Sensor Technology to Improve your Golf Swing

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In this day and age of golf instruction, 3D technology is at the forefront in the process of learning how to swing the golf club effectively and efficiently. GolfTEC is the only company in North Carolina that combines the use of motion sensors with video while being trained by PGA Professionals.

I would like to compare a technically sound swing to a flawed swing as demonstrated by GolfTEC certified coach Josh Becton from GolfTEC Tyvola.

Let's look at the data from the swing. The motion sensors are placed on the shoulders at the base of the neck, and on the hips in the lumbar area of the spine.



Being that the sensors are placed on the outside of the body, as the student turns his/her body away from the target, the motion sensors will read toward the target. The data will

read as toward or away from the target and is calculated in inches.

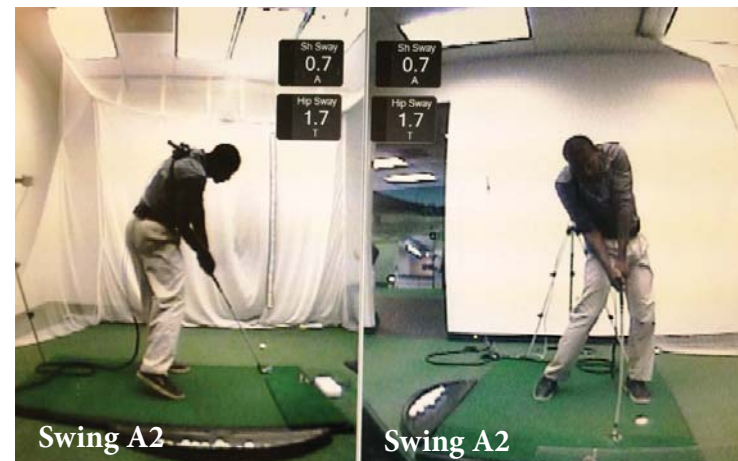
Comparing swing "A1" to swing "B1" at the top of the backswing we see different data points.

Swing "A1" has the hip and shoulder sway matched within .1" of each other.

Swing "B1" has the shoulder sensor reading 7.2" towards the target with the hip sensor reading 1.2" towards the target producing the dreaded "reverse pivot, which typically leads to "over the top" swings.



We have a tour range that we work from based on our tour averages and strive to help our clients stay in that range. In this particular instance the



tour range would be 3.5"- 4.5" toward the target with the shoulders and hips. Even though we are isolating the subject of sways in this discussion, we are also able to

monitor turns, tilts, and bends of the shoulders and hips at the same time. This learning process will help the student learn at an effective and efficient rate.

Now we move ahead to what is called the "moment of truth", or impact position. We are still monitoring the motion sensors throughout the swing but looking very closely to the reading at impact. Tour ranges at impact would be 1" - .5" away from the target and 1.5" - 2.5" toward the target.



Swing "A2" is within these ranges and will produce an effective and repeatable golf shot. Swing "B2" has the student with too much weight on his back (right) foot with no effective weight shift. This swing will produce mis-hits that will have a tendency to go high and right with a definite power loss.

The preceding examples given are just one of many swing flaws that we see on a daily basis. With the use of motion sensors we will be able to assess and quantify the areas of your golf swing that need improvement in an efficient manner. We look forward to helping you with your golf game!

Two convenient Charlotte locations:

726 Tyvola Road ~ 704-405-1490

9571-A South Blvd (located inside Golfsmith)

704-940-1463 ~ www.golftec.com/charlotte