3D Golf BioDynamics Swing Analysis

First Name:	David	Last Name:	Horsey	Email:	horseydave14@aol.com
Date:	14-Sep-07			Test type:	Initial test
Mass:	165 lbs	Height:	71 "	Handicap:	0

Summary

1. David, your latest swing observations. At set up your hips are slightly closed and your right hip sits higher than your left.

2. In your backswing your weight moves slightly into your left side. You need to work on allowing the weight to turn into your right side better. On impact, your hips fail to shift laterally enough and your body and head are under rotated.

Setup Foundations

### Alignment

	Corridor	You	
Hips	0 to 8°	-2	Closed
Shoulders	5 to 12°	10	Open

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

Bending

	Corridor	You	
Hips	12 to 16°	17	Forward
Shoulders	35 to 45°	48	Forward
Head	30 to 50°	47	Forward

Tilting

	Corridor	You	
Hips	0 to 3°	-3	Left
Shoulders	7 to 13°	8	Right
Head	0 to 10°	2	Right
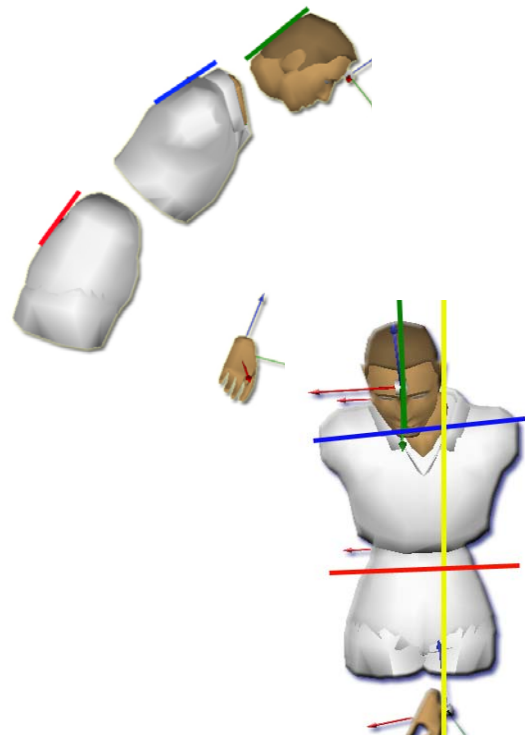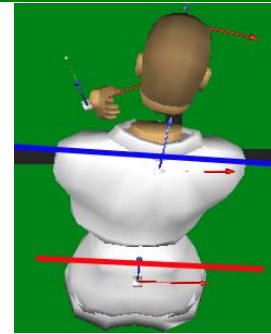
Backswing

Rotations

	Corridor	You	
Hip Turn	-35 to -45°	**-54**	Closed
Shoulder Turn	-85 to -95°	**-95**	Closed
X-Factor	-40 to -50°	**-41**	Closed
X-Factor Stretch	-15 to -25°	**-9**	Closed
Head Turn	-20 to -40°	**-18**	Closed
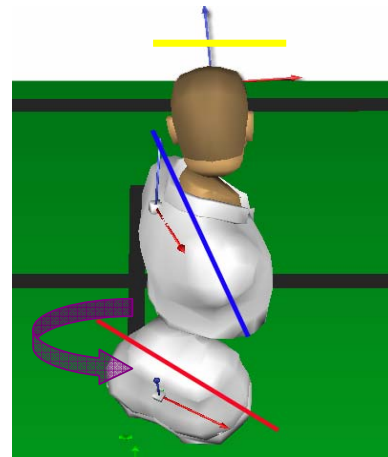
Stability

	Corridor	You	
Head sway (Address to top)	3 to 4½"	**3.2**	Away
Head lift (Address to top)	-1½ to ½"	**0.2**	Up
Head thrust (Address to top)	-½ to ½"	**0.3**	Forward
Hip drop (Address to top)	-1½ to ½"	**-0.4**	Down
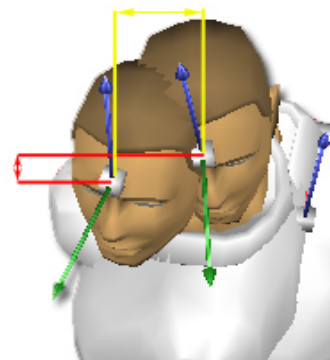
Ideal Hand Path

Your Hand Path

Hand path (down the line) - 5 iron
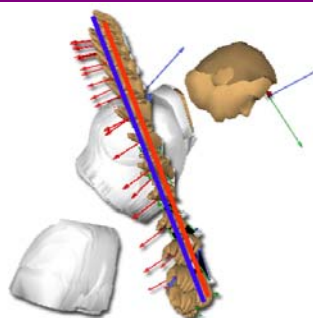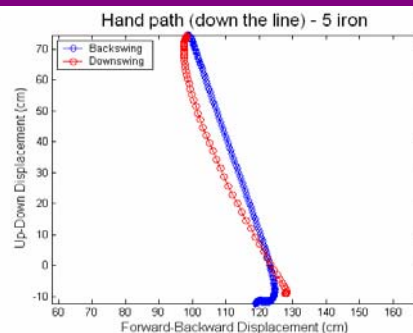
Blue = backswing   Red = downswing

Downswing

Impact Zone

	Corridor	You	
Hip Turn	35 to 45°	**26**	Open
Shoulder Turn	35 to 50°	**24**	Open
Head Turn	10 to 40°	**-7**	Closed
Hip Tilt	10 to 15°	**5**	Right

Spine Angle Control

	Corridor	You	
Head drop (Top to impact)	-2½ to ½"	**-0.5**	Down
Head thrust (Top to impact)	-½ to ½"	**-1.5**	Backward

Body Speeds

	Corridor	You
Hips	420 to 550 deg/s	**470**
Shoulders	550 to 700 deg/s	**635**
Hands	20.0 to 25.0 ft/s	**23.2**

Timing Sequence
(order that peak speeds occur in downswing)

	Hips	Shoulders	Hands
Ideal	1	2	3
5-iron	1	2	3
Driver	0	0	0
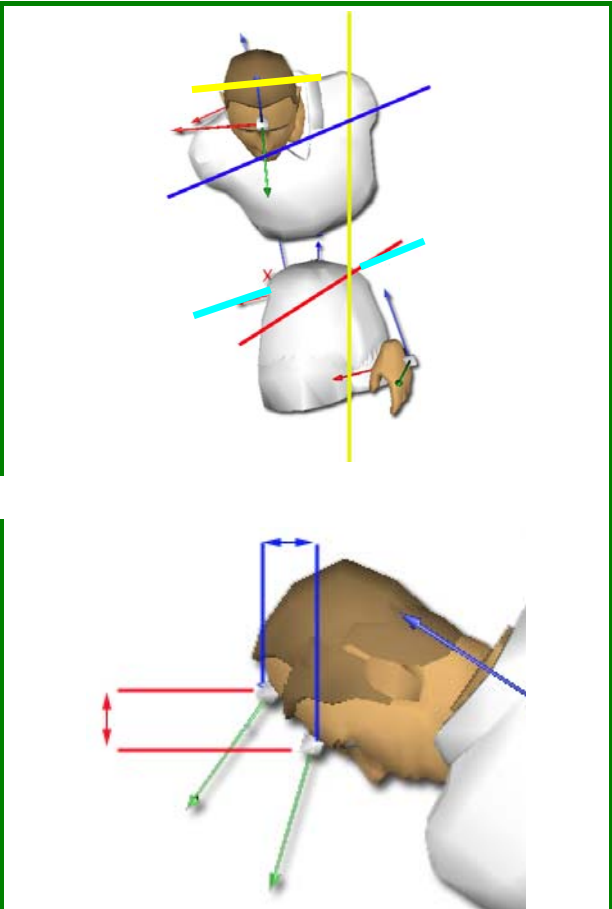
Hand path (down the line) - 5 iron
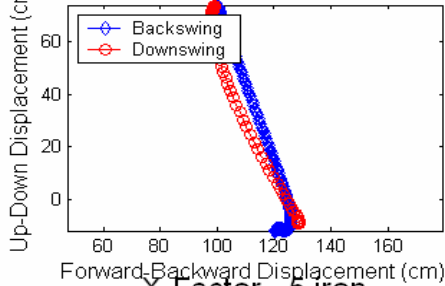
Timing Sequence - 5 iron

X-Factor - 5 iron

XF @ top =-42
Max XF =-51
XF Stretch =9
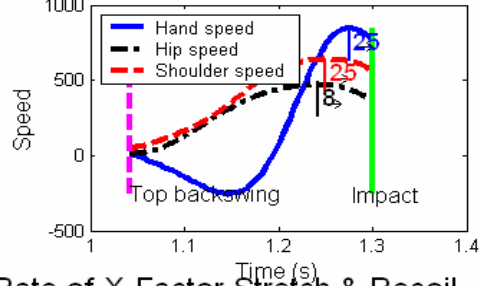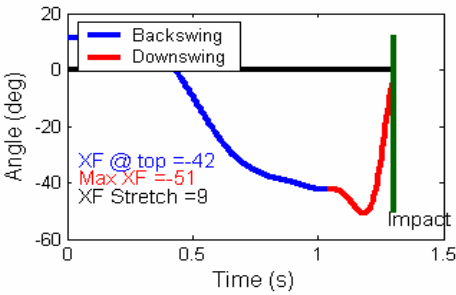
Rate of X-Factor Stretch & Recoil - 5 iron

Max rate of Stretch =-119 deg/s
Max rate of Recoil =650 deg/s

Timing Sequence - 5 iron

Max hand speed =23.2
Max shoulder speed =628
Max hip speed =471