



Dr Rob Neal, PhD

3D Golf BioDynamics Swing Analysis

First Name:	Steve	Last Name:	Parry	Email:	
Date:	31-Oct-08	Test type:	Initial test		
Mass:	76 lbs	Height:	70 "	Handicap:	0

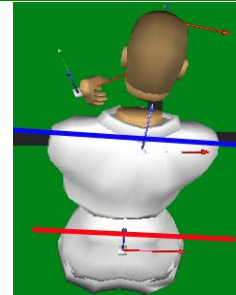
Summary

1. Steve, latest observations. At set up your chin sits too far forwards, keep working on Ramsay's drills
2. In the backswing your spine tilts too much towards the target as you rotate, you need to allow your shoulders to turn on a slightly flatter plane.

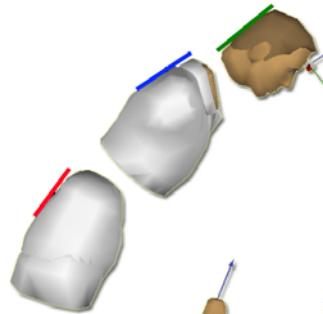
Setup Foundations

Alignment		
	Corridor	You
Hips	0 to 8°	0 Open
Shoulders	5 to 12°	11 Open

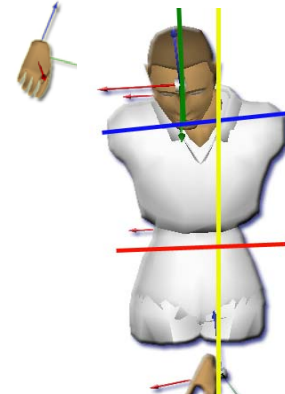
Green = within corridor
 Yellow = just outside corridor
 Red = well outside corridor



Bending		
	Corridor	You
Hips	12 to 16°	12 Forward
Shoulders	35 to 45°	48 Forward
Head	30 to 50°	60 Forward



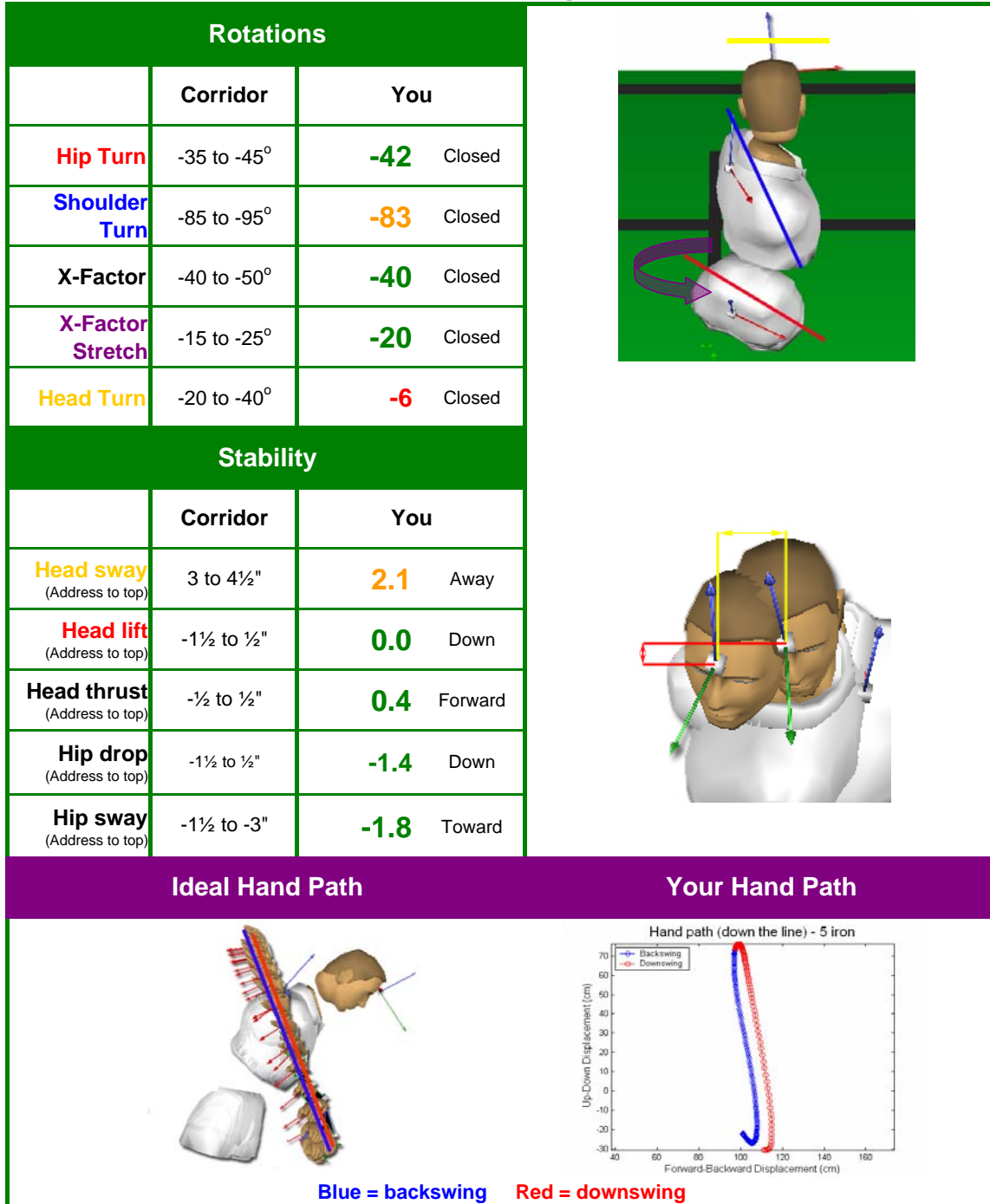
Tilting		
	Corridor	You
Hips	0 to 3°	-1 Left
Shoulders	7 to 13°	7 Right
Head	0 to 10°	-2 Left





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Backswing





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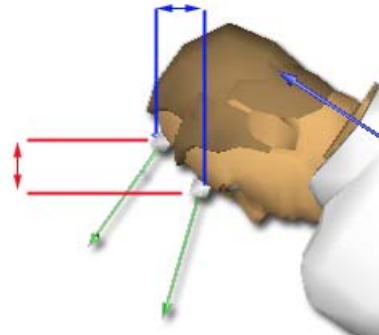
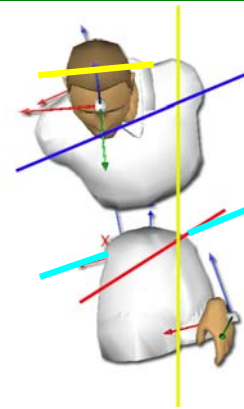
Downswing

Impact Zone		
	Corridor	You
Hip Turn	35 to 45°	36 Open
Shoulder Turn	35 to 50°	26 Open
Head Turn	10 to 40°	24 Open
Hip Tilt	10 to 15°	12 Right

Spine Angle Control		
	Corridor	You
Head drop (Top to impact)	-2½ to ½"	-0.1 Down
Head thrust (Top to impact)	-½ to ½"	-1.0 Forward
Head sway (Top to Impact)	2 to 4"	1.8 Toward
Hip sway (Top to impact)	-1 to -3"	-2.8 Away

Body Speeds		
	Corridor	You
Hips	430 to 530 deg/s	456
Shoulders	640 to 730 deg/s	642
Hands	25.6 to 32.8 ft/s	27.2

Timing Sequence (order that peak speeds occur in downswing)			
	Hips	Shoulders	Hands
Ideal	1	2	3
5-iron	1	3	2
Driver	0	0	0





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