

Jan-10-2021



Robot Swing Golf

SWING ANALYSIS REPORT

No.0000001

Mr. Taro Yamada JP0



Robot Swing Laboratory



Getting Started



Robot Swing Golf

Thank you very much for applying for the Swing Analysis Report of Robot Swing Golf.

Hello, I'm Masayuki Yanagibashi, director of the Robot Swing Laboratory.

Mr. Taro Yamada's codename is JP0. Please note that (salutations omitted) are used in this report.

The report made a swing comparison with Figgy based on a video of a driver shot from the front of JP0.

JP0 is said to be working on Robot Swing V1, so imitating each position of Figgy's body action is important for making the swing.

We recommend that you practice your swing with reference to this Swing Analysis Report.

A strong arm swing is not what matters in a golf swing.

The ideal balance of power distribution when swinging is 60% lower body, 30% upper body, and 10% arms and hands.

We hope to help improve JP0's golf in a short period of time.

We look forward to your continued support of Robot Swing Golf.

* This report and video are for personal use only. Please do not post on SNS, homepages, blogs, etc. (Do not disclose to the public)

Robot Swing Laboratory

Masayuki Yanagibashi

USGTF TEACHING PRO

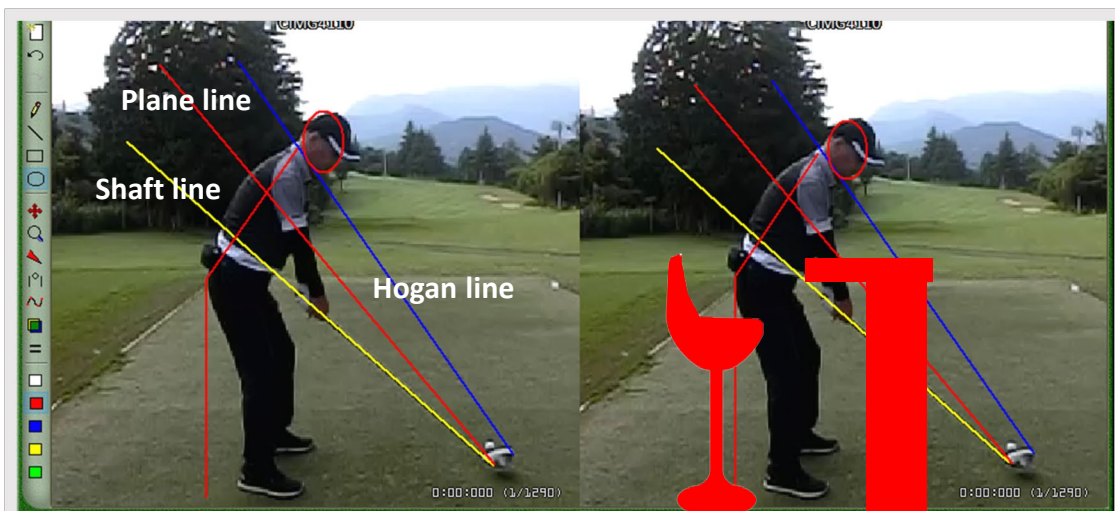


Swing Analysis Report



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1 Address



The blue(Hogan)line is the upper limit line of the club, the red line is the plane line, and the yellow line is the shaft line.

The angle of the forward tilt at address seems a little deep. Stand slightly nearer the ball and straighten your upper body. Imagine sitting on a stool at a bar counter.

2 Takeaway



The shaft of the club is moving in parallel to the shaft line. This is proof that the backswing starts with upper body rotation. The reason why the shaft of the club passes below the shaft line in Robot Swing V1 is because it starts with the rotation of the chest. This motion is appropriate.



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3 Halfway back



The club shaft, clubhead position, and club face orientation are correct. The rotational motions of the upper body and waist are also appropriate. The position of the head is also good. The knees of the right and left legs are also correct. You may straighten your upper body up a little more.

4 Three quarter back (L Position)



The right arm rises along the right side of the body and the clubhead rises vertically, so it is appropriate motion. You may straighten your upper body up a little more.



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5 Top of backswing



If the left hip is rotated enough, it means you are conscious of making a draw shot. The right elbow points to the ground, so this is appropriate motion. The left arm overlaps the Hogan(blue) line and is appropriate. It would be good to straighten your upper body up a little more.

6 Three quarter down



The right elbow is appropriate. The club shaft is parallel to the plane line, so it is appropriate. If the left waist rotates a little more, you can expect the flight distance to increase.



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7 Halfway down



The left hip is not rotating toward the back. That's why your upper body is starting to straighten up a little. The club shaft is oriented to the right, so you are trying to hit the ball to the right.

8 Impact



The position of both hands at impact is correct. It would be good to rotate the left waist a little more. The club face is slightly to the left. Perhaps the positional relationship between the address stance and the ball was a little off. Normally, the ball should fly off to the right and bend slightly to the left.



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9 Three quarter follow-through



The club shaft swings out to the bottom of the Hogan line, so this is appropriate motion. If the left waist rotates a little more to the rear, the swing of the club will become stronger, and you can expect your distance to increase.

10 Finish



With regards to your age, the rotation of the body is sufficient. If you pay slightly more attention to the left rotation of the left hip, you will see the flight distance increase.

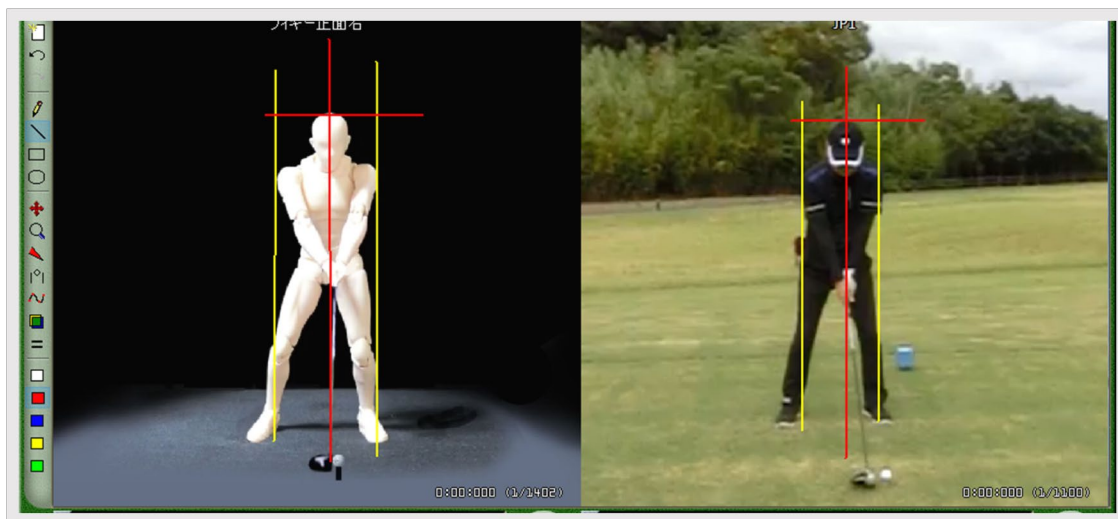


Swing Analysis Report



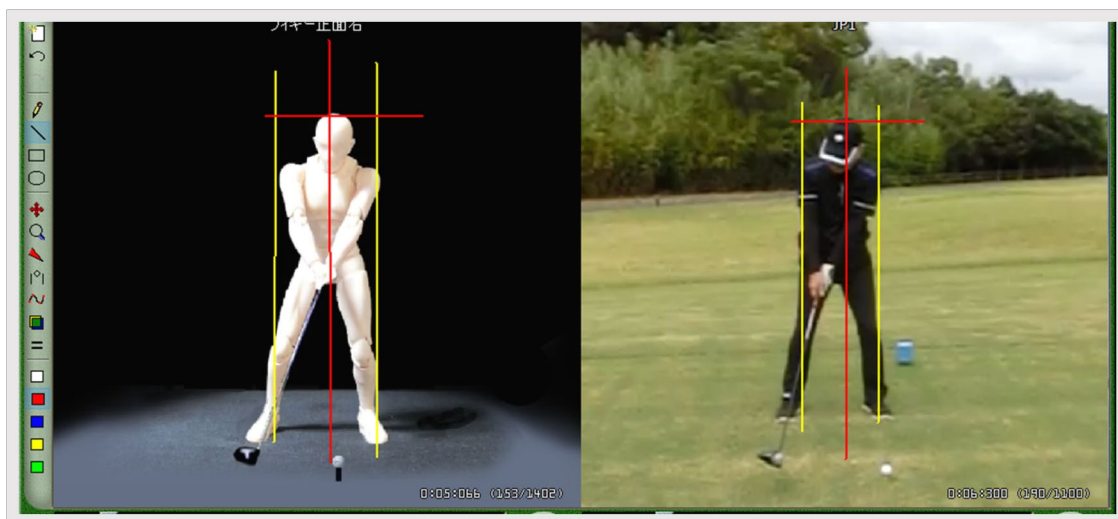
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11 Address



The address is very good and natural. The head, hips, and hands are on the center line. There is no large body tilt. The bends in both knees are also good. The position of your face is also good.

12 Takeaway



There is the movement of the face that follows the movement of the clubhead, but this is not a problem. The clubhead moves backwards while maintaining the triangles on both arms. The angle of both knees has not changed. The upper body is also slightly facing backwards. This is a very good backswing start.

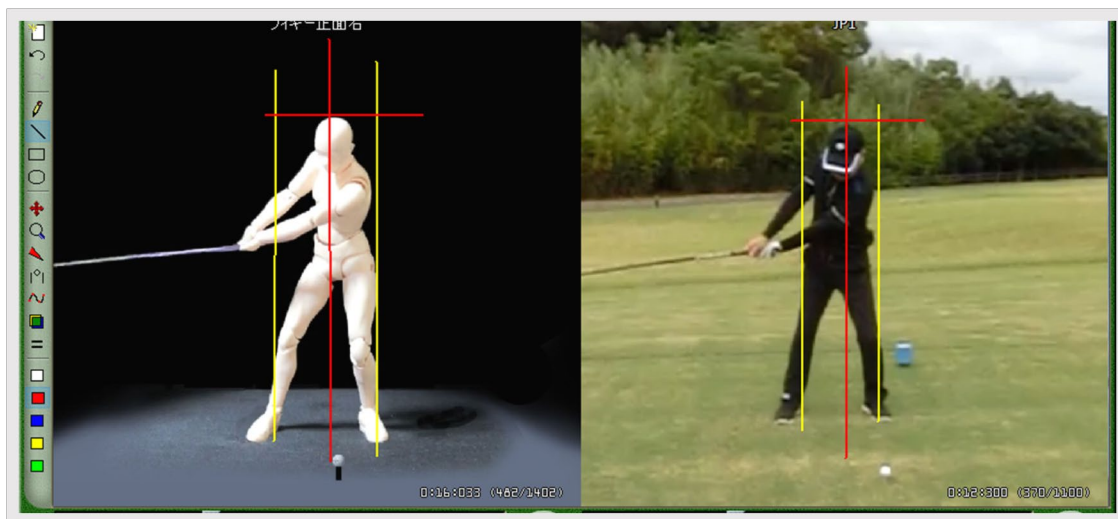


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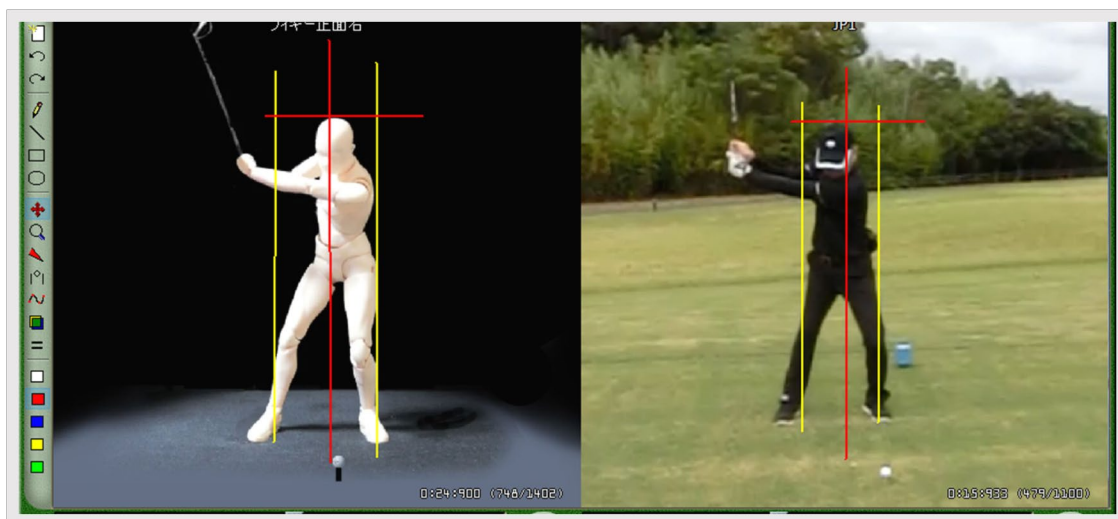
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13 Halfway back



The triangles on both arms are maintained even when the shaft of the club is parallel to the ground. The angle of both knees is also good. The entire body does not move to the right and maintains its position in the center.

14 Three quarter back (L Position)



When both arms are parallel to the ground, it is better for the right hip to be a little closer to the center line. The club's climb angle is fine. The rotation of the upper body to the rear is also sufficient.

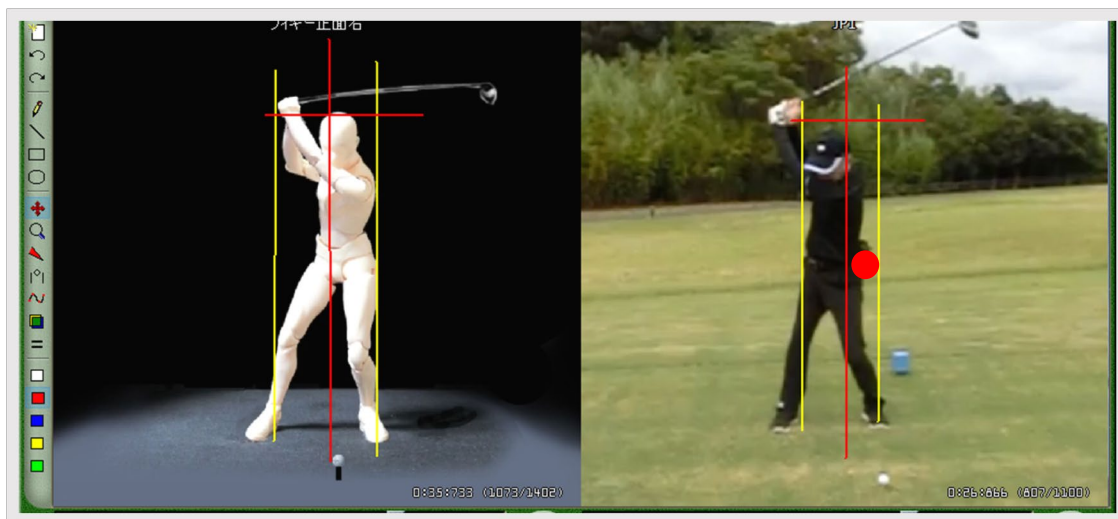


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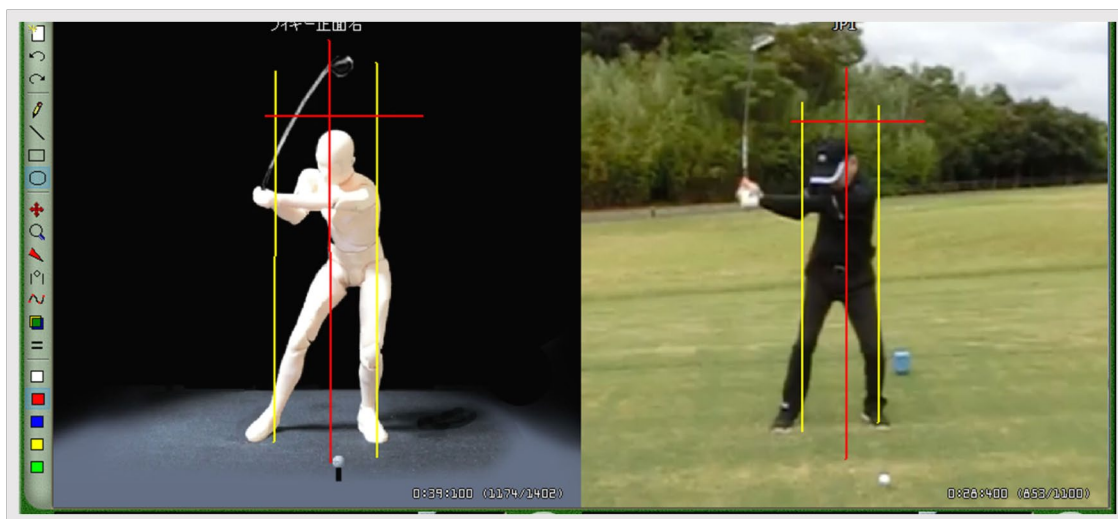
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15 Top of backswing



If the center of gravity in the top position crosses the center line slightly more in the target direction, you will be able to stabilize the rotation for your downswing (red circle). There is no problem with the motion of the other parts of the body. If the cock in your right hand is a little deeper, you can expect your distance to increase.

16 Three quarter down



Since the center of gravity position in the top position (#5) was not appropriate, the waist rotates a little to the rear in the downswing. The position of both arms is good. Due to the sense of strength in the lower body, you will be greeted with a solid impact.

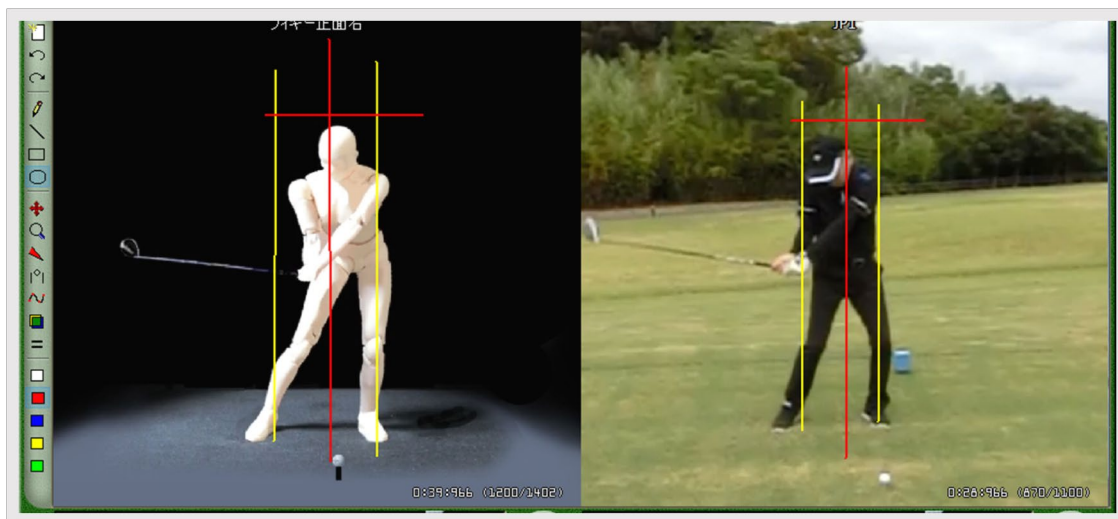


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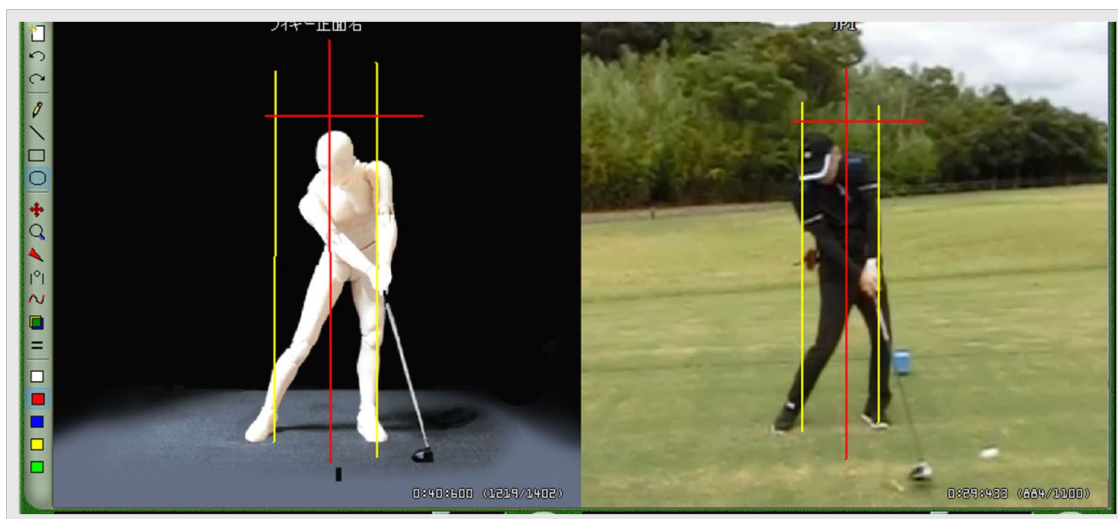
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17 Halfway down



The club's orientation in halfway down is fine. From the position of both hands and the angle of the shaft, you can see that the wrists have not been released. From here, if your left knee straightens more, you can expect your distance to increase.

18 Impact



Figgy's head position in impact is in the center, but if the head is behind the center line, it will take the form of head behind the ball, which will transmit power. Many Western players impact with their left knee straightened, but it doesn't matter if you bend your left knee slightly. The left wrist is also a flat wrist.

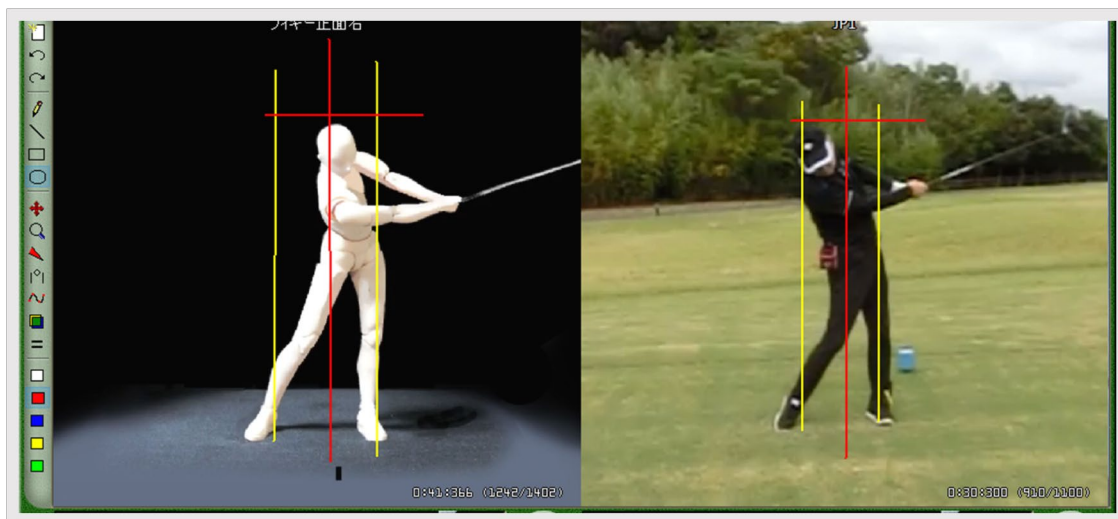


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19 Three quarter follow-through



There is no problem with how you use your body on the follow-through. Both arms are also fairly stretched, and there is proper rotation in both wrists. If the right knee straightens slightly more and there is a motion to push against the ground, you can expect your distance to increase.

20 Finish



This is a well-balanced finish. The waist rotates 90 degrees with respect to the target line. If the upper body can be rotated more, you can expect your distance to increase.

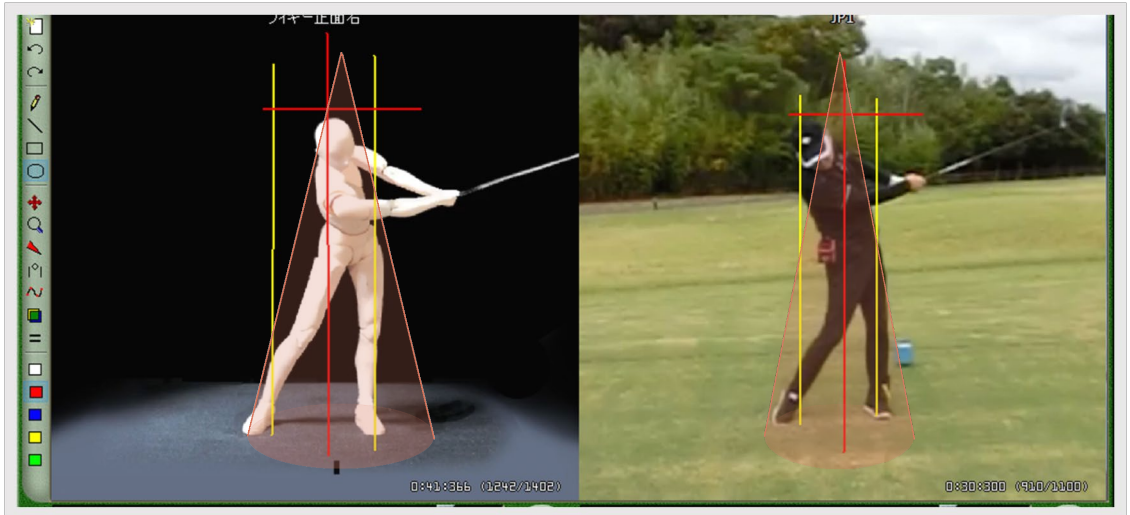


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Cone check



The body rotates in a well-balanced way within the cone. If the left hip moves a little more in the target direction in the three quarter follow-through, you can expect your distance to increase. It will also make it easier to draw shots.



Advice for practicing your swing



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A Robot Swing is a rigid swing. It is very different from swinging comfortably. Make sure to perform the swing slowly and correctly to the top position before starting the downswing. When your body is positioned properly in the top position, you can start the downswing by rotating the left waist with the right hip as the pivot. Swing the club all the way through to the finish. There is no need to make an effort to hit the ball. Make your swing with the bottom of the clubhead in mind.

1



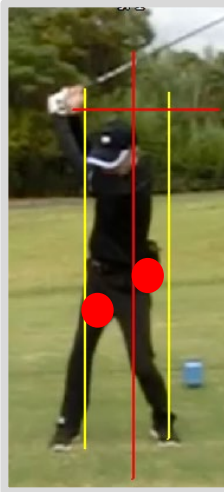
Check the position of the clubhead.

2



The clubhead rises vertically.

3



Position of your right hip and left waist properly.

4



Rotate your left hip and turn your upper body.

5



Keep in mind the bottom of the clubhead and swing all the way to the finish.

1. Check the clubhead position at halfway back.
2. Raise the clubhead vertically.
3. Correctly position your right hip and left waist in the top position.
4. The downswing rotates the left hip and flips the upper body.
5. Keep in mind the bottom of the clubhead and turn your body all the way to the finish.

This motion is performed using power that comes 60% from the lower body, 30% from the upper body, and 10% from the hands and arms.

Does this give an idea of how to perform the swing?



Practice Drills



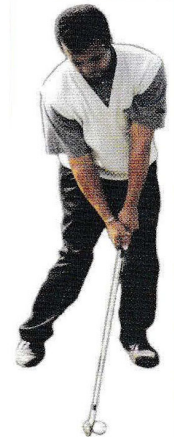
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1 Setup position equals impact position drill

The setup position is so important is because it's the same fundamental position they must return to, to assure solid ball striking.

📌 Objective

This is a mental drill to further focus on the need be specific with setup position procedures.



This is an example of a practice drill.

We will introduce other practice drills that are effective for you.