

K VEST 7



### Transition Sequence



Correct Order

1

2

3

4

### Peak Speed Sequence



Correct Order

1

2

3

4

### Peak Speeds

Degrees Per Second



LPGA Tour Ranges

425-500

690-760

1035-1140

1400-1775

# SWING SUMMARY



10130801123415  
Date:

## Alignment at Address


60%

	PELVIS TURN		UPPER BODY TURN		
	Address		Address		
You	<b>5°</b>	<b>Open</b>	<b>15°</b>	<b>Open</b>	
LPGA Range	-1° To 6°		7° To 10°		
Summary	<p>Your pelvis and/or upper body orientation(s) was (were) not within range at address</p> <p>Your upper body was "open" compared to the intended range.</p>				



Date:

## Posture at Address


100%

	PELVIS BEND		UPPER BODY BEND		
	Address		Address		
You	<b>27°</b>		<b>41°</b>		
LPGA Range	14° To 28°		36° To 47°		
Summary	<p>Your posture was within range at address</p>				



Date:

## Pelvis Position at Top


50%

	PELVIS TURN		PELVIS SIDE BEND		
	Top		Top		
You	<b>-30°</b>		<b>-1°</b>		
LPGA Range	-44° To -25°		-13° To -5°		
Summary	<p>Your pelvis position was not within range at top</p> <p>Your "lead hip" was too "high" at the top. (Potential "Loss of Posture")</p>				

# SWING SUMMARY

20130801123415



## Pelvis and Upper Body Turn

Date:



**PELVIS TURN** Edit **UPPER BODY TURN** Edit

	Top	Impact	Top	Impact
You	<b>-30°</b>	<b>81°</b>	<b>-86°</b>	<b>51°</b>
LPGA Range	-44° To -25°	43° To 61°	-96° To -83°	25° To 39°

**Summary**  
 Your pelvis and/or upper body turn(s) was (were) not within range  
 Your pelvis was "over rotated" at impact.  
 Your upper body was "over rotated" at impact.



## Pelvis Movement

Date:



**PELVIS BEND** Edit **PELVIS SIDE BEND** Edit

	Address	Top	Impact	Address	Top	Impact
You	<b>27°</b>	<b>37°</b>	<b>-3°</b>	<b>3°</b>	<b>-1°</b>	<b>16°</b>
LPGA Range	14° To 28°	12° To 28°	-3° To 6°	-2° To 3°	-13° To -5°	5° To 12°

**Summary**  
 Your pelvis bend and/or side bend(s) was (were) not within range during the swing  
 Your pelvis (lower back) was too "arched" at the top.  
 Your "lead hip" was too "high" at the top. (Potential "Loss of Posture")



## Upper Body Movement

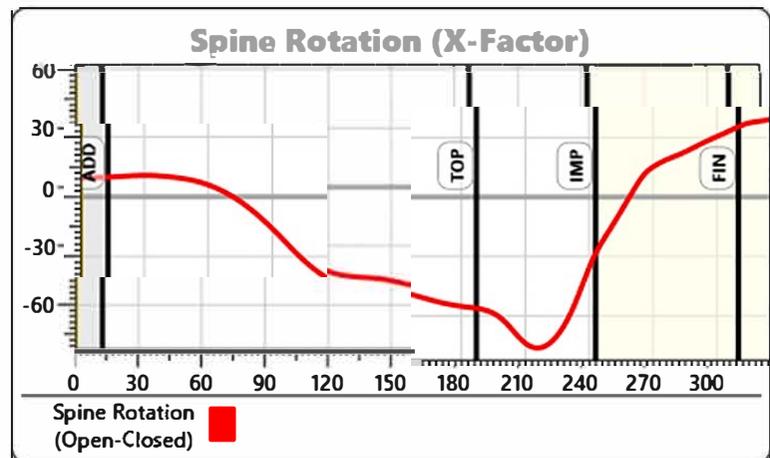
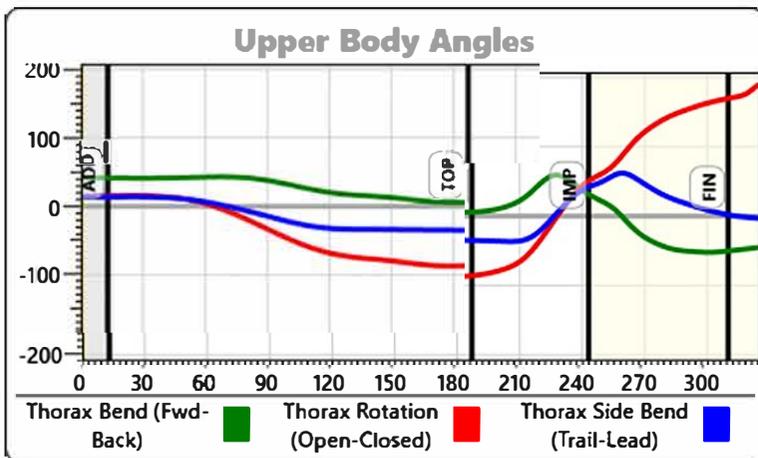
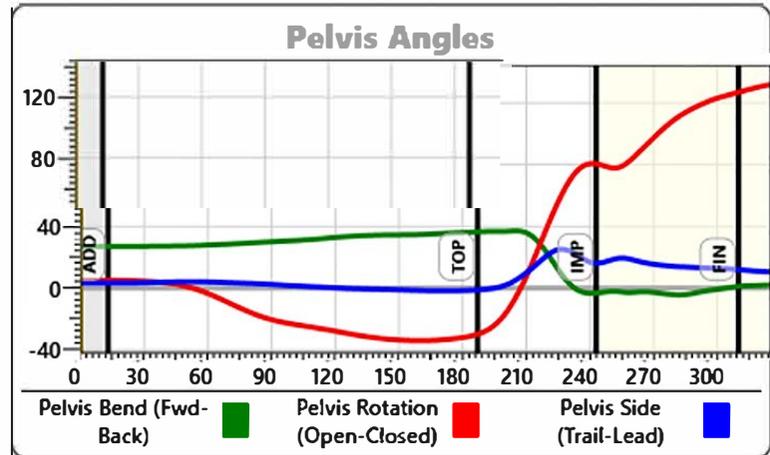
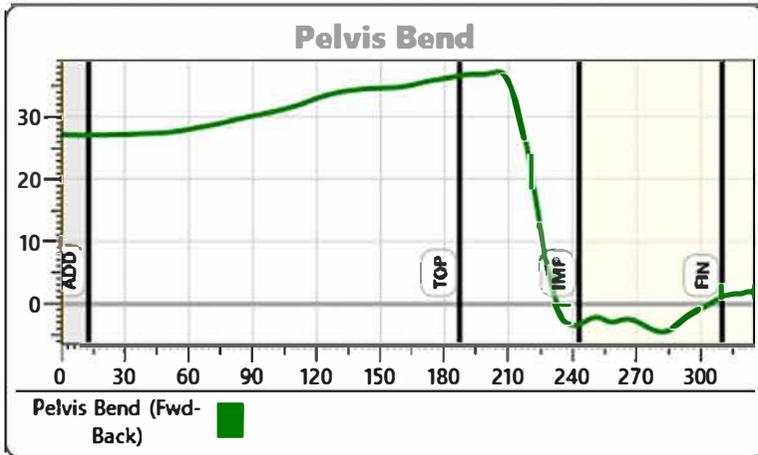
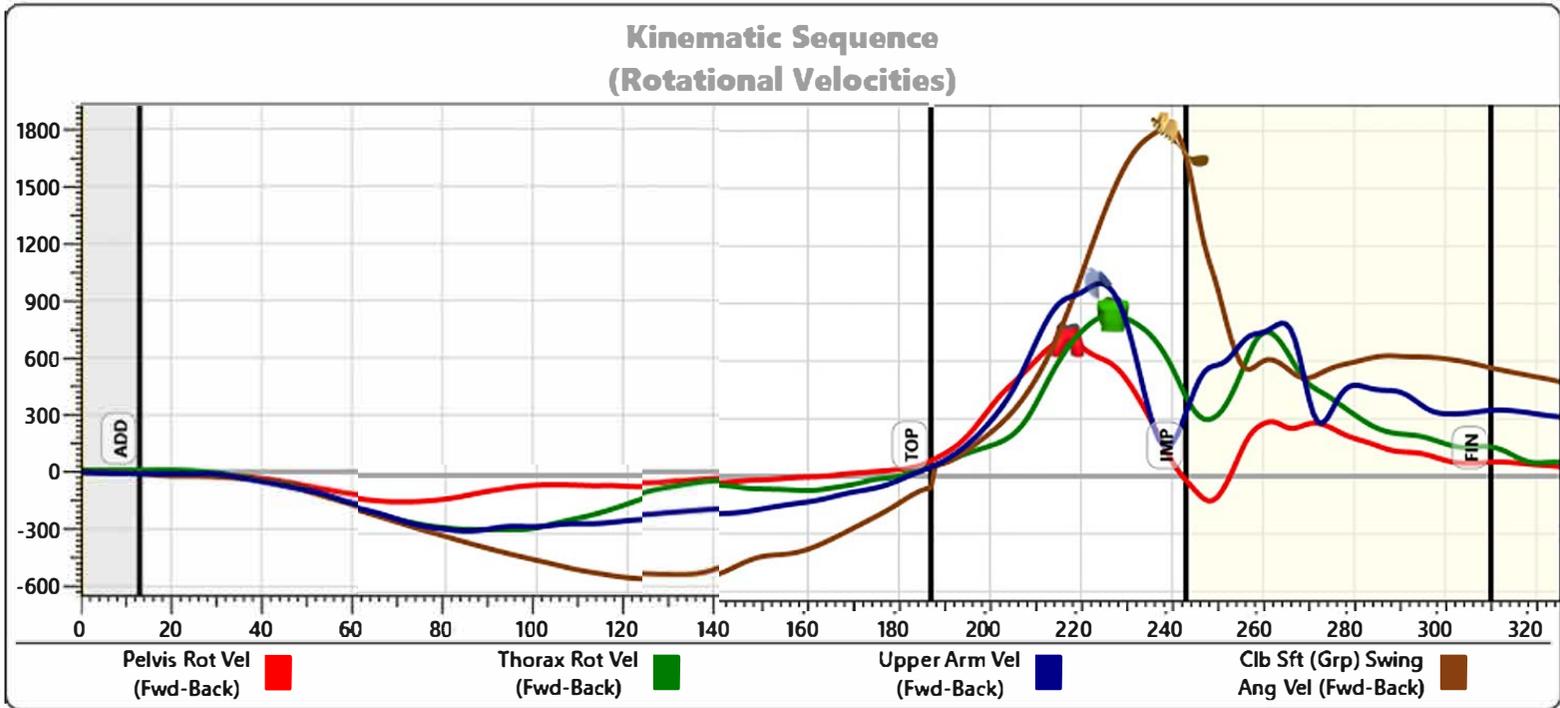
Date:



**UPPER BODY BEND** Edit **UPPER BODY SIDE BEND** Edit

	Address	Top	Impact	Address	Top	Impact
You	<b>41°</b>	<b>6°</b>	<b>32°</b>	<b>14°</b>	<b>-35°</b>	<b>42°</b>
LPGA Range	36° To 47°	-2° To 13°	27° To 45°	9° To 12°	-46° To -40°	21° To 31°

**Summary**  
 Your upper body movement was not within range during the swing  
 Your upper body was leaning too "far away" from the target at address.



# Motion Analysis Summary

## Motion Analysis:

**Summary:** The kinematic sequence of the golfer's swing is overall good. The transition phase of the swing is showing the correct kinematic sequence order. The correct sequencing of the body segments from top of backswing are as follows: 1. Pelvis - Red, 2. Thorax (Torso) - Green, 3. Composite Arm (Lead Arm) - Blue, 4. Club- Brown. This sequence stays in-tact at the transition portion of her golf swing.

The kinematic sequence in the downswing into impact does require some attention. The correct sequence into impact is as follows: 1. Pelvis - Red, 2. Thorax - Green, 3. Lead Arm - Blue, 4. Club. The downswing in this golfer's swing is as follows: 1. Pelvis - 2. Lead Arm, 3. Thorax, and 4. Club. This sequence invariably indicates a situation where speed generation is limited due to the incorrect sequence and invariably a less than optimal swing in terms of efficiency.

Determining the reason behind the incorrect sequencing is the next step in the process. A physical assessment will assist in determining if the sequencing issue is due to physical dysfunction or mechanical inefficiencies.

Secondly, a review of the kinematic sequence outside of peaking order indicates greater separation between lead arm and thorax would be ideal. A greater separation would result in a larger amount of speed translation into the lead club and invariably the club at impact. Finally, acceleration and deceleration of each segment is very good. Though we do see a slight deceleration and reacceleration of the lead arm in the downswing. Suggestion is to correct peaking order first and then address segmental acceleration/deceleration.

The overall speeds of the pelvis and thorax are very good and within the LPGA Tour ranges. A lower than average speed of the lead arm is present and does indicate an inefficient transfer of energy from the thorax to lead arm. This is an area to review in greater depth and determine the cause of this speed translation. After completion of a series of physical screens a better determination of if this drop is due to physical dysfunction or mechanical inefficiencies can be determined.

Review of positions during the swing indicate at address the upper body is slightly more open and outside of LPGA Tour ranges. Pelvis bend and upper body bend is excellent at the address position. At the top of backswing pelvis side bend is slightly outside Tour range at -1 degrees. Upper body turn is 20 degrees more than the LPGA ranges at the top of backswing and approximately 12 degrees at impact. The excessive upper body rotation may be a factor in the poor sequencing in the downswing. Upper body side bend (tilt) is slightly out of range at address and top with over 10 degrees at impact.

Overall, a greater amount of separation between the pelvis, thorax, and lead arm would provide a greater amount of speed translation. Deceleration of all three segments is good though the lead arm has a re-acceleration component within the downswing. Peaks speeds are good except for a slight drop off into the lead arm and most likely linked to the re-acceleration of this segment. Pelvis bend at top and upper body side

## **Motion Analysis Summary**

bend are two areas which may require attention. The suggested next step is a physical assessment to determine if physical dysfunctions are present limiting the execution of the swing. After completion of physical assessments determinations can be made in terms of the appropriate instruction and training for improvement.