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(54) **GOLF SWING TRAINING APPARATUS**

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(57) **ABSTRACT**

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A golf swing training apparatus consisting of positioning, indicating and guidance means cooperable with a golf club for learning, practicing and performing essential components of a swing method based on a concept of a lower swing phase related predominantly to a vertical virtual axis around which the body rotates, an upper swing phase related predominantly to a horizontal virtual axis tied to the vertical virtual axis and around which the arms swing and a "wrist cocking plane" maintained in a fixed relationship to the forearms, said essential components being: appropriate gripping formation; configuration of the forearms wrists hands and club when the wrists are fully cocked within the "wrist cocking plane", appropriate relationships of arms, wrists, hands and club to the lower body in the lower swing phase; and relationship of the club and "wrist cocking plane" to the shoulders at the end of the backswing.

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