

backswing 9, the wrists are fully cocked with the forearm contact portions 22 and 23 against the forearms and the concave shoulder contact portion 27 resting in conformity on the rounded form of the user's trailing shoulder extremity. At the downswing phase transition 10 the visibly prominent linear portion 14 is horizontal and right angled to the line from a golfing target through the ball with the relevant end section abutting the outside of the user's trailing hip and the lower body guide 17 against the front of that hip. The lower body guide 17 then rolls across the front of the lower body as the wrists uncock through ball impact and then recock into the follow through transition 12.

[0055] FIG. 7 illustrates a rearward view of the configuration at the top of the backswing position with the user standing upright, wherein the concave shoulder contact portion 27 is resting in conformity on the rounded form of the trailing shoulder extremity with the club shaft set in the "wrist cocking plane" 6 which is at more or less 45 angular degrees to the through line of the shoulders and the hands are more or less at the user's eye level 31 whilst maintaining a relaxed straight leading arm and with the support 26 adjusted to provide the appropriate spacing between the club and the user's trailing shoulder such that the club shaft would be substantially parallel to the ground and right angled to the line of the shoulders.

The claims defining the invention are as follows:

1. A golf swing training apparatus for instruction and training in a method based on a concept to which a user's body is related when performing a golf swing and wherein there is a lower phase related predominantly to a vertical virtual axis around which the body rotates and which melds through phase transitions at substantially hip level with an upper phase related predominantly to a horizontal virtual axis which is tied to the virtual vertical axis and around which the arms swing and a "wrist cocking plane" which maintains a fixed relationship to the forearms and which is established from the ball address position whereat the said "wrist cocking plane" coincides with the vertical plane containing the club shaft and which is right angled to the imaginary line from a golfing target through the ball position, said relationship of a user's body to the vertical virtual axis being such that when adopting an appropriate stance for a golf stroke the said vertical virtual axis rises from substantially midway between the ankles to pass through substantially the front of the lower body and out of the upper body substantially midway between the shoulder blades in the vicinity of which the said horizontal virtual axis is tied to the said vertical virtual axis, said golf swing training apparatus comprising, a support frame in either fixed or releasable rigid attachment to a golf club in support of any one, some, or all of functional components providing positioning, indicating and guidance means structurally related to each other and to the said golf club so as to provide for instruction and training in the said golf swing method, said components being;

thumb base placement indicators adapted to abut a user's thumb base pads when gripping the handle of the said golf club in a universally recognised "vardon" gripping formation,

forearm disposition Indicators adapted to abut the insides of a user's forearms when the user's wrists are fully cocked with the said golf club within the said "wrist cocking plane",

a visibly prominent alignment indicator adapted for the monitoring of positional and active alignment of the said gripping formation and consequently the said golf club shaft, when performing a golf swing in accordance with the said method, by visual reference of the said alignment indicator to the ground and to an imaginary line extending from a golfing target through an imaginary ball position and by relevant contact reference to either side of a user's lower body when maneuvering the said golf club in the vicinity thereof,

a lower swing phase guide adapted in respect to the top end of the said golf club handle for positional and active guidance of the said gripping formation and consequently the said golf club shaft, when performing a golf swing in accordance with the said method, by continuous body contact reference of the said lower swing phase guide to a user's lower body and

a backswing position guide, spaced from the club shaft symmetrically crosswise to the said "wrist cocking plane" and concave shaped towards the said golf club shaft for conforming contact with the rounded extremity of a user's relevant shoulder when the said golf club shaft is disposed at the end of the backswing segment of a golf stroke with the said "wrist cocking plane" at more or less 45 angular degrees to the through line of a user's shoulders.

2. A golf swing training apparatus according to claim 1, wherein the thumb base placement indicators abut a user's thumb base pads when the thumb of the first placed hand in a "vardon" gripping formation is offset around the said handle to more or less 30 angular degrees from the said "wrist cocking plane" and the forearms are presented so as to set the top end of each wrist hinging axis inwards to more or less 30 angular degrees from the vertical.

3. A golf swing training apparatus according to claims 1 or 2, wherein the said forearm disposition indicators are arcuate in parallel plane to the said "wrist cocking plane" and with their axes coincident with a user's wrists respectively

4. A golf swing training apparatus according to claim 3, wherein the spacing of the said forearm disposition indicators above the said golf club shaft is adjustable.

5. A golf swing training apparatus according to any one of claims 1 to 4, wherein the said visibly prominent alignment indicator is linear and squarely located to the said "wrist cocking plane" at the top end of the said golf club handle and extending on opposite sides thereof to lengths such that an end section of either extension of the said visibly prominent alignment indicator may relevantly abut a side of a user's lower body.

6. A golf swing training apparatus according to any one of claims 1 to 5, wherein the said lower swing phase guide is arcuate in symmetrical convexity away from the top end of the said golf club handle along the extended longitudinal axis of the said golf club shaft and within the plane containing the said golf club shaft and the said visibly prominent alignment indicator.

7. A golf swing training apparatus according to claim 6, wherein the convexity of the said lower swing phase guide is symmetrically semicircular.

8. A golf swing training apparatus according to claims 6 or 7, wherein the spacing of the said lower swing phase guide from the top end of the said golf club handle is adjustable