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Kardos

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(54) **GOLF SETUP AND SWING TRAINING AID**

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(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 266 days.

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USPC **473/226**; 473/212; 473/227

(58) **Field of Classification Search**
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See application file for complete search history.

(57) **ABSTRACT**

A golf swing training device for achieving a proper overall address position and for executing a proper golf swing, including setting the proper deviation of the wrists, setting the angular orientation between the shaft longitudinal axis and spine longitudinal axis as viewed from the side of the golfer, and for maintaining this deviation and angular orientation during the first part of the backswing. Held in fixed relation to the grip of the club is a member connected to a second flexible member that contacts the underside of the leading forearm when the golfer achieves a predetermined deviation of the wrist in the address position and during the first part of the backswing.

16 Claims, 13 Drawing Sheets

