

The **Dynamic Balance System (DBS)** helps you learn a properly balanced swing which will allow for improved consistency, reduce the risk of injury, decrease stress to the back and learning how to properly generate forces from the ground up. Technology, originally developed for NASA and the Medical field, which incorporates visual feedback, has been patented for the use in sports performance training.

The **DBS** teaching program will help you learn the "feel" of a properly balanced address position.

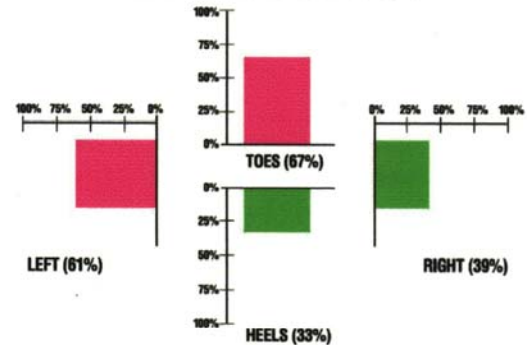
Information for the stance platform is used by the computer to show movement of your center of gravity during the swing. Your center of gravity is the center point of the mass or your body and is located approximately behind your belt buckle, just in front of the spine. During the golf swing, the balanced center of gravity should move between the feet.

The **Swing Screen** is shown on the right. The target zone for a balanced swing is between the top line which represents the balls of your feet and the bottom heel line.

During testing, movement of the body towards the right (the backswing for the right-handed golfer) is shown as a red line. Movement to the left (down-swing) is a blue line. The "X" marks the location of the body's center of gravity at ball contact.

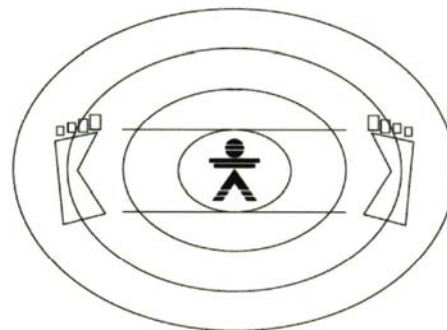
Every golfer will have their own "signature" swing pattern based on their body, flexibility, tempo and so on. Your golf professional will help you to learn the best balanced swing pattern which, in turn, will allow the arms to drop more consistently into an ideal swing plane.

TOTAL WEIGHT BALANCE



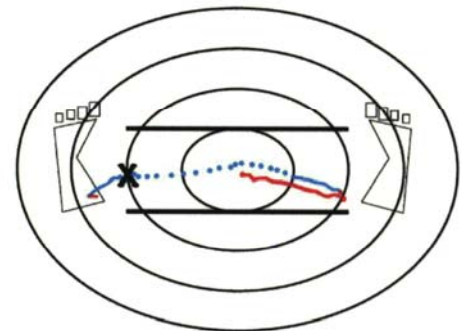
FAULTY ADDRESS POSITION

Client sets up with weight forward and to the left! With instruction and visual feedback a proper repeatable set-up is "learned".



The cursor

will move as your center of gravity moves.



PLAY WELL AND ENJOY!