

BIOSWING DYNAMICS



“*BioSwing Dynamics* bridges the gaps between teaching, coaching and science. It takes the guesswork out of determining how a golfer should optimally swing. It allows us to bring efficiency of motion in an injury-free environment to the students’ golf swing.”

BioSwing Dynamics is an approach to learning and coaching golf that was founded by Mike Adams and E.A. Tischler.

They founded the approach and have also made it their commitment to work with many of the leading coaches, instructors, scientists, biomechanists, fitness experts, and doctors that use their expertise to help better understand the truth about what works, why it works and which golfers it best fits.

With over 30 years of research each, Mike and E.A. have identified 12 structural influences that help identify why golfers have unique and specific patterns within their swing techniques. Beyond the structural influences they have also identified a variety of dynamic patterns and have been categorizing which patterns best fit each golfer.

Dennise Hutton is a Level 2 Accredited Bioswing Dynamics Coach.

Note: **There are only 6 of these specialized coaches in Australia and Dennise is one of them.** Dennise now offers you the opportunity to re learn your best golf swing and improve your game and scores.

**CALL DENNISE 0410 611 792 TO BOOK
YOUR BIOSWING DYNAMICS SESSION**

WHAT IS BIOSWING DYNAMICS

BioSwing Dynamics assists with the customization of a natural biomechanical golf swing.

BioSwing Dynamics allows a coach to improve the degree to which they can personalize training

Bio Dynamics swing lessons go through a **four- step** evaluation and development system to determine and construct a natural BioSwing Dynamics Swing.

Step One: Assessment of

- Swing Plane (Shaft Plane, Right Arm Plane, or Shoulder Plane)
- Lower Body Action (One Post, Two Post or Lateral)
- Hip Speed
- How the Right Arm works
- Natural Set (hinge type; vertical, horizontal or diagonal)
- Ideal Setup (Grip, Posture, Stance, Ball Position, Aim and Alignment)
- Dominant Power Source
- Range of motion.

Step Two:

Each student is video taped and evaluated with FlightScope to determine path, face angle angle of attack of the club and club head speed.

Step Three

- Once evaluation completed the process begins in transforming the swing. The initial phase is to identify the area that is preventing them from maximizing their effort. Through drills and the utilization of a specially devised swing training apparatus the coach is able bypass the conscious learning process, accelerating the students progress.

Step Four

Designing a program to optimize performance on the golf course. Playing better golf isn't just swinging better.