

National Golf Academy and DYNAMIC MOTION Team up with TPI

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TPI's Philosophy

TPI's Philosophy of the golf swing is as follows: "We don't believe there is one way to swing a club; we believe there are an infinite number of ways to swing a club. But we do believe that there is one efficient way for all golfers to swing a club and it is based on what they can do physically."

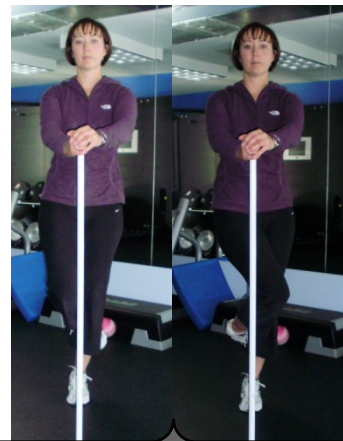
We are all unique in the way we swing a golf club and in our physical abilities. It is my job as a Golf Fitness Instructor to maximise physical potential to optimize golf swing efficiency.

The Physical Golf Screen "Unlocking the Body's Potential"

The physical golf screen assesses possible physical limitations that could be limiting the golfer's full golf swing potential. The Golf Screen includes golf specific gross movements to identify faulty stability and altered mobility patterns as well as poor coordination and faulty movement patterns.

DYNAMIC MOTION and TPI

DYNAMIC MOTION has incorporated TPI's assessment protocol with its own unique assessment to fully identify client's limitations. With a clear picture of a golfer's physical limitations DYNAMIC MOTION is able to design a unique training plan to correct these limitations and maximize the golfer's physical potential.



Stork Turns: Correction for failed pelvic rotation test. Helps promote upper body and lower body separation and proper hip rotation.



For more information on golf fitness training through DYNAMIC MOTION or to book an appointment please contact:

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