



Your Personal Swing Profile

Please take time to answer the following questions. This information should help you objectively view your golf game and is necessary for your Swingolf – Team instructor. The information will help in determining any custom, made to measure clubs required. Please return this form (or a copy of) before participating in any Swingolf instruction.

Name:		Date:	
Address:			
Telephone:		* E-Mail Address:	
*May we use email for correspondence and/or occasional informational materials: (Circle one) YES NO			
Age:		Height:	Weight
How long have you played golf?		How often do you play/practice?	
What is your typical score/handicap:			
Are you currently taking lessons from a professional? Have you taken lessons from a professional in the past?			
Do you read instructional books? If so, what books have you felt were most helpful?			
Would you judge your golf as technique or swing oriented?			
Are you right or left handed? (Which hand do you throw a ball?)			
Do you have a particular concentration routine, (thoughts or beliefs), you use before each swing? How conscious are you during the swing (do you talk to yourself, and if so with what tone?)			
Do you see the positions as a result of the swing or do you see the connecting of the positions will make a swing? Do you have a conscious/deliberate pre-shot routine; do you have a conscious/deliberate after-shot routine?			
While swinging, are you conscious of the club head weight and/or the club in the fingers?			
Before swinging, do you practice building the swing up step by step from putting to a fuller swing?			
Are you a hitter or more a swinger ? What percentage of your muscle power do you think tournament playing professionals use when swinging their driver?			
Tournament professionals swing over 100 mph with the driver. Is speed recommended?			

Free Your Swing!

Free Your Talent!

- Experience Swingolf instead of technique golf.
- Free your natural swing talent/potential.
- Enjoy harmony and fun instead of frustration.
- Learn again to learn naturally.
- Find your constant center, the key to consistency.
- The correct grip, stance, technique, etc. are all assumed because of the swing.
- Don't *see* – *feel*.
- Concentrate on the swing feeling...not the ball or the green.

Personal Swing Profile

**SWING
WITH FUN!**

A Swingolf® instructor must feel what the pupil feels and think what the pupil thinks. Relationship is otherwise superficial.

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Are you aware of impact? Are you aware of the hit? If so, what hits and when?			
Do you experience any physical pain during a swing?			
Is your feeling at the moment that your game is improving or worsening?			
What most typically describes the golf ball you hit? Hook (to the left), slice (to the right), straight, topped, or too short?			
	Good	Fair	Poor
How do you play out of the bunker surrounding the green?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How would you judge your putting?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How are you with hazards, playing over water, over a bunker, etc.?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How good is your concentration?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much fun "during" the swing do you have?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depending on the shot or club do you deliberately change your technique for situation; i.e. different ball position, swing in or out, etc., etc.? Do you think the same swing Principal could be used for all clubs?			
Are you as successful with your metal woods as with your iron play?			
With a five iron are you able to stand tall (not bent over) feeling relaxed in your body center and generally comfortable?			
Are you able with your woods and down to the seven iron able to feel the flexible shaft (whip feeling) of the club head weight?			
What is your next goal?			
<input type="checkbox"/> Keep handicap	<input type="checkbox"/> Handicap 24-13		
<input type="checkbox"/> Handicap 36-25	<input type="checkbox"/> Handicap 12-1		
<input type="checkbox"/> More harmony and fun during the swing (less tension and frustration)			
What would you like to improve with your game?			
<input type="checkbox"/> Ball flies higher	<input type="checkbox"/> More consistency		
<input type="checkbox"/> Ball flies farther	<input type="checkbox"/> Ball flies lower		
<input type="checkbox"/> Less slice or cut (to the right)	<input type="checkbox"/> Ball flies straighter		
<input type="checkbox"/> Less hook or draw (to the left)	<input type="checkbox"/> Less topping		
<input type="checkbox"/> Less ground	<input type="checkbox"/> Better putting		
<input type="checkbox"/> Better out of the bunker	<input type="checkbox"/> Better short game play		

Before returning your Swingolf Profile please trace your hand (open hand) on a separate sheet of paper – both left and right hand with your fingers spread open and return with this completed profile.

SWING WITH FUN!