

# IRONWORKS GOLF ACADEMY

# K-MOTION 3D

K-Vest is a golf-specific Human Motion Learning System that allows golfers to measure golf biomechanics and train using biofeedback. The K-Vest measures in three degrees of motion using Bluetooth sensors that are strategically placed on the torso, pelvis, lead arm, and lead hand. During a 3D Swing Evaluation, you will make multiple swings. Then, the K-Vest generates reports easily illustrating your biomechanics, consistency, tempo, and sequence. Your instructor will diagnose any major swing flaw(s). Using the K-Player, you can train using biofeedback to obtain perfect positioning and swing feel customized by the instructor. This training program can be used during your practice to ensure you practice perfectly every time you swing. This will create better swing habits faster and easier!

**EVALUATION COST: \$150/HOUR**

## K-VEST DATA & CAPABILITIES

### BODY SWING DATA

1. PELVIS ROTATION, FORWARD BEND, AND SIDE BEND
2. TORSO ROTATION, FORWARD BEND, AND SIDE BEND
3. WRIST FLEXION
4. WRIST DEVIATION
5. ROTATIONAL SPEED
6. SWING SEQUENCE
7. SWING TEMPO
8. SWING CONSISTENCY



### LEARNING CAPABILITIES

1. LEARN THE REAL FEEL FOR PROPER SWING POSITIONS
2. CUSTOMIZED BIOFEEDBACK TRAINING PROGRAMS
3. SAVE YOUR "PERFECT SWING" AND USE AS YOUR PERFECT SWING MODEL

	Position	Address	Top	Impact	
Pelvis	Forward Bend	You	26.3°	24.5°	16.9°
		Pro Range	17° - 31°	13° - 26°	4° - 17°
	Side Bend	You	3.2°	-11.7°	12.3°
Upper Body	Forward Bend	You	53.3°	22.2°	56.4°
		Pro Range	35° - 48°	10° - 14°	28° - 42°
	Side Bend	You	14.9°	-42.2°	21.0°
Wrist	Rotation	You	17.3°	-63.9°	14.1°
		Pro Range	3° - 14°	94° - 77°	24° - 43°
	Flex/Ext	You	-30.2°	-4.0°	-30.1°
	Rad/UL	You	21.6°	-22.7°	9.9°



**TO SIGN UP FOR A 3D SWING EVALUATION, CONTACT MIKE TABBERT**  
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