

# KSWING

## What is K-VEST?

Think of K-VEST as an MRI for your golf swing. It will take precise and accurate measurements that allow you and your coach to work on the most major faults ailing your swing.

Utilising this 3D technology increases your ability to change your swing flaws faster than ever before. Bio feedback (K-VEST) uses 3D technology, both visual and audio feedback which is 33 times more effective when learning.

This technology is now available at Victoria Park Golf Complex, ask one of the Golf Coaches for more details, or our 3D analyst; Chris Gibson.



Victoria Park Golf Learning Centre

# PRICES

## 1/2 Hr Practice Session

**\$95**

Utilise 3D technology to improve your ability to change your swing inconsistencies faster than ever before. Use K-VEST with our professional 3D motion analyst to improve the flaws in your swing.

## 1 Hr KVEST Lesson

**\$175**

Our golf evaluations now involve 3D motion analysing which is like a MRI for your golf swing. Using this technology will give our coaches a bird's eye view of what you are doing throughout your whole golf swing. This enhances your performance and your ability to improve at a much faster rate than ever before! First ½ hour of lesson will be K-VEST assessment where you will receive a report and corresponding analysis emailed to you. In the final ½ hour with a PGA Professional, you will work with your coach using the assessment to narrow in on the flaws of your swing and utilizing the bio feedback to improve your technique via audible tones and a 3D image of your body on screen. Build a library in each lesson so you are able to continually see your improvement.

## Victoria Park Golf Complex

Herston Rd, Herston

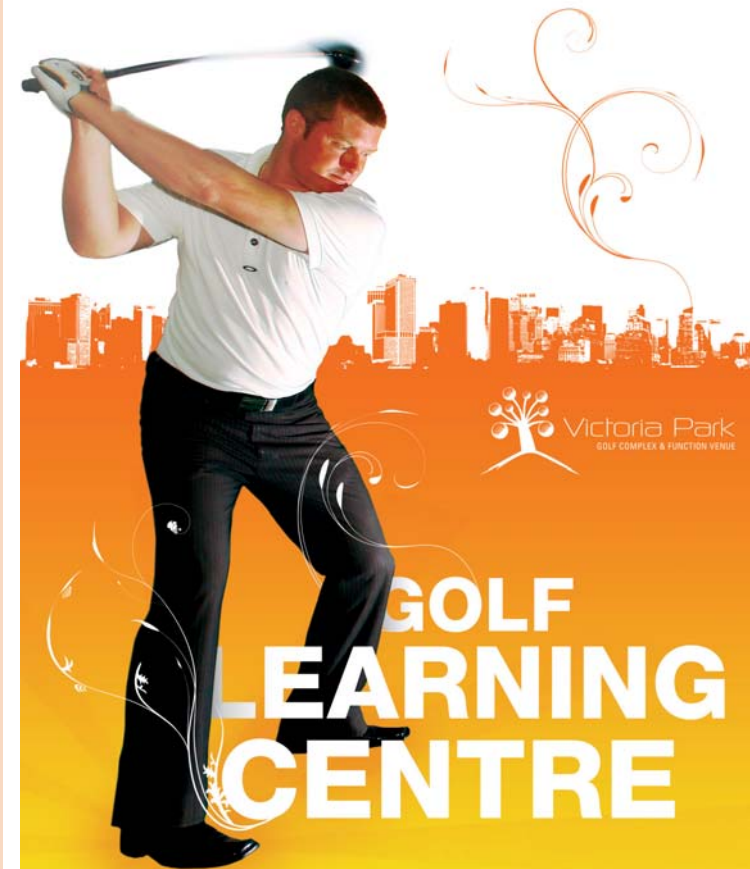
P 3252 9891

[www.victoriaparkgolfcomplex.com](http://www.victoriaparkgolfcomplex.com)

[info@victoriaparkgolfcomplex.com](mailto:info@victoriaparkgolfcomplex.com)



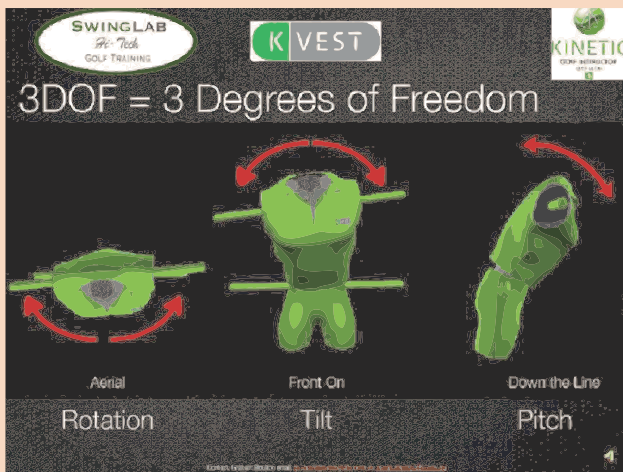
**Technology @ Victoria Park**  
3D Imaging



# COLLECT



We collect a snap shot of your swing with the K-VEST system. This will allow us to analyse and evaluate your swing.



K-VEST utilizes three sensors. The Rotation, Tilt and Pitch of your swing is presented in 3D.

# ANALYSE

## 60 Second KSWING Summary

K-VEST provides golfers with an easy to read swing analysis highlighting your strengths and weaknesses through-out your swing. Simply take a swing and in 60 secs K-VEST automatically and precisely analyses the swing alignment to impact and beyond, producing a printable swing summary that highlights 6 key swing areas for game improvement. K-VEST will accurately and consistently measure:

1. Target Alignment
2. Posture
3. Hip/Shoulder Rotation
4. Hip Movement at Top
5. Hip Movement During Swing
6. Spine Movement During Swing

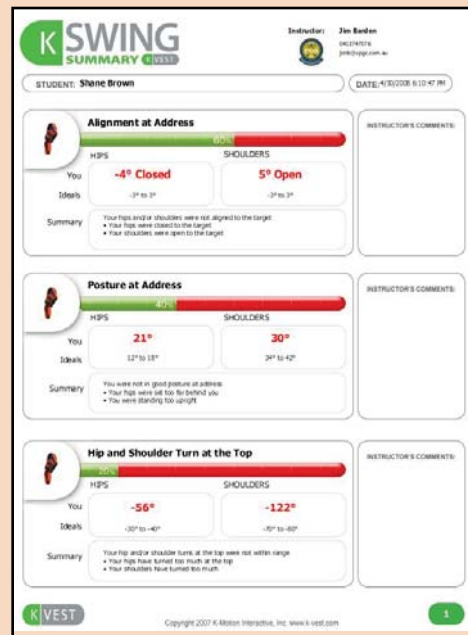


Chart 1: Each section of your swing has a rating out of 100, i.e. posture or hip & shoulder rotation

# EXERCISE



The Kinesthetic audio and visual feedback (Bio-Feedback) allows you to 'feel' the ideal movement while you train.

This Bio-feedback has been proven to be the fastest way to change motor patterns, such as a golf swing.

