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The One Pager

Proactive Care

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Handy On-Course
Golf Tips

The One Pager

Longevity
and Efficiency

FINETECH
Golf Perfection

Your Swing
Analysis

Best Golf Analysis

Performance Overview

Hi Bernd, thank you for trusting our ***Reduce to the Max*** method

Your identification:

Bernd

171125

Identification
Number is the date
of contact!

Three perspectives guide your analysis:

Movement reality (AI)

Human interpretation (Coach)

Sustainable learning (Longevity)

From your videos and feedback, one primary performance limitation becomes clear:

➔ **You are generating clean contact at times, but losing distance because your energy is not flowing through the swing as easily as it could.**

Additionally, your recurring joint discomfort suggests your current swing is asking more from your body than necessary.

Our goal is not to build a stronger swing, but a more efficient one

Below you will find:

- AI-supported movement analysis
- Professional interpretation aligned with your physical profile
- Together, they identify what still works for your body and what now needs adjustment.

Best Golf Analysis

Problem:

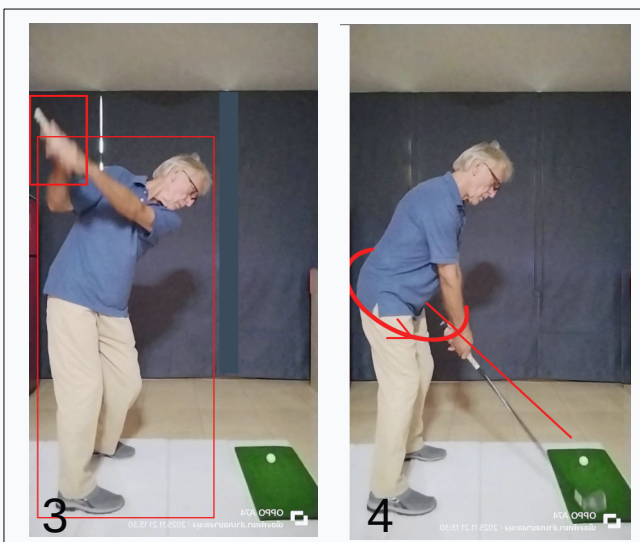
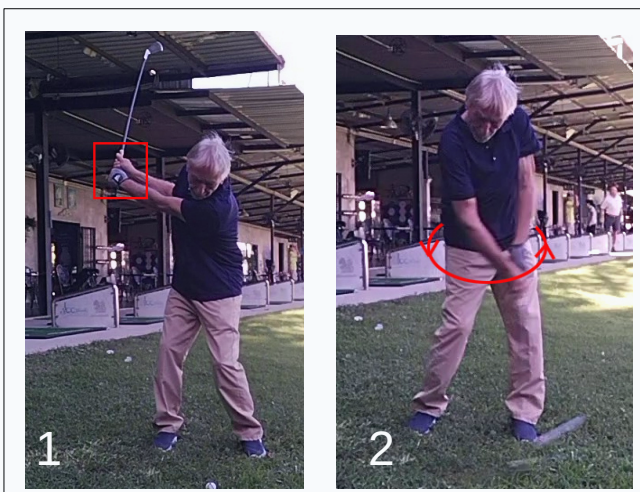
Missing length

Primary Limitation

Insufficient pelvic rotation during transition



Swing
Analyse



Quick Tip

Allow your hips to begin the downswing before your arms engage!

Impact:

- Reduced weight transfer
- Increased reliance on arms
- Inconsistent strike quality
- Energy loss before impact

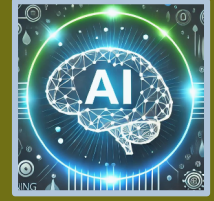
Compensatory pattern observed:

The left arm is drawn inward during follow-through, reducing space and limiting fluid release.

This is not a strength issue. It is a sequencing issue.

Best Golf Analysis

Missing length



Swing
Analyse



Secondary Limitation

**Incomplete wrist hinge
reduces stored energy**



Quick Tip
Make sure
there's a 90° angle
between your arm
and the Club shaft!

The wrist acts as an amplifier, not a power source, storing energy and releasing it at impact. Without this mechanism, clubhead speed drops drastically.

Clubhead speed decreases

Body compensates through upper rotation

Swing becomes effort-based rather than flow-based

Observed effect:

The result is a loss of leverage and reduced compression. This is often compensated for by other parts of the body.

Often through excessive upper body rotation: players try to generate power from an overly strong or incorrect body twist, which further impairs precision.

The result is a feeling of stiffness: the swing feels wooden and mechanical instead of fluid and athletic.

The L-position is frequently missing.

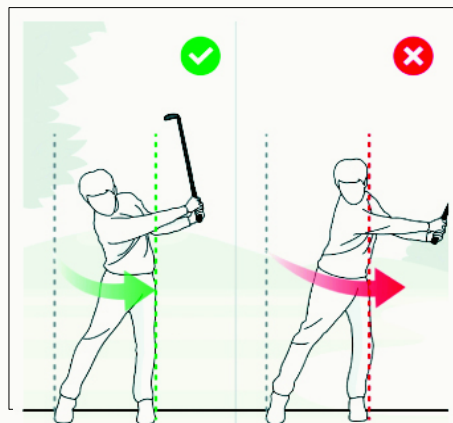
Best Golf Analysis

COACH Interpretation



Bernhard
tour level coach

My swing analysis for Bernd



Insufficient pelvic rotation

Images 3 and 4 illustrate the effects of your inadequate hip rotation during your downswing and insufficient hip alignment towards the target, a big problem in generating distance. Not only for you, Bernd.

Image 3 (Setup/Backswing): Your starting position shows a solid posture. However, **the backswing already indicates limited rotation.** If your hips don't rotate sufficiently, they often shift laterally during the downswing instead of rotating around a central axis, which inhibits energy transfer.

Image 4 (Downswing/Impact Area): The red line illustrates your hip position. Instead of "opening" towards the target and completing the rotation your hips are shifting rather than rotating or only move laterally forward without rotation. The result is shown in the drawing.

My tip: *During the downswing, first move hips to the left, only then consciously rotate them to release energy efficiently. However, since our bodies have a memory and don't like being told what to do, you have to internalize it: **let the hips shift slightly before they begin to open.** Your body is protecting itself, but at the cost of efficiency.*

Best Golf Analysis

COACH Interpretation



Bernhard
tour level coach

What you want to achieve

Consistency is not achieved through force

It is achieved through efficiency. In theory, a solid golf swing is straightforward; the real challenge is consistent execution. So many variables come into play: your mental state, physical fatigue, the elements, or even the anticipation of a cold beer or a glass of wine at the clubhouse.

In our analysis, we must account for longevity and physical efficiency. It's less about chasing past benchmarks and more about defining what you want to achieve today.

The Drill: Listen for the Strike

On the driving range, identify the swings that produce the cleanest contact. You'll hear that distinct 'click'. Your mission for the next four weeks is to replicate that impact, regardless of distance or direction. Let your attention rest on the moment of contact.

By doing this, you allow your body to naturally - and subconsciously - calibrate to its optimal swing path. You'll likely find that your distance improves as a byproduct of better efficiency. **You are working with your biomechanics, not against them.**

And Bernd, we all know Lydia Ko's swing, it is the gold standard for this; she demonstrates perfectly how to harness the body's natural flow rather than forcing power.

My Tip: When addressing the ball, lock your focus onto one tiny dimple or a specific spot on the back of the ball. If you are right-handed, try leading with your left eye to sharpen your alignment.

Best Golf Analysis

COACH Interpretation



Bernhard
tour level coach

Sustainable learning (Longevity)

This adjustment phase, Bernd, is not about changing your swing entirely, it is about allowing your body to move with less resistance.

Every time you find that pure strike – you'll recognize it by the sound – gently return to that motion. Do it with or without a ball, focusing purely on the sensation.

Your muscle memory has already logged the movement; this is your window to reinforce it. Pause when the rhythm fades. Take a breather.

Forcing a swing often leads to poor mechanics and, more importantly, physical strain.

We need to respect the body's natural limits. While we usually joke about 'oiling the joints' at the 19th hole, real recovery and structural health are long-term processes. Over-training a fatigued joint is counterproductive and can lead to lasting issues.

The Objective: For the next month, dedicate your range sessions to this 'feel-based' repetition. Don't worry about distance or the target; focus solely on the quality of impact. **We are not building a new swing, we are refining the one your body can sustain.**

I look forward to your feedback as we monitor the changes together.