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## Technology



### Body Motion System Uses Technology To Analyze Your Golf Swing

DIAL UP BROAD BAND

September 05, 2005

*If you're among those constantly trying to tweak your golf swing, there's a new tool available that allows you to get more detailed than ever. In the following story, NY1 Tech Beat Reporter Adam Balkin takes a look at the new Body Motion System.*

Not quite the next trend in golf fashion, it is the next high-tech contraption designed to point out every little detailed flaw in your golf swing. It's a wireless motion tracking vest created at MIT.

NY1 found one of the few right now being used at BioSport Technologies in Greenwich, Connecticut.

"It's called a Body Motion System, BMS for short, and it's looking at tracking the golf motion in real time, specifically the hips and shoulders in terms of the range of motion of the hips and shoulders, how fast each body segment is moving," says Eanna Rushe of BioSport Technologies.

The system is designed to give golf instructors a more detailed look inside your mechanics than even slow-motion video playback can offer.

"This will quantify the motion in terms of how fast each body part is moving and how much," says Rushe. "Video doesn't do that. It's just kind of qualitative. So with the quantitative information you know just how far the shoulders turned, how fast they turned, and what sequence, so there's no guesswork. And the body is moving so fast in golf the naked eye can't see it. Even on video you can be fooled at times as to what's going on, so this is kind of like taking an x-ray or MRI on a golf swing and looking deep inside the motions to see really where the power is coming from or where there's a lack of power."

Though exactly how the technology works is being

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### Adam Balkin

Adam Balkin covers the technology beat for NY1 News. He is the



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kept secret.

After a few swings, the system compares you to pro tour players and tells you where you're leaking - what's breaking down that's taking away from your power or accuracy. Rather, my power and my accuracy.

"You tend to over rotate," Rushe says of my swing. "You have about 108 degrees of shoulder rotation and about 48 degrees hip rotation. "Your maximum hip speed is 426 degrees per second, and your shoulders reaches a peak speed of 660 degrees per second. Hip speed is very good there, shoulder speed I'd like a little higher - maybe from 700 to 800 degrees per second. Maybe close to double would be optimal."

The data is then used to craft exercises and drills specifically to address your flaws. A two-session swing analysis costs \$400. If you're a do-it-yourselfer, the vest costs \$3,500.

The curious looks you'll get at the range are free.

- Adam Balkin

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champion of NY1's "Hat Trick"  
hockey video arcade game.

## Transit Wrap-Up

Watch NY1's new weekly mass transit program, *In Transit*, airing each Friday at 8:45 p.m. and repeating Saturdays and Sundays at 11:15 a.m. and 11:15 p.m.



## Out In The Street

Searching for a street festival this weekend? Take a look at our [Community Calendar listings](#).

