

**From:** [Peter\\_H\\_R](#)  
**To:** "[Bill\\_Walsh](#)"  
**Subject:** RE: Day One with the Swing Jacket  
**Date:** Tuesday, March 25, 2014 12:35:54 PM

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Hi Bill;

Ordered Friday pm, you shipped Monday and DHL delivered by noon Tuesday. Super service.

FYI in case your Canadian customers ask:

Lunched at my desk and watched most of your video.

Here's how I found out about Swing Jacket:

I took up golf about 4 years ago at age 56 for the first time, a tough challenge. I take regular golf lessons, almost weekly from a PGA pro who has done wonders for my swing over the past 2 years, lots of power coming on but as hard as I work I struggle to break 100 and especially with consistency of direction. My game is a collection of bad shots with some absolutely brilliant shots, so I know I can do it, just don't know how. I now consistently hit driver 220-240 yards in a random collections of directions. Golfing in November in Scottsdale was frustrating and the lost balls piled up, but after my very experienced single digit handicap friend hit one 272 yards and told me not to even try because I'd never do that, I blew one right past him GPS measured driver 306 yards to left edge of the fairway. That showed me the potential I have but can't find, and then as the week wore on I tried harder and harder and got worse and worse finally doing the smart thing that consistently improves my score: leaving the driver in the trunk of the car.

I'm in the industrial automation and motion control business so I'm quite technical and data driven, hence my P3ProSwing simulator and 3Bays Swing analyzer, lots of computer and video capabilities as well and tons of practice before and after work. No matter how hard I work the results are not consistent. It's become clear to me that my body just isn't getting enough feedback and correction (motion control terms) to become more intelligent at swinging a club.

Last week, frustrated at a lesson I told my instructor "I need an exoskeleton robot to teach me the golf swing in real time". Once I explained what exoskeleton meant, he told me about the Swing Jacket and said he had one in his garage that he'd never used and promised to bring it to me. I went online and in a way the Swing Jacket is in fact an Exoskeleton that guides or limits the swing to a proper zone and liked the concept enough to invest the cost of a few lessons.

Watched the video at lunch, got the Swing Jacket fitted to me and went out to try a few simple swings and figure if I'd been had or if I was glad..

First impressions:

- 1) I'm told I'm a control freak physically and I'm fighting the Swing Jacket as I expected I would. The initially strange overall feelings confirm that I'm not swinging correctly and likely never have. The "fight" varies from swing to swing.
- 2) Did 30 or so shortened swings with an 8 iron without trying for speed and the P3ProSwing gives me a bunch of data.
  - a. I'm slower as expected because of a short strange (to me) swing
  - b. My attack angle is much more consistent where it was way too shallow one swing and way too steep another.
  - c. My face angle is much more consistent, the more I fight the jacket the worse it is, but the limits are much narrower than without the jacket. I believe I will start to believe the jacket with time.
  - d. Biggest improvement is in the swing speed through the hitting area. I swing without a ball and the P3ProSwing gives me an entry and an exit speed. Chicken wing or stop of shoulders leaves the exit speed much lower than entry, decelerating through the ball. With the Swing jacket on my speeds are consistently identical or accelerating thorough the hitting zone, something I've generally only seen by random accident in the past.
  - e. My swing is consistently inside out of straight, if I'm outside in it's a degree or two.
  - f. Distance was much more consistent.
  - g. I'm finishing in balance more often.
- 3) Next I took the jacket off and did another 30 swings. My speed came back up and my consistency of distance and direction was much improved from earlier today. I didn't expect much muscle memory improvement so soon, but got much more than I expected.
- 4) I feel like I'm feeling the proper release for the first time on about half my swings and recognize that when I don't release freely I'm fighting the jacket more than I should.

It's too early to tell what the long term results will be, but after half an hour I think the improvement will be massive. The challenge to practice is that if you're doing the wrong thing over and over you're just reinforcing the bad habits. I've countered that with weekly half hour indoor lessons and I get back on track before I get too far off. After one short session, I'm confident that the Swing Jacket will so guide me to a better single plane swing that I'll improve weekly from here on in.

I'll keep you updated as I progress, maybe even collect some after data for you from the P3ProSwing.

Thanks for the ExoSkeleton I dreamed up in frustration during a lesson. Who knew it already existed?

Best regards,

Peter H. R  
Quebec, Canada