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DESCRIPTION	DEFINITION	SWING PARAMETERS - CORRIDORS - WOODS			
		ADDRESS	TOP	IMPACT	FINISH
BALANCE (COM) Lead/Back Foot (%)	Center Of Mass (COM) distribution between lead and trail foot.	45%-40% / 55%-60% Lead Foot / Trail Foot	35%-45% / 65%-55% Lead Foot / Trail Foot	60%-70% / 40%-30% Lead Foot / Trail Foot	80%-90% / 20%-10% Lead Foot / Trail Foot
KNEE TURN (Degrees)	Rotation of the knees compared to feet alignment.	0° to 8° (OPEN)	-30° to -54° (CLOSED)	5° to 35° (OPEN)	75° to 95° (OPEN)
HIP (Pelvis) TURN (Degrees)	How much your hips rotate during your swing compared to feet alignment.	0° to 8° (OPEN)	-30° to -54° (CLOSED)	30° to 55° (OPEN)	85° to 105° (OPEN)
SHOULDER TURN (Degrees)	How much your shoulders rotate during your swing compared to feet alignment.	2° to 12° (OPEN)	-82° to -107° (CLOSED)	30° to 55° (OPEN)	95° to 135° (OPEN)
X-FACTOR (Degrees)	Rotation (difference) of the shoulders in relation to the hips throughout the swing.	-	-40° to -55° (CLOSED)	-	-
SPINE BEND (Degrees)	Forward/Backward bend (also called tilt) of the spine (0° when standing straight).	20° to 35° (FORWARD)	20° to 35° (FORWARD)	20° to 35° (FORWARD)	0° to 30° (BACKWARD)
TRAIL KNEE FLEX (Degrees)	Bending angle between of the trail knee (heel-knee-hip).	20° to 30°	15° to 25°	-	-
LEAD KNEE FLEX (Degrees)	Bending angle between of the lead knee (heel-knee-hip).	20° to 30°	40° to 50°	0° to 20°	0° to 10°
SPINE TILT (Degrees)	Side (left or right) tilt (sometimes also called bend) of the spine.	3 to 15° (RIGHT)	3 to 15° (RIGHT)	3 to 15° (RIGHT)	0° to 10° (RIGHT)
SHOULDER TILT (Degrees)	Side (left or right) tilt (sometimes also called bend) of the shoulders.	7 to 13° (RIGHT)	25° to 36° (LEFT)	30° to 43° (RIGHT)	5° to 15° (RIGHT)
LEAD KNEE LATERAL (Inches)	Lateral movement (displacement) of the lead knee during the swing.	Ref	0.0" to 6.0" (AWAY) / 0 cm to 15 cm	0 to -3.0" (TOWARD) / 0 to -7.5 cm	0 to -2.0" (TOWARD) / 0 to -5.0 cm
TRAIL KNEE LATERAL (Inches)	Lateral movement (displacement) of the trail knee during the swing.	Ref	-1.0" (TOWARD) to 1.0" (AWAY) / -2.5 cm to +2.5 cm	-	-
PELVIC (HIP) LATERAL (Inches)	Lateral movement (displacement) of the hips (center) during the swing.	Ref	-0.5" (TOWARD) to 0.5" (AWAY) / -1.5 cm to 1.5 cm	-4.25" to -5.75" / -10 cm to -15 cm (TOWARD)	-4.25" to -5.75" / -10 cm to -15 cm (TOWARD)
PELVIC (HIP) VERTICAL (Inches)	Vertical movement (displacement) of the hips (center) during the swing.	Ref	-1.25" (DOWN) to 0" / -3.5 to 0 cm	-1.5" to 0.5" / -4.0 to 1.5 cm	-
HEAD LATERAL (Inches)	Lateral (horizontal) movement (displacement) of the head center throughout the swing compared to address position.	Ref	0" to 4.5" (AWAY) / 0 to 11 cm (AWAY)	-1.25" (TOWARD) to 0.75" (AWAY) / -3.5 to 2.0 cm	-

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DESCRIPTION	DEFINITION	SWING PARAMETERS - CORRIDORS - IRON 6			
		ADDRESS	TOP	IMPACT	FINISH
HEAD VERTICAL (Inches)	Vertical movement (displacement) of the head center throughout the swing compared to address position.	Ref	- 1.5" (DOWN) to 0.5" (UP) / -3.5 cm to 1.5 cm	-2.5" (DOWN) to 0.5" (UP) / -6.5 cm to 1.5 cm	-
FEET WIDTH	Distance between the feet.	The most efficient width of stance should be no wider than shoulder width for most full swing shots, including the driver. Regarding the driver inner feet width should be shoulder width.			
KNEE WIDTH (Inches)	Distance between the knees.	Good players facilitate the creation of coil by maintaining the gap between the knees on the backswing.		Good players unleash the energy stored in the coil by closing the gap on the downswing.	
HAND PATH (Degrees)	Plane of your hands during downswing compared to backswing.	-	-	0° to 5° IN-OUT	-
HAND SPEED (Miles/Hour - cm/s)	How fast hands are traveling at impact.	-	-	Tour Avg. 22 mph	-
TEMPO	Ratio of time it takes to make your backswing (adress to top) vs. downswing (top to impact). Most pros are 3:1.	-	-	Target ratio should be 3:1	-