



Roy Nix - My Fitting Theory

Fitting with Weight & Length...



Finding the proper total weight and weight distribution will increase the number of center hits, will help golfers find the best swing path & face angle, will help golfers achieve the desired shot shape, and improve dispersion

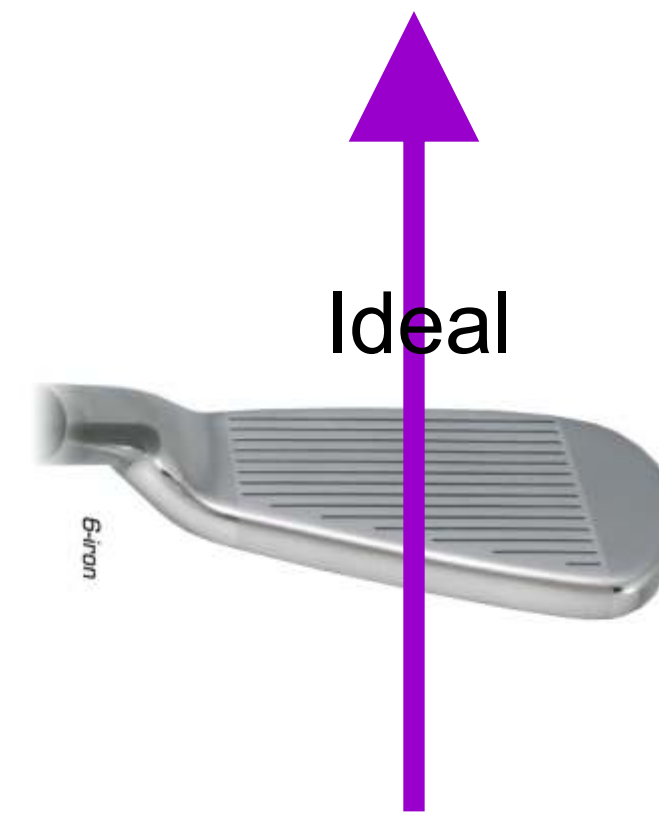
Swing Path



Ideal Length
Ideal Total Weight
Ideal Head Weight
Ideal Length

hits are centered and shots are straight

Face Angle



Total Weight

Alters MOI Around Spine

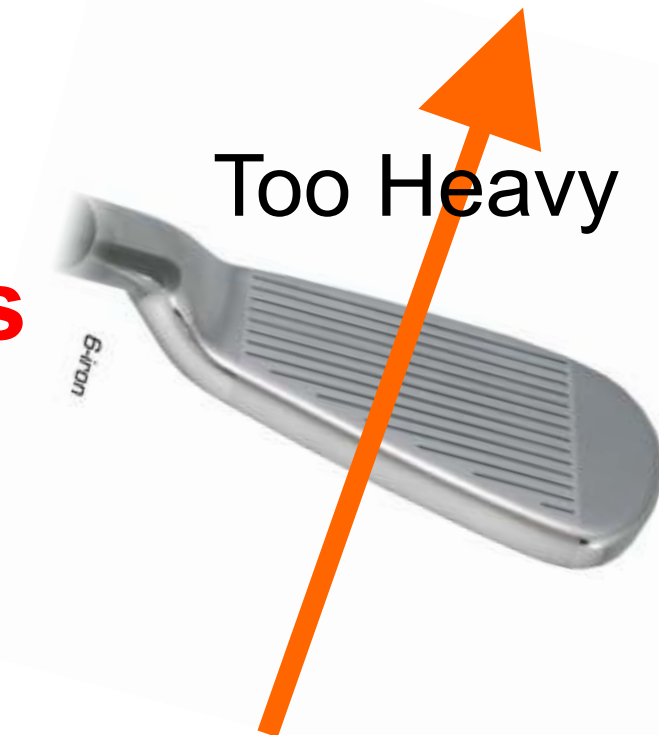


Green - Head too heavy
Orange - Club too heavy
Orange - Club too short

**Check Length for center hits
Push, Push Slice, and Higher than desired**

Head Weight

Alters MOI Around Shaft



Blue - Club too light
Pink - Head too light
Pink - Club too long

**Check Length for center hits
Pull, Pull Hook
Lower than desired**



Any change in total club weight or in head weight will alter the balance point of the club and alter center hits, shot shape, swing path, face angle and dispersion pattern for most golfers.

When you achieve the Correct Length, Correct Total Weight and Correct Head weight for your golfer you will achieve a much higher percentage of Center Hits and this alone will improve their golf game tremendously.

Just as a runner will automatically adjust to the conditions under their feet while running without conscious thought a golfer will adjust to the weight and length of a golf club the same way while swinging. If a runner is running on an improved running path they will run much more efficiently and can run faster and longer. If a golfer swing an improved golf club he will swing with greater consistency and greater power. Just as a runner will adjust their stride to maintain balance when running on a paved road and turning off onto a nature trail of uncertain terrain under foot, a golfer will adjust their swing to a not so ideal golf club to maintain balance and control. These things I believe are controlled by our **Autonomic Nervous System**

-The autonomic nervous system is the part of the peripheral nervous system that acts as a control system functioning largely below the level of consciousness, and controls visceral functions.[1] The ANS affects heart rate, digestion, respiratory rate, salivation, perspiration, pupillary dilation, among other things. Most autonomous functions are involuntary but a number of ANS actions can work alongside some degree of conscious control. Everyday examples include breathing, and swallowing, and in some cases functions such as heart rate.

Each of us has our own natural rhythm and tempo and combined with our physical ability, athleticism and hand, eye coordination will determine what the best weight and balance point our golf clubs need for us to maximize our ability to swing the same way each time and control the speed and direction of the club face. Although the popular theory is that

the lighter the club the faster we can swing it this is not always the case.

Compare this to a baseball player who can throw an official major league baseball 90 to 100 miles per hour. (The rules of Major League Baseball, section 1.09 states: The ball... shall weigh not less than five nor more than 5 1/4 ounces avoirdupois and measure not less than nine nor more than 9 1/4 inches in circumference.) Yet give him a ping pong ball that is lighter and he can't throw it anywhere near as fast. He will have change his motion and slow down his throw to control the ping pong ball. He will also not be able to throw a basketball as fast. Both the other balls are a different size and weight than the baseball.

Thus you need the right size and weight golf club to swing it with your maximum ability.

Although I have found no hard and fast rules to dictate how much weight is best for any given golfer I have found that generally speaking a change in total weight can bring about a major change in swing path and a minor change in face angle and a change in head weight can bring about a major change in face angle and a minor change in swing path. Meaning that total weight had more of an influence on path and head weight more of an influence on face angle when looked at independently.

I will note at this point that different golfers will react differently to changes in weight. Not all golfers will react dramatically and some will react very dramatically. Most golfers will react to changes in their club weight to some degree.

In addition changing the length of the club can also alter swing path because it changes the spine angle of the golfer at

address. The shorter the club the more upright the swing will be and the longer the club the flatter or more rounded the swing path will be.

We know that changing total weight changes the MOI of the golf club around the spine and changing head weight changes the MOI of the club head around the shaft. My method is to find the best length and find the best combination of total weight and head weight distribution to get the best directional control of golf shots. I use the word balance to indicate the "balance" between total weight and the distribution of weight on the club or head weight compared to shaft weight.

Keep in mind that when you change the head weight, or grip weight you are also altering the balance point of the club because you are changing the distribution of weight on the club and this to can alter the face angle.

In addition to changing shaft weights during testing, I use lead tape on the head during testing to alter the head weight and total weight until I find the best weight distribution for my golfer. I wrap lead tape around the hosel because that is where the weight will be place when the club is assembled. Use common sense when you use a lot of lead tape on the head and think of trying a heavier shaft.

I use Club Conex connectors with an extensive array of shaft weights so that I can change shafts at will to achieve the best club for my golfers. I try to maintain one Conex Shaft of every flex and weight that I sell for testing purposes. I also try to maintain one of each head that I sell for testing purposes. This gives me thousands of combinations of heads and shafts to test with but insures that my golfer is hitting the best set up possible while testing. I know exactly what to build.