

# MÜNCHENER GOLF CLUB

## Smart2Move Level 2 Certification

📍 Tölzer Str. 95, 82064 Straßlach-Dingharting, Germany

November 25<sup>th</sup> – 26<sup>th</sup>, 2019

Straßlach-Dingharting, Germany

### Learn how to improve the player performance in less than 10 minutes

Smart2Move and its Team is specialized in Biomechanics and ground reaction forces analysis. Based on scientific research and experience of training, coaching and analyzing the motion of the golf swing, this workshop will teach you how to use physics and technology tools for a better understanding of the golf swing. Our force plates instantly diagnose a player's maximum potential so they can achieve instant and long term performance increases.

#### Day 1



#### Day 2

##### THEORY TRAINING

Benefits of Technology in Golf

Biomechanics Basics for Golf

Facts & Data

##### BREAK

Force & Pressure

Capture, measure & screen

Improve player performance in less than 10 minutes

##### LUNCH

##### PRACTICE TRAINING

Dual Force Plates presentation and set up

Participants screening & analysis

Increase your club head speed

Debriefing & open questions

##### ADVANCED TEACHING WITH FORCE PLATES

The process of learning

Force plate Data (1D & 3D)

Analyze related to motion Performance

Highlights player's strenghts and weaknesses

##### ADVANCED BIOMECHANICS OF GRF IN SPORT

3D force plates Technology

GRF Performances Factors

Impulsion & Energy

Ground Forces Transmission

##### LUNCH

##### PRACTICE TRAINING

3D Force plates in Golf teaching application

PRICES ▼

## PRICES FOR THE SMART2MOVE LEVEL 2 CERTIFICATION

Regular price | 2 days

**378 EUR**

S2M Force plates users | 2 days

**198 EUR**

S2M Level 1 Certified | 2 days

**189 EUR**

S2M Level 2 Certified | 2 days

**FREE**

*The S2M Level 1 online Certification is included by participating in the 2 (two) days of the S2M Level 2 Certification.*

## Smart2Move Speakers



**Gregory Lebrat**  
**Co-Founder & CEO**

French & Swiss Advanced Class A member | PGA Member since 2002 | Certified TPI Junior Level 3 | Certified TPI Mechanic Level 3 | Certified Trackman Level 2 | Swiss Olympic Junior Golf Teacher | Bioswing Dynamics certified



**Jean-Paul Fernandez**  
**CTO / R&D Manager | Global director of Education**

Global Director of Education | Engineer in the Science of human movement - Biomechanics /Physiology & Neuroscience | Experience of 10 years in biomechanics applied to optimize athletic performance | Former top athlete (track and field) | Bioswing Dynamics certified

**Smart2Move**

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