Dr. Kwon's Golf Biomechanics Instructor Training Program – Levels 1 & 2
October 2025 – Global
Live Online Classes

GOLF BIOMECHANICS
Instructor Training Program

Language:
English

Dates:
Level 1 (Fundamental): Mon-Fri, October 13-17, 2025 (5 days @3 hours/day = 15 hours)
Level 2 (Empirical): Mon-Fri, October 27-31, 2025 (5 days @3 hours/day = 15 hours)

Time:
8:00 am – 11 am US CDT (UTC-5)
55-minute lectures with 5-minute breaks

Delivery Format:
Live online Zoom lectures
180-slide (L1) and 250-slide (L2) PDF course books will be provided.
Attendees will have access to recorded lectures as private YouTube video for 6 months.

Tuition (in US$):

	Early Bird (Sep 1 or before)	***Regular***
Level 1 only	$500	$600
Level 2 only	$500	$600
Both Levels	$900	$1,100
Retaking	No charge	

Registration deadline: Sep 29

Certificates will be provided upon completion of each course.

Send emails to kigreLLC@gmail.com for invoice/inquiries.

Registration Deadline:

Registration will be closed on September 29, 2025 (early-bird registration deadline: September 1). To enroll, have the following ready:

- If already certified, your latest certification # shown on your certificate
- Name to be on the certificate
- Affiliation & work address (including academy, city & state/country)
- Cell number (including the country code)
- Email address for communication
- Email address associated with your Google (YouTube) account
- Homepage URL (optional)
- Headshot photo

Ready to register? Please click here or scan:

An invoice will be arranged through Squareup.com upon receiving the info/photo.

Level 1-Fundamental

Objectives

- To introduce basic mechanical quantities/concepts relevant to golf swing
- To introduce key biomechanical principles of human movement
- To provide the mechanical/biomechanical framework of mechanically robust golf swing

Topics

1. Introduction
2. Basic kinematic concepts
3. Basic kinetic concepts
4. Key mechanical laws & principles
5. Golfer's body
6. Linear kinematics of the CM & pelvis
7. Functional swing plane & hand motion plane
8. Angular kinematics of the axle-chain system
9. Kinetics: golfer-ground interaction
10. Kinetics: momentum generation & transfer
11. Summary: The K·GRAND=IO=SE swing principles

Level 2-Empirical

Objectives

- To share data collected from elite golfers with golf practitioners
- To provide generalized patterns, descriptive statistics (means and standard deviations), and correlation profiles of key kinematic & kinetic parameters
- To highlight important performance variables
- To promote evidence-based practices by eliminating misconceptions and misunderstanding on golf swing

Topics

1. Introduction
2. Temporal profiles
3. Functional swing plane & hand motion plane
4. Body CM motion
5. Pelvis motion
6. Thorax motion
7. On-plane motion
8. Kinematic sequences
9. X-factor stretch vs. kinematic sequences
10. Wrist uncocking
11. Inertial properties of the club
12. Ground reaction force
13. Golfer-ground interaction moments
14. Center of pressure motion
15. Two-step swing drills (TSSD)
16. Summary: The big picture

Please visit http://drkwongolf.info/courses.html for the latest course outlines and a complete list of previously offered classes.

Brief Lecturer Bio

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Education

- PhD in Exercise & Sport Sciences (Biomechanics), The Pennsylvania State University, University Park, PA (1993)
- MEd in Physical Education (Biomechanics), Seoul Nat'l University, Seoul, Korea (1986)
- BS in Astronomy, Seoul Nat'l University, Seoul, Korea (1984)

Employment

- Associate & Full Professor, School of Health Promotion & Kinesiology, Texas Woman's University, Denton, TX (2002-)
- Assistant & Associate Professor, School of Physical Education, Ball State University, Muncie, IN (1997-2002)
- Senior Researcher, Biomechanics Dept., Korea Institute of Sport Science (KISS), Seoul, Korea (1993-1997)

Professional Activities

- Lesson of the Year Award, Golf Digest Japan (April 2019)
- In-depth biomechanical golf swing analysis service for elite golfers (2014-)
- Lecturer, Golf Swing Biomechanics, Korean PGA Class-A Program (2017-)
- Past President (2019-2020), President (2017-2019), President-Elect (2016-2017), VP of Publications (2002-2007), & Director (2008-2014), International Society of Biomechanics in Sports
- Life Member (2015) & Fellow (2008), International Society of Biomechanics in Sports
- Editor-in-Chief, Sports Biomechanics (2007-2014)
- Developer, Kwon3D Motion Analysis Suite & Kwon3DGolf, Visol, Inc., Seoul, Korea (1991-)

Please visit http://drkwongolf.info/drkwon.html for publications and presentations.

Please visit http://drkwongolf.info/services.html for details on the golfer services at TWU.