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STAND PERFECT INSTRUCTIONS STAND PERFECT IS A SPORTS STANCE TRAINING AID

(1) Place the two Stand Perfect devices on the ground (grass, artificial turf, dirt, any surface). A good place to start with placement is with your feet at a comfortable and balanced distance apart from each other. In other words an “athletic stance”. Try to position them square to the target (depending on the sport) for instance in....

-GOLF:

Place the two Stand Perfect templates shoulder width apart. Line up the two “On Board Aiming Diagrams” located at the top of each Stand Perfect. This is the end where you place your toes as close to the Stand Perfect device as possible (without touching). Make sure you have placed the two Stand Perfect templates far enough away from the tee or where the ball is placed to make a comfortable swing. Keeping your feet down and stationary try hitting some balls. Once you feel where your natural swing plane is, it is then easy to move the Stand Perfect templates to make the slight adjustments to find your perfect stance. For beginners an instructor can be very helpful in finding the ideal placement for your Stand Perfect. For children under the age of 8 we suggest using the Stand Perfect Jr. model. Once they’re in the proper place it’s all about practice, practice, practice. The beauty of the Stand Perfect for golf is that it acts as a friendly reminder to keep your feet down and in position through out the entire swing. Remember in a golf swing your weight moves from back foot to front foot. However there should be no actual movement in the position of the feet and for that reason alone Stand Perfect is so effective. Stand Perfect Jr. is great for parents who want to introduce their children to the game of golf.

-ON THE RANGE:

just place the Stand Perfect portable templates in position on the practice surface and say to your child “That’s where your feet go”. Once they understand this your child is instantly in the proper position to swing the club. Immediately they will start to develop proper mechanics because Stand Perfect takes care of the single most important fundamental of the golf swing “Proper Foot Position”. Just watch as your child swings back and through, making contact with the ball, achieving instant positive feedback! Your child’s confidence will grow as they start to feel that golf is “easy” as opposed to being hard. These positive imprints in the young brain will serve as a tremendous advantage toward learning the skills of the game! Once this has been established now you the parent can actually get some practice in yourself! That’s right! Not only does Stand Perfect dramatically help your child develop their golf skills, it acts as a safety device. With the young golfers feet in the proper position (aimed square to the target) their balls will go straighter, therefor the chance of them getting out of position and hitting balls into fellow golfers on the range is greatly reduced. Of course you should always keep your eye on your young golfer until you are completely comfortable with their skill level.

-PUTTING:

Try using Stand Perfect on the practice putting green. Line up the two Stand Perfect devices in what you feel is in best relation to the hole you wish to practice on. Place them approximately shoulder width apart (or what you feel is a comfortable putting stance). Make sure your toes are as close as possible to the “On Board Aiming Diagram” located on the top of each Stand Perfect without your shoes actually touching the device. Then drop a few balls and roll a few puts. Then after seeing in what direction your puts are rolling, you can then simply make slight adjustments in one or both of the Stand Perfects. Once you’ve found your ideal alignment for that particular put, you’ll be sinking putts in no time!!!

-BASEBALL:

Stand Perfect is great for children who are just being introduced to the game.

Trying to teach your young baseball player the proper hitting stance is one thing, trying to show them where in the batters box to make that proper stance is another. For any parent or coach who has ever tried this, you know it’s a time consuming and tedious process without a great deal of results. Well not anymore! With Stand Perfect your little ball player will know exactly where to stand every time. In fact each time your little slugger digs in to take his or her stance they will look like a seasoned pro! With your two Stand Perfects placed properly next to the plate you will be amazed at their response. Just tell them “that’s where your feet go”. Your little All-Star will look down and properly place each foot inside the Stand Perfects (looking just like a major leaguer) and BOOM! They’re ready to hit! Now your practice time will be so much more efficient. No more walking back and forth from the mound to the plate after every pitch just to reposition their feet. Not only is your child developing proper mechanics every time they step into the Stand Perfect, They’re are also developing their confidence!

-“SOFT BATTING PRACTICE”

This is the drill where a coach or a parent is on one knee, and with a very short underhand toss feeds balls to the batter. The balls are hit into a net or chain link fence which is in very close proximity. The reason for this drill is so the batter can get a lot of full swing reps without the need for fielders shagging balls. Stand Perfect is great for this commonly used drill! Not only does it promote proper foot placement for the batter, it also serves as a safety device. Because in this drill the two participants are in such close proximity to one another. The use of the Stand Perfect ensures that the batter never swings the bat too close to the pitcher who is on one knee.

-ARTILLERY:

With any sport or activity where “Aim” is essential, foot placement is key. The stance one takes when shooting a hand gun is much different than the stance one takes when shooting a rifle. In this case Stand Perfect is not only an excellent training tool by developing proper stance mechanics when shooting a fire arm, It is an an essential safety device in this activity where precision is paramount. The applications of the Stand Perfect in this arena are far reaching. From your public gun range to the training of a young military recruit learning to fire an M-16 for the first time, Stand perfect is a must have. Not only is stance important for aim and accuracy, how one stands when firing a weapon determines how the body absorbs the “kick back” of the blast. Proper placement of the Stand Perfect device not only serves as an important template/reference for a beginner but it can also be used by the experienced trained professional who wants to work on fine tuning or “tweaking” his or her stance. The Stand Perfect should become a staple at all gun ranges or where ever the training of any firearm is offered.