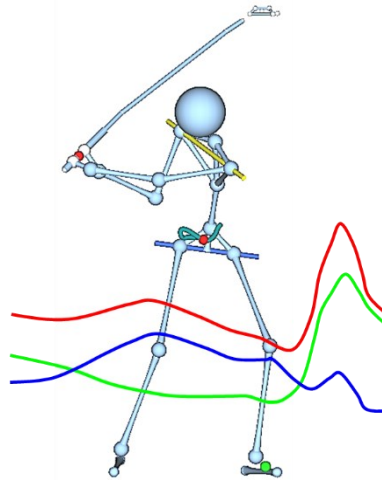


Dr. Kwon's Golf Biomechanics Instructor Training Program – Levels 1 & 2
October/November 2026 – Global
Live Online Classes



Language:
English

Dates:

Level 1 (Fundamental): Mon-Fri, Oct 12-16, 2026 (UTC-5), 5 days x 3 hours/day = 15 hours

Level 2 (Empirical): Mon-Fri, Nov 2-6, 2026 (UTC-6), 5 days x 3 hours/day = 15 hours

Time:

8:00 am – 11 am US Central Time

(Note the time zone change between Level 1 and Level 2.)

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\$):

	<i>Early Bird (Aug 31 or before)</i>	<i>Regular</i>
Level 1 only	\$550	\$650
Level 2 only	\$550	\$650
Both Levels	\$1,000	\$1,200
Retaking	No charge	

Registration deadline: Sep 28

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 Sep 28, 2026 (early-bird registration deadline: Aug 31). 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 | 8. Angular kinematics of the axle-chain system |
| 2. Basic kinematic concepts | |
| 3. Basic kinetic concepts | 9. Clubhead trajectory & low-point control |
| 4. Key mechanical laws & principles | |
| 5. Golfer's body | 10. Kinetics: golfer-ground interaction |
| 6. Linear kinematics of the CM & pelvis | 11. Kinetics: momentum generation & transfer |
| 7. Functional swing plane & hand motion plane | 12. 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 | 9. X-factor stretch vs. kinematic sequences |
| 2. Temporal profiles | 10. Wrist uncocking |
| 3. Functional swing plane & hand motion plane | 11. Inertial properties of the club |
| 4. Body CM motion | 12. Ground reaction force |
| 5. Pelvis motion | 13. Golfer-ground interaction moments |
| 6. Thorax motion | 14. Center of pressure motion |
| 7. On-plane motion | 15. Two-step swing drills (TSSD) |
| 8. Kinematic sequences | 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.