

The Golf Swing

# The Fundamentals



## Fundamental #1 – Grip & Set-Up

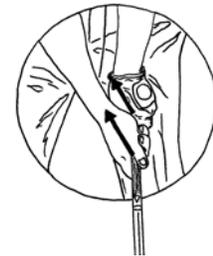
The grip and set-up should be viewed as putting parts of a machine together. The right parts connected in the right way will allow the machine to work as best as possible. The wrong parts will make it difficult if not impossible for the machine to work.

### Grip Keys

#### *Main Influence – Direction*

There is no greater influence on the angle of your clubface at impact than the grip.

- Grip in both hands near the base of the fingers at a slight diagonal so that at the index finger the club is between the two middle knuckles.
- Butt end of the club should be tucked underneath the outer pad of the left hand.
- \*\*\*Creases formed by the thumbs and forefingers should point at right shoulder.
- Moderate grip pressure, the club should not turn in your hands.



### Stance & Posture Keys

#### *Main Influence – Direction & Distance*

Your set-up will help determine the club's path and speed. The golf swing is essentially a rotational motion and your set-up will allow you to turn your body efficiently to create speed and power.

- Push your hips back and bend from the waist, keep your back straight.
- Shoulders should not extend out over your toes.
- Knees slightly flexed
- Arms hanging down, hands 4-6 inches from your legs.
- Width of stance varies, should be wider for longer clubs.



### Alignment Keys

#### *Main Influence – Direction*

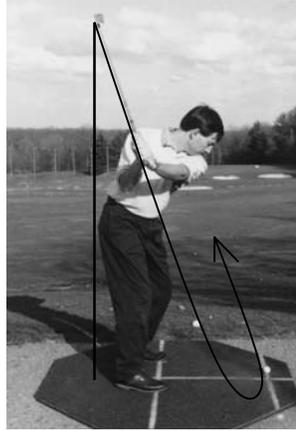
The two main alignment features are your body and clubface.

- Feet, hips and shoulders should be parallel to target line. NEVER, NEVER point your body at the target. Your body is on an alignment that is parallel and left of the target.
- Your shoulder alignment influences the path your arms swing on.
- The leading edge of the clubface should be at right angles to your body alignment and target line.

## Fundamental #2 – Clubhead Path

The clubhead path is usually referred to as the “plane”. This path never has the clubhead travel outside the target line and never behind you.

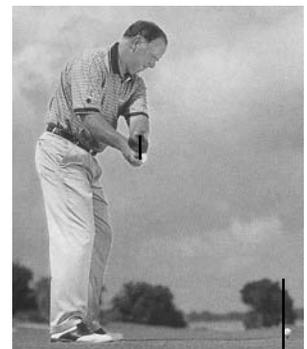
*Main Influence - Direction*



### Clubhead Path Keys

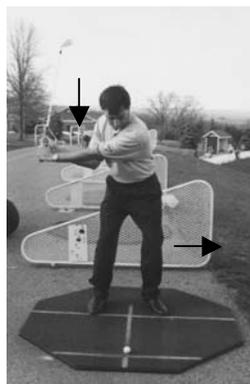
#### Backswing

- Your upper arms should feel “connected” to the sides of your chest so that as you start your backswing your arms and body move as one unit. This will keep your arms from taking the club away from your body to the outside or have your arms swing across your chest and pull the club too far inside.
- When the clubshaft gets parallel to the ground it should be in line with your hands and parallel to the target line.
- Shaft of club should finish over the corner of your shoulder.



#### Downswing

- In the first 10 inches of the downswing the path is “locked in”. The remainder of the downswing will go by so quickly there is no chance to consciously change it.
- Start the downswing with a simultaneous lower body lateral weight shift to the front foot and a dropping down of the arms and club. Halfway down the butt end of the club should point at the target line.



## Fundamental #3 – Stay in Posture Through Impact

Distance is optimized when the ball is struck with center “sweet-spot” of the club. If you keep your knees flexed and stay bent over through impact, you greatly insure that you will hit the ball on the “sweet-spot”

*Main Influence – Distance*

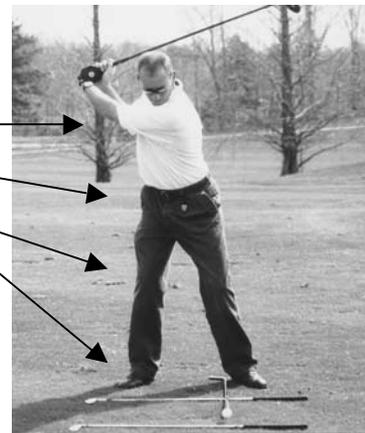


## Fundamental #4 – Coil

Coiling is different from turning. Coiling implies a “spring-like” tension. From the ground up there should be an ever-increasing amount of rotation on the backswing.

*Main Influence - Power*

	Rotation in degrees
Shoulders	90
Hips	45
Back Knee	10
Back Foot	0



### Keys to Coiling

- The coil can be achieved by turning your shoulders as much as possible while leaving your front heel on the ground and your back knee flexed and stable.
- You should feel tension in your back thigh and hip.
- These coiled muscles will help you rotate quickly through impact.

## Fundamental #5 – Weight Shift

There are many biomechanical similarities between throwing a ball or swinging a bat and swinging a golf club. One of these is the transferring of body weight from one foot to another.

*Main Influence – Direction*

### Weightshift Keys

- For most shots your weight should be evenly distributed at your set-up
- As you start your backswing allow your head and upper body to move a few inches laterally until your head is centered over the inside of your back thigh. Your front knee should point in toward the ball. Try to leave your front heel on the ground.
- Weight should be resting on the middle to inside of your back foot.
- NEVER allow your head or back hip to get outside your back foot. NEVER allow your weight to rest on the outer part of your back foot.
- Start downswing with a slight lateral motion of your front knee and hip to transfer weight back to your front foot.
- Finish with the momentum of your swing pulling your back heel off the ground with your foot rolling onto your big toe and most of your weight on your front leg.



BACK    FRONT  
50        50



BACK    FRONT  
65        35



BACK    FRONT  
35        65



BACK    FRONT  
10        90

WEIGHT %

## Fundamental #6 – Release

Release refers to the motion of the hands and arms as the club approaches the ball and into the follow-through. This motion needs to be timed so that the clubface is square to your target at impact, traveling at maximum speed and making solid contact.

*Main Influence – Distance and Direction*

### Release Keys

- There are three aspects to the release. One is the unhinging of the wrists; two is the full extension of both arms through impact and third is the rotation of the hands and forearms.
- The release doesn't begin on the downswing until your hands have dropped below your hips. Too many bad golfers let their wrists unhinge too early and that typically leads to the left arm and wrist bent at impact.
- Too much grip pressure will inhibit your ability to make the proper release.



- Start the downswing by letting your hands and arms drop straight down maintaining your wrist hinge. Some golfers think of the butt end of the club remaining pointing at the ground.
- When your hands get hip high feel your right arm straightening and the back of your left hand is flat and facing the target at impact.
- Allow the right forearm to roll over the left arm.
- This is a flowing motion that happens gradually over the course of the last half of the downswing and the first half of the follow-through.