

The Anatomy of a Shank 11-23-14

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Shanks are the manifestation of the desire to control the outcome instead of setting up properly and letting the club fly on its own.

At issue is the following error:

I. The club is being used in a way that violates the laws of physics in trying to correct a set-up flaw.

e.g. The golfer athletically stands up out of posture - thereby creating a very horizontal shoulder rotation plane to get the clubface back to square at impact.

This causes the swing plane to lurch suddenly shallow with reactive shoulder rotation as the club head moves along the preset plane. But the shoulders' flat rotation effectively moves the ball position backward in the stance. The body position to the setup line becomes too open, the club head is above the ground at this point relative to the body position-induced ball position, and a shank is created.

To recap... The predominant reason the shank mechanism evolves within a person's golf swing is the lack of cooperation between three elements: the feet, the ball, and the target. It is THIS relationship that is broken - NOT their golf swing. The golf swing is an adaptive, athletic REACTION to the relationship between the person's feet, their ball, their target, and their intention.

Having said this, it must be emphasized that the damaging psychological effects of the shanks makes the person less adaptive to changes in the three related elements. Adaptation requires accommodation of new information and assimilation of that information. The reason a golfer should never work on the shanks on the range is due to this overriding incapacitation of that person's mind. Until the golfer's mind eases enough to accommodate better information, hitting golf balls is useless. Practicing on the range requires a PLAN. Without good information, the plan, if there is one, will always be flawed.

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