

Golf Swing Fundamentals Covered 1-1-15

- The golf swing is incidental to the set-up... It is not the cause - but the effect
- The hands must hold onto the club
- The feet must be removed from and on the same side of the target line to create maximum clubhead speed at impact.
- The club must be swung around the body on an inclined "Plane"
- The body weight must counter-balance the forces created in the swing to maintain balance
- The golf club's face must hit the back of the ball along the path for the greatest force to be applied

Physical Factors - Pre-Shot and In-Swing

- Efficiency in a golf swing means that all inefficient variables are eliminated in set-up and swing (e.g. Bent leading arm; eyes moving left or right, up or down during the swing)
- The faster the body can move under balanced conditions, the more potential energy (i.e. Force) that can be created.
- The placement of the feet are used to initiate the relationship between ourselves, the ball, and the target that leads to success... THE MAGIC OF A GOOD SET-UP.
- The club should feel light when you are swinging it. Lead thumb supports club weight in the swing transition

That was fun,
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