

Full Swing

It's not about the arms!!!!

OK – We have worked hard over the first 4 articles in this series to improve all of your pre-swing fundamentals. From this improved address position, you can successfully build a great swing. Most folks sadly use only their arms and hands primarily to swing the club. They lack distance and consistency because of this approach. In this article, I want to emphasize the importance of learning to “turn your body” to create the swing. If you have ever thrown a ball correctly, you recognized how important it was to allow your weight to transfer from one foot to another. As you cocked your arm to throw, your body weight transferred to the trailing foot, and then as the ball left your hand as you threw it, your weight transferred back to the opposite foot. Golf is no different! Weight must transfer back and forth as you swing the club as well. Using only your arms to swing the club will not create this weight movement that is needed to make an effective swing. You must feel the body turn using the steady spine as your pivot point. Think about turning your back to the target first, followed by facing the target to complete the swing. You should feel the body weight moving back and forth as you perform this turn. The arms, hands and club move right along with this turning motion. One key component of this action is the right knee (right-handers). As you wind the trunk back with a good turn, the right knee must act as your brace so it remains flexed as it was set at address and cannot move sideways during the back swing. The combination of this turn and a properly braced knee will guarantee a powerful coiling motion and sufficient weight transfer onto your trailing foot. This motion should be done slow and smooth as there is no reward for a hurried backswing! Once completed, turn the body the other way and “let it happen”! The completed swing will have you facing the target, with all of your weight balanced on the target side foot.



You will be amazed at the difference in power as you begin to add body turn and weight transfer to your effort to swing a golf club! A nice, simple drill to feel this motion involves no club. Simply assume your address position and cross your arms in front of your chest. Then feel the trunk of your body move back and forth with a nice smooth turning motion and weight transfer. This excludes the arms from control and puts the responsibility for the backswing on the turn. When you add the club to hit shots, this feel of turning will remain with you and slowly replace the arm swing you previously made.