

Articles and Tips - The Body Experience

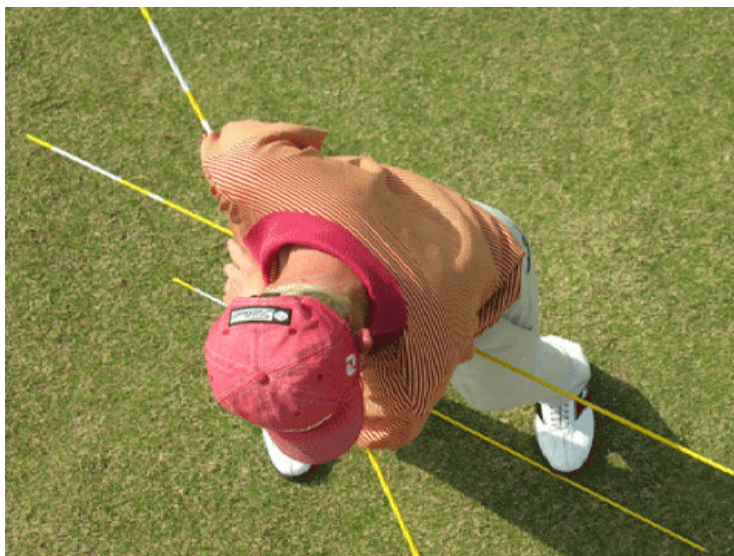
I have been in search of learning this game as a coach for 25 plus years and used video since 1993. Visually it is difficult to measure rotation, even with high speed digital video. There is also a huge misunderstanding of how much the upper torso and lower body should rotate during a full golf shot at the top of the backswing. Have you even considered how much rotation the hips should have at impact, or the sequence of rotation back and through? This instruction piece will clear up some myths and misconceptions of the body in this one dimension of rotation.



◀ First at address, the body should be aligned parallel to the intended target, feet, knees, hips, arms, shoulders and eyes. As if you're on the inside of a railroad track and the ball and club are on the outside track. Note, I have measured hundreds of good players with my K-Vest system and have never seen one closed at address. Most are slightly open a few degrees or square at address. This first picture with the help of some fiberglass rods denotes a square address position of Trey.

If at address the hips and shoulders via the fiberglass rods are at 0 or square, at the top of the backswing the shoulders should rotate 70 to 80 degrees closed and the hips 30 to 40.

With the proper width of stance and foot flare and a fiberglass rod laid between the trailing foot heel and leading foot toe, it measures 35 degrees (see picture below).



◀ Run a fiberglass rod through your belt loops and cross your arms holding another, lay one as shown in the picture through the stance and train. Make sure the sequence of backswing is shoulders and then hips, get curious on how much you can turn your upper torso without the hip rod moving at all, then blend the hips in the movement. If the stretch of upper versus lower is 35 degrees that is ideal. There is a shortened stretch cycle that is powerful; the muscle has major chemical and elastic energy stored. You can overstretch muscle, and/or turn the upper and lower together creating no stretch at all.



◀ The last picture is of impact; the hips have turned open 35 degrees and the shoulders 15. Again laying the fiberglass rod through the feet the other way will give you the visual of what 35 degrees actually is. The downswing sequence is hips and then shoulders, in fact, I want to see an increase of 10 degrees of separation of the hips in the initial change of direction. Meaning that 35 degree of so-called x factor increases to 45 in the start of the downswing. At impact only 20 degrees separate the hips and shoulders.

Can you disassociate your upper body and lower? With a few fiberglass rods and a clear understanding of rotation, a few minutes a day of body work will go a long way.