



TIP PROVIDED BY
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INSTRUCTION

12 PAGES OF TIPS AND TECHNIQUES TO PICK UP YOUR GAME

UPSTAIRS DOWNSTAIRS

Hip rotation 30 - 35 degrees

Rear leg remains flexed and posterior muscles create stability on backswing
Club and lead arm are 90 degree to spine angle from this view (on plane)



Hip rotation 60 - 90 degrees

Right leg has locked out and weight has fallen forward toward target, no stability.
Due to over rotated hips arms are have gone inside and club is steep (off plane)



Hip rotation initiates downswing (pivot)

Spine angle maintained
Weight is still centered and balanced



The relationship between the lower half

(legs) and the upper half (torso and arms) is commonly lost through the players I see that come to me looking for correction of faults. It is a common misconception of which part does what, how much the hips turn, how high the arms go, how far the torso rotates, what role the wrists play and what sequence it is all done in. On these two pages I am going to try and give your mind's eye a greater perception of what a golf swing is to look like, so then you can create that for you and your golf swing. In order to efficiently, consistently and powerfully hit the golf ball where you desire it to go, we have to start from the ground up. It makes sense to understand that the foundation of anything has to be stable before what's on top of the foundation can be effective and consistent. It is with this understanding that we need to create good stability with the legs, by using the correct muscles to achieve this. At the Institute of Golf it is this process that we see all our players making huge gains so quickly, by going through the correct identification process to ensure the ankles, knees, hips, calves,

hamstrings and gutes are in good working order. Once we can ensure the lower half can stabilize the movement then its giving the foundation the correct information. See pics 1 & 2 Pic 2 you can see that the player has maximum hip rotation, the player in pic 1 has a more controlled hip rotation, looks more powerful and is fully loaded. Over rotating the hips can lead to a huge amount of errors because it allows the right leg to straighten, weight falls forward early, and the upper half will swing off plane and across the line a lot of the time. And those are only the problems on the backswing! By limiting your hip rotation and feeling your right glute firing to stabilise the weight shift, your upper half will be on a much better foundation to hit the ball consistently and powerfully. See the pic on the right and you will see that both legs remain flexed. They do not 'stand still' but simply following the rotation of the hips, but not letting the right leg straighten. So now you are creating a good picture in your head as to what your lower half should be doing; now you can load the torso.

The result in setting your lower half correctly, your upper half will become more restricted. This is a good thing, because now you are swinging more in relation to your capabilities. (Flexibility, mobility and stability) Too many players I see swing the club back far too long and are not swinging in relation to their body's capabilities. Once they see their swing on video for the first time, they realise straight away they are making it hard for themselves! I can understand that players see the pros on TV and think that their backswing length and height should be like that, but those players work hard on allowing their body to achieve maximum rotation and achieve this by having stretching and physio programmes which they do daily, so they can do some pretty cool things, but until your physio says yes you are ok to swing like Tiger or like Sergio, then do what your body allows you to do. The torso rotation again is built upon the lower half's rotation; this will be different for everyone. But by limiting the lower half, you will create more resistance between the two parts, this will allow more power to be generated by the stretch

INSTITUTE OF GOLF PROFESSIONAL GUY WILSON PROVIDES YOUR MIND'S EYE WITH THE PROPER PICTURE OF WHAT YOUR FOUNDATION SHOULD LOOK LIKE IN THE GOLF SWING AND HOW IT EFFECTS YOUR UPPER HALF

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Player has slid toward target not pivoted.
Spine angle has decreased
Swing centre has tipped back from target
Player will hit behind ball or flip hands to save it and hook the ball.



Good Balanced finish
Tall and athletic
Good hip and shoulder rotation



Player is leaning back but still perceives to have finished properly. Weight and stored power still on back leg. Limited hip rotation and shoulder rotation. Player has not effectively used their power sources! (wasted distance)



that the two parts will have when they change direction (rotation of downswing).
The pic below shows that the player is at the top of the backswing, and the lead arm (from this camera angle) is parallel to the shoulders. This is ideal. Now the club is swinging in relation to your axis (spine angle). If the arms are above this like the pic beside it we call this steep and the arms will have to drop down before swinging through, very inconsistent! See pics 1 & 2

The front view pic you will see that the player has not swing so their club is parallel to the ground; it is swing to the maximum rotation of the player whilst maintaining a straight lead arm. These few key points are what you should be aiming to do. Do not swing any further back, do not bend your lead arm to get more distance do not rotate your hips to get more rotation. These all lead to inconsistent results and the body, legs, and hands have to do fix the problem on the downswing. Not ideal!

Once the upper half is loaded you may start unwinding. Simply rotate from the ground up whilst maintain angles. Rotate the hip toward the target (pivot) allowing the torso then the arms

and hands to follow. See pics 3 & 4
If you do this correctly you will find a heap more power, the creation of the pivot with your hips will unwind the torso faster allowing the head of the club to travel the fastest, the law of centrifugal force represents the effects of inertia that arise in connection with rotation and which are experienced as an outward force away from the center of rotation. In other words, the faster you turn your hips, it will turn your torso faster, arms even faster and the club head the fastest! BINGO! Since speed = distance, that will mean you hit the ball further.

A stable finish will allow this move to be consistent. See pics 5 & 6

KEY POINTS TO REMEMBER:

- Restrict the hip rotation to about 20 deg Load the backswing so your lower half is stable, and shoulders are turned to your maximum. See that the club and arm are a straight line leading up the shoulders (look at this in a mirror or reflection in window if you can't find a video camera.
- Unwind the swing from your hips, torso then

arms. This will allow far less manipulation to be created, hence giving you more control over the ball.

- Finish stable, every time. Full hip and shoulder rotation. This will allow the power of your rotation to maximise the distance of the ball.
- By doing some practice swings in slow-motion and allowing your brain to control the movement your body starts to understand the muscle patterns that have to be created. Using a mirror to do this is a huge benefit, since what your body perceives is happening is generally completely different that what is actually happening.

Go get your local club pro to film your swing, and see how it looks, better yet get a buddy to film it with your camera, or even cell phone. Watch it and see what it looks like. Then your mind's eye will understand what it has to do to improve.

Adopt these key positions and mould the swing around your body. This will allow you to drop your handicap and have a swing you never thought you could have.

PULL OUT AND KEEP / 12 PAGE INSTRUCTION SECTION