

INSTANT PERSONAL GOLF LESSONS

CHAPTER ONE: LOWER BODY

The cure for these problems is from your waist down.

REVERSE WEIGHT SHIFT

When someone tells you that you *looked up*, you *lifted up* or that you *tried to kill* the ball, what do you think caused these problems? Do you think that while you're swinging you are so anxious to see where the ball is going that you look up before hitting the ball? Or do you think the problem is that you take one last look at your target, and then you swing too fast and too hard? Do you think to yourself that the *causes* and the *cures* for these problems are in the *upper body* or everything from the waist up? Of course you would! That's where the arms and head are. So you've tried correcting these problems by keeping your head down as shown in Fig. 1, not swinging too hard with your arms and keeping yourself from raising up. Believe it or not your conclusions would be erroneous! These remedies are temporary at best and, in most cases, only make things worse.

The initial weight on your left leg at the start of your backswing and the additional weight loaded onto the left leg as you're swinging your golf club back are perfect for completion of the backswing.



The problem that occurs as shown in Fig 1, is when you start the forward swing (downswing) with a body movement called a “reverse

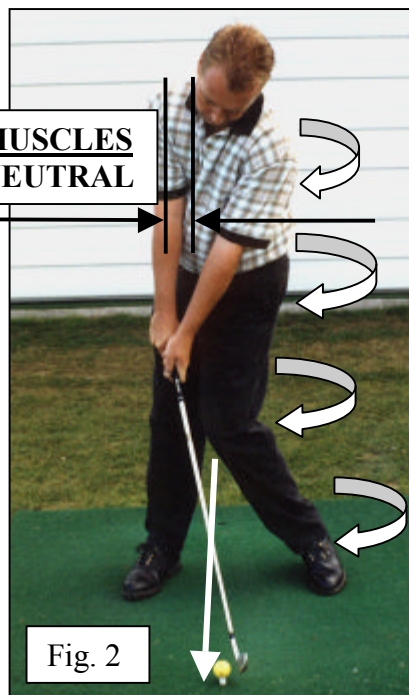
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weight shift". Look at the incorrect forward swing and follow-through that is shown in Fig. 1 closely. The reverse weight shift starts at the beginning of your *forward swing*.

- Too much weight has remained on your right leg during the backswing.
- The weight from your right leg is transferred to the left or thrust onto your left leg from the momentum of your swing.
- This excess weight forces the left heel to remain on the ground throughout the forward swing and follow-through.

This incorrect position causes numerous problems! One problem is *forcing your head up and out of the golf shot*. If you are in the correct swing posture at impact, *you cannot lift your head*. At the point of impact where the club meets the ball, the muscles in the right shoulder are in a neutral position. The muscles almost feel like they're being compressed.

BY DALE MCNALL



Look at the correct swing impact position in Fig. 2, and *then try it yourself*. Place the club head behind the ball as if in a stationary hitting position. Lift your left heel, and point your knee just in front of the ball. Let your right hip and side rotate to the right without moving your right shoulder. If you are into the golf shot correctly and in the ball striking area on the forward swing, it will be the same as standing in this stationary position. The inside of your right shoulder will be close to the lower right side of your face. Your right shoulder will be pointing just left of the