

INSTANT PERSONAL GOLF LESSONS

your right heel clears the ground.

You want to have your right side in motion with the heel off the ground, before your hands or clubhead reach the ball striking area.

Use the big muscles in your legs, back and shoulders for distance, not just the little muscles in your forearms and wrist. Put your shoulders and legs into your golf swing. Wait for your shoulders to completely turn to the maximum. Use the drill we started earlier, with the club behind your back. This will teach you to use your upper and lower body properly for starting both the backswing and the forward swing.

THE RIGHT ELBOW WORKS AS A LEVER IN THE FORWARD SWING

Another distance robber is premature straightening or uncoiling of the right arm. This occurs when your lower body is not working. It forces you to arm swing from the top at the start of the forward swing.

A reverse weight shift or swinging with the weight on your right foot will enhance an arm swing and the premature uncoiling of your right elbow.

The right elbow is the lever needed for distance in the forward swing.



Let's say you are a right-handed pitcher and you throw a fast ball towards home plate with a straight right arm. Without using your elbow as a lever, you will not have a fast ball. You *can not* throw a fast ball with an extended

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straight arm. In order to throw a fast ball you must have a lever (your elbow joint.) *The right shoulder and legs start the pitching motion.* The elbow (lever) will be leading and coiled, closer to home plate, adjacent to the shoulder and ahead of the right hand with the ball as shown in Fig. 47.

The right hand and forearm pivot through when the elbow (lever) has reached its maximum pivotal point of release as shown in Fig. 48.

In the golf forward swing, it's like throwing a fast ball, but on a different plane. *We must have the elbow leading and coiled* until we are into the ball striking area. One of the reasons you want to get off of your right side at the start of the forward swing is to prevent your right elbow from uncoiling prematurely. Weight remaining on your right leg or reverse shifting of weight to your right leg will cause your left shoulder to open to the left. This will cause your right arm to *prematurely uncoil and eliminate the lever.* The

result is a loss of *direction and distance.*

Although you are rotating everything on your right side, be sure to keep your left shoulder pointing right of the target line until you strike the ball.

THE RIGHT ARM MOVEMENT IS LIKE SKIPPING ROCKS



This motion is like skipping rocks across the water. Try