

THE MODERN SWING

VS. POST MODERN SWING PRINCIPALS

His name may be overused in golf circles today, but Tiger Woods has taught us a lot in reference to the Modern Golf Swing. Many of his accomplishments prove that his style of swing is here to stay as many young professionals on the tour today have adopted much of the same elements. Unfortunately, many of the old classic and graceful swing principals of yesterday are a thing of the past. Let's compare some old swing philosophies breaking them down one by one replacing them with new modern swing ideals...

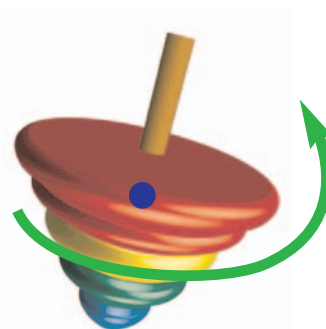
“Move Laterally into your right leg on the backswing, and drive your legs through on the through swing...”

Post Modern Swing Myth – The golf swing lateral motion with the body and the legs.

Modern Golf Swing Principal #1- **Rotational force is greater than lateral motion**

Purely from a physics aspect, the golf swing is circular in nature. The club is moving around the body on an inclined circular plane. The body is inside this circle. The golf swing derives most of its energy from centrifugal force (an outward pressure driven by the golf club's orbit around the body). The better the body's rotation the faster the clubhead can orbit - plain and simple. The modern golf swing gets much of its power from rotation.

Here's an example: Picture a spinning top on a table. The top will spin efficiently and swiftly when it is just rotating. It is merely spinning around a center axis that is stationary. Virtually all of the top's power is rotational. Conversely, if the top begins to wobble, or adapt any lateral movement it will slow down and lose its power quickly.



the blue dot represents the axis center point.

Turn Drill - Place a club on your shoulders. Next, bend from your waist into a good athletic golf posture. Now, begin to rotate your upper body and shoulders back, perpendicular to your spine. During the backswing make sure your right knee stays in the same flex. Any straightening of the knee can lead to undue lateral motion. On the through swing unwind your body and post up your front leg by straightening the knee. This will allow your body to fully rotate around causing a tremendous rotational force on the finish.

photo #1

photo#2

photo#3



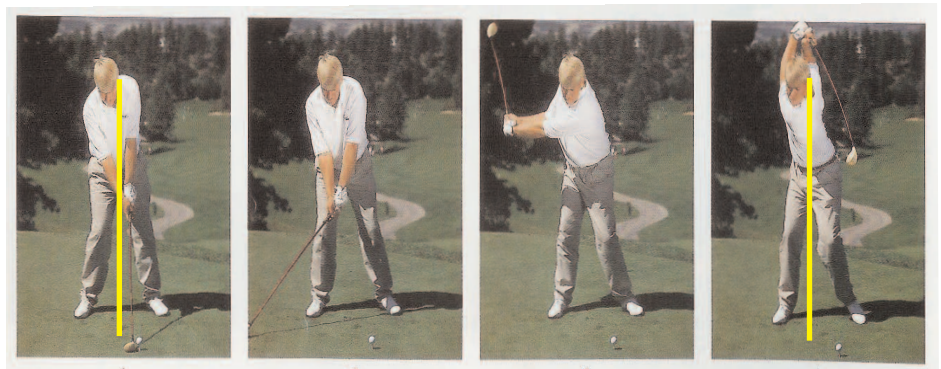
“The post modern golf swing reminds us to keep our head still on the back swing and bump into our back hip for a weight shift...”

Post Modern Swing Myth - Keep your head still and then make a weight shift. Bump into your back hip on the backswing to create a weight shift.

Modern Golf Swing Principal #2- **The only lateral motion is the head. The lower body merely rotates.**

First of all, it is impossible to make a weight shift without moving your head. Your head is just above your torso which holds most of your body mass. The head absolutely rotates in the athletic golf swing to encourage a circle and it moves slightly lateral in both back and through. This is what creates a weight shift. Look at the hat of any professional player and you will see how the bill of the hat is rotated about 10-15° when the player is at the top of the backswing. In addition, the head has to move from 1 to 4 inches in the backswing to create a weight shift. This motion displaces the body mass back and through. Although this is slight lateral motion it is minimal compared to the rotational power. This lateral motion gives the modern golf swing about 15-20% more power.

Look at these photos of John Daly. Eventhough John has been around the tour for some time he has one of the innovative swings of his era. He adopted a lateral motion with his his head vs. movement is his lower body.





Here is a photo of the post modern swing in a finish position. Notice how the head is hanging back and the legs are driving forward. This particular finish is know to put undue stress on the back. It also difficult to have the club come back into the ball consistently when the lower half or base of the swing is moving so much laterally.

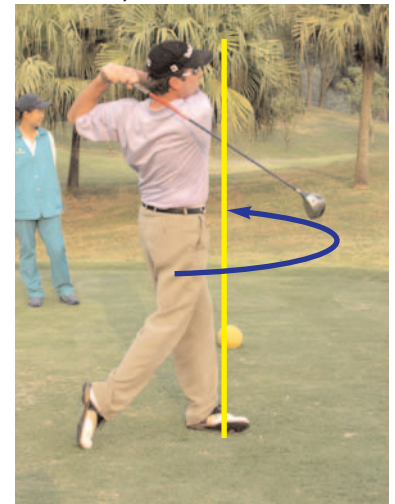
“Drive your hips and legs forward on the downswing. Meanwhile keep behind the ball with your head”

Post Modern Swing Myth - Keep behind the ball and drive your legs through.

Modern Golf Swing Principal #3- **Post up into your front leg then rotate everything around it.**

Keeping your head back and driving your hips wrenching the spine. Repeating this technique over a prolonged period of time will find youeself with many visits to a chiro-practor. Modern players simply don't employ this move anymore. In addition to the toll it puts on your body, the old reverse “c” finish doesn't promote proper balance.

In our modern swing, once the body begins to unwind and rotate on the downswing, the front legs starts to straighten and post up to help support all the the pressure on the through swing. In addition, the front leg straightening allows the upper body to 'catch up' and stack itself in balance above the lower body. The head will have some lateral motion on the follow-through while the base or lower half merely posts up and rotates.



The end result - the upper half and lower half of the body have finished on top of one-another, promoting proper balance and maximizing true power in the golf swing. The other benefit of course, is a less pressure on the back, so it's a swing that will last for along time.

Feet Together Drill - Here is a good drill to eliminate too much lateral motion in the downswing. Stand with your feet and knees touching with the ball directly in the center of your stance. Next, begin hitting shots and try not to loose your balance during the motion. You will notice that you cant go at it too hard otherwise you'll loose control and balance. Also, you will must be relaxed to do this drill properly. You will be surprised as far you hit the ball with this drill. Keeping your center from moving around encourages faster rotation which leads to greater clubhead speed.



“Take the clubhead back first. Rotate the club to a toe up position half way back. Release the club on the through swing by rotating the forearms”.

Post Modern Swing Myth - Use independent arm & hand motion to move the club back and through.

Modern Golf Swing Principal #4 – **The arms and forearms have no independent motion of the body during the swing.**

Look at this photo on the right. It shows a common takeaway from the post modern swing. The arms and hands dominate. This moves encourages hyperactive hands and arms on the through swing. Too much arms and hands leads to opening and closing the clubface excessively - a symptom that requires great timing to reproduce consistent shots.



post modern take-away



photo#1



photo#2

The modern swing takeaway puts the shaft perfectly perpendicular to the spine. This is simple geometry at its finest. These angles are much easier to duplicate than our older counterpart above. (photo#1)

Notice also how the clubface remains parallel to the spine position, indicating that no forearm rotation has taken place. All the motion is done strictly with the body. This keeps the blade parallel to the spine keeps its square to the target-line much longer. (photo#2).

Table Top Drill - Hold the club out in front of your body. Keep the shaft horizontal to the ground, as if it were lying on a table. Notice that the clubface will be pointing straight up and down in a vertical position or perpendicular to the shaft (photo#1). Next, begin gliding the shaft back and through on this imaginary table (photo#2). The clubface should remain square at all times or vertical both back and through (photo #3). Only go back and through 90° or half way on each side. In order to do this exercise

correctly, you will notice the roll of your hands and arms are minimized. Your body and large muscles control the rotary movement of the shaft. Ultimately, it is the body that controls the shaft. The shaft controls the hands. The hands are equal to the clubface.

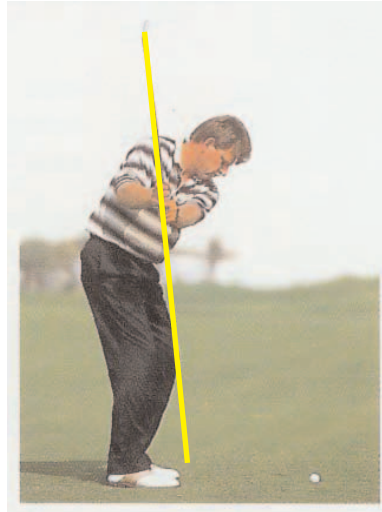


“On the downswing, drop the club down on a shallower plane. Let the club come from the inside of the target line”.

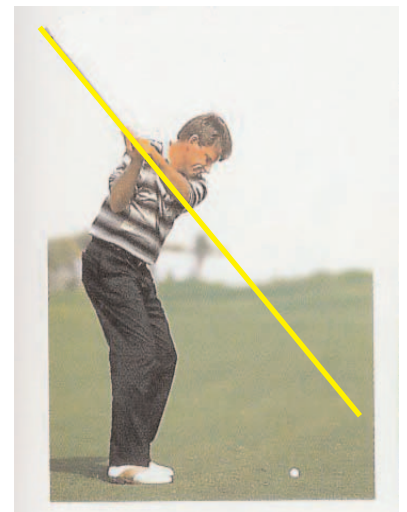
Post Modern Swing Myth - Drop the club down onto a shallower plane on the through swing.

Modern Golf Swing Principal #5 – **Keep the club on the same plane both back and through.**

The simpler the better. There is nothing more simple in concept than swinging the club both back and through on the same swing plane. If the train leaves the station on its tracks it is easier to get to the next station all it tact. Look at the photo right of Nick Price. His back swing plane is much more upright than his downswing plane. Although this moves produces much power, it is difficult to regulate the same amount of drop every time.



Post Modern - backswing



Post Modern - downswing

Look at the below sequence in the modern swing. The shaft stays on the same plane all the back and through. This is not as easy as it looks. To achieve these positions on the way down, the trail arm must pressure the club more upright. This takes a lot of strength in your back forearm.



Modern Swing - set-up



Modern Swing - backswing



Modern Swing - downswing