



As though you were sitting on a bar stool ... Why?

I propose chronicles that will have as an objective to enlighten certain concepts that, according to me, slow the progress of a golfer. I will give you suggestions to facilitate your learning.

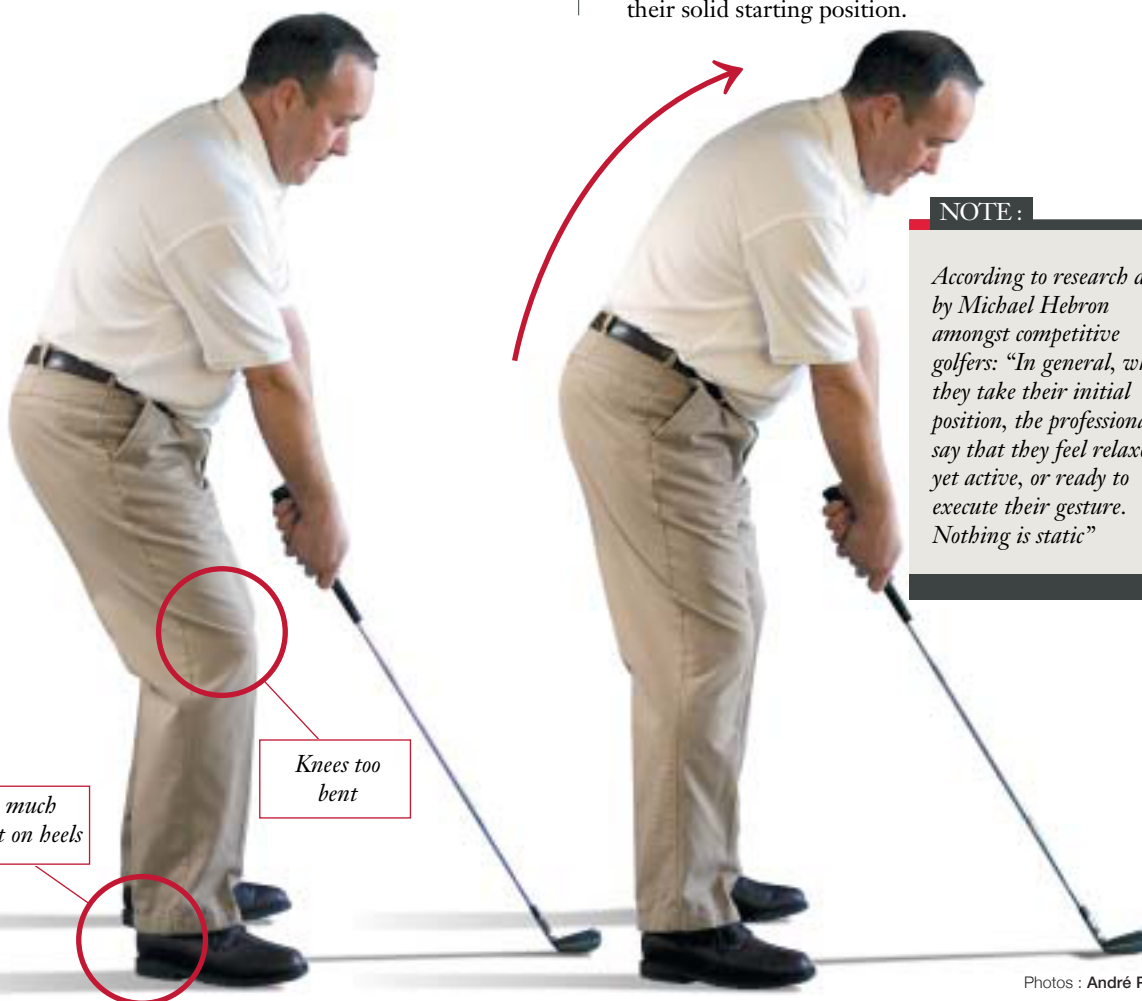
The Problem:

This posture, where you bend your knees as though you were sitting on a bar stool, limits the rotation potential of your hips. With limited rotation comes a loss of balance. At the beginning of your swing, your weight sits on your heels and, by reflex will try to shift to your toes at the moment of impact. This posture concept prevents you from accomplishing a good swing because proper balance is not present. When loss of balance occurs, it makes it difficult to achieve consistent results.

The suggestion:

To achieve a smooth swing while maintaining balance, it is essential to adopt a solid starting position. It is thus necessary to incline your body forward, from the hips, so that your arms are naturally lengthened until you feel the sense of balance in the balls of your feet.

Therefore, if you are filled with wonder while watching Tiger Woods, Mike weir or "our" Daniel Talbot making swings that are so incredibly solid, remember that their power is drawn from the balance found in their solid starting position.



NOTE :

According to research done by Michael Hebron amongst competitive golfers: "In general, when they take their initial position, the professionals say that they feel relaxed, yet active, or ready to execute their gesture. Nothing is static"

Photos : André Pichette