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How To Get Rid Of Tension In Your Golf Swing

By Sean Cochran

I think we have all been there. You are staring down a long par 4 from the tee box. The fairway is lined with trees on both sides. The landing area is "tight" and hitting 3 wood or iron is not an option, the hole is too long.

You pull out driver and tee up the ball, knowing to win the skin with your buddy you have to land this tee shot in the fairway. You take a few practice swings, address the ball, look down the fairway (it looks a little tighter than before), begin your backswing, and bang!

Your body tightens up. You hold onto the club and hook it into the trees. You think to yourself that bogey will now be a good score. You are upset at yourself and watch as your playing partner swings a smooth driver that lands the ball on the left side of the fairway.

You begin to grudgingly walk towards your ball, hoping you will find it, saying a few things under your breath, and questioning your swing mechanics.

What just happened? A situation that most of us have encountered at some time in our golfing career. We take some smooth practice swings, but when the ball is before us and we have to execute the shot we "tighten up" and hit a chunky, thin, or fat shot. We have allowed tension to seep into our golf swing. We all know that the swing is a free-flowing movement that requires your body to be loose.

Dean Reinmuth, one of Golf Digest's top instructors, speaks extensively about this term in his book. He discusses how a swing needs to be free and flowing. This allows for the club to travel on the correct swing path and develop club head speed. Muscle tension will impede and ruin your swing.

If your muscles are tight, how will you be able to swing a club in a free-flowing manner? You will not be able to do so. If you are gripping the club with a Hulk Hogan "sleeper hold," how are you going to swing the club freely? You can't. If you are unable to "feel" the club head, how are you going to swing the club freely? Again, the answer is you will be unable to do so.

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If you have your doubts, give it a try. Head out to the range, purchase a bucket of balls and go at it! Warm up with a few wedges and then grab your 7-iron. Hit a few half shots and let's begin the experiment. First off, take the club and grip it as hard as you can. Now, attempt to hit the ball. What happened? I am guessing not a good outcome. One more time with our experiment, grab the 7-iron and address the ball. Now, when hitting the ball your thought should be: "I am going to hit this ball as hard as I possibly can." Go ahead, try to hit the ball. What happened? Again, I am guessing the outcome was not good. What happened in both of these situations? You developed "tension" in your swing, and it impeded your hitting the ball solidly.

Next question: how do you develop a smooth, free-flowing swing that is tension-free? Quite a few aspects are part of this equation. Developing proper swing mechanics is part of the answer. The swing is an intricate movement that is the "blending" of a series of movements into one free-flowing movement. In order to develop a "tension-free swing" you must develop your swing. This is a process that takes time, proper instruction, and practice.

Additionally, you must develop the proper mental confidence in your game. The example in the beginning of this article is a prime example. If you are not mentally confident in your swing, what do you think is going to happen on the tee box? Your body reacts to your mind and "tightens up," resulting in a poor swing.

How do you develop the mental side of the game? This is again done through the development of your swing, practice, and playing. As your game develops, confidence in your swing will develop. It is a give and take, so to speak. As your golf swing improves, so will the mental aspect of your game.

Finally, we must discuss the body. Yes, the body has an effect on a "tension-free" swing as well. Follow the logic, for muscles to be loose and free-flowing, they must be flexible. Being "tight" and not flexible puts you in a state of tension even before you get to the first tee! If you do not believe me, go to the gym and do 10 sets of heavy bench presses and then go to the range. See how well or poorly you hit that bucket of balls!

If your body is not flexible, you will not be able to perform the free-flowing movements of the swing. The body needs to be flexible for a tension-free swing. If you are inflexible, the ability to even develop your swing mechanics to a point where they are free-flowing will be impossible.

Bottom line is you need to develop your flexibility around your swing.

How do you go about doing this? The implementation of golf-specific flexibility exercises into a training program will do the trick.

The swing and the mind work together to develop a tension-free swing. You cannot develop one without the other. A comprehensive approach is required when developing a tension-free swing. Working only on your swing mechanics will not work if your body is inflexible. Doing only flexibility exercises will not do the trick if your swing mechanics are incorrect. And focusing only on the mental side of the game will not work if your swing is a mess, and your body is as well.

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A tension-free swing allows for great shots from all over the course. Developing this type of swing takes time and effort. You must train the body, the swing, and the mind. This is the ticket to your "tension-free swing".

Sean Cochran is one of the most recognized golf fitness instructors in the world today. He travels the PGA Tour regularly with 2005 PGA & 2004 Masters Champion Phil Mickelson. He has made many of his golf tips, golf instruction and golf swing improvement techniques available to amateur golfers on the website

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Some Tips To Improve Your Golf Swing

By Edwin Shackleford

So, your golf swing needs improvement and you know it? Here are some tips in making better golf swings. Tip no. 1. A great golf swing does not mean you have to swing with arms.

Behind your back, put your golf club while you turn your back to your target. It is like taking your club back as you hinge your arm at your shoulder.

You could also practice the drill known as no arms.

Tip no. 2. You should not forget cocking wrists. Do not forget cocking your wrists. This might be difficult at first, but it will be natural to you with enough practice. Tip no. 3. You should let the left arm clockwise slightly when you start the back swing. It is not really something that you actually should remember. It naturally happens if you would just allow it. This just means that you should not resist this movement that is just natural. You might not notice it, but you might have been resisting this movement because this causes the head of your golf club to go open slightly when you swing it. Just allow it to happen. Tip no. 4. Plant your feet firmly on the ground. You might have copied this from baseball. That is, letting your foot heel in front to come above the ground when you swing your golf club back. Some people think that by doing this so, their back swing feels more huge.

It is something that seems lifting the front heel can easily make the body coil and for the tension to build that much harder. Letting the foot roll freely to the inside is fine. However, one should keep that foot on the ground to make golf back swing well-anchored. Tip no. 5. From the bottom golf down swing.

Assuming that you accomplish all the drills correctly - from the golf stance, the golf grip you have, and

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your golf back swing. But you can still ruin everything if you begin the golf swing that you have with the shoulders. You might want to use a swing trigger to begin the golf down swing that you have with the lower part of your body. Tip no. 6. And again, on your golf down swing. You should turn the belt buckle to your target.

Try turning your hips as powerful and fast as possible when you do your golf down swing, it works.

Edwin Shackleford has been helping individuals improve thier golf game for years. Visit His Site Today

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