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**The One Piece Takeaway In Your Golf Swing (pt. 2)**

**By Glen Osborne**

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Pictures and video clips are shown for this part  
on my website at:

<http://basicbodymovementforanygolfswing.com/onepiecetakeaway.html>

**The One-Piece Takeaway Movement**

This is a brief outline of what is in my lesson modules.  
(Note: the references are for a right-handed golfer. I am a  
left-handed golfer, myself. Please think left in place of right  
if you are also a left-hander.)

You have positioned yourself at your golf ball, set up in a  
comfortable posture, and you are now ready for your first  
movement to take your golf club away from your ball.

The start of your first move is to draw your right shoulder and  
armpit area back towards your right heel --- in a straight line.  
The completion of this move will place you in a position which  
features:

- \* The front of your shoulders closely in line with your  
right foot.
- \* Your shoulder blades facing the green or fairway area  
where your ball will land.
  
- \* During this single movement action you are to maintain your  
posture angles.
- \* You must also maintain the position of your arms to your  
body and of your hands to your forearms.
- \* There must NOT be any sideways movements of your arms

to help you turn.

- \* There must NOT be any turning of the hands.
- \* There must NOT be any "flipping" or "hinging" of the hands at your wrists during the early part of this movement.

An often used instruction to start the takeaway is to initiate the movement with your left arm and left side. Little thought is given to your right side. Your right side has to move backwards, out of the way, for your left side to arc comfortably down and under your chin.

And, guess what?

Correctly pulling your right shoulder area back to your right heel will comfortably draw your left shoulder under your chin without any difficult pushing activity.

So, how do you pull your right side backwards as indicated above? First, a practice exercise.

1. Stand up right. (Do this in front of a mirror if you can.)
2. Put your hands on your shoulders to prevent arm movement.
3. Firm your whole body.
4. Pull your right shoulder straight back to be above your right heel.
5. You must feel the weight of your body about half way between your right hip joint and your tailbone.
6. The front of both shoulders should be above your right foot.

Did you notice what muscle carried out this movement?

No! OK, repeat the movement following the above instructions. As soon as you begin the movement try to identify what muscle is pulling your shoulder and armpit area backwards.

Still can't quite figure out which muscle it is?

It is the part of your large back muscle where it passes over your right kidney area. At least you will feel more tension at this spot of your back muscle.

Your back muscle is very powerful ——— when it is stretched out and then tightened aggressively. The effort needed by this muscle to draw your right shoulder backwards is not very much. In my

lessons, I use an arbitrary number like one twentieth of its power.

This is the only conscious movement you need to do the "one piece takeaway".

In the pictures and videos on my website you can see how my upper body responds to the one movement described above.

#### The One–Piece Takeaway Movement In Posture

1. Set up in your usual posture when addressing the golf ball.
2. Place your hands on the front of your shoulders.
3. Firm your whole body.
4. Be aware that your spine is now angled forward.
5. Pull your right shoulder straight back to be above your right heel.
  
6. But, since your spine is angled forward your right shoulder also arcs upwards as it moves backwards.
7. Feel your left shoulder arcing forward and under your chin area.
8. As above, your arms must not move out of position to your body to assist the turn movement.
9. You must feel the weight of your body about half way between your right hip joint and your tailbone.

This turn in posture must feel comfortable.  
You should not feel any pinching and stretching in your sides or backbone areas.

#### Summary

Remember, the more movements you use or allow in your takeaway movement then the more problems you will have trying to make all these movements work together. You can do this. But, you will have to practice more often.

If you can learn to do the biggest part of your takeaway with one movement you make it easier to have a good golf swing with less practice.

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## **The Proper Takeaway And Backswing**

**By Jack Moorehouse**

When it comes to the swing, my golf instruction hinges on a simple idea: The swing is a chain reaction. What occurs at the start of the swing influences what happens at the end. If you execute the takeaway and backswing properly, you'll hit the ball with accuracy and power. If you don't, you'll hit the ball off-line and with little power.

A proper takeaway is critical to a good swing. Like the catalyst in a chain reaction, the takeaway starts everything in motion, as I stress in my golf tips. It introduces width and coordination in the swing, and determines the quality and shape of the shot. In fact, many experts consider the first 30 inches of the takeaway the most crucial point in the swing.

A one-piece movement starts the takeaway. To achieve this, sweep the club back low and slow as your left knee, hip, and shoulder turn to the right. Shift your weight slightly onto the right foot (for right-handers), creating the feeling as if the move was "all arms." And hold your chin up as you take the club away to allow for a full left shoulder turn.

Here, some golf instruction differs on the position of the left heel. No hard and fast rules state that it should remain planted during takeaway. You're free to lift it if you have to. I recommend in my golf lessons that you keep it planted as long as you can, creating resistance in the swing. However, if your heel must come up to complete the body-turn, then by all means lift it. It all depends on how flexible you are.

Also, keep your wrists passive until the club reaches the height of your right hip. Cock your wrists at this point as you complete the body turn, forming a right angle between the shaft and the left forearm.

This is a good checkpoint. If your wrists form a 90-degree angle and the club is on plane, your takeaway has been sound.

Continue turning your arms and body until you're at the top of the swing, or in the slot. Your weight is on your right foot and your club is as close to horizontal as possible. Both thumbs are under the shaft.

Next comes a key transition point, one that I really focus on in my golf lessons. It needs to be smooth and unhurried, so don't rush it. If you do, your swing will be come too narrow.

Many tour players and players with low golf handicaps employ Harvey Penick's "Magic Move" at this point. It's ideal for beginning the downswing. And it's simple.

At the start of the downswing, shift your weight gradually to the left side while, at the same time, bringing your right arm closer to your body. That's it. It's a subtle but highly effective move.

The Magic Move flattens out the swing plane slightly, putting it on the ideal position from which to swing the club on the optimum path and deliver the clubhead squared to the ball with power.

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The rest of the downswing is basically a reaction to what has come before. Retain the 90– degree

angle between the left forearm and club as long as you can. Keep the flex in your knees and the gap between them as the club comes down. And settle your weight gradually on the left side of your body. Finally, make sure you keep your body behind the ball at impact.

At this point, if you've executed the takeaway and downswing properly, you'll return to the same position you assumed at the start of your swing. The rest of the swing should follow naturally.

A good exercise to practice when you can't get to a driving range is the tire drill. It's one I sometimes use in my golf lessons.

Take an old tire and line it up where the ball should be in your swing. Then take a club, assume your normal set–up. Execute the takeaway and downswing, hitting the tire instead of the ball. Substitute a golf bag for the tire, if you want. Practice this drill as often as you can. It helps perfect the takeaway and backswing.

Your swing, as I said at the beginning of this golf tip, is like a chain reaction. What happens at the start affects what happens at the end. Practice the sequence detailed here, including Harvey Penick's Magic Move, and you're well on your way to developing a consistent, error–free swing—and to a lower golf handicap.

Jack Moorehouse is the author of the best–selling book "How To Break 80 And Shoot Like The Pros ."  
." He is NOT a golf pro, rather a working man that has helped thousands of golfers from all seven continents lower their handicap immediately.



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