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The Proper Swing Sequence

By Jack Moorehouse

Some people who listen to my golf lessons think the swing is all about moving the right body parts.

But knowing which parts to move isn't enough. You also need to know what sequence to move them in, when, and how quickly. Building rhythm, timing, and tempo into your swing is a prerequisite to hitting good golf shots time and time again.

Helping players develop swing consistency is a priority in my golf instruction. I work diligently with them, to help them learn both the components of a good swing and the "feel" of one. Once they learn these, they're well on their way to hitting good shots consistently.

Below is the swing sequence I recommend in my golf tips. Following it builds rhythm, timing, and tempo in a golf swing. Practicing it builds consistency

Initiate the swing trigger.

Player, Palmer, and Nicholas all start their swings with a little move that triggers the action. Player kicks in his right knee. Palmer waggles his club one final time. And Nicholas turns his head to the right. These movements help each player make a smooth, fluid start to the backswing, preventing any jerky movements that destroys critical swing linkage.

Start the takeaway.

Requiring a one-piece movement, the takeaway determines the swing's shape and tempo. Moving the club, hands, arms, and chest in unison keeps the clubhead low and the backswing full. It also starts a wide and a powerful move away from the ball.

Set the clubhead on the right plane.

During the first few feet the swing, the club must move gradually inside the ball-to-target line. At the same time it must stay outside your hands. The key to setting the clubhead on the right plane lies in starting the swing with the butt of the club. Moving the club in towards your right thigh helps set the

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club on the right path.

Open the clubhead slightly.

I recommend in my golf tips that you think of the clubface as a gate that opens slowly clockwise in conjunction with the turning motion of your body. Open it slowly as you set the clubhead on the right plane.

Check the club at the mid-point of the backswing.

At this point your left arm should be close to your body and the right elbow splayed out slightly, pointing down toward the ground. Your wrists should be fully cocked, forming a 90-degree right angle between your hands and the club. From here, it's an easy move to the top of the backswing, also known as the slot.

Turn your head right.

Here, you should be aware of some tension in your right knee. Your left shoulder should be comfortably underneath your chin. Allowing your head to turn to the right as you swing the back to the ball encourages your spine to rotate. It also gets your weight moving in the right direction. The club should be as parallel to the target line as possible when it reaches the slot.

Start turning the lower body.

The body as a whole is then able to unwind in one motion. The movement produces a swinging motion of the arms, hands, and club, allowing the clubhead to peak through impact. Think about swinging the clubhead, not hitting the ball.

Straighten and release your right arm.

Do it as early as possible from the downswing, maintaining the 90-degree angle at the back of your wrists. Gradually opening up your body the target widens your downswing arc and puts the clubhead on a square path to the ball. In my golf lessons I tell players to drive the right knee toward the left, but to delay the club's release as long as they can, creating solid contact.

Firm up the left side of your body.

It needs to both support and resist the release of the clubhead as your torso unwinds. At the same time drive your right side through the ball as hard as you like. Your arms should be fully extended and your weight going forward, sort of like a lumber jack chopping down a tree, to generate optimum impact. I have players in my golf instruction sessions practice swinging the club like a baseball bat. Then, I have them lower the club to the ground, but continue to swing the club the same way.

Rotate the body fully through impact.

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Most of the player's weight will end-up on the left side of your body and your right heel will be up. At this point, the knees touch lightly, the hips are fully turned, and the right shoulder is pointed at the target. Accelerating the clubhead through the swing carries the player through the swing.

Finish with hand high above left shoulder.

The player will be in a straight up, balanced position when the swing is completed. Your hands will finish high, just like you see in golf instruction manuals.

Producing good golf shots requires not only knowing which body parts to move in isolation but also examining the swing holistically. Practicing the steps I describe above in the sequence encourages this holistic look. Successfully linking them together into a smooth swing, with rhythm, tempo, and the right timing, builds a coordinated, repeating action, and generates consistency and accuracy.

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." He is NOT a golf pro, rather a working man that has helped

thousands of golfers from all seven continents lower their handicap immediately.

Improve Your Golf Swing By Focusing On Your Finish Position

By Sean Cochran

Watch the pros on Tour and notice how in-control they look at the finish position of the their golf swing. Why? Because they are!

They are in perfect balance. Even the pro who might look a little "crooked" at the end of the swing has a balanced swing. Vijay, who is slightly bent to the side at the finish position of his driver, is still in perfect balance.

How often do you think an amateur practices or even thinks about his or her finish position? Probably never. I would surmise that once contact has been made with the golf ball, most amateurs' thoughts shift to the ball flight rather than where our body is finishing the swing.

Why is the finish position so important to a successful golf swing? And beyond that being in a balanced finishing position?

The finish position is directly related to two very important concepts involved in the golf swing. Number one is swing plane and clubhead is number two.

The swing plane is defined as the path on which the golf club should travel upon during the swing.

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A quick review of the swing plane tells us that beginning with the address position, into the backswing, onto to the downswing, into impact, to follow through, and completing with the finish position, the golf club is intended to travel on a specific arch. This arch is a result of the biomechanics of the golf swing sequencing properly. In other words, everything working with the correct timing.

Think of the club traveling in a circle during the swing.

This imaginary circle is your swing plane and it dissects your back shoulder on the backswing and transition phases of the swing.

Returns to the same position as you started at impact with the ball, and dissects your front shoulder during the follow through into the finish position.

If the golfer maintains the clubhead on this path during the swing this is an indication that the mechanics of the swing are being performed properly.

What does a balanced finishing position have to do with the swing plane?

A balanced finishing position is yet another indicator that, number one, the golf club is following the correct swing plane, and number two, the golfer is performing the mechanics of the swing in the correct sequencing with proper timing.

Secondly, the finish position is directly related to what is referred to as "feeling" the clubhead.

Ask any Tour player they will tell you that they can "feel" the clubhead at any moment during the swing.

Completing the swing in a balanced finish position requires you to be "tension" free and feeling the club head through the entire swing.

Now the bigger question is, how does the amateur golfer get to a balance finish position?

Easier said than done. To develop "feel" in the swing, maintain the proper swing path, and develop a balanced finish position requires mastering three principles.

Principle number one is proper swing mechanics. In order to develop "feel" and correct swing path requires the golfer to develop the correct mechanics of the swing.

Not only do you need to learn the different fundamentals of the swing, you need to train yourself to put these fundamental in proper sequence.

Principle number two is the body. The body swings the club. Your body must have the flexibility, balance capabilities, strength, endurance, and power to perform the mechanics of the swing.

If the body is unable to take the club on the proper swing plane because of a lack of flexibility or lacks the power to develop clubhead speed. The ability to maintain a proper swing path, and finish in a

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balanced position will be compromised.

Principle number three is practice. In order to develop the proper swing plane, create "feel" for the club, master the mechanics of the swing, and develop a body to support the swing, you must practice the swing and train the body. Over time this will result in the development of components of a proper golf swing.

The amateur will often leave out one of the three principles. If the golfer does not practice, train the body, or develop swing mechanics, it is unlikely you will keep the clubhead on the correct swing plane.

Bottom line, a balanced finish position is a very good indicator that particular swing was efficient. It also should tell you that your body is flexible, strong, and powerful.

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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