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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.

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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.

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

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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.

Tips For Good Golfing: It's All In The Swing

The Proper Takeaway And Backswing

By Edwin Shackleford

Believe it or not, when one performs a golf back swing, it is not just your arms. It is also more about the golfer's back as it turns away from the target. The club is more so as being put behind the golfer's back than it is swung up towards the air.

The move backswing

If you look at it closely, the golf back swing actually works from up to down. The takeaway back swing begins from the top as you make the movement on your arms and follows as you do that turn on your shoulders. The movement then goes straight down towards the legs and the hips.

The golf back swing is primarily about how the body is being coiled upwards thus creating the needed tension in the muscles as well as torque to be able to let out that all powerful downswing. Particularly, that swing is created anywhere in between the golfer's turning his or her upper body as well as shoulders and the turning - to a lesser degree - the lower body and the hips.

Relax

It is highly advisable that one should not do the swing in a hurried manner. If a back swing is in any way done in a hurry, the downswing does not become fast, actually it could do the opposite.

The backswing speed should be in a tempo that is steady and should neither be fast nor slow. Although some golfers have that tendency to go way faster than the regular. Anytime you catch or are aware of yourself doing this, try to slow it down a bit.

The move downswing

When you reach the downswing, all you really need to do is to just let it go. Let the downswing happen. However, this only applies if ever you were able to start with a golf stance, backswing and grip that is correct.

The downswing must be the organic result of all that went before it. If you were able to do your backswing in the correct manner, your body will unwind in itself thus releasing the club and striking the ball that will therefore result in a follow through that is balanced.

The follow-through move

A follow-through should be best seen as the feather in your cap move. The legs must be adequately straight and the hips have to form a straight line together with the legs.

This move will serve as the gauge of the whole swing you have just done. You know that you were able to pull a swing that is smooth and balanced if in the end you have a position that looks like the letter C only in reverse.

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

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