

Why Bad Swings happen to Good People



By: **STEVE KIRKPATRICK**

Author of "The Dimpled Sphere"

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LEARN HOW TO:

- Master the fundamentals
- Improve your short game
- Fix common faults
- Choose the right equipment
- Better understand rules and etiquette
- Practice more effectively

For more tips, information, news and products to improve your golf game, please visit www.kirkpatrickgolf.com

And if you have any questions or comments, feel free to email steve@kirkpatrickgolf.com

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Author of "The Dimpled Sphere"

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I N T R O D U C T I O N

After completing my first book, *“The Dimpled Sphere”* I had no immediate intention of writing a second one. Although I’ve always enjoyed writing I was content with reaching my goal of writing one book within my lifetime. I must admit though I spent hours reading and rereading the text of my first book, always wanting the change this or add that. In fact I practically drove Cindy Stoeppler, my layout and design editor crazy with all the changes and last minute additions. She finally said, “Steve, save it for your next book!” That’s when I realized I’d better start putting these thoughts down on paper in case I decided to take her advice. The rest is history.

Initially, I wanted to write solely on the subject of cause and effect—explaining how players often mistake the two in regards to their bad shots. I also wanted to write in more detail about fundamentals, golf club dynamics, the short game and a personal perspective on matters of the game.

I’ve always been more of a listener and observer than a talker or performer. I think it goes back to growing up with a showman for a brother. Kirk, my older brother was performing in front of crowds at the age of six and never stopped. Unlike him, I wasn’t comfortable on the stage, but I loved to watch and listen to the audience and how they would respond.

My habit of quiet observation continued during my nearly fifty year involvement with the game. As a result I’ve developed a number of opinions when

it comes to the game of golf. A few examples I write about include the impact golf can have on young people, unrealistic players, overbearing parents, golf course architecture and respecting the virtues of what the game stands for.

So while this book contains plenty of black and white chapters on the golf swing, scoring, and golf equipment, it is a bit more opinionated. A golf editorial if you will about various aspects of the game and those who play it.

I had a lot of fun discussing my chosen topics and especially the chapter on my radio call-in show. You know, maybe I do have a little of my big brother in me after all...

I do hope you will find the reading interesting, thought-provoking and beneficial to your game.

STEVE KIRKPATRICK
PGA Professional





CHAPTER 3

THE CORRECT SWING

THE TAKEAWAY

The hands and arms swing the club back so that the club head remains outside the hands the first few feet as it moves away from the ball creating a wide swing arc. The feet and legs remain quiet during this portion of the swing.

THE MIDDLE OF THE BACKSWING

The correct takeaway is already paying big dividends as the arms reach waist high. The swing shape is defined by a wide sweeping arc from the body and arms moving in unison. The club remains on plane because the hands and club head have maintained their relationship created in the takeaway.



The shoulders have already turned about 45 degrees as the upper body begins coiling against the flexed right knee and inner thigh.

THE TOP OF THE BACKSWING

At the top of the backswing the shoulders have rotated 90 degrees from their position at address. The key here is the shoulders have coiled fully against a restricted hip turn supported by the flexed right knee. This dynamic seen with all good players clearly shows the coiling of the upper body against the resistance of the lower body. If the left heel raises at all it is only as a result of the coiling of the upper body and pulling of the hips and lower left leg. There should be no conscious effort to raise the left heel.



THE DOWNSWING

The feet and legs provide balance, support and power to the arms as they swing the club down. The weight shifts from the inside of the right foot to the left foot. The knees widen as the legs slide laterally toward the target with the hips following their lead. The arms swing the club down while maintaining





the arc created in the backswing. Because the hips slide laterally left before turning the downswing plane may be slightly flatter than the backswing.

IMPACT AND FOLLOW THROUGH

The hips and torso are turning towards the target making room for the arms to swing down the target line and release the club head through the ball. The head remains behind the ball through impact as the right forearm rotates over the left. During the follow through the body continues turning toward the target as the club head points left of the target line.



FINISH POSITION

The momentum created through impact will carry the club around the body and over the left shoulder. At the finish position 90 percent of your weight is on the left foot while balanced on the right toe. The belt buckle will face the target and the right shoulder is closer to the target than the left.



SUMMARY

Again we see the importance of the pre-swing fundamentals that sets the ground work in developing a powerful, fluid and balanced swing. The correct set up and starting the club head back properly creates a chain reaction built on tempo, rhythm and balance.

They are as follows:

- The proper grip, posture, ball position and alignment set the stage for balance and rhythm in the swing.
- The hands and arms swing the club back creating a wide arc establishing the proper plane.
- The shoulders follow the arms by turning to approximately 90 degrees from their address position.
- The arms swing the club down supported by the feet and legs
- At impact the position of the arms nearly duplicates their position at address as the lower body turns out of the way.
- As your hands release through the ball the momentum lifts your arms as your body follows.
- A balanced finish is the cumulative effect of all that has occurred before it.

Get more enjoyment from playing the game.

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Steve Kirkpatrick, a 20 year member of the PGA has been featured in *PGA Magazine*, *The Wall Street Journal*, *Tee Times Magazine*, and has written and starred in two cable TV shows.

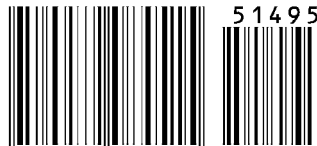
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