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Let's Talk LAC's GOLF MACHINE! (locked)

• lagpressure



- 
- Dec 14 2008 14:44
- 1430 posts
- Member since 2008
- 

rteach1

I have a book in the works...

It seems inevitable that I will be somewhat involved in teaching the game on some remote level, but I don't suspect I'll be on a range teaching. I really believe that the golf swing should be first taught without a ball.

All the extensive training I did to teach myself was without a ball.

A limited number of balls would be struck just to test or confirm my progress.

If I liked what I saw, I would go right to the course.. if I played well, I would get into competition right away and put some heat on it.

You can save a great deal of time and effort if you practice the correct things.. I wasted a lot of time working on things that were counterproductive.

I know better now..

-----

Lag Pressure throwaway is the root of all golf's evils

- **dap**



- **Dec 14 2008 15:35**

- 349 posts

- Member since 2005

- 

Lagpressure and BPGS1,

So I assume that you are advocates of pivot controlled hands rather than the other way around? Most TGM teachers don't have this view so you guys are going against the grain.

Hands controlled pivot advocates says the mind should always be thinking about the hands and that if the hands move correctly then the pivot will also. What are your thoughts on that?

- **lagpressure**



- **Dec 14 2008 19:18**

- 1430 posts

- Member since 2008

- 

I see it this way,

If your pivot is doing the right thing first, putting your attention on the hands if fine. The problem with hand controlled pivot is that I see a lot of people getting way to worried about what the hands are doing, FLW, hinge actions, swing plane.. at the expense of the pivot. A properly working pivot cannot be over looked.

You can swing "on plane" with educated hands.. you can do flashlight drills all night long in the dark, but if the body doesn't turn, center, fire, and finish, it's not going to do much for full shots.

During the golf swing, my mind is on the feeling of impact. That's it. A fade, a draw, low, high, or any combination has a different impact sensation.

I pick the shot I'm going to execute, address the ball, aim it, feel that execution in advance in the cells of my body, as soon as I gather that feeling, I pull the trigger and execute that impact sensation.

I don't think about anything other than impact. No hands, no pivot, nothing.

I do all that stuff at home, drills, etc... once I'm on the course, it's ball, target, feel it, execute it.

Now as far as learning the swing, I would agree that you do need to monitor the hands, they DO need to know where they are and where they are going. The pivot must also be worked on. I'll put my mind anywhere it needs to be when I am working on my swing. Feet, hands, hips, arms, legs, anywhere I feel needs attention. I never do this anywhere near a golf course.

Flashlight drills have value, sure.. especially for beginners, but the plane does change as it approaches full speed... and I don't think flashlight drills tell us much at full speeds through impact from P3 to P4, where it really counts. It's just hard to see it at 100 mph.

So I don't think I am going against the grain, both hands and pivot need their time and focus in the learning process. At the end of the day, the more the hands, arms, and pivot all feel a oneness, the better.

Things can be trained with this in mind right from the start.

---

Lag Pressure throwaway is the root of all golf's evils

- **Bio**



- 

- Dec 14 2008 22:01

- 1237 posts

- Member since 2008

- 

Lagpressure,

This is a fresh of breath air to hear this, having both hands and body educated is the key, but must be an even balance as well.

Good to hear people talking a bout what motors the accumualtors and delivers our power package.

Now we are talking golf

---

Mechanics are a bi-product of biomechanical function

- **iseekgolfguru**



- 

- Dec 14 2008 22:40

- 8159 posts

Lets reiterate that TGM teaches Body, Arms, Hands in those 3 Zones.

Once a good pivot is going on, then the hands know where to go and what to do.

- Member since 2003

- [View Monitored Posts](#)

- 

- **Bio**



-

I might spark a few nerves here but I don't care it's time someone like myself started ruffling a few feathers to start get something done. I'm fed out of listening to the bullshit and consumers being lied too

---

Mechanics are a bi-product of biomechanical function

• **jeffmann**



• Dec 15 2008 02:19

• 759 posts

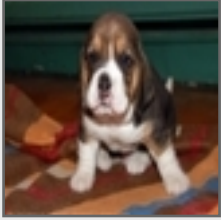
• Member since 2007

Lagpressure - you wrote-: "Flashlight drills have value, sure.. especially for beginners, but the plane does change as it approaches full speed... and I don't think flashlight drills tell us much at full speeds through impact from P3 to P4, where it really counts. It's just hard to see it at 100 mph."

I don't think that the plane needs to change from P3 to P4 depending on clubhead speed. To perform the flashlight drill correctly - which requires a synchronised zone 1 (pivot) and zone 2 (arm) movement that allows one to trace the SPL - then that learned movement applies as much to a fast swing versus a slow swing. One doesn't need to see the clubhead move at 100mph to "visualize" the plane because the body/ arms are moving much slower than the clubhead's 100mph speed.

Jeff.

• philthevet06



• Dec 15 2008 04:20

• 141 posts

• Member since 2007

Lets reiterate that TGM teaches Body, Arms, Hands in those 3 Zones. Once a good pivot is going on, then the hands know where to go and what to do.

Thanks Guru to come back to basics

Even if Mr Kelley words are "Hands are not educated until they CONTROL the pivot" this topic is always a good way to divide TGMers :)

There is no hands camp or pivot camp. "Control" doesn't mean substitute.

I have readen a good sentence a few months ago:

"Pivot powered, hand controlled pivot"

Seems to be the Lag way too?

-----  
I'm french, but I treat myself...

• BPGS1



• Dec 15 2008 05:08

• 313 posts

• Member since 2008

I see it this way,

If your pivot is doing the right thing first, putting your attention on the hands if fine. The problem with hand controlled pivot is that I see a lot of people getting way to worried about what the hands are doing, FLW, hinge actions, swing plane.. at the expense of the pivot. A properly working pivot cannot be over looked.



- You can swing “on plane” with educated hands.. you can do flashlight drills all night long in the dark, but if the body doesn’t turn, center, fire, and finish, it’s not going to do much for full shots.

During the golf swing, my mind is on the feeling of impact. That’s it.

A fade, a draw, low, high, or any combination has a different impact sensation.

I pick the shot I’m going to execute, address the ball, aim it, feel that execution in advance in the cells of my body, as soon as I gather that feeling, I pull the trigger and execute that impact sensation.

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Things can be trained with this in mind right from the start.

---

Lag Pressure throwaway is the root of all golf's evils

This has got to be the best post in this entire thread. Lag - you explained it beautifully! Dap - just to clarify, I am not a TGM teacher, never read the book until 1995 after spending some time the previous year with O'Grady and he recommending that I study it. At the time, I was 99% to completion on my own research project on the golf swing, that started many years earlier. I was amazed upon first reading the book how much Homer and I had in common in terms of understanding golf swing theory. I use my own model in teaching, but I think I have

enough of a basic “grammar school” level understanding of TGM to be able to participate in this thread in an intelligent conversation with the true experts here. T

The TGM notions of “pivot controlled hands” vs its opposite I think has long been misunderstood by most TGM teachers and students. In some ways, it should never have been included in the book. It is not describing in any way an objective, physical reality. It belongs more in a book on neurophysiology or perhaps a book on golf philosophy under the chapter heading “Epistemology”.

Most people think it is describing body mechanics. Instead, it is describing a golfer’s Intention as to “what moves what” or cause and effect at the level of the mind first, then body. It also has an Awareness aspect. “What do I feel is creating the motion and what do I feel is responding to the first cause of the motion.” We call that the Motion Point vs the Moving Focal Point. Is the dog wagging its tail or is the tail wagging the dog?

The reason I think Homer put this in his book is because this has been a very big deal in the history of golf swing theory for a long time now. At the time Homer was researching and writing his book, the dominant teaching theory by far was that the tail was wagging the dog, ie that Hands and Arms teachers dominated, from Henry Cotton (from whom I believe Homer got the idea of Educated Hands) to Bob Toski, Harvey Penick and at the time most tour stars talked a lot about their hands

and arms, not much about the Pivot. A lot of them had hand-eye coordination dependent golf swings and a lot of “hand save” in their motions.

The “theology” of the time - and this concept is still dominant today among most golf teachers - was that your Intention to move or “place” your Hands via independent Arm motion to a certain position in the swing motion was paramount, and “the body pivot will respond” to that notion. Today, Jim Flick is the high priest of this religion. And I use the word religion because that is precisely what this concept truly is, its a belief system with absolutely no basis in objective physical reality. From a biomechanical and kinesiology standpoint, the dog always wags its tail, it only “looks like” to the human eye under the influence of optical illusions, that the hands are moving the body.

Having said all that, there is another way to understand “Hands Controlled Pivot” that makes perfect sense, and I think it was the way Homer understood it. We teach here at Balance Point, that there are two primary “systems” one can use to learn a golf swing. One is the Fundamental Based system or “feed forward” system of creating motor programs in the subconscious mind that automatically (dominant habit level) instruct muscles to move body parts. Same way most other sports are taught and martial arts especially. No hand-eye required. The goal is compensation free body motion.

The second is “feedback” or the Sensory Feedback Loop System which means using your innate athletic ability to compensate for poor body motion by sensing where in space and where in time (rhythm and tempo) certain body parts are, especially the Hands, and then allowing your subtle or pre-conscious mind along with your creative unconscious mind to perform mostly unconscious high speed adjustments to your body motion, especially pivot, to get the Hands to be where they need to be. The Hands have the most sensory feedback nerves of any part of the body, so the brain/body connection can be used to “sense” and then to “compensate” or “adjust”.

Here’s the problem with any golfer relying on the feedback system as the only (meaning not doing any fundamental based training) or primary means of learning a good golf swing. IF your body pivot, or postural support, or lateral weight transfer, or spine angle, or Balance are non-existent or really bad, focusing on your Hands and expecting the feedback system to compensate for those missing pieces of the puzzle is beyond naive. You are living in fantasy land if you think that will help!

Training the body must come first, it’s the Law of Cause and Effect. The other problem with the Hands/feedback system dependence, in the real and pragmatic world of teaching golf to mid to handicappers that I live in, not too many have the natural ability to wake up or develop their Feel sensory channel. For a number of reasons, most

golfers can't or won't be easily coached into feeling their Hands - or any other body part for that matter. And not every golfer has a lot of athletic ability in the first place. You need that in order for the compensations to happen in the first place.

We teach an extreme form of Pivot Controlled Hands (extreme compared to traditional teachers using that system) to all of our golf school students, beginner to pros, as the Foundation of the whole training program. But - we also use the Sensory Feedback system as a secondary approach when working on certain swing problems with individuals in private lesson format.

• **philthevet06**



BPGS1

VERY interessant post

Are you involved in physical therapy? Your presentation is very close to some theories used in physical réhabilitation.

• **Dec 15 2008 07:38**

Back to Pivot Controlled Hands what do you think of this drill Start at 3min 40 on the vid ( no sound).

• 141 posts

• Member since 2007

**9 to 3 drill**

Thank you

I'm french, but I treat myself...

- **Wilkie**



- [Dec 15 2008 08:56](#)

- 135 posts

- Member since 2007

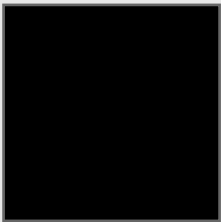
I posted this earlier this year and it's relevant to this discussion:-

Ben Doyle's approach to this concept.

Quote from his video :-

"Hands are saying - come on pivot, take me back, assemble and load me, come on deliver me here through the release angle "

- **KycGolfer**



- [Dec 15 2008 10:22](#)

- 4324 posts

- Member since 2008

- [View Monitored Posts](#)

BP: ask your local at your local Apple store. They will know someone locally who has the gear.

Guru - I live in the middle of the wilderness - no I am not kidding, I am looking out my office window right now at a 10,000 foot high mountain covered in snow. We are surrounded by wilderness on all sides, the east side being the deepest gorge in North America. Our nearby town has only 3,000 residents. No Apple stores here! But thanks for the info, next time I am in the big city, for me thats usually Portland or Honolulu, I will give that a try.

Sounds like a very very serene locality u r in...next door to mother nature,,,a place where you can sit out there and meditate

I live next to a nature reserve and I can sort of empathize with u

---

If Tiger plays Lefty will he be that good ?

Square is Good ? Sure is, if it's the right stick !

Good Golf is Fun plus the Great Outdoors...

In the Bag: Clubs and Balls. My Handicap is Bad Golf.

- **BPGS1**



- 
- Dec 15 2008 10:31
- 313 posts
- Member since 2008
- 

BPGS1

VERY interessant post

Are you involved in physical therapy? Your presentation is very close to some theories used in physical réhabilitation.

Back to Pivot Controlled Hands what do you think of this drill Start at 3min 40 on the vid ( no sound).

9 to 3 drill

Thank you

---



I'm french, but I treat myself...

Without the sound its hard to know exactly what Slicefixer had in mind here, but we call that a 3/4 to 3/4 drill if I am looking at the right place on the video. I don't have an academic background in physical therapy, but many of our students tell me they feel like they have just undergone massive neuromuscular rehab by the time we are done putting them through their paces. Brain damaged patients from accidents or stroke victims undergo neuromuscular rehab to re-establish old damaged pathways. Teaching golf is harder than rehabbing stroke victims because in most cases we are trying to create entirely new pathways.

- **BPGS1**



- Dec 15 2008 10:35

- 313 posts

- Member since 2008

- 

BP: ask your local at your local Apple store. They will know someone locally who has the gear.

Guru - I live in the middle of the wilderness - no I am not kidding, I am looking out my office window right now at a 10,000 foot high mountain covered in snow. We are surrounded by wilderness on all sides, the east side being the deepest gorge in North America. Our nearby town has only 3,000 residents. No Apple stores here! But thanks for the info, next time I am in the big city, for me thats usually



• **iseekgolfguru**



- 
- Dec 15 2008 11:02
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
- 

Homer put the Pivot Controlled Hands in the book because it is possible - just not seen by him as having the same repeatable precision available so it was an inferior option. Option it is so the book would have been incomplete to have not included it.

Could have done with some mountain air in Perth yesterday. 37 in the shade so it was bloody hot umpiring cricket. Note to self, freeze and extra water bottle!

• **BPGS1**



- 
- Dec 15 2008 12:25
- 313 posts
- Member since 2008
- 

Homer put the Pivot Controlled Hands in the book because it is possible - just not seen by him as having the same repeatable precision available so it was an inferior option. Option it is so the book would have been incomplete to have not included it.

Could have done with some mountain air in Perth yesterday. 37 in the shade so it was bloody hot umpiring cricket. Note to self, freeze and extra water bottle!

Guru - I think your explanation makes sense. My point was that the main theme of the book at least appears to be an attempt to formulate a set of ideas or principles based on an objective or scientific point of view. When you introduce a method for improving one's ballstriking

which by it's very nature is based on a persons mental Intention - which often in golf has no logical direct cause and effect relationship with what actually occurs in the swing motion - it can lead to all kinds of confusion and mis-interpretation, which I think it obviously has in this case.

I believe BOTH viewpoints in tems of hands/pivot, should have been left out of the book for that reason. What are the geometric alignments of the hands controlling the pivot? Or vice versa. Or the Power or Force variables for either? Its like talking about the mass of a ghost!

You can certainly make the argument that he was adding this part to the book almost from a Neurophysiological perspective, which would only add to his genius, considering it is a science that was literally in it's infancy at the time the book was published.

But the hands vs pivot concept has no basis in any "hard" science so is incompatible with the main theme of the book.

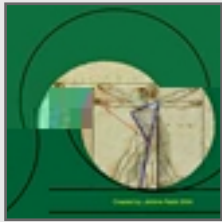
Another way of thinking about this is - why did he not add any number of other commonly taught golf swing teaching ideas of that era that were based on Intention or Feel or what a famous tour pro or teacher thought about or felt during their swing?

You can't have it both ways if you are claiming to teach a method

based on objective truth. This is why you will find so many golfers on forums like this trying to understand this hands vs pivot question in the context of the rest of the book and ending up totally confused. I can't tell you how many students I have had over the years come to our golf schools and on the very first day ask me this question as if it has some answer in the world of concrete material objects that we live in.

Perhaps Homer should have written a second book dealing with Feel, Awareness and Intention and other mental aspects of the game or at least a totally separate part of his book.

• **iseekgolfguru**



• Dec 15 2008 12:47

• 8159 posts

• Member since 2003

• [View Monitored Posts](#)

He did have plans to expand Chapter 14, the mental end of the game . Dr Mumford was going to help out.

Awareness in physical terms is all there in the Pressure Points when look at deeply enough.

- **lagpressure**



- Dec 15 2008 12:48

- 1430 posts

- Member since 2008

- 

Homer does sprinkle a lot of “feel” clues throughout the book. “Learn feel from Mechanics” is one of his big mantras.

It’s almost like the God vs Science thing. Can’t they somehow both be the same thing?

---

Lag Pressure throwaway is the root of all golf’s evils

- **BPGS1**



- Dec 15 2008 13:07

- 313 posts

- Member since 2008

- 

Lag - I think it is extremely important for golf teachers and researchers to keep the two things separate when communicating golf ideas.

Obviously - you need Feel, I teach Feel, Boomers whole approach was partially based on learning to swing by Feel. Its just that the language of science has strict rules. One is if you are attempting to explain or describe the physical world, you need to use an objective set of criteria and cannot inject personal opinion or feel into the discussion.

Ask 100 good ballstrikers what they feel at a certain point in the swing and you will likely get 100 different answers. And some of those answers will not in any way correspond to what their body is really doing, which slow motion video will reveal. In fact - often the exact opposite! I think Homer knew this to be true, which is why he said Mechanics must come first, which I think is one of the most brilliant

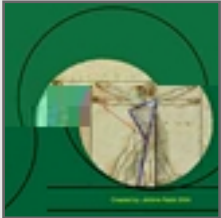
statements in the entire book.

I believe as golf teachers we need to be aware of this important “wall of separation” and if we want to discuss how we personally feel a certain part of the swing, we need to let the students know that, ie “Well, we have been talking for the past 10 minutes about one of the Laws of the Golf Swing, which is based on scientific proof of what great ballstrikers’ clubshafts are doing. You’ve seen the visual proof with video and photos. Now I would like to shift the discussion and talk about some of the various ways you may feel that motion. The key is to find a way that it feels for YOU knowing that it may feel totally different for me or for the student next to you. However at this stage in your training the most important thing is for your shaft to actually be moving on this plane and it does not really matter so much right now what it feels like to you. The key is to be absolutely certain that you are in fact moving that shaft on plane. Later on, with more experience at slow motion training and half speed training, and then full speed, you will start to form a familiar feel for this part of the golf swing.”

One of the biggest reasons learning the golf swing has resulted in failure for so many golfers this past 600 years has been the injection of feel-based subjective opinions into the body of golf instruction theory. One sentence may have objective-based criteria to back it up, the next sentence is feel-based subjective, then a third sentence has a blend of

both. It creates tremendous confusion in the mind of the reader.

- **iseekgolfguru**



- Dec 15 2008 13:31
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
- 

Feel from Mechanics is a total key. The mechanics of being on plane for example are paramount.

How it feels for each person is different but the mechanics for them being on their plane are the same time and time again - so they get a "feel" from it.

I like the term "Awareness Golf". The downswing blackout should be banished. A goal for a golfer is awareness of mechanics via their educated feel.

- **BPGS1**



- Dec 15 2008 13:40
- 313 posts
- Member since 2008
- 

Guru - we do an eight hour mental game golf school in which one of the primary intentions of the school is to eliminate the "downswing blackout". Yes- after you actually have attained what we call RPM or "reasonably proficient mechanics" you then spend a lot of time on the range hitting balls at full speed tempo to train your feel for one or more body parts, or the feel of impact as Lag writes about so eloquently.

Mechanics first, then Feel. The feed forward fundamental based system (see my previous post) first, then the feedback sensory



feedback system to keep everything aligned, in balance and blended together smoothly. Can also do that at home in the yard without a ball, full speed with eyes closed is the best feel training.

And once you have attained a fairly high level of ballstriking mastery, you need to clearly understand and be committed to your various "feels", and never doubt them. Lag is very good at describing his feels in words and it is clear that he knows his stuff inside out. Because of this, he has an effective golf swing that repeats under pressure on the golf course. A rare thing!

- **Chickenfarmer**



- 
- Dec 16 2008 06:25
- 2 posts
- Member since 2008

It seems like the Golfing Machine is more religion than science. I mean "power package" doesn't sound very scientific. Can it be measured or calculated? If that is the case, what is the horse power?

I think the "lag angle" is determined by the relation between the angular acceleration and the centripetal acceleration and nothing else, assuming relaxed wrists.

"Arctan", in other words.

However, I think the velocity can also be increased by pulling the shaft to strengthen the centripetal force just prior to impact. I have noticed the hands are slightly higher at impact, than just before. Reversing the DOWN swing to UP swing, gives kind of whip lash effect. The same goes

for reversing the backswing to down swing. The straightening of the legs prior to impact raises the center of rotation, and pulls the shaft upwards, right? There is so much talk about hitting into a "firm left wall". But I think hitting into solid mother earth is more "firm". Athletes use the ground for take off. Golfers do it too, without being aware of it! If you don't understand what I mean, think about how you swing a stone in string by changing the direction of the hand up and down. That is how you should swing a golf club.

I believe more in Newton than in Homer.

• **Chickenfarmer**



• Dec 16 2008 08:08

• 2 posts

• Member since 2008

Regarding manipulating the club with the wrists. I doubt it can have a significant effect because the centripetal force is so dominating. I figured it can be in the order of 50 pounds or so. Please, correct me if I am wrong.

$$(f = m v v / R.)$$

- **iseekgolfguru**



- [Dec 16 2008 10:05](#)

- 8159 posts

- Member since 2003

- [View Monitored Posts](#)

- 

Cfarmer, there is thread for physics. Homer based his work upon Newton.

Power Package parts could all be measured. Wrist manipulation and roll rates have a visible impact on the clubhead speed. Again measurable. If you have not read the book and been taught it properly I could understand why you are missing the points being made within this thread. Step back and consider for a while.

- **TheDart**



- [Dec 16 2008 10:14](#)

- 2266 posts

- Member since 2006

- [View Monitored Posts](#)

- 

I think people are just as confused about almost every other subject, but familial relations and fiscal concerns, world poverty are not as important as golf. You can forget them at least for a while. But golf is there to torment them every week.

For anyone who has just lost hope in there being any agreement between any two people on the earth regarding golf, keep in mind every one has their own point of view guarded by their own ego. The more expert the bigger the ego. They are wholly entitled to their point of view and their well being depends on it being "right".

So where does that leave the tormented one. A short period of desperation followed by apathy. Why, he has to play on the weekend

and that stuff he read on Wednesday on ISG hasn't worked a dam.

I submit that anyone who works to a blue print that includes even half the important components for six months can't fail to gain relief.

He will have to monitor all those components in turn and have a feeling of all systems go.

How they do it is up to them, but leave out a vital piece or even a helpful piece and it gets tougher.

Homer said, "A guided struggle is better than a blind struggle".

I defy anyone to put pressure through a left arm with a little extension from the on plane right forearm with flying wedges (half the wrist and hand motion left at impact) and not have a fantastic pivot. Not sure I could guarantee anything else.

---

For tuition in Sydney call Paul Hart (TheDart} 0412 070 820.

Terry Hill's, St. Michael's or Milperra Driving Range


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Let's Talk LAC's GOLF MACHINE! (locked)

• **CraigW**



• **Dec 16 2008 11:13**

• 1195 posts

• Member since 2005

I remember being taught for every action there is an equal and opposite reaction .

So if centripetal is present then in all likely hood so is centrifugal.

-----  
If someone tells you you are a swinger and then proceeds to try and make you a hitter ... run Quickly...

Beside guru on the range ....

• **Bio**



• **Dec 16 2008 15:47**

• 1237 posts

• Member since 2008

There's millions of ways of achieving the moment of truth but what is easiest to learn.

I remeber in 1996, I was introduce to natural golf what a nightmare, delayed pivot push with your left hand and no pivot the hands were suppose to force your pivot to move, another form of educated hands, All i can say is I went from flushing to hook snap hook, to out of bounds from makings birdies , to having bodeys doubles,triples and just about give up golf. Until old fergi came to my rescue made me put the clubs up for three months do drills on body motion, after three months picked up the clubs and shot 67 , 5 under.

I think natural golf was the best example of how well educated hands drives the pivot.

If you teach someone through drills to get their body motion right,

then add a bit of educated hands is far easier than learning, extensor action, right forearm plane and educated hands in hope you get it right to make the body fire.

To many things to work on and takes years to build. One problem is you are dealing with space how do you know in space where the correct plane is or where correct forearm plane is, the average punter there clueless to this and only get confused.

But training the body you can feel it you know by the feeling the way it moves if you're doing it right. If you have a good body motion there's no way you can get it off plane.

These days all I work on is my body motion. I played few days ago in a hurricane and hit 16 fairways and 15 greens, all I focused on all day was have a fluent motion, I tared the course up. And I have a crushed back, now if I can do this anyone can, isn't that hard if shown correctly. The difference is I know how to move my body correctly.

I think once we all learn to teach body motion right we will all find golf easier to learn and to teach.

Chicken farmer, I like your views on the ground up, great way to play golf.

But can do you know how to apply the formula ( $f=mvv/r$ ) to body motion and the golfswing and how this works ?

---



- **BPGS1**



- Dec 16 2008 18:04

- 313 posts

- Member since 2008

Brilliant post, Bio. I had a similar experience with Natural Golf in 1996. I think the unfortunate reality has been that until very recently, the golf swing has truly been shrouded in mystery, and that has been true even for most golf teachers, however well meaning and convinced they may be that their own method is correct. Those methods for the most part have been based on their subjective ideas about what they think it is that they are doing or what they think a tour pro is doing while swinging.

A lot of it is literally just made up information with no real scientific evidence to back it up. Many statements that traditional golf teachers make about the golf swing would not pass a university class in Logic 101. Or a rules of evidence class in law school. Most teaches dont understand the logic of cause and effect. They dont' understand the difference between subjective opinion or mental intention and objective physical reality. I hate to say it, but it's the truth. The level of ignorance and lack of critical thinking in the golf instruction industry is truly appalling.

There is a huge demand in the golf marketplace for The Answer to the so-called mystery of the golf swing. And many teachers know this and feel compelled to provide an answer to the golfing public. So they do,

to the best of their knowledge and ability. But all too often their knowledge is just not even close to what is required to really help their students improve.

One of the most difficult things for any human to do well and reliably is to hit a golf ball properly. For a variety of reasons - sensory illusions, destructive natural impulses like the Hit Impulse, poor body fitness, thinking that the ball is the target, etc. Unless as Bio stated, they have been trained in the principles of effective body motion. It's not about swing thoughts or theories- its about swing realities.

Our body motion is either efficient or it isn't. If your body motion is working right and you are in balance, a lot of other body parts and the club motion tend to automatically be more correct.

- **philthevet06**



- Dec 16 2008 18:41

- 141 posts

- Member since 2007

I tThe more expert the bigger the ego.

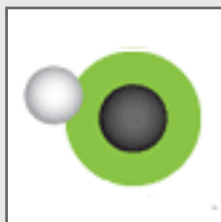
Are you sure?

A new thread: Expertise powered ego vs Ego without expertise... ;)

---

I'm french, but I treat myself...

- **TheDart**



- [Dec 16 2008 20:45](#)

- 2266 posts

- Member since 2006

- [View Monitored Posts](#)

I am sick of people saying you have to have the body motion right and making not attempt to describe it.

And I will tell them why when they fail miserably to explain how to move feet, knees hips and shoulders to cause the arms, hands and club to assemble, load, store deliver and release the swing to a higher and higher degree of accuracy the more precisely they perform.

Pupils are coming in already who have been body slamming bean bags.

Body charging madly at the ball, the swing breaking up at start down with no chance of rhythm at impact.

I really want to see exactly how that is done. Oh, you learned educated hands thirty years ago, consciously or non-consciously. Your are disqualified on the grounds that you are not teaching the way you learned. Sure you can body slam it now but how about the rest of the world.

Come on if you can. How do I guarantee an improving swing correct faults and learn finesse monitoring the body?

Sure body slamming creates power but golf requires precision and mechanical knowledge.

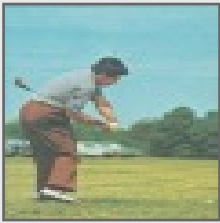
To use another systems teaching to put down educated hands shows misunderstanding and misapplication to a criminal extent. That is putting it politely. The impudence is embarrassing and should not be allowed.

---

For tuition in Sydney call Paul Hart (TheDart} 0412 070 820.

Terry Hill's, St. Michael's or Milperra Driving Range

## • Styles



- 
- Dec 17 2008 00:16
- 3714 posts
- Member since 2007
- [View Monitored Posts](#)
- 

what I find really interesting is that more and more I am seeing people talk about the importance of the body motion as opposed to digging it out of the dirt.

Bio has talked extensively about the importance of getting the biomechanics right. Lag talks about the fact that he never hits balls, just does 7 stretches and uses his impact bag. Lynn Blake talks about the McDonald Drills.

Could there be a new revolution in the air?

The more I learn about the golf swing the more I realise that what I thought I knew was absolute junk. I have Darty, Guru, Bio, Lag, Lynn Blake & his brains trust, BP and yes I will say Jeffman to thank for my ever increasing awareness.

I tip my hat to all of you!

-----  
The biggest lesson I ever learned was, not, whether it works or not, but, if it makes mechanical sense, do it 'till it does work.

The day of smoke and mirrors is gone. Gimmicks are gone. Fundamentals have nothing to do with trial and error

The Dart

• **Bio**



• [Dec 17 2008 01:23](#)

• 1237 posts

• Member since 2008

Darty,

I'm not saying you don't need educated hands either you need both, but is educated hands going to stop people bodies charging madly at the ball? look at Jason Moon did educated hands fix his problem? No did it fix my poor hip action no what did?

having people bodies charging madly at the ball and adding educated hands what does this create. You rely so heavily on timing and rythm to try and get your hands to rotate and roll in sink trying to mesh in to work with a body charging madly at the ball.

Are you curing a problem or are you just creating a quick fix, how consistant and repeatively is a madly charging body move the same. it's never the same motion, if someone is laterally sliding how often are they going to get it to slide the same amount everytime, they aren't. Greg Norman couldn't master it and he's one of the best of all time, how many times did he lose a tournament cause he over slid his

hips too much for his educated and blocked right, how did he fix this  
fixed his body motion. So what chance does average Joe have, what is  
the productivity and what are you achieving, by adding educated  
hands, what's it solving? Cause all you're doing everytime you practice is  
trying to find your rhythm and timing to work with a poor body motion,  
but if the poor body motion is inconsistent where does this leave  
average Joe? What will educated hands achieve for them? Then they  
have to deal with educated hands rhythm, timing and inconsistent body  
motion. A lot to get right to hit the ball forward.

Why not kill the pig, fix the main cause their body motion. And it's so  
simple to do by doing drills at home, in the process give them some  
educated hands as well so when they start moving right their hands are  
trained.

Problem is it's not our fault we never had access to education on body  
motion before and how to teach and train students body motion but we  
do now.

Next year if coaches want to learn how to teach body motion or a player  
wants to be taught how to train their body motion in the golf swing, I will  
be holding workshops to educate coaches how body motion works, how  
to teach the student body motion and how to train their body, how to  
do the right motions in the golf swing and if they're prepared to pay for  
their education, I'm happy to teach them.

Mechanics are a bi-product of biomechanical function

- **BPGS1**



- [Dec 17 2008 05:20](#)

- 313 posts

- Member since 2008

Dart - you make some valid points here. We too have golf students who come to us with a mistaken notion of a body dominant swing and "body slam" as you say. But that doesn't mean that hitting it with your Pivot is a poor concept, it just means that these golfers have never been taught the precise way of moving the body. A lot of it ain't natural! It is very easy to read about the theory of a pivot based swing and then totally mis-construe what it really means.

And you are right, perhaps Bio and I are not giving out detailed enough info here on this forum about exactly how to go about doing this proper body motion. I did provide detail in one thread from last week but for the most part I am reluctant to do this for the simple reason that it really must be done in a live lesson format to be effective. I am sure Bio agrees.

I dont see any thing wrong with this, my general impression of the bulk of information on this and other golf swing forums falls more in the category of swing theory, and debate about the veracity or effectiveness of one theory versus another. Its fun, interesting, entertaining and it can for sure point the aspiring golfer in the right direction in a very general sense so they can take that first step on the

journey to better golf. I certainly don't intend my posts to be a guide for applying that swing theory in a concrete, pragmatic fashion to any readers individual swing action. You need hands on instruction for that to be effective.

And as I have stated in other posts, the pivot is not the ONLY SKILL required. You need to train the arms and the wrists for sure. The Pivot is not going to do much to cock your wrists on the backswing - you do it with your wrist muscles. The Pivot will not get your arms in their proper position during the backswing - you need to move your arms with your arm muscles for that.

I think what Bio, Lag and I are criticizing is a hand-eye coordination or manipulated swing that is arm motion dominant with the pivot more or less left to itself. We teach nine distinct elements of Educated Hands in our system and we teach that early on in the process. What we will never teach our students however is that the Hands by themselves will through some mysterious process that is never explained (because it cant be) create a good Pivot motion. That is assigning "magical powers" to the Hands and is just not scientifically or logically credible.

Yes - the sensory feedback system can use your sense of Hand location to make very tiny and very subtle adjustments to your Pivot, IF you have sensitive, educated hands and IF you have a strong feel sense awareness for your body and IF you are above average athletic ability., and IF you are already pivoting in a fairly sound way to start with.



In other words, that can work pretty well for the advanced player. Not many average golfers qualify on all four counts and even if they did, the Pivot adjustments are incredibly tiny. In no way will the major - radical even - changes in Pivot motion that are required by the average golfer be achieved with this feedback system.

When you turn your shoulders - pivot - the arms are moved by that shoulder turn. Since the arms have been moved - so have the hands. When you tilt your spine to the right on the downswing, that tilt moves your shoulder girdle, which moves your arms, which move your hands.

When you turn your hips - pivot - your shoulders move, which makes your arms move, which moves your hands. When you fire your belly or Core muscles, your shoulders move, which move your arms, which move your hands. When you maintain your forward spine angle, the torso rotates in a way that almost guarantees your arms will move in a way that keeps the shaft on plane.

Now I agree - it is certainly possible that you can do all of those above pivot motions completely incorrectly and you will hit the ball terrible if you do. Which is why you need a coach to teach you how to make those pivot motions.

- **TheDart**



- [Dec 17 2008 08:54](#)

- 2266 posts

- Member since 2006

- [View Monitored Posts](#)

BP,

Thanks for that. Very fair.

If you just emphasise to our readership that they are wasting their time trying to help their own golf by reading anything they read here.

Because that is the ONLY reason they log on.

I had the crazy idea that if we explained peoples basic misconceptions about steering > off plane> quitting and it was backed up by a general consensus that they might progress to a stage where by they had a chance to refine their pivot motion because they have none while "square clubface" is imprinted in their computers.

Steering is like a locked down number on a computer. With a locked down number 5,  $2+2 = 54$ .

Under enough pressure - fore on the right.

If steering is not educated out and programmed out before every shot, sooner rather than later, it will be producing sliders, slicers and all their work will have gone for nothing.

Players who have defeated steering fight hooking, 1% of the population. They should know about quick start downs with the pivot, delayed release and after impact acceleration 0.1%.

I do enjoy our little chats but people are bleeding.

---

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- **TheDart**



- 
- Dec 17 2008 09:05
- 2266 posts
- Member since 2006
- [View Monitored Posts](#)
- 

Darty,

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I give up. Now you have called Educated Hands a quick fix.

I suppose human body motion can only be taught "hands on". And no use to our readers.

Your train of thought has been derailed in your accident.

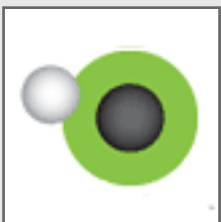
Do me a favour. Explain to us what Educated Hands means to you.

---

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Terry Hill's, St. Michael's or Milperra Driving Range

• **BPGS1**



• Dec 17 2008 09:11

• 313 posts

• Member since 2008

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I do enjoy our little chats but people are bleeding.

---

For tuition at Terry Hills, Sydney call 0412 070 820.

Dart - excellent point on the steering problem. I would add that there is more than one way to steer but certainly you are correct that a blocked arm roll/clubface square to open release is the most common form and that a perfect pivot alone will not fix that problem. Golfers

need to learn how to let that clubface turn over through impact.

Stalling the pivot does contribute to that for some of my students, ie they block it with ALL of their body parts "freezing up" with excess tension - pivot, forearms, grip pressure, wrists.

I don't know for a fact if the majority of your readers here come here primarily expecting to read something that they will be able to apply in an intelligent and effective way to their golf swings and start to see some fairly quick results. You may very well be right on this point and my own view may be totally naive. I am just trying to point out the inherent limitations of word-based self-directed golf swing learning absent hands on professional feedback. I think the record is clear that this is how the vast majority of golfers try to learn the swing, ie golf mag tip based, golf book based, Golf Channel based learning. And that the record also shows a lot of failure and little success with that approach.

There is a difference between the theory and the application of the theory. You need the theory obviously as a starting point which is very, very important and that is how I see the information we all can benefit from on this forum. I am not saying anyone who reads any of the posts here from instructors cannot improve, only that the theory can point them in the right direction and for some at least, afford the opportunity for a big "light bulb" that can really enhance their skill. But the road to permanent improvement is fraught with many hazards

and obstacles. It ain't easy and I know many, many golfers who just hit a wall at some point and fail to really improve until they start to work with a teacher hands-on.

• **robbo65**



• Dec 17 2008 09:53

• 98 posts

• Member since 2008

•

I don't know for a fact if the majority of your readers here come here primarily expecting to read something that they will be able to apply in an intelligent and effective way to their golf swings and start to see some fairly quick results. You may very well be right on this point and my own view may be totally naive. I am just trying to point out the inherent limitations of word-based self-directed golf swing learning absent hands on professional feedback. I think the record is clear that this is how the vast majority of golfers try to learn the swing, ie golf mag tip based, golf book based, Golf Channel based learning. And that the record also shows a lot of failure and little success with that approach.

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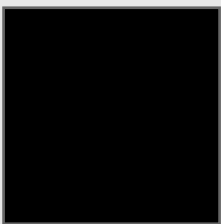
But the road to permanent improvement is fraught with many hazards and obstacles. It ain't easy and I know many, many golfers who just hit a wall at some point and fail to really improve until they start to work with a teacher hands-on.

BP,

Don't under-estimate the power of the written word in THIS forum to help golfers improve. I would agree that many of the golf mag tips and TGC based learning isn't much help, but some forums (TGM-based usually, such as this one) and posts from Dart, Guru, Lag, yourself, and others often supply information that can be put into service quickly with good results with just a "reasonable" effort by the reader to understand.

Robbo

- **KycGolfer**



- 
- Dec 17 2008 10:23
- 4324 posts

Lag talks about the fact that he never hits balls, just does 7 stretches and uses his impact bag.

This will certainly save me plenty of \$ from the Practice range !!

I think i came across an article sometime ago re: Chris DeMarco...and Laura Davis...both of these luminaries SEldom practice on the range... they either play or dont play on the course

- Member since 2008

- [View Monitored Posts](#)

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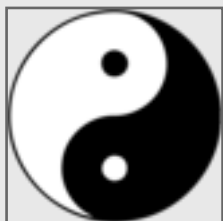
-----  
If Tiger plays Lefty will he be that good ?

Square is Good ? Sure is, if it's the right stick !

Good Golf is Fun plus the Great Outdoors...

In the Bag: Clubs and Balls. My Handicap is Bad Golf.

- **Wilkie**



- 

- Dec 17 2008 11:03

- 135 posts

- Member since 2007

- 

BG,

Don't under-estimate the power of the written word in THIS forum to help golfers improve.

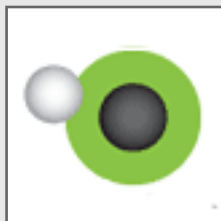
Robbo

I agree Robbo

The help I have received from the brains trust here, including the latest member, BP, is excellent and I thank them very much for the time they spend writing their thoughts.

It's a great site - especially for golf nuts like me :-)

• rteach1



• Dec 17 2008 11:55

• 18 posts

• Member since 2007

BP (I'd like to get your views too, lag),

You stated that "Golfers need to learn how to let that clubface turn over through impact." Do you see this squaring of the clubface as being something that must be consciously manipulated? If so, how and when in the downswing?

Or, do you teach that the clubface squares itself as the result of a proper pivot?

To me, this is the single most confusing aspect of the swing. On the one hand, having to consciously square the face (releasing accumulator #3, in TGM terms, I believe) introduces an element of timing that seems impossible to me. Yet, instructors whom I really respect, such as Martin Hall, view this conscious squaring as a necessity.

On the other hand, there are instructors whom I also respect greatly who state that the proper rotation of the body will automatically square the face (I am not talking about the one-plane school of thought).

I would greatly appreciate your views on this subject. If you do feel that a conscious move must be made, can you recommend a drill or training aid to help ingrain this?

Thank you very much. I'm looking forward to your DVDs.

rteach1

- **BPGS1**



- Dec 17 2008 12:53

- 313 posts

- Member since 2008

- 

Rteach - in our model, we use both methods that you describe. For average golfers, and even for most of our advanced players, we teach an automatic forearm roll to help square the face as a result of three things: one, a proper accelerating pivot of the body which we term Pivot Thrust, this creates momentum which will flow into the forearms. Two, a grip position with both hands about 15-20 degrees to the right of the clubface, or a little less than that in the right hand. This position of the hands on the handle creates the automatic roll over effect since the hands are in effect, behind the clubface. A weak grip or even a "neutral" grip will not allow this roll to occur.

As CF and COAM move the clubhead away from the wrists during release, the momentum feeds into the clubhead and, in effect, the clubhead causes the forearms to rotate, which then roll the face from square to slightly shut. Three, light grip pressure and no muscle tension whatsoever in the forearms and wrists. This is essential. If those muscles tighten, it will block the momentum which causes the arm roll and thus face closing. This is the method almost all LPGA players use, so we call it the LPGA release roll.

Having said all that, this is NOT the traditional hands/arms model

square the face with your arm swing and forearm roll. We teach 80% of what squares the face is body rotation, only 20% or even less is face rotation.

The conscious or more accurately muscular leverage way (after enough practice it becomes unconscious!) is an active use of forearm muscles to roll the face from square to shut. This will close the face much faster than the passive or LPGA release, and is the method most male tour pros use, so we call it the PGA release roll. You can use a tighter grip pressure with this method which makes it work better some would argue (Lag?) since under pressure your hand, wrist and forearm muscles tend to tighten.

Makes the ball launch at a higher velocity and increases compression and smash factor for more distance. BUT - you nailed it, it can be a big timing problem, which is exactly why we don't recommend it for average golfers especially.

You can also roll the face shut by using the muscles in the upper left arm to rotate the upper arm counter-clockwise as well. Hogan felt that he did this although he felt it more in his left elbow than the upper end of the humerus bone.

The third way we don't teach which is the Zinger/Trevino method of tight grip pressure and a "hold off" kind of release where you hold the face square and keep it from turning over, a fade shot procedure.

Works great for certain short game shots and for hitting it low into the wind. Poor for distance though.

I can guarantee that the automatic way will work very well, with apologies to Martin Hall. I work with chronic slicers everyday who within 30-90 minutes are drawing the ball consistently shot after shot for the first time in their lives, with absolutely no conscious forearm roll whatsoever.

- **jeffmann**



- Dec 17 2008 13:10

- 759 posts

- Member since 2007

BPGS

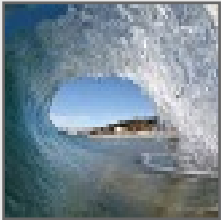
This is the most sensible post that I have read on this issue. I believe that your automatic release pattern is the correct approach, and that most of the clubface rollover is due to the correct pivot action. If one pivots correctly into impact, then there will be a 90 degrees clubface rollover between the delivery position (3rd parallel) and impact. That will be actuated at the level of the left shoulder socket (due to passive external humeral rotation) and at the level of the left forerarm (due to left forearm supinatory muscle action that also occurs passively).

There is no need for any active muscle movements during the release swivel phase to square the clubface if the pivot is operating correctly, and the right elbow straightens so that the right forearm is on-plane as it nears impact. If the right forearm paddlewheels into impact on-plane then it will help ensure the correct release of PA#3 and ensure

that the clubface closes appropriately. Any active hand manipulation (active muscle contraction operating below elbow level) either interferes with the process and prevents a complete release or exaggerates the process and produces an over-roll problem.

Jeff.

- [nrbowker](#)



- [Dec 17 2008 14:21](#)

- 94 posts

- Member since 2008

- [View Monitored Posts](#)

BPGS1 and Jeffman you guys raise some great points yet again for us guys learning here...

“Three, light grip pressure and no muscle tension whatsoever in the forearms and wrists. This is essential. If those muscles tighten, it will block the momentum which causes the arm roll and thus face closing”

I’m no scratch golfer, but I can honestly say that with correct setup / posture and a tension free, effortless but powerful swing, things tend to take care of themselves. I play at my worst when I try to actively manipulate the clubhead release or path. Tension in my arms, wrists or hands and any forced manipulation of the clubhead throws me off and turns everything to crap.

Hard thing to get into our heads at times because the brain wants to hit at the ball with an almighty whack.

- **rteach1**



- 
- Dec 17 2008 14:43
- 18 posts
- Member since 2007
- 

BP,

Thank you very much for your response.

rteach1

- **Bio**



- 
- Dec 17 2008 17:31
- 1237 posts
- Member since 2008
- 

Dart,

we need educated hands but as I have said we need both, but giving someone educated hands when clearly they have a body motion issues what else would you call it, Your not fixing their issues you putting on band aids, And to me I wouldn't call this educated hands, I'd call it steering and club head manipulation your using your hands to compensate for another fault.

So what does this achieve, ok they may get better but then in time they will hit brick walls again, once they master club head manipulation for their poor body motion, that's if they can improve and in order to keep to this level they have to practice all the time. They then get bored, cause all their doing is working on rythm and



timing and club manipulation to maintain the level they on. ok 18 handicap why would you bother, why not play off 21 and go drink in the bar.

I know what I would prefer work a little hard get my body right, and honestly educated hands is a natural body motion, but educate them anyway for safety, then you can go to bar drink beer and still go out and have an enjoyable round.

Like the other day no warm up ,straight to the tee and I was confident I would flush, first drive flush, hit 15 greens. 12 months if I did that I wouldn't know what I would have or how I would hit it, cause I didn't warm up my hands and work on rhythm and timing.

Homer does say zone 1 body. The three basic Essentials Are 1; stationary head 2 balance and 3 rhythm, which to me indicates good body motion, what creates good rhythm the correct rpm's of the body, educate hands is B so this indicates it comes second,

You need both to be trained, I'm sorry but I can't agree to give someone educated hands when they have body issue, that's not curing anything and it's not educated hands it manipulation of the club head.

---

Mechanics are a bi-product of biomechanical function

• philthevet06



• Dec 17 2008 18:21

• 141 posts

• Member since 2007

•

Robbo and Wilkie

I think that we are a lot in your camp . I'm joining you!

---

I'm french, but I treat myself...

• TheDart



• Dec 17 2008 19:52

• 2266 posts

• Member since 2006

• [View Monitored Posts](#)

•

Robbo and Wilkie

I think that we are a lot in your camp . I'm joining you!

---

I'm french, but I treat myself...

Phil,

Me too.

If one cannot communicate with one's fellow golfer through the written word and obtain excellent duplication of that communication, **therefore results**, someone is kidding oneself and needs help with gradient levels of education.

You have to be able to give someone written instructions unless you are afraid of legal ramifications or we are doomed as a movement.

Either, one is full of crap, bluffing (we have two), not addressing one at their level of ability or understanding (we have one and a half).

The only use of hands on is faster results. A poor man should still make it or I will try a lot harder.

---

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- **TheDart**



- Dec 17 2008 20:02

- 2266 posts

- Member since 2006

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BPGS1 and Jeffman you guys raise some great points yet again for us guys learning here...

"Three, light grip pressure and no muscle tension whatsoever in the forearms and wrists. This is essential. If those muscles tighten, it will block the momentum which causes the arm roll and thus face closing"

I'm no scratch golfer, but I can honestly say that with correct setup / posture and a tension free, effortless but powerful swing, things tend to take care of themselves. I play at my worst when I

try to actively manipulate the clubhead release or path. Tension in my arms, wrists or hands and any forced manipulation of the clubhead throws me off and turns everything to crap.

Hard thing to get into our heads at times because the brain wants to hit at the ball with an almighty whack.

nrbowker,

That is OK but it less than half the story.

Most new golfers could beneficially start as hitters. Simpler skill. They can hold the club as tight as possible with the right grip and draw the ball very nicely, hitting it as hard as they can.

I would like people to know that. It is a great starter for most and a good fallback for the rest.

Mostly it is an education for all.

Open the mind 'till you see then close it.

---

For tuition in Sydney call Paul Hart (TheDart} 0412 070 820.

Terry Hill's, St. Michael's or Milperra Driving Range

- lagpressure



- 
- Dec 17 2008 20:30
- 1430 posts
- Member since 2008
- 

rteach1

On squaring the clubface...

Understanding hitting and swinging is the key here... and this debate rages on today as yesterday, on this forum and others...

I would like to take some kind of a stand here because I learned the game as a pure CF swinger.. not a switter, or any manipulation. Right out of the Doyle- McHatton boot camp of zero interference.

Later I changed over to hitting, took about 14 months to change over working on it 12 hours a day.

The CF swinger uses a "dead hands" approach, a down and out, and literally out, meaning the arms fly off the body, being slug out to right field by the rotation of the pivot. As the noodle like arms fly off the body, the wrists roll quickly over a flat left wrist. This is high speed stuff with radical clubface closing through impact arena.. Assuming a steady and even acceleration of the arms via a quick change in direction at the top or transition, a set of educated hands that know where on plane is, and wrists and forearms that are free, oily and flexible, it's a great way to PURE a golf ball with this automatic release backed by laws of physics... assuming these very assumptive assumptions. Also, if you are a mental giant who has great mind control, doesn't get nervous like Nicklaus, your golden.

The pure hitter on the other hand, can be very much in the same release position at P3 as the swinger, but the hitter has higher ideals in the sense of supplying a prestressed clubshaft into impact. Holding the flex of the shaft to the ball and beyond cannot happen as a swinger. Somewhere between the P3 and impact, the hitter rips their hands into impact which now re-routes the shaft, and starts to pull the shaft out of it's longitudinal orbit of down and out. This traces a different club path routing, and requires a different post impact pivot action. From impact onward, the hitters clubface is only closing by the rotation of the pivot, and feeling of a no roll is a common sensation (TGM angle hinge). If the pivot actually picks up speed, post impact, the player won't feel a roll. If the pivot doesn't accelerate properly, the hitter will likely have to feel a holding on, or a forcing of the clubface not to roll. This can be done, but clubhead speed is lost, shaft flex is lost, and this starts the move into what some call switting.

Swingers need to accelerate then dump..

Hitters need to accelerate, then accelerate even more...

Anything in between is going to be some degree of post impact manipulated release. (switting)

Everyone should be working toward one fine ideal or the other, because the best ball striking lies at the end of the rainbow, not in the

middle.

---

Lag Pressure throwaway is the root of all golf's evils

- **TheDart**



- Dec 17 2008 20:31

- 2266 posts

- Member since 2006

- [View Monitored Posts](#)

<>I can guarantee that the automatic way will work very well, with apologies to Martin Hall. I work with chronic slicers everyday who within 30-90 minutes are drawing the ball consistently shot after shot for the first time in their lives, with absolutely no conscious forearm roll whatsoever.

BP,

Not wishing to contest as I appreciate yours comes from hard work on the practice fairway.

I can do the same in five swing with heavily conscious forearm role and it is permanent.

Like scales on the piano or banjo, after about twelve months it becomes non-conscious.

The ability is then reachable consciously for repair or refinement.

Learning a skill vicariously leaves one at a loss in times of stress.

Why can't I hit it under pressure etc, why do I choke?

The ability should be facile (easy, like my old girlfriend).

If you trip when walking, you recover with a few conscious steps. If you miss a gear change, you think where 3rd is and carry on.

Hit a slice under pressure and steady, at the top.

---

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Let's Talk LAC's GOLF MACHINE! (locked)

• Royshh



• Dec 17 2008 21:32

• 216 posts

• Member since 2007

If one cannot communicate with one's fellow golfer through the written word and obtain excellent duplication of that communication, **therefore results**, someone is kidding oneself and needs help with gradient levels of education.

You have to be able to give someone written instructions unless you are afraid of legal ramifications or we are doomed as a movement.

Either, one is full of crap, bluffing (we have two), not addressing one at their level of ability or understanding (we have one and a half).

The only use of hands on is faster results. A poor man should still make it or I will try a lot harder.

---

For tuition at Terry Hills, Sydney call 0412 070 820.

Dart

What do you mean by:

(we have two)

(we have one and a half)

• robbo65



• Dec 18 2008 02:38

• 98 posts

• Member since 2008

•

Robbo and Wilkie

I think that we are a lot in your camp . I'm joining you!

-----  
I'm french, but I treat myself...

Phil,

Me too.

If one cannot communicate with one's fellow golfer through the written word and obtain excellent duplication of that communication, **therefore results**, someone is kidding oneself and needs help with gradient levels of education.

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Now of course, the student (in the case of a forum like this) does need to put in some effort to understand..... it can't be totally "on the instructor"..... just as you would expect in a hands-on lesson.

Those who can teach over the internet have the ability to bring the written word "to life" (so to speak) and plant good, accurate visuals in the reader's head. It's not the easiest thing to do! There are thousands of instructors out there and I bet most of them have a computer, but only a handful have successful websites with good instructional forums. Not everyone has the writing ability to teach effectively and attract (and retain) golfers.

Robbo

- **BPGS1**



- Dec 18 2008 04:29

- 313 posts

Dart - I totally agree that it is possible to teach muscular leverage forearm roll as I clearly stated in my post. It is not an either/or proposition as I stated in my first sentence. I believe I used the word "both". I then qualified it by saying that I teach muscular forearms roll - one form of hitting in my opinion (there are others) - to advanced players and not to average golfers. That was poor communication on my part since I have already posted on this topic in another thread last

- Member since 2008

week I believe that I do teach it to average golfers who are severely under-rolling or blocking. The idea of exaggeration training.

You are correct. Telling someone who is forearm blocking to just establish a light grip pressure and then let momentum do its thing to cause the required clubface closing is never going to work. Those golfers need to learn how to use their forearm muscles and upper left arm muscles to close the face.

In case you are wondering about the apparent discrepancy, here is my explanation. There is the model information and there is the real world student. If the student is within a certain set of parameters in terms of their ballstriking results and swing pattern, ie not slicing, hookng really badly, or not hitting it super fat or thin 95% of the time, or pulling it or pushing it 30 yards or more off line 95% of the time, than as a starting point we teach the model.

But there will obviously always going to be individual exceptions to these criteria where we need to deviate from the model to do exaggeration drills for this person who is so far off the charts fundamentally. Back to our under-rolling, severely tight grip pressure Mr. Average Slicer. I put it to you, Is the root cause of his problem mechanical or mental? I would say it is mental or more accurately perceptual.

The Illusion of trying to keep the clubface square, or the Illusion of

trying to move the clubhead path in a Straight Line, or the impulse to be Target Line bound or frozen to the target line mentally and emotionally, the Illusion that the golf ball is the target - these are the primary root causes of the forearm steering.

Here is the second reason for the apparent discrepancy. I teach a passive release of the lever angles over an active release for most average golfers for one very simple and important reason - the average golfer is already "hitting" but is doing so way too early and in an out of control manner, ie early release and throwaway. I learned very early on as a teacher that the Hit Impulse is one of the most damaging things that can happen in a golf swing. It is not a small things but an almost demonic like impulse for most average golfers.

Asking them to "just do it later in the downswing" will not work for 99% of them. How do I know? I tested it, ie I taught Hitting as an alternative to the passive release my first two years of teaching.

I was not too impressed with the results. For most who tried it, it only encouraged their already very powerful early release Hit Impulse. It also made their weak pivot action even weaker. They became MORE armsy, more dis-connected, more manipulative of the clubhead. I decided emphatically early on because of this experience that I would never do anything in my teaching to actively encourage the Hit Impulse.

Dart - you need to go back and read my earlier post about the limitations of the written word. You are not understanding what I clearly wrote. You are only reading into my words what you want to believe. Which is exactly my point about the limitations of language. People have filters and their filters determine ultimately what they will allow themselves to see, feel, understand and believe.

I clearly stated that information alone can provide a light bulb or insight experience that can lead to improvement. That is the positive side of the swing theory/written word form of teaching. I believe in that more than you can ever know. Its why I am working on four golf books as we speak. Its why I do seminars an

That does not mean however that every single thing about Mechanics for example that I COULD teach someone about the golf swing can be taught effectively through words alone. And I am very, very good with words. A good teacher knows that what he or she DOES NOT choose to communicate to the student can often have a more powerful impact on that student than what he or she does say.

Some things just need to be taught with visual input and with feel or hands on input. I stand by that statement. The risk that the student will misinterpret what you are saying through words alone is too high with those kinds of things. I was merely pointing out the risks, which every teacher and serious amateur student of the game are well aware



of in my experience. Your notion that the teacher can teach by words alone and achieve the same amount of improvement as say a five day golf school for example or a series of one hour hands on lessons is just beyond absurd.

Do you really believe that to be true, Dart or are you merely being rhetorical in the interest of stimulating a more lively debate in this forum? And for any average golfer participating in this forum who thinks you can learn faster, better, easier from reading these posts here that are from actual golf teaching professionals than from taking a lesson or golf school live and in person from that same golf professional - I've got a bridge in New York to sell you!

Sure - you may very well improve a lot more from reading this site and internalizing the information as best as you can on your own and then going to the range and tinkering than from taking an in person lesson from a lousy golf teacher. No disagreement there! And I know most of you reading this have very likely taken lessons from that kind of teacher, where you were taught incorrect concepts, or not given a drill that you could use to get better.

Dart - are you aware of something called The Fallacy of the Extremes? It is a very common syndrome in human communication and you can find it in any good book on Logic. It basically means that due to the nature of the human mind and the structural limitations of language,

we tend to see the world - including the written word - in black and white terms. Most things in life actually fall into the middle of the spectrum or the gray areas. The art of teaching is partly about understanding that most of the time in golf - but not all of the time - you need to avoid those extremes. And when you use what we call Brain Boundary or exaggeration drills, you need to make it very clear to the student that this is an exaggeration and NOT the fundamentally correct model of information.

This fallacy is so widespread in golf instruction that once you understand it, you will also understand how destructive it is to effective learning. Jim Hardy's one plane vs two plane is just the latest example.

F. Scott Fitzgerald famously said that "the sign of an intelligent man is the ability to hold two opposing thoughts in mind at the same time yet still retain the ability to function."

- Loren



- Dec 18 2008 07:58

- 906 posts

- Member since 2007

- [View Monitored Posts](#)

- 

Dart said,

BP,

Thanks for that. Very fair.

If you just emphasise to our readership that they are wasting their time trying to help their own golf by reading anything they read here.

Because that is the ONLY reason they log on.

I had the crazy idea that if we explained peoples basic misconceptions about steering > off plane> quitting and it was backed up by a general consensus that they might progress to a stage where by they had a chance to refine their pivot motion because they have none while "square clubface" is imprinted in their computers.

I do enjoy our little chats but people are bleeding.

Umm, I logged onto here to "Talk Golf Machine", and listen to TGM, maybe pick something up I've missed or not spent enough time studying.

Mainly listen, 'cuz Lag's here.

He's a 4-barrel hitter though, and I'm a swinger, so I can't identify a

lot. I understand Doyle, though.

I can hit, but don't have the physique for it.

Mainly some approach shots as an alternative.

Have to remember to go cross-line with everything.

And I don't hit like Lag does, nor like Dart, but I can pick up stuff from both of them, and thankful for it.

Heh! Came across a line in the book "lag pressure is inert". Umm, not the one I know. Laid-back, but definitely not inert.

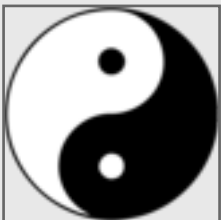
Don't like strawmen and ad hominem. Can see right through 'em and think for m'self.

---

(Systems Analyst, not an AI)

"To be consistent, you must apply Extensor Action." HK

• **Wilkie**



• Dec 18 2008 09:46

• 135 posts

• Member since 2007

Don't like strawmen and ad hominem. Can see right through 'em and think for m'self.

Good point Loren - we need to be aware when we read any comments. And I think everyone who posts here [ummm.... almost everyone :-)] genuinely believes, from their experience, what they are saying.

Thanks for being part of the forum's brains trust :-)

- 
- **iseekgolfguru**



- 
- Dec 18 2008 10:11
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
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BPGA1: Got to Amazon and pick up a copy of "how we know what isn't so". Read or listen or hands on to anything you wish to learn and this book points out why the older we get the harder it is to turn on someone's light build.

For all: Loren's last post was a very good call back to the overall topic of "lets talk golfing machine". Lag's efforts are based on his use of TGM and have been pretty well explained over many many posts. So let's try to keep on HIS topic. If any wish to throw in a tangent, please do so by starting another thread.

- 
- **BPGS1**



- 
- Dec 18 2008 12:00
- 313 posts
- Member since 2008
- 

Guru - got it. Thanks for that. And Loren - you are right, this is the Golfing Machine thread, not the Balance Point thread. I am only here because of Lag's brilliant posts, anyways. Lag - take it away!

- **Ditty**



- 
- Dec 18 2008 12:04
- 4268 posts
- Member since 2008
- [View Monitored Posts](#)
- 

BPGA1: Go to Amazon and pick up a copy of "how we know what isn't so". Read or listen or hands on to anything you wish to learn and this book points out why the older we get the harder it is to turn on someone's light bulb.

For all: Loren's last post was a very good call back to the overall topic of "lets talk golfing machine". Lag's efforts are based on his use of TGM and have been pretty well explained over many many posts. So let's try to keep on HIS topic. If any wish to throw in a tangent, please do so by starting another thread.

Well said on both counts - if it weren't for Dart, Guru, Bio, Lag and a few other posters including Loren's subtle inputs, I'd be still shooting in the 90's - go figure!!

---

Political Correctness is doctrine fostered by a delusional minority and by the media, which holds forth the proposition it is entirely possible to pick up a turd by the clean end.

• **Loren**



• [Dec 18 2008 14:42](#)

• 906 posts

• Member since 2007

• [View Monitored Posts](#)

•

My, BP was gracious. (We all know who he is, eh?)

Thanks Wilkie, Ditty, all respect to you.

I suspect Lag is out playin' golf today.

---

(Systems Analyst, not an AI)

"To be consistent, you must apply Extensor Action." HK

• **lagpressure**



• [Dec 18 2008 16:23](#)

• 1430 posts

• Member since 2008

•

BPGS1,

I have enjoyed all your posts, and it's great stuff.. I think the purpose of this thread is to discuss the intellectual side of the golf swing.. my background being a TGM guinea pig, test subject, and how that all applied to life on tour...thats' my contribution.

BP has read TGM and it's great to have his indepth insight here... and I don't see any incompatibilities with his insights.

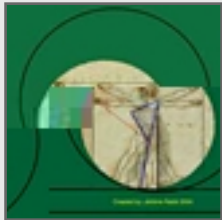
Anyone would be fortunate to work with any of the excellent minds here. I am learning a lot from all the contributors here, and often just a new topic gets my own wheels turning on my views of a particular subject.

let's all carry on...

---

Lag Pressure throwaway is the root of all golf's evils

• [iseekgolfguru](#)



•

• [Dec 18 2008 16:42](#)

• 8159 posts

• Member since 2003

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•

Absolutely, lets just throw the new ideas into new threads to make them easier to follow:)



• **Craigaw**



• [Dec 18 2008 21:56](#)

• 1195 posts

• Member since 2005

•

That is what has always made this site good ,people sharing and conveying ideas and being prepared to listen with an open mind.

sure there are disagreements but at the end of the day we are all here cause we love golf and helping others enjoy it.

---

If someone tells you you are a swinger and then proceeds to try and make you a hitter ... run Quickly...

Beside guru on the range ....

• **TheDart**



• [Dec 18 2008 23:08](#)

• 2266 posts

• Member since 2006

• [View Monitored Posts](#)

•

BPGS1,

You are right. I was getting nowhere being straight forward.

Obtuse was much more fun, while it lasted.

See you on some other tread.

---

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Terry Hill's, St. Michael's or Milperra Driving Range

- lagpressure



- 
- Dec 23 2008 16:27
- 1430 posts
- Member since 2008
- 

Arnie,

I was looking over the top view shots of Palmer, Nicklaus, Player, Souchak, you posted here a while ago..

Does anyone know of similar shots taken of Hogan?

I've been working on swing plane chapters in my book and have been going over usable options.

The moment of truth set up at P3 is so critical, and it has been refreshing to see how pure Gary Player was.

There is just so much to see and learn from those top down shots.

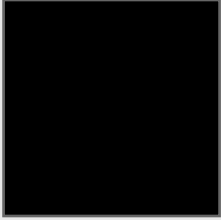
I set up a camera 20 feet in the air yesterday and took some video of my swing from the birdseye view. Mainly to demonstrate the P3 4:30 position that is so critical to mastering the golf swing.

Again does anyone know of similar shots taken of Hogan?

---

Lag Pressure throwaway is the root of all golf's evils

• **Golfur66**



• [Dec 23 2008 23:13](#)

• 205 posts

• Member since 2008

• [View Monitored Posts](#)

•

Please have patience reading this because I really did spend a lot of time formulating and testing it out to help me with implementing TGM into my game. Who knows, someone else might actually benefit too!

I have tried many exaggerated "quick fixes" in an attempt to get into right impact position, while not REALLY deep down inside understanding exactly where all the "bits" were supposed to go (as Dart said "in space"). Despite thinking I was achieving small positive steps, inevitably after the great round I would slowly sink back to the same swing.

I needed to change the way I understood how and why I was doing what I needed to do to get permanently better (down to 1 or 2 from 5 I'm on now).

With the last two or three pages of this thread to finally embed the understanding I have yearned for, I have made a monumental paradigm shift in my swing and comprehension.

I have achieved this change from the most salient points made in the above recent posts along with gems from earlier posts and threads. To summarise:

BP said it succinctly along with my additions:

**The Illusion of trying to keep the clubface square, or the Illusion of trying to move the clubhead path in a Straight Line, or the impulse to be Target Line bound or frozen to the target line mentally and emotionally, the Illusion that the golf ball is the target**

I removed those things and also gained: No early release; an automatic release; no hit impulse; constant acceleration on the downswing; FLW; etc. I could go on and on.

You may think I'm a loony, but I achieved most of this(along with gelling some of my earlier misconception thanks to a lot a people here!), with a great mental aide (for me):

Here goes with what I had to do to cement the Golfing Machine in my head. (heckle if you will): **I'll put up a picture if I don't get this across** Imagine if you will, a narrow, short treadmill with flaps sticking out from it at 90 degrees to the mats surface big enough for a hand to sit comfortably against.

Now think of how it operates. It has an electric motor that needs to be pushed slowly at first due to its inertial lag (inductance if you like).

You start it with great effort but no speed and you slowly speed it up until you have run out of mat at the other end.

If I wanted to get the maximum speed from the treadmill, I would have to start slowly, then constantly accelerate my hand flat on the flap (bent right wrist) until my arm ran out of travel and the flap spun around the back of the treadmill mat and my hand separated from it.

Now picture the treadmill lying on its side facing the target on the plane of the swing so that my hands were resting against the flap at the top of the swing.

I can only acheive maximum thrust on the treadmill if I picture that I'm really am trying to get it to top speed (from zero) before separation

and ignore the ball that you're going to hit altogether.

You HAVE to feel the resistance of the treadmill pushing back on your hands (due to the initial resistance for it to move at all) all of the way to achieve that fantastic feeling you get when you have sped it up( like those kids toy cars that you have to push along the floor until they take off like a rocket).

By trying to have smooth constant acceleration, I keep lag pressure. By keeping my hand flat to the flap(perpendicular to the treadmill mat, remember) I get a FLW and bent right wrist.

I get excellent ball flight because there is no early hit impulse( in fact none at all!) because you HAVE to stay with the treadmill for the entire travel of the right arm extension, and a slight draw because the hands are now coming from 4:30 instead of 6:00 because you've stayed on the plane of the treadmill and because separation is just prior to impact.

Oh man, I hit it so sweetly, time after time. The clubshaft feels like a spring releasing through impact!

The most important things I learnt here was that we really do swing the hands and not the club; and I don't have to square the clubface, it just happens(automatic release)!!

Ok, put on the straight jacket and take me away.

---

"Golf is a 'hit the ball to the target' sport, not a 'hit the ball with the clubhead' sport".

Percy Boomer

- **AddingtonArnie**



- Dec 23 2008 23:46

- 413 posts

- Member since 2008

- 

Golfur66 - sounds fascinating and I can tell how excited you are.... I think I get 50% of the image but would love to see that picture / pictures if you can manage it!

Cheers, Arnie

- **AddingtonArnie**



- Dec 23 2008 23:49

- 413 posts

- Member since 2008

- 

Arnie,

I was looking over the top view shots of Palmer, Nicklaus, Player, Souchak, you posted here a while ago..

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Again does anyone know of similar shots taken of Hogan?

---

Lag Pressure throwaway is the root of all golf's evils

Hi Lag,

I have come up short on overhead views of Hogan. I have seen it said that none are in circulation or exist. I'll drop a post in some places where I know there are plenty of hogan nuts to see if anyone knows of any.

Cheers,

Arnie

- **Steb**



- [Dec 24 2008 00:10](#)

- 2398 posts

- Member since 2008

- [View Monitored Posts](#)

- 

There's a (very) slight chance there might be a top view on [The Ben Hogan Collection](#) - they do talk about 12 of his swing sequences never analyzed before on DVD 3.

I have seen the 2nd DVD ("The Swing Revealed 1") and can't remember a top view.

BTW all links are broken on that site - just remove the 's' from <https://> and you're sweet.

- **AddingtonArnie**



- [Dec 24 2008 06:35](#)

- 413 posts

- Member since 2008

- 

Thanks Steb,

I am sure someone here will have that collection and will be able to confirm whether it does have top down footage of Hogan.

I posted over on another forum to see if anyone had anything and there seems that there might be something that people can recall so the hunt is on.

To date the best we have is an [animated model](#) from above. But whilst its not quite clear how it was put together but its interesting in its own right as it seems to originate from a website called [www.golfresearch.com](http://www.golfresearch.com)

which is a Gregg McHatton site!



Also some interesting [photo's of Hogan](#) that I have never seen before

You can also check out the [blobman model](#) at different stages of the swing and what Greg has to say about it.

Interesting piece on the importance of a [top down view](#) as well.

Anyway following Guru's advice if there is material on here that you guys want to discuss in more detail feel free to spark up a new thread so this one doesn't get too diluted.

Cheers, Arnie

• **BPGS1**



• Dec 24 2008 07:18

• 313 posts

• Member since 2008

•

Thanks, Arnie - excellent links. I would add that the blobman model on the top down link is not 100% accurate for impact. It shows square shoulder girdle and a left arm in line with the left armpit. Whoever made that image is still under the influence of the Arm Swing Illusion. I have never seen a tour pro even close to this impact position. Their shoulder girdles are 10-45 degrees open - depending on which of Four Styles they are employing in their Whole Pivot Motion and Pivot Release Motion, eg Tiger is about 10 degrees on most clubs, closer to 20 open of driver (the Haney Tiger swing - not his old one). Furyk is 45 degrees open with driver. Gogan was very open as well.

Tour pros left arms measured at the hand are angled well to the right of the body mid-line, closer to the right armpit - no where near the left arm pit.

What does that mean for average golfing mortals? You don't hit the ball with a sideways "swiping" across the chest motion. Your upper arms are connected to your chest during Release and Impact. You must turn hard and fast to square the face with this type of action, ie you hit the ball with a "turning the corner" body pivot - from the ground up and from the inside out.

- **AddingtonArnie**



- 
- Dec 24 2008 08:08
- 413 posts
- Member since 2008
- 

Lag,

Any chance of seeing a sneak preview of one or two of the top-down photo's or are we going to have to wait for the book.....?!

Cheers, Arnie

P.S. Checkout the last few posts on the [Classic/Vintage/Retro Clubs thread](#). The revolution is taking hold and Peter Dawson of the R&A is sticking pins in your effigy. From small beginnings.....

• lagpressure



• Dec 24 2008 09:26

• 1430 posts

• Member since 2008

•

Thanks,

Glad to see that thread is alive and well...!

I'll have to find the e mail I got back from David Rickman at the R and A when I first came back to golf. He was the first person I wrote to for an explanation! He was heavily involved in the fight (defeat) against Ping in the 80's...

It will be interesting to see how "The San Francisco Persimmon Open" goes off this spring. The more top players we get the better, and the amateurs have a great time too.. anyone interested let me know.

---

Lag Pressure throwaway is the root of all golf's evils

• lagpressure



• Dec 24 2008 18:57

• 1430 posts

• Member since 2008

•

BP,

Remember all the "drive the knees" swings of the average 70's tour players? It would be interesting to see some of the shoulder impact angle stats from that era.

Arnie,

It was nice to visit Greg's (Mc Hatton) site, I'll have to go see him next time I'm down in LA.. I learned a lot from Greg.. one of the best and

truest pure CF swingers I'd ever seen. PURE!

Nice pics of Hogan on there..

Greg really taught kind of a fantasy version of Hogan.. if Hogan was a swinger..arm flying off the chest at impact, full rolling.. kind of a "what if"?

Could someone hit it better than Hogan if they dumped it down and out and away with no interference?

I was part of that failed experiment, but no regrets, it's a great feeling and it can hit pure shots... it was fun to have those sensations and it really gave me a wonderful understanding of the other side of the rainbow...

I just couldn't get it to work on the road.. not many can.. tough stuff but beautiful...

---

Lag Pressure throwaway is the root of all golf's evils

- Mashie72



- 
- Dec 25 2008 01:12

- 105 posts

- Member since 2008

- 

Lag,

Not to change the subject but when there's a lull in the action or you need a break from your book..Could you please elaborate on the Tilted Hip Turn Plane & its importance? I noticed several posts ago that you use Standard Knee Action for your 10-16-A component which employs a Tilted Hip Plane at the Top and the Finish..

Obviously if the left knee is straight and the right one is bent then the hips must have some tilt at the finish...My question is when I employ the flat shoulder turn on the DS, I seem to naturally turn the hips fairly level with the right heel perpendicular to the ground at the finish...Is the Tilted Hip Plane a key ingredient for speed, power, and function or does it not really matter that much if they turn steeply or flattish?

It is clear to me in your swing videos, the right heel stays down and inside your toes and the hip turning is saved much as possible..But is the Tilt a must?

Congrats on your ink in the Newspaper Article posted on another thread!

Happy holidays to everyone,

Mashie72

• BPGS1



• Dec 25 2008 04:21

• 313 posts

• Member since 2008

•

BP,

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Arnie,

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I just couldn't get it to work on the road.. not many can.. tough

stuff but beautiful...


Lag Pressure throwaway is the root of all golf's evils


Hi Lag - yes, the sixties/seventies Leg Drive action of Miller, Nicklaus and Lema - and a whole lot of other players from that era. That is one element of what I call the Throwing style. Shoulder angle on that style is only about 10 degrees open, even less on shorter clubs, about 0 degrees with the wedges. In other words, they were not fully connected with upper arms to shoulders with that style, they had "semi-connected: arms or arms on the chest but moving across the chest except for a brief instant just before impact. The more arm to chest angle you have - the more open your shoulder girdle must be in order to hit it straight, otherwise your ball is going dead right. Hogan had an arm to chest angle of around 40 degrees, so he really had to be open with his body at impact. Hogan is what I call a Spinner Style.

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Let's Talk LAC's GOLF MACHINE! (locked)

- **lagpressure**



- Dec 25 2008 09:10

- 1430 posts

- Member since 2008

Merry Christmas!



May the New Year bring your best P3 to P4!

---

Lag Pressure throwaway is the root of all golf's evils

- **BPGS1**



- Dec 25 2008 10:13

- 313 posts

- Member since 2008

Please have patience reading this because I really did spend a lot of time formulating and testing it out to help me with implementing TGM into my game. Who knows, someone else might actually benefit too!

I have tried many exaggerated "quick fixes" in an attempt to get into right impact position, while not REALLY deep down inside understanding exactly where all the "bits" were supposed to go (as Dart said "in space"). Despite thinking I was achieving small

positive steps, inevitably after the great round I would slowly sink back to the same swing.

I needed to change the way I understood how and why I was doing what I needed to do to get permanently better (down to 1 or 2 from 5 I'm on now).

With the last two or three pages of this thread to finally embed the understanding I have yearned for, I have made a monumental paradigm shift in my swing and comprehension.

I have achieved this change from the most salient points made in the above recent posts along with gems from earlier posts and threads. To summarise:

BP said it succinctly along with my additions:

**The Illusion of trying to keep the clubface square, or the Illusion of trying to move the clubhead path in a Straight Line, or the impulse to be Target Line bound or frozen to the target line mentally and emotionally, the Illusion that the golf ball is the target**

I removed those things and also gained: No early release; an automatic release; no hit impulse; constant acceleration on the downswing; FLW; etc. I could go on and on.

You may think I'm a loony, but I achieved most of this (along with getting some of my earlier misconception thanks to a lot a people here!), with a great mental aide (for me):

Here goes with what I had to do to cement the Golfing Machine in

my head. (heckle if you will): I'll put up a picture if I don't get **this across**

Imagine if you will, a narrow, short treadmill with flaps sticking out from it at 90 degrees to the mat's surface big enough for a hand to sit comfortably against.

Now think of how it operates. It has an electric motor that needs to be pushed slowly at first due to its inertial lag (inductance if you like). You start it with great effort but no speed and you slowly speed it up until you have run out of mat at the other end.

If I wanted to get the maximum speed from the treadmill, I would have to start slowly, then constantly accelerate my hand flat on the flap (bent right wrist) until my arm ran out of travel and the flap spun around the back of the treadmill mat and my hand separated from it.

Now picture the treadmill lying on its side facing the target on the plane of the swing so that my hands were resting against the flap at the top of the swing.

I can only achieve maximum thrust on the treadmill if I picture that I'm really trying to get it to top speed (from zero) before separation **and ignore the ball that you're going to hit altogether.**

You **HAVE** to feel the resistance of the treadmill pushing back on your hands (due to the initial resistance for it to move at all) all of the way to achieve that fantastic feeling you get when you have

sped it up( like those kids toy cars that you have to push along the floor until they take off like a rocket).

By trying to have smooth constant acceleration, I keep lag pressure. By keeping my hand flat to the flap(perpendicular to the treadmill mat, remember) I get a FLW and bent right wrist.

I get excellent ball flight because there is no early hit impulse( in fact none at all!) because you HAVE to stay with the treadmill for the entire travel of the right arm extension, and a slight draw because the hands are now coming from 4:30 instead of 6:00 because you've stayed on the plane of the treadmill and because separation is just prior to impact.

Oh man, I hit it so sweetly, time after time. The clubshaft feels like a spring releasing through impact!

The most important things I learnt here was that we really do swing the hands and not the club; and I don't have to square the clubface, it just happens(automatic release)!!

Ok, put on the straight jacket and take me away.

---

"The lower a CEO's handicap, the worse the company performs on the stockmarket." USA Today, 2006.

I hope my CEO's handicap is 27!

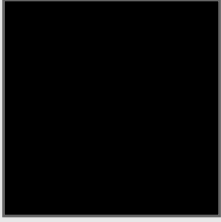
Golfur66 - great post and congrats on your breakthrough! I do understand your image, its a great one. It proves once again the

incredible power of the mind/body connection: what you believe to be true or even possible, at a deep level of your subconscious mind, has a tremendous influence on your body and club motion.

You have overcome the Hit Impulse is another way of describing your insights here. Being "ball bound" ignites the Hit Impulse. So does being Target Line bound, "tracking the clubhead" bound (hand-eye manipulation), square clubface bound, Straight Clubhead path through Impact bound and impact bound. Conscious mind trying to do any of those things triggers the Hit or Manipulation Impulses or both.

Sustaining the lag - like so many good things - is the effect of a prior cause, and not an end unto itself for the conscious mind during the swing. Your accelerating Pivot motion gave you the ability to automatically keep your lag until the proper release point and even longer. My guess is in the past you very probably stalled your Pivot and actively threw or flipped the clubhead at the ball with your wrists - that is precisely what 95% of golfers do.

- **Golfur66**



- 
- [Dec 25 2008 18:59](#)

- 205 posts

- Member since 2008

- [View Monitored Posts](#)
- 

Sustaining the lag - like so many good things - is the effect of a prior cause, and not an end unto itself for the conscious mind during the swing. Your accelerating Pivot motion gave you the ability to automatically keep your lag until the proper release point and even longer. My guess is in the past you very probably stalled your Pivot and actively threw or flipped the clubhead at the ball with your wrists - that is precisely what 95% of golfers do.

Thanks BP

I was hoping that there would be some element of truth in what I have been experimenting on.

You are right that I had to VERY consciously manipulate the hands through impact. I also nearly always had a bent left wrist not long after impact giving me a higher ball flight (I think that cam from being clubface and target line focused).

I'm not sure what you mean by stalling my pivot, in as much as what is the correct motion to not have one( more choke perhaps ;D). I just need to know if that is indeed what I was doing so I can monitor it.

Cheers all, and I hope you had a good Xmas.

---

"Golf is a 'hit the ball to the target' sport, not a 'hit the ball with the clubhead' sport".

Percy Boomer

- **BPGS1**



- [Dec 26 2008 00:04](#)

- 313 posts

- Member since 2008

Pivot Stall is the usually unconscious but very sudden slowing down of your hip, belly and shoulder/torso turn through impact. It is the norm for almost all golfers who are around 8 handicaps and higher, just a matter of degree, ie 30 handicaps do it a lot sooner and a lot more than 8 handicaps. You can clearly see it on video - the hips basically stop turning at parallel 3 and shoulders too and the arms make a sideways "swiping" motion, right wrist sideways "flip" and usually left elbow chicken wing.

By contrast, look carefully at the two Hogan pics that Lag posted here - you can clearly see how he has turned his Pivot sharply in a tight circle to his left. His body is moving his arms through his Pivot Thrust (opposite of Pivot Stall) and his SuperConnected upper arms to chest. This is not a "swinging" motion in the most common sense usage of that word, ie his arms are not "swinging" themselves - they are being moved in a "thrusting" fashion in an energetic way but in the rotary dimension. Most average golfers if they "thrust" they do so with their arms alone mostly in a lateral or straight line dimension - weak and blocked shots are the result.

Hogan's first published so-called "Secret" was the Dog wagging the Tail exercise, or the On Arising from my bed, glue the arms to the chest, the Body moves the Arms/Triangle drill. He describes this in Five



• **lagpressure**



• Dec 26 2008 07:23

• 1430 posts

• Member since 2008

•

another "S"

how many do we have now?

I think I see another one under the Christmas tree...

---

Lag Pressure throwaway is the root of all golf's evils

• **BPGS1**



• Dec 26 2008 12:02

• 313 posts

• Member since 2008

•

Lag - how about Venturi's statement that Hogan had many "secrets" in two categories - mental game and physical? Or John Schlees passing on to us so many Hogan secrets. Like keeping the upper arms in front of the chest at all times and that all the arms do is stretch away from the body to establish the radius of the swing, left arm on backswing to just after impact, then right arm almost to Finish, AND the right elbow bends on the backswing and the left arm on the followthrough to Finish segment. (he shared that one with Knudson - its all in his book).

Or - "if I could have surgery to improve my golf swing I'd ask the doctor to remove both of my bicep muscles." (think extensor acton!).

Or - the arm drop/right elbow in to out loop on Transition to shift the plane line to the right as insurance against OTT and so that he could hit the ball as hard as possible with his entire right side of his Pivot and the ball would not pull left.

Or - to Jackie Burke - " You cannot have too much upper arm to chest connection pressure through impact. The tighter I squeeze my upper arms to my chest, the farther I can hit it and the straighter it goes." Remember folks - that's only for Impact segment, not the entire golf swing - a common mis-conception about connection.

Mental side his number one shotmaking secret was visualizing a tiny precise target to hit the ball to, with 110% mental and emotional commitment, in the present moment. "Right now the most important thing in my life is this golf shot I am about to hit to that target out there!" .

Preparation/Golf Philosophy his number one secret was - get ready, this is your final Christmas present from Uncle Jim - "be kind to yourself." Golf is a tough game and it takes a lot of dedicated practice time to improve. Hogan knew this well and learned at some point that beating yourself up about a bad shot or score was just silly and actually counter-productive. This from the toughest SOB perfectionist who ever played the game - "be kind to yourself" or don't indulge in unrealistic expectations. "I only hit one perfect golf shot a round. The rest are all mis-hits."

Merry Christmas and enjoy your new presents!

• **Bio**



- 
- Dec 26 2008 12:22
- 1237 posts
- Member since 2008
- 

BPS1,

I have to pull you up here, cause I don't want people to get get wrong perception, All top tour players and hogan hips all decelerate and at impact almost come to a near stand still at impact ,then after impact they pick up speed again. They don't continue to accelerate like we all believe. Video give us some many false illusions to what is truly going on. To get the real story you have to measure hips speeds etc to know what players are truly doing on their swing.Which a standard video on slow motion can't tell you.

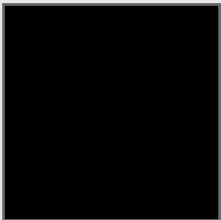
I wouldn't recommend to Golfur66 is hips are stalling, due to the lack of acceleration, He may not necessarily have slow hip rotation speeds, it may indicate this on video, but it could give this illusion cause it's 2demetional and his real problem is due to having poor lower body motion. I.e is hips aren't moving correctly. If you got him to accelerate his hips harder this would add fuel to his fire. He could have poor ground forces, a hip slide, not stored potential energy correctly on his back swing, he could have both or all three combinations. There are so many contributing factors. There is no ,one antidote for all golfers, each athlete is different. You can't identify this by video, to say 95% of golfers problem is lack of acceleration or their hips are stalling is bull.

This is giving people false information. This is from your observation not from a measured science point of view so you can't state 95% of golfers problems is from pivot stalling, there's a bigger picture to it. Last thing I want to see is golfers start thrusting there hips to hard trying to stop hip stalling when this isn't the cause in the first place. Then they injury them selves, They may have perfect hips speed, just poor lower body mechanics. Just cause the hips appear to move slow on video doesn't indicate they are stalling. There's hundreds of reason for this illusions, which video won't tell you. Hip stalling is a product caused by another fault or motion not cause their not turning their hips fast enough.

---

Mechanics are a bi-product of biomechanical function

• **Golfur66**



- 
- Dec 26 2008 19:23
- 205 posts
- Member since 2008
- [View Monitored Posts](#)

Pivot Stall is the usually unconscious but very sudden slowing down of your hip, belly and shoulder/torso turn through impact.

BPS1,

I have to pull you up here, cause I don't want people to get get wrong perception, All top tour players and hogan hips all decelerate and at impact almost come to a near stand still at impact ,then after impact they pick up speed again. They don't

continue to accelerate like we all believe. Video give us some many false illusions to what is truly going on. To get the real story you have to measure hips speeds etc to know what players are truly doing on their swing. Which a standard video on slow motion can't tell you.

Thanks BP and Bio,

Wow, conflicting information there. If I try "Pivot Thrust", I find myself sliding through impact by pulling my left side. If I try what Bio said by slowing then accelerating, I go to the Twilight Zone: I just don't get it at all!

I did try however, to hold (with force) the FLW from the top of the swing(which also kept the right wrist bent), while using extensor action of the right arm "down the treadmill" through impact. I found by doing this, I stayed behind the ball and rotated the left hip and shoulder girdle through impact.

Does this make sense or am I making the wrong moves/thoughts to achieve my goal?

---

"Golf is a 'hit the ball to the target' sport, not a 'hit the ball with the clubhead' sport".

Percy Boomer

• **lagpressure**



• Dec 26 2008 19:49

• 1430 posts

• Member since 2008

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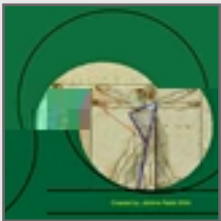
Not really conflicting, just remember that the slow down of the pivot then the pick up acceleration needs to be accompanied with active hands at the bottom, that work together with the body... if you're trying to just dead hand it going through, then you need to make sure you are using a swingers arm action and hinge action, if not it's a train wreck..

weren't you just hitting it great the other day?

---

Lag Pressure throwaway is the root of all golf's evils

• **iseekgolfguru**



• Dec 26 2008 22:00

• 8159 posts

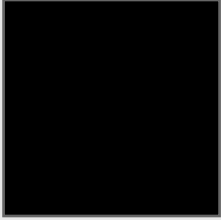
• Member since 2003

• [View Monitored Posts](#)

•

All we need to do is clear the right hip to allow us to stay on plane and attack the inside aft quadrant of the ball. Golfur66 if you were killing it the other day, then you are likely to have just about worked it out before being thrown the tangent line:)

- **Golfur66**



- [Dec 27 2008 00:03](#)

- 205 posts

- Member since 2008

- [View Monitored Posts](#)

weren't you just hitting it great the other day?

I still am Lag, I just wanted to know what he meant by Pivot stall if it happened. Then I just tried to produce the Pivot thrust he spoke about to see if it's what I was doing already with the "Treadmill".

Golfur66 if you were killing it the other day, then you are likely to have just about worked it out before being thrown the tangent line:)

Thanks Guru, but inevitably, we all lose "That" feeling just a little by little. I just like to understand why this thing I'm doing works a little better and have that extra knowledge stored in the computer for reference.

I remember Nick Faldo said he wrote down all of his keys for each week in a diary and referred to them when "That" feeling didn't work any more. I just want to have that armory as part of my arsenal because at least this time my keys seem to have a much more fundamentally sound basis to build upon.

---

"Golf is a 'hit the ball to the target' sport, not a 'hit the ball with the clubhead' sport".

Percy Boomer

- **Bio**



- 

- Dec 27 2008 00:24

- 1237 posts

- Member since 2008

- 

Golfur66,

That's awesome sounds like your on the right path, to me it sounds like you need to follow Lagpressure advice and guru, sounds more like mechanical, then body motion problems. I wouldn't worry about your hips sliding this isn't uncommon when athletes start trying to over accelerate their rotation, in a way your bodies way of trying to slow them down for the upper body and hands, but again one of hundreds of reasons why people hip slide. So really the real answer is stop doing trying to accelerate you hips and go back to your old pivot it was working fine.

I think you need to focus more on your hands, extensor action etc for you it sounds like mechanics not body motion.

Keep up great work.

---

Mechanics are a bi-product of biomechanical function



- **BPGS1**



- [Dec 27 2008 05:03](#)

- 313 posts

- Member since 2008

Golfur66 - Pivot Thrust is not lateral or hip slide - it is 100% rotational from P3-P4. It is NOT just hips, it's Core - oblique abs especially - and Torso as well. If you have ever taken a Pilates class, you may understand what I am talking about. The slowdown/speedup Bio refers to is not something you do or could ever possibly resist or stop from happening, it's a Law of Physics, COAM, Conservation of Angular Momentum, don't worry about that. It happens in a micro-second and unconscious for everyone.

Intend to keep turning through Impact is very good advice for nearly 100% of golfers, in spite of Bio's off the mark criticism. Every natural instinct your subconscious mind and conscious mind is to slow down your Pivot - Stalling - and to succumb to the Hit Impulse with your upper arms, right arm angle and wrist cock angles throwaway.

Constant, steady acceleration is one way - there are others - of inhibiting the Hit Impulse. And - dynamically, you will automatically create more lag pressure, which makes it harder to release the angles early on a purely physical level.

Lag - dead hands will work and is my preferred method for average golfers because their Pivot Thrust is so much less powerful than a tour pros, and thus they have so much less lag pressure pushing backwards on the clubhead, they don't need to help out with forearm roll and right arm hammer hitting to help square the face. Just pure turn. With the amount of lag you generate or Hogan generated, then you need

some active hand action at the bottom.

Bio - I am describing a near Universal Flaw proven to myself and my staff from teaching thousands of average golfers the past 20 years in our golf schools. I don't even need video to see the radical difference between a professional Pivot Thrust and a a high handicap Pivot Thrust. They could not be more opposite.

My remedy for Golfur66 was just one of many possible ones, since as you correctly pointed out, there can be many possible causes for Pivot Stall. My intent - as always on this forum - is to make my best educated guess as to which remedy is the most likely to help the individual golfer I am responding to, based on what he is describing to me and on what I know has tended to work in my teaching practice.

f I suggest he try X in his swing, that by no means implies that it could not also be Y or Z. Just to start with X and see what happens. My preference is to start with the remedy that has proven to be the easiest to understand and to implement and that has the highest probability of helping that golfer.

Yes - Bio and I do agree on one important point. If any one reading this forum really is serious about mastering their golf swing, you need to take personal lessons and/or a golf school from the best teacher you can find who has some training in biomechanics. This forum can never

even come close to that ideal situation in terms of effectiveness. I realize however, that this ideal solution is not practical or even possible for a number of readers. For them, this forum is a great place to to at least be exposed to some really solid information that at least has the possibility of starting them down the right road, and warning them away from all of the many false turns out there.

- **BPGS1**



- Dec 27 2008 06:26

- 313 posts

- Member since 2008

I found by doing this, I stayed behind the ball and rotated the left hip and shoulder girdle through impact.

Does this make sense or am I making the wrong moves/thoughts to achieve my goal?

---

"The lower a CEO's handicap, the worse the company performs on the stockmarket." USA Today, 2006.

I hope my CEO's handicap is 27!

Golfur66 - yes, it makes very good sense. The question you need to ask yourself is which is cause and and which is effect? From my understanding of cause and effect in the golf swing, I would say it is far more likely that the left hip and shoulder girdle rotation is the cause and the FLW and lagging clubhead are the effect. If you put your conscious feel sense awareness on ANY body part during a golf swing that creates a good shot, your natural common sense tendency will be

to assume that THIS body part I am feeling is the CAUSE of the good shot. That is sometimes true - but often we deceive ourselves. Hence the difficulty we all face as golfers in understanding our own swing and maintaining a high level of consistency.

It also sounds to me like you have finally learned to stop using the arms muscles to move the arms, and the wrist muscles to throw their angles away early. That is essential to every golfer seeking to master their golf swing. When you combine accelerating Pivot Thrust P3-P4 with passive arms and wrists - at least to P3 - then you are truly on your way.

- **TheDart**



- Dec 27 2008 10:41
- 2266 posts
- Member since 2006
- [View Monitored Posts](#)
- 

I think we can be aware of the whole movement; body, arms and hands.

I think Law is the cause and ball flight is the effect. Deeper still, INTENTION is cause.

I don't see how you can apply a reasonably constant pressure to a club without a reasonable pivot.

I don't see how you can hope to hit the ball consistently in play without a consistent plan for the hand path and rotational style.

I don't see any argument.

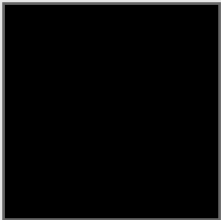
Must be Christmas!

---

For tuition in Sydney call Paul Hart (TheDart} 0412 070 820.

Terry Hill's, St. Michael's or Milperra Driving Range

• **Golfur66**



• [Dec 27 2008 16:09](#)

• 205 posts

• Member since 2008

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Thanks BP,

I know that when I played today, on the swings that I trusted the new swing that I hit the ball more solidly than I thought would be possible (I used a GPS to measure 3 drives and they were all over 300m! (No wind, flat fairway)). The irons were like tracer bullets (eg 6 iron 175m dead straight!)

However, when I lost that trust and became ball bound and target-line bound, I hit these terrible cuts that started out to the right.

I can only assume that the path was good, but I had no release causing the face to be left open with upper left arm separation through impact and chicken winging it. I can feel the back of my left hand forcing a release hold-off.

I'm pretty sure that I was stopping the right side working properly by stalling with my overpowering left side(I'm a lefty playing right-handed and this side always wants to assume control in my swing). It's like having a split personality.

Do you see this often BP, and if so, are there drills to help my Jeckyll

and Hyde issues?

---

"Golf is a 'hit the ball to the target' sport, not a 'hit the ball with the clubhead' sport".

Percy Boomer

- **lagpressure**



Golfur66

I believe Ben Hogan was left handed too...

you're in good company!

- **Dec 27 2008 18:32**

- 1430 posts

- Member since 2008

---

Lag Pressure throwaway is the root of all golf's evils

- **BPGS1**



- Dec 28 2008 04:34

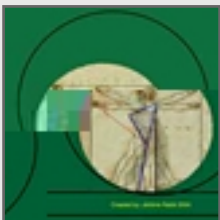
- 313 posts

- Member since 2008

Golfur66 - Yes - if you feel the Stall in your left side, it means your right side is stalling too. Remember - they are two interconnected parts of one Whole. The "sidedness" thing is way over-rated in golf in my opinion, in terms of the Pivot. Its a feel sense illusion. You might try changing your feel sense awareness to the Torso as a one unit - with "no sides" to it. We all have a dominant side in terms of neuro-muscular pathways - that is certainly no illusion! But it tends to create poor mechanics.

Sounds like your mechanics are very good when your mind is in the right place, ie not ball or target line bound. So rather than continue to analyze your bad shots in terms of poor mechanics - which no doubt are occurring - think of the poor mechanics as the effect of the mind being bound to ball and target line.

- **iseekgolfguru**



- Dec 28 2008 10:12

- 8159 posts

- Member since 2003

I love that phrase "ball bound". My students know how well they can strike the ball without even looking at it! Distracted away from the ball for a shot or two allows many to free up their entire swing from hitting 'at' the ball. No longer ball bound they are more fluid through the impact zone.

- [View Monitored Posts](#)

- **TheDart**



- [Dec 28 2008 10:30](#)

- 2266 posts

- Member since 2006

- [View Monitored Posts](#)

Playing golf is target awareness all the way through the motion.

The line to the target and clubface awareness via the hands are the only guarantee the ball goes where you want it regardless of what drives them.

Trusting this geometry with no recourse to repair and upgrading is bound for short term success and slumps.

How can you repair and up grade if you have not got a clue as to what the mechanics are.

---

For tuition in Sydney call Paul Hart (TheDart} 0412 070 820.

Terry Hill's, St. Michael's or Milperra Driving Range



- **BPGS1**



- Dec 28 2008 11:08

- 313 posts

- Member since 2008

- 

Well said, Dart! Target awareness - whether in the foreground or background of your mind - IS golf. Anything else is "practicing golf swing or putting stroke" or "score obsession", etc. Or as Percy Boomer said "Golf is a 'hit the ball to the target' sport, not a 'hit the ball with the clubhead' sport".

- **lagpressure**



- Dec 28 2008 14:47

- 1430 posts

- Member since 2008

- 

BP, from the other thread..

I wanted to bring this over here to stay on topic..

**IF you have first learned how to inhibit the Hit Impulse. A tough thing to do for average golfers - how do you overcome a powerful impulse that by it's very nature is unconscious? And that happens in a fraction of a second?**

I came to the realization well into my career that my impulse "to hit" was more at my core than my ability to resist it.

This is exactly why I really encourage people to "hit" because it is so much more natural and true to the center of most humans spirit.

To know how to hit, you have to know when to hit... but beyond that,

our muscles must be strong enough to facilitate that “how and when” .

Personally,

I became much more interested in what I could build than what I could hope to resist.

The lure of CF swinging is that you don't have to do, the active muscular work. Swinging has a greater potential I believe for “instant soup” because if somehow the light bulb goes off, the results can be alarmingly fantastic, very quickly. But that “hit” demon is always there...ready to ruin your shot, or your round... the demon loves to come out when your palms sweat, or your pulse goes up.

If it's sounds like I'm speaking from experience, you could say I'm actually screaming!

My genetic makeup is basically thin, lean. I have never been gifted with great natural muscle mass... genetically, I was set up to swing basically. I never cultivated hitting muscles until I was into my second year on tour. It took me 9 months to make the transition.

Having lived and loved on both sides of the rainbow, I' m convinced most anyone could learn to hit quite successfully. As an athlete, I'm nothing special. If I can do it... most anyone can..

---

Lag Pressure throwaway is the root of all golf's evils

• **iseekgolfguru**



- 
- Dec 28 2008 15:36
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
- 

A quick point of reference here.

Where Lag talks of Hitting, it is not with a breaking right wrist, its a right arm thrust of the clamps - not with the clamps. Most hackers get their arms into motion then try to add clubhead speed with their hands which destroys the power the arms had put together.

Nothing wrong at all Hitting as long as its the arms doing the hitting. Hit with a hand flip and you have the wrong idea of how power is generated.

• **BPGS1**



- 
- Dec 28 2008 15:54
- 313 posts
- Member since 2008
- 

Thank you, Guru! You took the words right out of my mouth...or keyboard. When I talk about the Hit Impulse it is in no way what Homer Kelly called a Hitting style in his book as Guru so accurately pointed out.

The Hit Impulse is many things - a deeply flawed notion of what the true source of Power is, ie the idea that the upper arms moving sideways across the chest is a power move. Or that the right wrist flipping sideways is a power move. Or that the right arm angle opening up way too early at start of Transition - casting - is a power move. (Of course that IS a power move if done properly in the downward

dimension - like hammering a nail - from P3 or even a bit later.) Or the left wrist cock angle being thrown away at start of Transition as a power move. Usually all four of these things more or less simultaneously.

This is exactly what we see the vast majority of mid to high handicap golfers doing in their golf swings and it its an absolute swing wrecker.

If you can Hit - as Lag does - with your Body Pivot with SuperConnected upper arms, part of the Hogan move, and with secondary Hitting power sources of forearm roll and hammer action of right arm angle/triceps thrust in the downward dimension - I am all for it. That means learning to delay the proper Hit action until at least P3.

I have found over my years of teaching that very few mid to high handicaps possess the body awareness, timing, athletic ability or coordination to do this later in the downswing. The impulse to Hit is ALSO so very destructive precisely because it tends to happen way too early.

One thing that happens with the early Hit is that the clubshaft in effect becomes longer. If you don/t stand up out of your forward spine angle and/or chicken wing your left elbow - you will dump that clubhead straight into the ground about a foot or more behind the ball. Your subconscious will almost never allow that hard fat hit to happen because it could very likely injure your wrist or elbow, so now you

have a second destructive Impulse - standing up and then of course instant loss of Swing Shape/Plane and loss of Balance as well.

- **lagpressure**

- **8 iron from about 140**



feathered this little 53 Armour in for a kick in yesterday. No one on the course, still, quiet, if you listen close you can hear hear the ball hit the green. Pure magic.

- 
- Dec 28 2008 20:28

- 1430 posts

- Member since 2008

- 

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Lag Pressure throwaway is the root of all golf's evils


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Let's Talk LAC's GOLF MACHINE! (locked)

- **AddingtonArnie**



- **Dec 29 2008 00:15**

- 413 posts

- Member since 2008

Hi guys,

Just been reading this all through again as my game got canned this morning because of deep frost - Lag I'm very jealous that you can play in shirt sleeves at this time of the year!

So the in the context of the "hit" from P3 I copied this from Lag from the Flat vs Upright debate:

In the golfswing, the hands appear to travel down and aiming toward the inside of the ball, I like 4:30. The clubshaft through a fierce rotation of the wrists, swivels around and smacks the ball at 3:00. I drill each day with about 8 inches of hand travel from P-3 into impact.. from a feeling of coming from way inside to square on the back of the ball.\

I do this with the bag. It's really an optical illusion because we are above the plane looking down from above it, so we view the club moving in circle. It should appear to be really laid off at P-3, but as your hands actively rip into the bag, it actually comes right down on plane. If you set up a video camera from behind, you'll see what I mean. This is not the dead hand stuff, or the passive hands of the swinger. Active ripping hands that don't start to work until they arrive at P-3. Then they just go like crazy.

When I played around with this "fierce rotation of the wrists" from P-3



I was particularly struck by that this took the butt of the club left post impact even quicker than the same swing with good rotation with passive hands. Lag - is this part of the "pulling the club out of orbit" protocol that you mentioned re: your conversation with Gregg McHatton?

Cheers, Arnie

• **Bio**



- 
- Dec 29 2008 00:36
- 1237 posts
- Member since 2008
- 

BPS,

You have your beliefs but doesn't mean they are gospel, you can tell me anything you like about mechanics, but when it comes to body motion, you need some educating. What your telling us is your beliefs not the reality of what truly happens with body motion.

Not one tour player accelerates into impact with his hips, if you were up to speed with body motion, you know that's un true, when you fully understand body motion and kinetic linking you would know that accelerating the hips into impact is a myth, it's the opposite.

It disturbs me that your trying to tell me how the body motion works, I own my own human motion analysis company, I do this for a job, I teach and train athletes and golf coaches body motion.

Don't take offence if I jump on you cause when you step into my field and give readers false information which is incorrect I will step in and say something.

NO tour players continues to accelerate their hips into impact. And there is no such thing as a universal problems, there are hundreds of reasons for poor lower body motion.

Hips stalling is the product of another chain of event which cause the hip stalling. BUT really there not stalling in the first place there just not moving correctly. so what is adding acceleration going to do? nothing just make the action worse and the golfer play worse.

BPS comments as much as you like about mechanics, but leave body motion to the guys who specialise in the field. We are trying educate consumers the truth about body motion, not golf coaches beliefs. I't not fair to our industry

---

Mechanics are a bi-product of biomechanical function

• **BPGS1**



• Dec 29 2008 05:28

• 313 posts

• Member since 2008

Bio - no disrespect intended, just much disagreement. You are dead wrong about this. Every tour player accelerates - starting at P3 or a bit earlier - by firing the glutes and hip rotators, the oblique abs and the muscles in the back and shoulder girdle area. We call that Pivot thrust. There is a very sudden and short in term de-celeration phase as well that occurs a micro-second after Pivot Thrust, due mostly to COAM as the mass of the club.

References? GolfTec's model, Dr. Ralph Mann's model, Dr. Jobes studies with electromyograph using tour pros at Centinella hospital in the ninties, Mac O'Gradys UCLA scientists study, and many, many others.

Then - just after impact, a sudden acceleration phase as the body is free of the force slowing it down (COAM) and the hips, belly and shoulders speed up again. This is a Law of Physics that no one needs "to do" and it is impossible to resist as well. It happens, the only way you could possibly stop it from happening during impact would be to forcibly hold off ANY wrist cock angle release.

In Dr. Jorgensons's classic book "The Physics of Golf", he describes a simple empirical experiment where a very strong male friend tried to hold off the Release and succeeded. The forces generated actually snapped the steel shafted driver in half. Then at P4, a muscular deceleration phase starts to kick in to slow down the Pivot necessary to prevent injury to the golfer, ie internal left hip rotation.

In my advice to Golfur66, I was referring to his very valid insight regarding the role of the "treadmill" of the steady acceleration of the Pivot, to help him create lag and a FLW through impact. It seemed to me that part of his insight was that in the past he was not accelerating the treadmill, causing bad shots. I was confirming that insight.

f you really want to have this debate, then you should clearly define

for all of us exactly what you mean by the terms “mechanics” and “body motion” and precisely how they differ. You should also be aware that scientists trained in the same field disagree with each other all the time. Science is not as cut and dried as you seem to believe.

I teach body motion or the Dynamic Forces created in the body and acting on the club, by how the muscles move bones - lateral pressure force changes, shear forces, rotary forces, leverage forces, all created by how the body creates and directs energy. You may have a different definition.

I read and study everything I can get my hands on about the biomechanics, physics and geometry of the golf swing. I have spoken with PHD's in kinesiology and biomechanics about the golf swing. I am continually amazed at your apparent belief that you are the only person who has access to this information. You are not - period.

I stand by my statement - there are indeed near Universal swing flaws, many in fact. And - the advice to intend to keep rotating the Pivot is excellent advice for most golfers. This DOES NOT mean that this is the ONLY thing golfers must learn to do well. Of course not. Fallacy of the Extremes rears it's ugly head once again. I can only write one sentence at a time and convey one unit of meaning with that sentence at a time.

Of course Golfur6 may have other issues besides Pivot Stall or even

instead of Pivot Stall - like poor lower body motion. Only an idiot would argue otherwise. I have not seen him swing and have not had an in depth discussion with him about his game, nor have I performed a live fitness evaluation testing his strength and flexibility. All of which I would have done if he was an actual student of mine here in Oregon or in Hawaii.

Bio - give me a break, I was making a suggestion, based on his feedback and my own teaching experience. Just like you do and any other teaching professional posting here does.

And no I will not shut up and stop giving that advice to well intentioned average golfers who are requesting it, just because your ego is offended by it.

- **lagpressure**



- **Dec 29 2008 08:36**

- 1430 posts

- Member since 2008

Arnie,

Nice light bulb going off there...

This is exactly what happens, the hands cut left because your are pulling the shaft out of orbit (swingers out and away orbit)

This is a hitter's drill, not a swingers..

It's a group effort, the arms stay pinned to the upper chest and also resist the pull... and of course the hands feel it big time...

But what this does is, it puts a tremendous amount of PRESSURE in your hands, and that pressure is LAG pressure, and lag pressure is feel, so this is all about feel... in your hands.. so you feel the club in a way you never could as a swinger..

Learning this was like going through a golden door into an emerald room.. especially with the hinge action stuff..

I started to feel the resistance against pressure point #2, and actually started using that to control flight path.. it would take a huge effort to get the ball to move right to left 5 yards..

The stiff wristed frozen right arm smack, saving some right arm (elbow) post impact and that ball is NEVER going left..

There is a Hogan secret right there..

---

Lag Pressure throwaway is the root of all golf's evils

• Prot



• Dec 29 2008 08:46

• 354 posts

• Member since 2008

This feel is pretty prevalent in my daily duties now. I had my normal morning bag session and then hit about 200 balls at the range this afternoon....

I can feel a lot more stress in my right wrist and a sore spot across my palm where the club sits. 3 months ago I never felt any of this. Just a sore back from a reverse "c" action. My body is super involved now. And yea, the club exists left... *hard* now. Speaking for myself here, I think with the above type of actions, and the new swing I've been adopting through Lagpressure, the thought of going back to swinging out to right field would probably result in pure disaster. Just a guess though as I have no desire to test this theory! :)

---

"Try smarter, not harder." Moe Norman

• BPGS1



• Dec 29 2008 09:10

• 313 posts

• Member since 2008

Arnie,

Nice light bulb going off there...

This is exactly what happens, the hands cut left because your are pulling the shaft out of orbit (swingers out and away orbit)

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• also resist the pull... and of course the hands feel it big time...

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The stiff wristed frozen right arm smack, saving some right arm (elbow) post impact and that ball is NEVER going left..

There is a Hogan secret right there..

---

Lag Pressure throwaway is the root of all golf's evils

Well said, Lag. The more connected the upper arms, the more pressure will flow into the shaft and hands. And as you and I discussed on the phone last week, the bent right elbow is indeed a Hogan secret. I have watched many, many hours of video of Hogan and studied hundreds of photos of him from P3 to impact and I can tell you that in the vast



majority of those images I looked at, his right arm bend was around 45 degrees at P3 and exactly the same at impact. Hogan did not “hammer hit” with the right arm until AFTER impact, but he did actively release his wrist cock angle while keeping a lot of bend in his right wrist, and he did actively roll his forearms to help square the face.

Why? Because he had so much lag pressure holding the clubhead back, that he would never have been able to release passively and have the face square up in time, ie he would be “late”. We call Hogans move here a Body Thrust release and part of a Spin swing style. As a training intention/exercise - it is a great thing to tinker with for almost all golfers, since it is the polar opposite of what most average golfers do in their swings. Even if the possibility of actually objectively achieving it is very remote. Average golfers tend to throw the right arm angle away during Transition and have a straight right arm well before impact - part of the Hit Impulse.

This is also a matter of tempo - the faster you Pivot Thrust - and Hogan was lightning fast - the more lag pressure you create, the more you delay COAM - the more you need an active wrist cock release. Slower speed Pivot Thrusts can use either a passive release or a semi-active release.

- Bio



- Dec 29 2008 09:36

- 1237 posts

- Member since 2008

- 

BPS,

if you understand about human body motion,

in kinetic linking all tour players don't accelerate into impact they decelerate,

For 17 years the guy I understudy have screened and trained body motion to Greg Norman, Ernie Els, Nick Price, Nick Faldo , Brad faxon, recent Morgan Pressel, Candie Kung and Anthony Kym, he has screened most of the Golden Bear mini tour players and trained them to improve their body motion. He has screened a long list of L.P.G.A tours player and P.G.A golfers over the years, All the top tour players come to us for screens and to be trained for body motion. So what exactly are trying to tell me here. I have their data in front of me and not one of them accelerates into impact, There hips have a fast burst at the start and decelerate into impact.

Mate this guy started biomechanics in golf he integrated Force data, Motion data and Emg data. which biomechanists use today.

Your talking about your own beliefs, you can't state this is what tour player does when you have never screened them using biomechanics.

This guy was named the godfather of human body motion, by other researchers.

we have more produce more major winners then any other golf coach or biomechanics company in the world. We have well over 20 majors under our belt.

How many do you have?

My Ego isn't dented at all, what annoys me is people add their beliefs not the truth.

Our team has screened 10's of thousands of golfers over the past 20 years and been screening tour player for over 20 years.

I'm not saying the hips don't stop rotating but they don't continue to accelerate. There is a huge difference. And to readers is very important they get the correct understanding.

BPS

the last thing I want to see is average Joe going out there over thrusting their hips this will only make them worse not improve them. Mate I'm only telling you from 20 years of research what happens this isn't my beliefs these from results conducted from 10's of 1000's of golfers being screened.

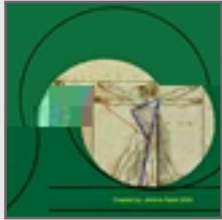
I can tell you now the world best don't accelerate into impact their hips decelerate. they have a quick burst at the start then slow down.

Go Ask Greg Norman And Ernie Els I think you will be surprised in their responses.

-----

Mechanics are a bi-product of biomechanical function

• **iseekgolfguru**



• [Dec 29 2008 10:31](#)

• 8159 posts

• Member since 2003

• [View Monitored Posts](#)

•

If you wish to debate this part fire up a new thread please.

• **lagpressure**



• [Dec 29 2008 10:53](#)

• 1430 posts

• Member since 2008

•

Bio, BP,

I am quite sure we are all speaking the same concept but maybe in different languages.. what was that story, The Tower of Babel?

Obviously the hips accelerate at the transition at the top.. just the fact there is a change in direction proves that..

From there the hips have to slow down at some point because if they accelerated right from the top, your hips would be all the way to your finish left of the target, and and the hands and club would still be somewhere on the downswing.. (train-wreck)

The sit down we see with Snead is a stall, a delay as I see it..

I think the question here is... when is the second stage of the rocket fired? Right at P3? impact? post impact? never? When do the hips start their second acceleration, or should they?

I see less and less tour players with nice hip rotation from impact to P4.. it's getting worse and worse as equipment gets better and better. The greats of the past had to have better swings because they had to learn to hit small blade long irons all the time if they wanted to win. It's like the art of archery.. it went out the window when Indians got guns and bullets in their hands. Why shoot a deer with an arrow if you can use a bullet from a gun? But of course something is lost, a lot is lost really. I'm more impressed with the master archer than the newbie marksman.

Post impact are the hips leading (aiding the torso rotation?) or are the hips being pulled passively by the torso?

As far as the second stage hip acceleration,

Why should they do anything?

What is their intent?

What are they supposed to do if anything?

What should they actually do?

What should it feel like to get them to do what they actually are supposed to do?

I know what mine do...

---

Lag Pressure throwaway is the root of all golf's evils

- **lagpressure**



- 
- Dec 29 2008 11:02
- 1430 posts
- Member since 2008
- 

I think this is great stuff to talk about here..

lets all try to learn something..

There must be some serious miscommunication here..

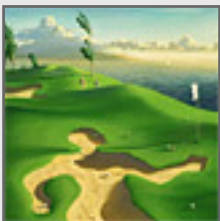
I don't think what the hips should do is very complicated..

the hands on the "other hand" lol.., I see as much more complicated..

---

Lag Pressure throwaway is the root of all golf's evils

- **Steb**

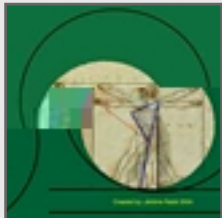


- 
- Dec 29 2008 12:05
- 2398 posts

I really don't see the disagreement here. BP was talking about accelerating to prevent pivot stall - that doesn't mean the hips are increasing speed into impact. Accelerate up a hill to prevent your car stalling - speed is still decreasing, just by not as much as it would if there was no acceleration. With the car, gravity is the slowing mechanism, the swing the equivalent is COAM.

- Member since 2008
- [View Monitored Posts](#)
- 

• **iseekgolfguru**



- 
- Dec 29 2008 12:11
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
- 

I am with Lag on the 'not very complicated' comment. How it is seen and measured has been a thorny communications issue in other threads.

Fire the gyroscope with the pivot. That is the initial fast start down for a swinger. Fire it too late and your arms are out of sync and life is too hard.

• **BPGS1**



- 
- Dec 29 2008 12:16
- 313 posts
- Member since 2008

I really don't see the disagreement here. BP was talking about accelerating to prevent pivot stall - that doesn't mean the hips are increasing speed into impact. Accelerate up a hill to prevent your car stalling - speed is still decreasing, just by not as much as it would if there was no acceleration. With the car, gravity is the slowing mechanism, the swing the equivalent is COAM.

Steb - thank you for your explanation. You are exactly right. I have just

- posted a lengthy reply to Bio on a new thread that you might want to take a look at.

- **spike71**



- 
- Dec 29 2008 12:27
- 993 posts
- Member since 2006
- [View Monitored Posts](#)
- 

The golf swing and all its moving parts are “complex” for sure.

The reason it is seen as “complicated” is only a problem of knowledge and understanding.

Homer put together an unbelievably beautiful 3 motion curriculum that allows just about anyone to remove the complicated from the complex.

Educate your hands. Let your hands educate your arms. And then let your hands and arms educate your body.

Build around this an intent and don't let anything get in the way... except the ball.

God help me, I love the measurements that have been provided and the insights to the swing. But, lets not forget where we should start so as to relate this to our higher learning.

Cause and effect can be sooo much more complicated when we don't understand.

---



There is no present like the time.

• **lagpressure**



- 
- Dec 29 2008 13:24
- 1430 posts
- Member since 2008
- 

I think what is really important is to practice the right stuff..

You can really harm yourself with poor guidance, or with faulty drills and exercises.

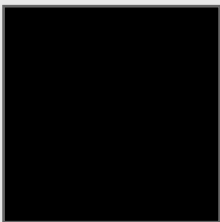
I see so much time wasted on worrying about where the club is at P1.

I could set up with my legs crossed, with the club pointed backwards and still break 80... believe me, I'll find my way to a decent P3 from any setup..

---

Lag Pressure throwaway is the root of all golf's evils

• **Golfur66**



- 
- Dec 29 2008 18:47
- 205 posts
- Member since 2008

BP/Bio

Can I ask, from a learning golfers perspective, if I get what you two are saying if I summarise this?

BP is trying to provide an effort/muscle feeling that a golfer can relate to for the improvement and understanding of the swing into and through impact.

Bio is stating the absolute movements that occur biometrically through impact and this has less to do with what the golfer will feel, but will

- [View Monitored Posts](#)

provide documentary evidence of that effort.

So, I think I understand both of you and they don't seem to be in conflict with each other.

For my benefit however, I would love to have both: Start with what I should try to achieve though effort, then see the evidence of that effort in one of Bio's charts.

Too much to ask I suppose ;)

---

"Golf is a 'hit the ball to the target' sport, not a 'hit the ball with the clubhead' sport".

Percy Boomer

- [Craigaw](#)



Lag BP Bio,

Id be willing to bet all of you might agree on what happens if you were sitting side by side each other v over a computer screen..

Which basically proves it does not matter one zac how much you know if you cannot communicate it in a variety of different ways.

---

If someone tells you you are a swinger and then proceeds to try and make you a hitter ... run Quickly...

- [Dec 29 2008 20:11](#)

- 1195 posts

- Member since 2005

Beside guru on the range ....

- **lagpressure**



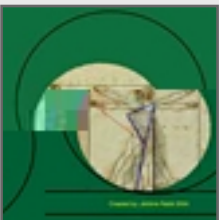
- 
- Dec 29 2008 20:16
- 1430 posts
- Member since 2008
- 

Well said Craig!

---

Lag Pressure throwaway is the root of all golf's evils

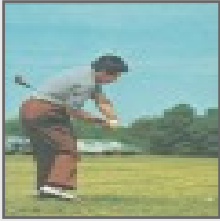
- **iseekgolfguru**



- 
- Dec 29 2008 20:31
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
- 

CraigW = Mini guru:) Rather funny as he looks down at me from 2 feet higher.

- **Styles**



- 
- Dec 29 2008 21:49
- 3714 posts
- Member since 2007
- [View Monitored Posts](#)

BP has allowed us to benefit from his wealth of experience in creating better players. Scotty (Bio) is passionate about what he does and has seen lots of misinformation and wrong information here and on other sites. Neither is wrong and we are lucky to have both of them here.

Craig is right on the money with his assessment of how different the conversation would be if it took place in a club house after 18 holes and accompanied by a nice bottle of red or a few beers.

---

The biggest lesson I ever learned was, not, whether it works or not, but, if it makes mechanical sense, do it 'till it does work.

The day of smoke and mirrors is gone. Gimmicks are gone. Fundamentals have nothing to do with trial and error

The Dart

- **slinger**



- 
- Dec 29 2008 22:19
- 250 posts

Arnie,

Nice light bulb going off there...

This is exactly what happens, the hands cut left because your are pulling the shaft out of orbit (swingers out and away orbit)

This is a hitter's drill, not a swingers..

- Member since 2008

- 

It's a group effort, the arms stay pinned to the upper chest and also resist the pull... and of course the hands feel it big time...

But what this does is, it puts a tremendous amount of PRESSURE in your hands, and that pressure is LAG pressure, and lag pressure is feel, so this is all about feel... in your hands.. so you feel the club in a way you never could as a swinger..

Learning this was like going through a golden door into an emerald room.. especially with the hinge action stuff..

I started to feel the resistance against pressure point #2, and actually started using that to control flight path.. it would take a huge effort to get the ball to move right to left 5 yards..

The stiff wristed frozen right arm smack, saving some right arm (elbow) post impact and that ball is NEVER going left..

There is a Hogan secret right there..

---

Lag Pressure throwaway is the root of all golf's evils

Or maybe Hogan had some #2 (left wrist cock) at impact and never had a frozen right arm and used a shoulder turn throw with a wrist throw on the end at lowpoint

- slinger



- Dec 29 2008 22:26

- 250 posts

- Member since 2008

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---

Lag Pressure throwaway is the root of all golf's evils

Well said, Lag. The more connected the upper arms, the more pressure will flow into the shaft and hands. And as you and I discussed on the phone last week, the bent right elbow is indeed a Hogan secret. I have watched many, many hours of video of Hogan and studied hundreds of photos of him from P3 to impact and I can tell you that in the vast majority of those images I looked at, his right arm bend was around 45 degrees at P3 and exactly the same at impact. Hogan did not "hammer hit" with the right arm until AFTER impact, but he did actively release his wrist cock angle while keeping a lot of bend in his right wrist, and he did actively roll his forearms to help square the face.

Why? Because he had so much lag pressure holding the clubhead back, that he would never have been able to release passively and have the face square up in time, ie he would be "late". We call

Hogans move here a Body Thrust release and part of a Spin swing style. As a training intention/exercise - it is a great thing to tinker with for almost all golfers, since it is the polar opposite of what most average golfers do in their swings. Even if the possibility of actually objectively achieving it is very remote. Average golfers tend to throw the right arm angle away during Transition and have a straight right arm well before impact - part of the Hit Impulse.

This is also a matter of tempo - the faster you Pivot Thrust - and Hogan was lightning fast - the more lag pressure you create, the more you delay COAM - the more you need an active wrist cock release. Slower speed Pivot Thrusts can use either a passive release or a semi-active release.

Hogan actively rolled his forearms?? If he did that he would have had a totally different finish cause his hinge action would have been horizontal

Stop making up theories that i can blow apart in a minute



• philthetvet06



• Dec 30 2008 00:07

• 141 posts

• Member since 2007

•

Or maybe Hogan had some #2 (left wrist cock) at impact and never had a frozen right arm and used a shoulder turn throw with a wrist throw on the end at lowpoint

He surely had to do something with his left wrist wich was "cuppe" well after P3 and "arched" at impact



Lag, BP and other TGM'ers:

What about the Power Accumulator #2 release (if any) with the hitting procedure described?

TY

---

I'm french, but I treat myself...

- lagpressure



- 
- Dec 30 2008 08:06

- 1430 posts

- Member since 2008

- 

Slinger,

I know you're over there in the Jeffman camp that Hogan had these passive hands that just released by CF and nothing was deliberately fired.

All I can say is, unless you have experienced it yourself as a ball striker, you'll never understand it. You can't just look at film, or stills and draw the right conclusion.

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The deeper or more behind you the clubshaft is at P3 the more you have to do this hand firing thing to avoid the right field swinging release.

It's not easy to do, it takes a fair amount of training, but the end result is well worth the effort, if it was easy, everyone would look like Hogan between impact and P4. You very rarely see it.. it's tough stuff, but possible.

You'll never get there if you buy the dead hand myth..

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---

Lag Pressure throwaway is the root of all golf's evils

- **lagpressure**



- 

- Dec 30 2008 08:08

- 1430 posts

- Member since 2008

- 

philthevet06,

Hogan said it..

"Three right arms"

---


Lag Pressure throwaway is the root of all golf's evils


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Let's Talk LAC's GOLF MACHINE! (locked)

- **BPGS1**



- Dec 30 2008 09:12

- 313 posts

- Member since 2008

Great description, Lag. This is truly advanced ballstriking stuff and not easy to understand. I have spent my entire life practically trying to really "get it" and I can honestly say it's only been the past few years that I really understand it. And pretty unique to Hogan, the way he released it, I can't think of anyone else who released it precisely like this.

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Here's a very short version of what I know. Hogan grew up in very windy West Texas and learned to play a low running hook to deal with the wind. A "handsy" caddie swing, based on the old Scottish idea of rolling the face open on the backswing and then rolling it shut during release. AJ Bonar stuff, as old as the hills. His grip at that time was

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The hook would still crop up, until he discovered one of his early “secrets”, the cupping of the left wrist. With a roll that opens the face on backswing, a very weak grip and a cupped left wrist, it is almost impossible to hook the ball. Every average golfer who did those three things would slice it off the planet. Hogan could now do his active forearm and upper left arm roll (he told Schlee he rotated his left elbow, which to me means the feeling of a blend of left forearm and upper arm.). and still hit a controlled fade, with no fear of hooking it. His SuperConnected upper left arm through impact gives him the more angled hinge look at P4 instead of the full roll horizontal hinge look.

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on supination or counter-clockwise forearm rotation in Five Lessons, he told many of his friends and "disciples" how important it was to do this rolling action, many photos of Hogan around impact and just after show the bulging of his forearm muscles, if he was doing a pure COAM or passive release, you would see NO forearm muscle contraction, he watched movies of old Scottish pros - especially during his hospital stay - talking about the rolling action and decided that this was an important fundamental, Henry Picard also confirmed this for him and he respected Picard, the father of "educated hands".

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- **slinger**



- Dec 30 2008 11:12

- 250 posts

- Member since 2008

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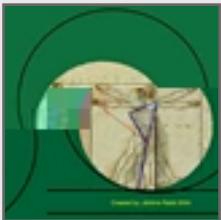
Lag Pressure throwaway is the root of all golf's evils

In the Jeffmann camp???? LOL

Hogan said 3 right hands...i am not convinced he used a right arm throw hitting action

I don't understand your theory that cf is swinging and cp is hitting...it aint what Mac teaches..in fact its the opposite

• [iseekgolfguru](#)



- 
- [Dec 30 2008 11:24](#)
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
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Slinger can you explain what Mac does teach?

- **slinger**



- Dec 30 2008 11:46

- 250 posts

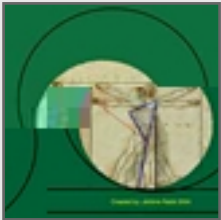
- Member since 2008

- 

Slinger can you explain what Mac does teach?

Nope..but i do know in Morad CP is swinging and CF is hitting and the right arm throw trigger is used in CF hitting

- **iseekgolfguru**



- Dec 30 2008 11:53

- 8159 posts

- Member since 2003

- [View Monitored Posts](#)

- 

Is that an "I am not allowed to say" or you do not know enough to explain it:)

- slinger



- Dec 30 2008 11:53

- 250 posts

- Member since 2008

- 

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What makes you think you guys are the only ones who can understand advanced ball striking stuff and DO it

Now Hogan makes a half roll with his forearms actively!!! Before you state he actively rolls his forearms



Now you think he used a horizontal hinge cause the face was open 10 deg at address

Dude you lost me here

- **slinger**



Is that an "I am not allowed to say" or you do not know enough to explain it:)

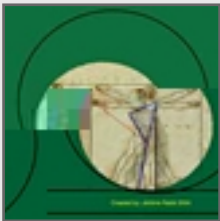
A bit of both but more of the latter...lets just say the posts here are way off base when it comes to M stuff

- Dec 30 2008 11:58

- 250 posts

- Member since 2008

- **iseekgolfguru**



Your post reads as "poppy cock" with no input. That ain't helping anyone.

- Dec 30 2008 12:00

- 8159 posts

- Member since 2003

- [View Monitored Posts](#)

- 

- **Steb**



- 

- Dec 30 2008 12:18

- 2398 posts

- Member since 2008

- [View Monitored Posts](#)

- 

It's worse than that - it brings an uncomfortable atmosphere to the forum and I for one don't wish to see the quality thought-provoking posts we get here disappear. It's a discussion slinger. It's getting to the stage that every time I've see you've posted I'm expecting to see someone personally attacked.

- **slinger**



- 

- Dec 30 2008 12:20

- 250 posts

- Member since 2008

- 

Your post reads as "poppy cock" with no input. That ain't helping anyone.

Well you got your opinion but i know whats being said is different to what i gather so stuff im reading is "poppy cock".

Im not saying anyone's right or wrong ..just pointing out some pretty large differences

- [spike71](#)



- 
- [Dec 30 2008 12:27](#)
- 993 posts
- Member since 2006
- [View Monitored Posts](#)
- 

Peter Croker first introduced me to the idea that Hogan rotated (turned) his left hand inside his right hand during the backswing. His right hand was always constant. This put his wrists at right angles to each other giving the look of the "cupped" left wrist.

I did this for a long time and enjoyed the daylights out of it. But, the only reason I could make it work was to "actively" apply PP#2 (last three fingers of the left hand) to a full horizontal release. This gave me the feeling that my right hand and forearm gave a tremendous amount of support through impact because they never changed alignment. I could not get this action through CF because I couldn't pivot fast and far enough. Certainly not as fast or as much as Hogan.

Done in slow motion the hands can teach the arms how, when and where they rotate. This takes a ton of focus because you have to feel the communion of the biomechanics.

After a while I could do all three hinge actions for varied ball flights and distance control. This was a lot of fun and man-o-man did that ball get crushed. I had a period of playing to a +3.

After a bumper injury and a couple of operations later I could no longer support this hand action with my pivot. I now enjoy a hitting action with a right arm takeaway...it just too easy.

There is no present like the time.

- **iseekgolfguru**



- 
- Dec 30 2008 12:47
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
- 

Slinger: if you are going to say something is 'wrong' then you have to be able to back it up with something - anything. Otherwise it comes across as you just saying everyone else is barking up the wrong tree and you know better. You may well do.

- **slinger**



- 
- Dec 30 2008 13:17
- 250 posts
- Member since 2008

Slinger: if you are going to say something is 'wrong' then you have to be able to back it up with something - anything. Otherwise it comes across as you just saying everyone else is barking up the wrong tree and you know better. You may well do.

Sure Guru its all a matter of opinion...i am not sold on Hitting being cp or Hogan being classified as a hitter or Hogan doing any active forearm roll

- 
- **iseekgolfguru**



- Dec 30 2008 13:22
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
- 

Neither might I be. So what do you see as hitting (forget labels as cf ad cp) in the how its done basis.

Hogan was a swinger in my book.

What might have caused a forearm role?

Opinions are based upon some sort of basis otherwise they would be pure guesses.

- **BPGS1**



- Dec 30 2008 15:19
- 313 posts
- Member since 2008
- 

Hogan flat out says he rolled his forearms during release. Many times, in many places - including in Five Lessons where he called it supination . Now I will be the first person to admit that many times what a tour pro says he is doing - is not really what he is doing. In Hogan's case, I presented an empirical argument based on evidence I have collected over a lifetime studying Hogan. But as I said twice - its only an educated guess. I could be dead wrong on this.

We know for sure he rolled his arms on takeaway, its rather obvious due to much slower speed. Even in super slow mo it is hard to see what the forearms are really doing during his release though. But - if he

rolled it open on the backswing, at some point he had to have rolled it back to square on the downswing, although not necessarily during release. The common sense assumption seems to be if he actively rolled his forearms then he would have the look of horizontal hinging or a full roll and would likely hit a draw. Hogan was a fader. But it is possible to hit a fade with an active roll, especially easy to do with the extremely weak Hogan grip and even more so if you roll the face open to start with.

I think it is important in these discussions to at least attempt to think outside the box a little bit and not dismiss someones opinion or theory just because at first glance it does not fit TGM or MORAD or Balance Point or any other model.

But it does make for an interesting discussion. And we need to realize that all may have different definitions of words like Swinger or Hitter. I have my own system with very clearly defined precise definitions for those words, not the same as TGM. Lag may have his own unique take on those words as well. I can clearly see why Guru would think Hogan is a swinger and why Lag can see him as a Hitter.

I think what Lag was mainly talking about was the fact that when you get that deep into P3 with a lot of right arm angle intact, a lot of left wrist cock and a lot of right wrist bend - all of which Hogan had, no illusions about this - and with such a powerful pivot thrust and

connected upper arms, you will never be able to release on time if you try to use a passive release. You need to use the forearms to snap that wrist cock down and out because COAM and CF or both are not going to get the clubhead down to low point fast enough. You need to help it a little.

- **lagpressure**



- 
- Dec 30 2008 15:39
- 1430 posts
- Member since 2008
- 

Slinger,

I never said swinging is only CF and Hitting is CP, those are not my words..

Both forces are in effect in the golf swing..

As soon as there is a change in direction Centripetal force happens.  
(the compression or acceleration towards the center or body)

CF is also present with both hitters and swingers..(outward acceleration, or the shaft moving away from the center)

The club moves toward the body once the change in direction happens, then the club moves away from the body as inertia takes over during the downswings circular rotation.

It's what you do with the CF that defines swingers and hitters...

Swingers say BRING IT ON!, no interference, dead passive hands and let

it seek it's inline low point geometry via free flexible wrists, and a smooth steady even acceleration of the pivot.. when done correctly it's poetry in motion.. it's the ultimate in PUUUUUUREEE!

It's Greg McHatton, Ben Doyle, the Clampett of the late 70's..

It's me almost winning the US Amateur in 1983 at MacKenzie's North Shore CC.

Hitters say, FIGHT THE CF's intent of going Longitudinal, pull it out of orbit, and take the forces created in the change of direction or desperate re routing of the clubhead path, and turn that into a RADIAL acceleration that actually puts the shaft on a linear "on plane" so that P3 and P4 are actually on a real plane..

The "fight" actually puts a ton of pressure in the hands and the hitter uses this as their FEEL.. by manipulating these pressures, they can learn to work the golf ball any way they wish. How do I know?

This is how I swing a golf club. First I had to figure this out.. then I had to figure out how to implement it.. and now I can demonstrate it easily, without having to practice or be a ball beater.

Mac and I are on the same page, believe me.. I've talked to Mac about this..

---

Lag Pressure throwaway is the root of all golf's evils



- **lagpressure**



- 

- Dec 30 2008 15:47

- 1430 posts

- Member since 2008

- 

You need to help it a little.

Depending upon your strength, you might need to help it a lot.

I have very strong forearms for a basically thin guy.. I didn't develop strong forearms by having dead passive hands..

BP,

Isn't it true that Hogan spent a lot of time squeezing a ball and strengthening his forearms while recovering from his accident?

Why would he care to do this if he had passive hands?

Because he didn't have passive hands..

---

Lag Pressure throwaway is the root of all golf's evils

- Eugene



- 
- Dec 30 2008 15:54

- 8 posts

- Member since 2006

- 

Hey Lag,

Thanks for all of the incredible insight into hitting vs. swinging - it's a topic that I find very interesting but I'm still struggling to understand the differences (and it does seem that there are varying interpretations out there). Do you think Ben Doyle was swinging in the following clip?

[Ben Doyle's Swing](#)

- BPGS1



- 
- Dec 30 2008 16:02

- 313 posts

- Member since 2008

- 

Lag - yes, Hogan did forearm workouts. And yes - you may need to help it a lot!. Great explanation of radial v. longitudinal.

Gardner Dickinson - a Hogan protege who played many rounds of golf with Hogan - spoke about Hogans "lashing" the ball with his forearms during release.

- **lagpressure**



- Dec 30 2008 16:21

- 1430 posts

- Member since 2008

Ben is a pure CF swinger, I don't even need to view the clip.. (I did though lol)

Ben, and Greg McHatton taught me everything I needed to know to become a top shelf swinger.. If you want to master swinging, these are your guys..

They teach the real pure CF form.. great stuff if you can do it...

---

Lag Pressure throwaway is the root of all golf's evils

- **slinger**



- Dec 30 2008 18:20

- 250 posts

- Member since 2008

Why not take a look at the way Hogan matches his tilts ( shoulder and hip slant ) adds some waist bend which increases his #3 accumulator..

Then he releases the angle without going into a horizontal hinge motion without disrupting his rhythm...so how did he get rid of all that #3 without the face closing rapidly..in fact he seems to add loft...where did all the #2 wristcock go...why would he want 3 right hands..hmmm

• slinger



• Dec 30 2008 18:24

• 250 posts

• Member since 2008

•

Hogan flat out says he rolled his forearms during release. Many times, in many places - including in Five Lessons where he called it supination . Now I will be the first person to admit that many times what a tour pro says he is doing - is not really what he is doing. In Hogan's case, I presented an empirical argument based on evidence I have collected over a lifetime studying Hogan. But as I said twice - its only an educated guess. I could be dead wrong on this.

We know for sure he rolled his arms on takeaway, its rather obvious due to much slower speed. Even in super slow mo it is hard to see what the forearms are really doing during his release though. But - if he rolled it open on the backswing, at some point he had to have rolled it back to square on the downswing, although not necessarily during release. The common sense assumption seems to be if he actively rolled his forearms then he would have the look of horizontal hinging or a full roll and would likely hit a draw. Hogan was a fader. But it is possible to hit a fade with an active roll, especially easy to do with the extremely weak Hogan grip and even more so if you roll the face open to start with.

I think it is important in these discussions to at least attempt to think outside the box a little bit and not dismiss someones opinion or theory just because at first glance it does not fit TGM or MORAD

or Balance Point or any other model.

But it does make for an interesting discussion. And we need to realize that all may have different definitions of words like Swinger or Hitter. I have my own system with very clearly defined precise definitions for those words, not the same as TGM. Lag may have his own unique take on those words as well. I can clearly see why Guru would think Hogan is a swinger and why Lag can see him as a Hitter.

I think what Lag was mainly talking about was the fact that when you get that deep into P3 with a lot of right arm angle intact, a lot of left wrist cock and a lot of right wrist bend - all of which Hogan had, no illusions about this - and with such a powerful pivot thrust and connected upper arms, you will never be able to release on time if you try to use a passive release. You need to use the forearms to snap that wrist cock down and out because COAM and CF or both are not going to get the clubhead down to low point fast enough. You need to help it a little.

Five lessons was not the be all and end all of Hogan's search for perfection. The man went way beyond that..his pattern changed even after 1955

- lagpressure



- 
- Dec 30 2008 19:01

- 1430 posts

- Member since 2008

- 

Slinger,

I know pretty much what Hogan did... I can do it, and I can pure it when I do it well, It's really challenging for me to get my hips to fire fast enough to keep ahead of the deliberate #2 and #3 combo release, it's just a real split second all together..

They don't roll all the way, kind of like a door hitting a jamb..

Like I said, it's really advanced stuff, and unless you have experienced it within the body, it's really difficult to explain in words.. if you were here in person I show you much easier how it works..

Arnie on a recent post got the first feeling of it.. it comes in little glimpses.. it took me a long time to get it ... I work on it all the time, because it's the best way to hit a golf ball..

Hogan looks like he is swinging, because he is so soft with the hands coming down.. unlike most hitters.. he had a suppleness and flexibility in his wrists that can take years to develop.. His grip in the fingers was very firm unlike swingers..

You see this with Sergio too, but Sergio doesn't quite get the release right... I have no doubt he is the closest modern guy to Hogan's move, but he doesn't have to hip speed, nor the hand strength to do what Hogan did, I do believe he could develop it, but it's really hard to make changes with a full tournament schedule... believe me I know..

Hogan didn't play a lot of events.. he took time off to work on his masterful move, and waited until he really believed he was ready.. Very hard worker and patient man..

I think very smart to do so..

I know what I am saying can be very hard to wrap your head around.. but I could easily show you in person..

---

Lag Pressure throwaway is the root of all golf's evils

- **slinger**



- **Dec 30 2008 19:17**

- 250 posts

- Member since 2008

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---



So you are saying Hogan releases his #2 #3 together with a right arm throw via the right forearm...are you thrusting from the tricep muscle?

• **lagpressure**



• Dec 30 2008 19:39

• 1430 posts

• Member since 2008

Not quite..

It's a wrist thrust... not a straightening of the right arm..

You can find pics of Hogan that show his right arm still had some bend in it post impact.. BP will back me up on this..

The other thing you have to understand about Hogan is that he was a very artistic shotmaker.. so any one photo, can look quite different than another depending on the shot he was playing..

He used the whole arsenal.. high, low, draws, fades, and every combo. he didn't have just one swing... I know the tour guys in this age don't have this kind of versatility... it's just no necessary.

Hogan's right arm straightens on the way down to P3, it has to for him to keep the club so behind his body.. this is also one of Mac's big things.. it was in the secret MORAD documents I got my greedy hands on back in the late 80's.. LOL

So back to the hands, they fire, but the body also fires in sync and just

slightly faster to create real pivot lag, ... it really feels post impact..  
like between impact and P4..

I think I misquoted Hogan, it's three right hands not right arms right?  
maybe that was confusing... shame on me!

If I dead handed it with flat shoulders and fast hips at impact, and had  
the club coming from behind me, and I kept my upper arms tight on  
the body, I would just hit the ball dead right.. a block push..

I originally thought that this is what I had to do to learn Hogan's  
release.. I just kept hitting it right.. the flatter I turned, the faster my  
hips the worse it got.. I finally got it when I started really looking at  
shaft flex, when I put my mind on that, the secret was in the steel..

Oh, and the dirt certainly helps the steel do the right thing! lol

"S"

---

Lag Pressure throwaway is the root of all golf's evils

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- iseekgolf.com

- slinger



- Dec 30 2008 20:10

- 250 posts

- Member since 2008

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"S"

Lag Pressure throwaway is the root of all golf's evils

Hogan's hands move out in front of him more going into P4 (Morad for end top of backswing) so i can only think of 3 ways that can happen

- 1) left hip turning and pulling hard...i discount this cause because Hogan has a lot of angular motion still happening and he would spin out and wipe it
- 2) circle delivery path motion via the hands ...no chance i expect ( like a Jim Demerat move)
- 3) a shoulder turn throw being initiated with his upper centre ( moving left marginally)...this is my choice

• lagpressure

I'm not talking Morad P4



I'm talking parallel 3 and parallel 4..

this has nothing to do with the top of the backswing..

• Dec 30 2008 22:58

Lag Pressure throwaway is the root of all golf's evils

• 1430 posts

• Member since 2008

• slinger



I'm not talking Morad P4

I'm talking parallel 3 and parallel 4..

this has nothing to do with the top of the backswing..

• Dec 30 2008 23:10

Lag Pressure throwaway is the root of all golf's evils

• 250 posts

• Member since 2008

Yeah i know but you are saying some straightening the right arm from end top of backswing down to parrallel 3..i know what you are saying but it does not match up with Hogan ..in my view the shoulder turn throw had to initiate first

• BPGS1



Not quite..

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You can find pics of Hogan that show his right arm still had some bend in it post impact.. BP will back me up on this..

• Dec 31 2008 04:25

The other thing you have to understand about Hogan is that he was a very artistic shotmaker.. so any one photo, can look quite different than another depending on the shot he was playing..

• 313 posts

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• Member since 2008

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Lag Pressure throwaway is the root of all golf's evils

I think Lag is describing perfectly here my own understanding of Hogan's release. Hogan did not 'hit' or right triceps hammer thrust until just after the ball left the clubface. You see little or no change in the right arm angle at P3 until impact or just after in most Hogan pics and video - there are some exceptions, he was human after all! But I believe he did do the right triceps burst of speed hammer hit based on how incredibly quickly his right arm angle opens up after impact. Usually 45 degrees or a bit less at impact and then to zero or a fully straight right arm when the clubhead is 18 inches or

so past impact.

The question is - why do this? Why thrust the arm open like that after the ball has left the clubface? It could not help with distance obviously. I'm just asking - I have no idea why.

• slinger



• Dec 31 2008 04:53

• 250 posts

• Member since 2008

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Well maybe the answer is the right elbow was in a supinated position late into impact and its the answer involves what he does with his left elbow

• BPGS1



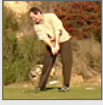
• Dec 31 2008 06:46

• 313 posts

• Member since 2008

Slinger - can you elaborate about right elbow supination and answer in left elbow?

• lagpressure



• Dec 31 2008 07:58  
• 1430 posts  
• Member since 2008

in my view the shoulder turn throw had to initiate first

yes... the pivot moves first.. you have to remember, power accumulators overlap one another.. they don't just fire in an abrupt order.. overlapping..

BP, Hogan's right arm thrust post impact is just the martial art thing of trying like hell to accelerate past impact... that's why I am so big on the 5th accumulator stuff.. raising the upper arms off the body from P4 to finish can be done aggressively, that's the advantage of cutting it left, you can use that..

It's all intent.. I never like to feel like I lose the shaft flex even, until P5 or the finish.. it's like when your chopping bricks with your hands, its' the intent that is important.. of course your hand won't be traveling as fast after the impact of the bricks, but you sure better feel as if they are!

Hogan's right arm thrust post impact helped him compress the ball more, less deceleration through impact...

That little extra saving of the right arm with the pivot rotation over to P4 then rip it back up the plane from P4 to P5 is the bomb..

nobody did that better than Peter Senior in the 80's..

somebody changed his swing in the 90's.. I cringed seeing that..

In the video I did where I held the flex of the shaft all the way to P4 with no divot and a whiffle ball, it's the 5th accumulator that was the secret..

Holding the flex

here I hold off the pivot acceleration until post impact, then just rip it up the plane from P4 to P5.. It's an incredible drill to do.. it really gives all the right feelings post impact..

Lag Pressure throwaway is the root of all golf's evils

• slinger



• Dec 31 2008 22:24  
• 250 posts  
• Member since 2008

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Lag Pressure throwaway is the root of all golf's evils

Shoulder turn throw is separate action from the pivot..LP i watched your swing on youtube and it don't look like Hogan at all.

I WATCHED ANOTHER ONE AS WELL WHO THINKS HE SWINGS LIKE HOGAN..A REAL AVERAGE PLAYER SELLING SOME DIRT SECRET..WHAT A JOKE USING HOGAN'S NAME TO MAKE MONEY..SCAM ARTIST..I WILL GIVE HIM 10 SHOTS START ANY DAY

I AM NOT CONVINCED HOGAN USED A ..WHAT IS IT NOW A RIGHT ARM THROW OR A RIGHT WRIST PUSH

CHECK OUT HOGAN'S BELT BUCKLE ITS GOTTA BE AT LEAST 5 INCHES FORWARD OF YOUR OWN AT IMPACT..HOGAN TURNS HIS WAIST BEND INTO SIDE BEND AT IMPACT YOURS BECOMES FORWARD BEND

• **Styles**



- Dec 31 2008 22:27
- 3714 posts
- Member since 2007
- [View Monitored](#)

Posts

I'm pretty sure Lag has never claimed he swings it like Hogan did. Why are you attacking him? There is nothing wrong with a difference of opinion and I have seen many healthy debates here but you just seem to want to say "I'm right and you're wrong".

The biggest lesson I ever learned was, not, whether it works or not, but, if it makes mechanical sense, do it 'till it does work.

The day of smoke and mirrors is gone. Gimmicks are gone. Fundamentals have nothing to do with trial and error

The Dart

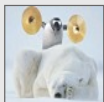
• **slinger**



- Dec 31 2008 23:01
- 250 posts
- Member since 2008

caps lock on Styles. just asking the tough questions ...cause they make a difference when you understand

• **Daves**



- Dec 31 2008 23:24
- 4553 posts
- Member since 2008
- [View Monitored](#)

Posts

I'm pretty sure Lag has never claimed he swings it like Hogan did. Why are you attacking him? There is nothing wrong with a difference of opinion and I have seen many healthy debates here but you just seem to want to say "I'm right and you're wrong".

Its better to stay silent and look a fool, than to open your mouth and remove all doubt

- Mark Twain

No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land,or opened a new heaven to the human spirit

- Helen Keller

Nah,

just a pigeon, not much use, adds no value (unless cooked!) and just shits on everything!

Hope he is getting tired, because I am!

Back to the bleachers!

BBtB

Ho'ing Vision UVs since 2008.)

[http://www.golflink.com.au/...](http://www.golflink.com.au/)

<http://www.redlandbaygolf.c...>



• **KycGolfer**

caps lock on Styles



for a fastidious highly educated and wise MAcho guy like yourself surely you would have noticed that earlier to have simply press the button to turned it off

unless it's done with deliberate cold blooded premeditated intention to SHOUT !

• Jan 01 2009 02:48

simple as ABC really, no need rocket science to figure out

• 4324 posts

or in this context

• Member since 2008

no need any swing mechanics to figure

• View Monitored

i am no sherlock holmes

Posts

but i got some common sense or in this case logical sense bro

Having one TAI is bad enuff ...

If Tiger plays Lefty will he be that good ?

Square is Good ? Sure is, if it's the right stick !

Good Golf is Fun plus the Great Outdoors...

In the Bag: Clubs and Balls. My Handicap is Bad Golf.

• **BPGS1**

Slinger - every good ballstriker replaces his "waist bend" - I assume you mean forward spine angle - with side bend during release. Nothing about that unique to Hogan. Another Illusion there I'm afraid, but Bio, Guru or Lag can probably explain it.



There can only be three possibilities regarding his right arm angle and wrist cock angle release.. Active - meaning forearm/wrist muscle contraction to speed up the lever angle opening, right tricep contraction for same reason. Or - purely passive, COAM and CF pulling the angles open. Or - a blend of the two methods.

• Jan 01 2009 05:08

I would argue that most good ballstrikers on PGA tour use a blend, ie mostly passive but with a little gentle hit at the bottom. Most LPGA pros are purely or close to purely passive. (I am not saying there aren't any pure Hitters out there, just that they are a minority).

• 313 posts

Lag and I are saying that because his lever angles start to release so late, and due to speed of his pivot thrust, he is creating a lot of inertia or lag pressure on the shaft, clubhead, wrists and arms. Even though he "squares the face" mostly with his pivot, that operates mainly in the horizontal dimension.

• Member since 2008

How is the clubhead going to get down to the ground to Low Point from a purely passive release? It's not - you need to make it go down faster, ie uncock the wrist faster. If you did not, every shot would be hit way thin. Sure Pivot also has a "down" dimension as right shoulder travels down plane, but the wrist has to uncock downwards to be in synch with the body and to arrive at a good impact position and Low Point. Wrist has to get back to level or close to it at impact. (I know it's a little arched up past level for almost every pro so let's not start a debate about that).

• **jeffmann**

I don't regularly follow this thread, so my comments are delayed.



BPSG - you are wrong to write that Hogan's degree of right elbow bend is the same at P3 as at impact.

Here is the truth.

• Jan 01 2009 07:08



• 759 posts

Hogan's right elbow straightens throughout the late downswing and early followthrough until both arms are fully straight. It's a continuous action due to his complete release of all his PA's. I believe that Hogan was a swinger and therefore used PAs 4:2:3 in that sequence. The endpoint of a 4:2:3 release is when both arms are fully straight. I believe that a swinger's right arm i) passively straightens (from a power perspective) but ii) actively straightens (from an extensor action perspective). I do not believe that Hogan was doing any right arm straightening action post-impact as a separate active action - I think that his right arm straightening post-impact is merely the result of actions i) and ii).

• Member since 2007

Hogan's right elbow is less straight at impact than usual because he pivots so well - he makes sure that his right shoulder moves downplane sufficiently far that he doesn't run out of right arm.

Jeff.

• BPGS1



Jeff - to see what I was talking about, you need down the line pics or sloe mo video. Too many illusions from caddie view. And - as I stated, not all of the Hogan pics/video I have studied show same P3 to impact right arm angle, just majority. As Lag said - he had more than one release depending on the shot he was trying to hit.

P3 to impact more or less the same right arm angle was not unique to Hogan, other players of his era showed this, Snead and Nelson did, although not as much as Hogan. Not too many modern pros do this, usually they have around 45 degrees at P3 and around 10-25 degrees at impact.

• Jan 01 2009 07:26

• 313 posts

• Member since 2008

You may be right about the way his right arm straightened post impact. I was merely speculating. Most pros who are at 45 degrees angle at impact don't fully straighten the right arm until a point later than Hogan did. That is why I am guessing he must have added some right arm hammer hitting action.

• lagpressure



How is the clubhead going to get down to the ground to Low Point from a purely passive release? It's not - you need to make it go down faster, ie uncock the wrist faster.

This is absolutely the truth...

I shot a video and am addressing this very topic..

Slinger,

• Jan 01 2009 07:42

• 1430 posts

• Member since 2008

You are correct, my own pivot is not as open as Hogan's at impact. If it was it would be fake. I keep a near perfect cohesive body tension and connection, so my pivot can only be as open as the speed and strength of my my lower body can generate. I use my feet to initiate my knees and hips in their clearing which creates pure pivot lag. The faster I can clear out, the shorter I can make my backswing, the less hand travel needed, plane shifting, all that great stuff. I have never tried to model my swing after Hogan or Moe, or anyone. Just principles of law that lead to a properly supported and held shaft flex as long as possible. I have no interest in "fake" positions. Actually I have never seen anyone swing like Ben Hogan. At certain positions, but not the whole thing. The closest I have seen was Peter Senior in the 80's... and I am referring to impact to P4 where it matters. I've seen a lot of Hogan set ups. That's like a paint job on a car with no engine under the hood. Big deal, or even the top for that matter.

If you do watch my hips, the are MOVING through impact, and that is the key... so many people even tour players have stalling hips.

I also do more of a SIT than a slide to initiate my downswing. Just my preference. I like "bounce and clear" more than "slide and spin". I'm also quite taller than Hogan. I'm built more like Mac actually. But I don't necessarily find all of MORAD stuff to be practical or even the highest ideals. Way too much plane shifting in Mac's stuff. I think Trevino's backswing makes the most sense. Much more than Mac's big plane shifting stuff. I really think Trevino's "figure 8" swing has great merit.

The first thing you have to do is make a choice between hitting and swinging.. then you go to work..

Lag Pressure throwaway is the root of all golf's evils

• lagpressure



Jeff,

If you look at those photos of Hogan, his right arm is still bent post impact.. even into that last frame..

If Hogan was a swinger, that right arm would be straight, fully straight by the forces of CF. Can't you see the resistance to that? He's cutting it left, (from a down the line view) pulling the shaft out of orbit. As fast as he turned, that shaft does not want to go left! It wants to go down and out.. If he let go of the club at impact it would bounce off the ground at go out and away from him (right field).. and as much angle as he holds at P3, and as fast as he is turning, he has to fire his hands too..

• Jan 01 2009 07:56

• 1430 posts

• Member since 2008

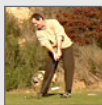
I had Arnie working on some hand stuff, and the first thing he noticed is that the shaft started re routing to the left post impact... I never even mentioned that to him.. it's an effect of active hands.. not a cause..

Jeff, someday that light bulb will go off for you I know it will... but your going to have to get out of an armchair, put a club in your hands and try this stuff out on your own body.. then you'll start to feel and understand.. just scribbling down diagrams won't do it.

Lag Pressure throwaway is the root of all golf's evils

• **lagpressure**

Jeff,



Hogan is also hitting a wood there..

The right arm is always going to straighten more with a longer club.

If you look at a short or mid iron shot of Hogan, you'll see what BP is saying.. about the frozen right arm.. the shorter clubs always show a players truer intentions.

• Jan 01 2009 08:02

Also, we don't know what kind of shot Hogan was hitting in that photo.

• 1430 posts

I would guess he was drawing that shot with a fairway wood. Straightening the right arm out quicker (allowing it not forcing it) is one way for a hitter to move the ball right to left..

• Member since 2008

Lag Pressure throwaway is the root of all golf's evils

• **jeffmann**

Lagpressure - you wrote-: "Jeff, someday that light bulb will go off for you I know it will... but your going to have to get out of an armchair, put a club in your hands and try this stuff out on your own body.. then you'll start to feel and understand.. just scribbling down diagrams won't do it."



Now you have become like Biomechanic and BPGS - adding condescending-style commentary that doesn't make any of your opinions more valid.

• Jan 01 2009 10:25

I think that you have provided no "evidence" to support your belief that Hogan was actively driving through impact and beyond. I don't feel any need to convince you otherwise. From my perspective, there is one major thing that Hogan did very differently to most pros - he pivoted very well post-impact so that he kept the club always in front of his rotating torso.

• 759 posts

CF forces straighten the right arm, but they do not necessarily cause the clubshaft to go straight down the line - If a golfer pivots well and rotates left through impact. The rotating shoulder sockets direct the clubshaft leftwards while CF causes both arms to straighten. Hogan did that very well, but I think that his release is still a CF release with no "evidence" of an active right arm thrust (via an active release of PA#1).

• Member since 2007

Jeff.

• **SoulmanZ**

jeff, maybe ask yourself why 3 people who are by all accounts world experts all offer you the same advice



swing a club

its not condescending. they all (along with many others) feel you are missing some of the picture

• Jan 01 2009 10:37

do with that what you want, but you will keep hearing it

• 837 posts

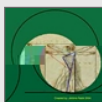
• Member since 2008

• [View Monitored](#)

Posts

• **iseekgolfguru**

Err, Jeff, why is it that its always someone else's fault? That dog with a bone attitude wears people down.



• Jan 01 2009 12:42

• 8159 posts

• Member since 2003

• [View Monitored](#)

Posts

• **MegaWatty** Wow!



This method of thinking really draws the critics out.

I'm a TGM convert through some teachings of ISGG. But rather than having to read the complicated book and try and understand it all, I simply let someone with brains understand it and explain it to me. I was a lost golfing soul before being taught some of the principles. Now, I'm on my way back to low scores, long drives and the worlds most beautiful draw shot.

• Jan 01 2009 13:05

• 1677 posts

• Member since 2008

• [View Monitored](#)

Posts

I was a skeptic...(ISGG doesn't realize how big of one I was). Now I'm a convert. I gave it a try!!!

MW



• **iseekgolfguru** It's all about good golf, now matter what you call it.



Good to see you got time off for yourself MegaW!

• Jan 01 2009 13:11

• 8159 posts

• Member since 2003

• [View Monitored](#)

Posts

• **MegaWatty** 2 days in a row!!!



Let's catch up in a couple of weeks.

• Jan 01 2009 13:19

• 1677 posts

• Member since 2008

• [View Monitored](#)

Posts



• **jeffmann** Paul S



You wrote: "Err, Jeff, why is it that its always someone else's fault? That dog with a bone attitude wears people down."

I never complain about other forum members having a different opinion than me. I only complain when they imply that their opinions are more logical because they perceive themselves to be "experts", or better golfers, or more experienced, or because they have generated more posts.

• Jan 01 2009 13:26

• 759 posts

• Member since 2007

It is my intellectual nature to gnaw at opinions/Ideas until they become conclusively verified or conclusively falsified. Do you want me to be a clone of people who are not "intellectual gnawers", but merely mindless followers? Is there no advantage to constantly questioning opinions in your forum - even if it is a tiresome endeavour/read?

SMZ

I may be missing part of the picture. That's why I constantly hope that someone will supply the missing details. Telling me that I will discover the missing details if I simply go out and "swing a club" is belittling and not really constructive. If Lagpressure, or another forum member, has deep insights into the golf swing, then I would like to learn about those insights. However, any professed insights have to be expressed clearly and unequivocally in words, and the insights have to be logical, verified by solid "evidence" and also be non-falsifiable - if they want those insights to be regarded as being conclusive. I have yet to read any Lagpressure post that meets those basic requirements. You may have a different threshold than me for being convinced by a written argument. That's fine. I simply await more solid "evidence".

Jeff.

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• [iseekgolfguru](#)

Sounds good to me.



• [Jan 01 2009 13:26](#)

• 8159 posts

• Member since 2003

• [View Monitored Posts](#)

• [iseekgolfguru](#)

It is the way your nature gnaws that turns people off from reading your input. That kills what can be good digging. People cannot be bothered replying to you after a while as it becomes a debate about nothing other than points scoring semantics.



• [Jan 01 2009 13:32](#)

• 8159 posts

• Member since 2003

• [View Monitored Posts](#)

This is a thread really about Lags use of TGM over the years and his thoughts on them. It may not be right out of the book but it is a great source of info on how a player used that info to high levels of play.

• **SoulmanZ**



- Jan 01 2009 13:42
- 837 posts
- Member since 2008
- [View Monitored Posts](#)
- 

jeff, a lot of very intelligent people i know take the path of challenging any opinion and pushing until there is someone who can stand up to it

it is tiring and will often drive away those who can help you. i know because i fight this trait myself. it also avoids the right answer often, because the person who ends up talking back is the one who likes a fight, not the one who knows the answer

the few people i have met who i would truly classify as geniuses never challenge anyone. they hear an opinion or thought from a valid source and they test it. they put the onus back on themselves, because they know that once you prove something to yourself you will know it far more than anyone who just hears the answer. the thing that makes them great is they know **how** to test it

so the best answer is get lag to explain himself once, and test it. thought experiment or even better, hands on. always keep your mind open to the fact that it might not be the idea, but your test that is wrong

• **spike71**



- Jan 01 2009 14:02
- 993 posts
- Member since 2006
- [View Monitored Posts](#)
- 

Jeffman,

You've come a long way since first appearing on Iseek. I remember that in the beginning there were all kinds of conflict due to your "gnawing nature" some appreciated some not.

At one point you finally gave in to our complaints and went out and physically bought the Yellow Book. You investigated like few can. It was great and your posts made a lot of sense. I, personally, enjoyed the transition.

Lag has given us so much food for thought in so many areas that I can't even begin to thank him. Some of them I really have to let tumble around in the Incubator before I can really see what he is saying.

For example, his communication with Prot has been a real eye opener. Due to some past conversations with The Dart many years ago, I had an idea of what Lag had in mind for Prot and that was basically forget geometry and feel the physics. Paul H told me if you do this the geomtry will take care of itself.

It hasn't been easy for Lag to describe "feeling" with words but he put together a learning condition for Prot so he can experience those feelings. Its paying off.

I had to get stuck out of my geometry mind to really appreciate Lag's lesson. A door has opened for me but it took some incubation and some physical experience to get the whole picture.

For example, I now have a deeper understanding (mind and body) of how I store the energy in my swing. But it took the physical doing to make it happen. I am absolutely thrilled.

So if your are asked to grab a club (like when asked to buy Homer's book) aw, what the heck...just do it...feel what happens and then bring it back to us with your new found knowledge. I'm sure we will all love it!

Happy New Year to y'all

---

There is no present like the time.

• jeffmann



• Jan 01 2009 14:14

• 759 posts

• Member since 2007

Paul S

You wrote-: "It is the way your nature gnaws that turns people off from reading your input."

I agree. However, I don't write for people who are irritated by my gnawing manner. They should simply avoid reading my posts. No forum member is obliged to read any of my posts.

SMZ

You wrote-: "the few people i have met who i would truly classify as geniuses never challenge anyone. they hear an opinion or thought from a valid source and they test it."

I am not a genius so I need a lot of explicatory details. I also don't believe that the "truth" with respect to "theories regarding the golf swing" can be tested by personal experience hitting a golf ball. That type of "digging in the dirt" experience generates "feel" sensations and **not necessarily** intellectual insights. Intellectual insights can preferably be gained through personal intellectual thought and the mutual sharing of intellectual opinions. Intellectual opinions become more meritorious if they are logically coherent, if they are closely concordant with well-established biomechanical or mechanical facts, if they are supported by solid "evidence" and if they cannot be falsified by solid "evidence".

Jeff.

• BPGS1



• Jan 01 2009 14:53

• 313 posts

• Member since 2008

I'm sorry, but I really I have to jump in here one last time.

Jeff - surely you are not implying that your knowledge and expertise are on the same level as an expert in a given field? I mean a professional - someone with a track record of demonstrated competence, years of study and skill mastery. If you had a headache that would not go away, would you try to study it, and find it's root cause entirely and treat it on your own or would you consult with a doctor who specializes in headaches?

And if you did consult with that doc with 20 plus years of treating patients with headaches, he runs a CT scan and finds a brain tumor, are going to do the surgery yourself or even advise him how you think the operation should be performed, or are you going to trust his judgment?

Let's stop confusing anyone's right to freely express their opinion with the ridiculous notion that all opinions are equally valid. We all know that is BS. We all deserve an equal measure of respect as human beings, but please don't presume to put yourself and your opinions - when it comes to improving at golf - on the same level as myself or any other teaching professional who posts here who is having a successful career turning out students who are improving. There is simply no comparison.

Chatting up your theories on a web forum is no match and can never substitute for real experience teaching people how to play. And please don't bring up the rather obvious point that the golf teaching profession is on the whole, still in the Dark Ages and not really helping people get better. We all agree on that point, which is why I said successful teaching pros with satisfied students.

If I had you live in my golf school as a paying student, I can guarantee you my staff and I would obliterate many of your most basic assumptions and unquestioned premises that you now hold about the golf swing by the end of the second day at the latest.

Assuming of course that you were willing to listen and learn and to be coached. I guarantee you that your ballstriking would improve immensely and that at the end of that three to five day golf school, you would walk up to me, shake my hand and thank me and my staff for showing you the true fundamentals of the golf swing.

You would very likely say something like "...I had no idea how totally lost I was in my previous understanding of the golf swing. I could never have figured this stuff out in a million years of reading web forums, books, magazines and tinkering with my swing on the range. You blew my mind." How



do I know this? This is what I hear from about 95% of our golf students at the end of each school.

Jeff - sometimes you need hands on coaching, and I literally mean a good teaching pros hands on your body, to learn some of this stuff. And sometimes you need to hit balls on the range with a good pros feedback before the light bulb will come in. You seem to think that you can think and analyze and pontificate your way to real understanding and skill. If you are so committed to waiting until either "you figure it all out" with words and concept analysis or some coach is going to convince you through words that his way is The Most Logical, good luck. You will be 100 years old and barely able to swing from arthritis by the time that happens.

"You don't know what you don't know" and you can't escape that box unless you are truly willing to step outside of it. And judging from your posts, you are not nearly as open-minded as you like to think you are when someone questions your beliefs.

- **lagpressure**



- Jan 01 2009 14:57
- 1430 posts
- Member since 2008
- 

Jeff,

Don't get me wrong, but it seems you are a big Hogan fan, as any golfer should be..

But do you think Mr Hogan figured this stuff out by making diagrams and pie charts only? He hit balls to test his theories.. you should too,

I haven't once heard you say, I went out today and hit some balls..

and this is what i found...

Like any science experiment, it must be tested... and since we are not robots made of steel and teflon, the best way to experiment these concepts is to put them into the body and the lab results will come back as "the golf balls flight plan" ..

You seem to think geometry, physics and so forth don't have anything to do with feel or sensation..

I disagree, I can feel the law, and the physics, for real, in the body..and in the hands..

Lets take centrifugal force for instance..

You believe it straightens the right arm... I say only if you let it..

I can keep my right arm bent all the way to P4 if I keep it frozen with muscular effort.. the more I relax those muscles, the more it straightens..

physics wants it to straighten.. but I can resist it..

Straightening the right arm post impact has a very natural tendency to close the clubface, and is tied right in with horizontal hinge action.

I don't like the idea of thrusting the right arm into the ball either hitting or swinging..

I can thrust my right arm into a both arms straight position at P4, but this I would do only after impact, ... about half way between impact and p4..

I would do this in an attempt to keep force on the shaft post impact..

You have to understand the importance of intent..

If you ask any martial arts person how they chop bricks in half with their hands, they will all talk about focusing on a point past the bricks... this helps them to hit the bricks with acceleration, without acceleration, the bricks don't break, their hand does though..

As a scientist, you could measure their hand speed post impact with the bricks, and see that their (the hand) has in fact slowed down, and someone like yourself might jump up and down and try to disprove the theory of acceleration, but I can assure you, if constant velocity of the brick choppers hand is the intent, there are a bunch of hospital beds available for those who don't have the proper intent...

The bricks do respond better to a changing increase in velocity (acceleration) than constant velocity (zero acceleration) given the same initial impact

velocity..

Do you really not believe this?

---

Lag Pressure throwaway is the root of all golf's evils

• **jeffmann**



• Jan 01 2009 15:32

• 759 posts

• Member since 2007

Lagpressure - you asked-: "The bricks do respond better to a changing increase in velocity (acceleration) than constant velocity (zero acceleration) given the same initial impact velocity..

Do you really not believe this?"

I cannot take your ideas seriously until you demonstrate that the clubhead is really accelerating while it is remaining in contact with the ball - despite the fact that a significant amount of experimental evidence demonstrates that the clubhead decelerates during impact.

You may "feel" that you are accelerating the clubhead while it is in contact with the ball by drive loading the shaft, but nmgolfers explanation and and mandrin's explanation (at brianmanzella.com) claim that this is impossible.

[nm golfer's explanation](#)

[Mandrin - explanation 1](#)

[Mandrin - explanation 2](#)

Jeff.

p.s Don't insult me by implying that I do not spend endless hours **practically** experimenting with golf swing ideas at a golf practice facility.

• **jeffmann**



• Jan 01 2009 15:48

• 759 posts

• Member since 2007

BPSG - you wrote-: "We all deserve an equal measure of respect as human beings, but please don't presume to put yourself and your opinions - when it comes to improving at golf - on the same level as myself or any other teaching professional who posts here who is having a successful career turning out students who are improving."

I do believe that my opinions are as good, if not better, than your opinions despite your self-described successful career teaching golf. Success in a golf instructional career has no necessary causal correlation with knowledge regarding the mechanics/biomechanics of the golf swing. I think that Butch Harmon and David Leadbetter have had very successful careers teaching golf, but that doesn't mean that their ideas have any **solid** merit. I strongly suspect that some of your ideas are also not very meritorious when it comes to the final arbiter of the truth - objective reality, rather than an aura of self-appointed "expertise". In that sense, you are as much an "expert" as the other "expert" here - Biomechanic.

Jeff.

• **Kiwi\_golf\_nutter**



• Jan 01 2009 16:23

• 379 posts

• Member since 2008

I come on here most days, and hardly post. Yes i have 300 odd posts, but i would come on quite frequently.. and could have 1000+ posts.

To read different posters and what they think, is easy enough.

To retaliate and be positively ignorant, is another.

I think Jeff takes golf past simplicity.

LP tickles my fancy, and i believe if i worked with him, he'd set me on fire. Likewise with Bio and Guru.

I love the feeling. I could hit 10 balls, with different feelings, different thoughts, but could not effectively put them into words people would understand.

Feelings are hard to portray, because one of us will think our hands are completely different, compared to another.

I think there are very few people who actually understand jeffs words, and for a forum, doesn't do it justice. Yes, you understand the golf swing enough, but you will only get maybe 1/100 people who love to talk about it, rather than feel it. You'll stump people and push them away.

To tell a 8 year old the ultimate physics of how the world spins, doesn't work. It does to a physics teacher, or docterate.

The same with 20 handicapper. He wants to know how to hit the ball, not the profound indepth.

I enjoy reading profound depth, but to be honest, i think it gets a little OTT.

My one and only rant, over.

---

Pure 300 metre drive down the middle

Flush 3 wood to 3 feet.

Tap in Eagle to beat Tiger in Masters

Realising your sleeping?

Annoying

• **jeffmann**



• Jan 01 2009 16:36

• 759 posts

• Member since 2007

KWN

If you don't enjoy my posts and think they are OTT - simply don't read them.

I have never implied that my intellectual approach is the same approach I use when teaching a 20-handicap golfer.

My intellectual comments are only directed at the few people who find them either interesting and/or insightful - even if they only represent less than 0.0000001% of the forum members frequenting online golf discussion forums.

I am fascinated by the history of golf instructional ideas - I have many books relating the thoughts of golf teachers/players from >100 years ago. One thing that I have definitely learnt regarding the golf swing is that "feel" and "real" can be worlds apart.

Jeff.

• **SoulmanZ**



• [Jan 01 2009 17:04](#)

• 837 posts

• Member since 2008

• [View Monitored Posts](#)

im out

feel and real, off base in both

can we let this thread get back to "let's talk golf machine" please jeff? there is a physics thread with your name all over it that is lying dormant, where you used the same arguments and gained no ground

• **dap**



• [Jan 01 2009 17:58](#)

• 349 posts

• Member since 2005

Lagpressure,

You obviously have a wonderful swing and your knowledge of the golf swing based on feel and personal experience is second to none. But science is not your forte. If you are going to base your book heavily on science then I suggest you do some more research in that regard. I hope you take this as friendly advice and not criticism. I would definitely buy your book when it comes out as not many touring players go into such detail describing the way they feel their swing. What you are feeling is correct but your perception of real is not.

The heavy hit/sustaining the line of compression/accelerating through impact is a great feel concept to maximise SPEED and to overcome the early hit impulse. It is not the reality even if Homer Kelly said so.

The concept of achieving maximum speed past impact is in fact an illusion, even in a karate chop breaking a board. It has been shown that in a well thrown punch, the fist reaches maximum speed when the arm is around 80% extended. This business of straightening the right arm through impact in the belief that you are accelerating is another illusion. You are in fact just achieving maximum velocity at impact.

• **SoulmanZ**



• [Jan 01 2009 18:12](#)

• 837 posts

• Member since 2008

• [View Monitored Posts](#)

<http://forums.iseekgolf.com...>

new physics thread. not in this thread. this thread is about lags views on TGM

• BPGS1



- Jan 01 2009 20:01
- 313 posts
- Member since 2008

BPSG - you wrote-: "We all deserve an equal measure of respect as human beings, but please don't presume to put yourself and your opinions - when it comes to improving at golf - on the same level as myself or any other teaching professional who posts here who is having a successful career turning out students who are improving."

I do believe that my opinions are as good, if not better, than your opinions despite your self-described successful career teaching golf. Success in a golf instructional career has no necessary causal correlation with knowledge regarding the mechanics/biomechanics of the golf swing. I think that Butch Harmon and David Leadbetter have had very successful careers teaching golf, but that doesn't mean that their ideas have any solid merit. I strongly suspect that some of your ideas are also not very meritorious when it comes to the final arbiter of the truth - objective reality, rather than an aura of self-appointed "expertise". In that sense, you are as much an "expert" as the other "expert" here - Biomechanic.

Jeff.

Thank you, Jeff, for so eloquently proving the point I was making in my post. Your arrogance and narrow mindedness is on full display. And I notice you failed to respond to my direct question regarding your stance on experts in general, including my analogy of the doctor. In Jeff's world there are no experts - except maybe for Jeff himself.

• lagpressure



- Jan 01 2009 20:38
- 1430 posts
- Member since 2008

Apparently you did not read or understand this in my last post, here it is again it is referring to INTENT

If you ask any martial arts person how they chop bricks in half with their hands, they will all talk about focusing on a point past the bricks... this helps them to hit the bricks with acceleration, without acceleration, the bricks don't break, their hand does though..

As a scientist, you could measure their hand speed post impact with the bricks, and see that their (the hand) has in fact slowed down, and someone like yourself might jump up and down and try to disprove the theory of acceleration, but I can assure you, if constant velocity of the brick choppers hand is the intent, there are a bunch of hospital beds available for those who don't have the proper intent...

The bricks do respond better to a changing increase in velocity (acceleration) than constant velocity (zero acceleration) given the same initial impact velocity..

I am not a physicist, but have taken college level physics courses.

I am not completely in the dark regarding physics..

---

Lag Pressure throwaway is the root of all golf's evils

• lagpressure



- Jan 01 2009 20:48
- 1430 posts
- Member since 2008

The speed at which a golf ball leaves the clubface at separation.. depends not only upon initial impact speed, but also the speed of the clubhead at separation. The less the clubhead decelerates the faster the ball speed.

Jeff has apparently gone beyond Newton, Einstein, and proven that this is not the case, right here on this golf forum.. that is really incredible.

DAP:

The concept of achieving maximum speed past impact is in fact an illusion...

What if there was no ball in the way nor a divot? would it be possible to reach maximum speed of the clubhead past lowpoint?

I did it, and Guru has proof of it on his high speed camera..

Lag Pressure throwaway is the root of all golf's evils

• **TheDart**



• Jan 01 2009 22:02

• 2266 posts

• Member since 2006

• [View Monitored Posts](#)

Jeffman,

You've come a long way since first appearing on Iseek. I remember that in the beginning there were all kinds of conflict due to your "gnawing nature" some appreciated some not.

At one point you finally gave in to our complaints and went out and physically bought the Yellow Book. You investigated like few can. It was great and your posts made a lot of sense. I, personally, enjoyed the transition.

Lag has given us so much food for thought in so many areas that I can't even begin to thank him. Some of them I really have to let tumble around in the Incubator before I can really see what he is saying.

For example, his communication with Prot has been a real eye opener. Due to some past conversations with The Dart many years ago, I had an idea of what Lag had in mind for Prot and that was basically forget geometry and feel the physics. Paul H told me if you do this the geometry will take care of itself.

It hasn't been easy for Lag to describe "feeling" with words but he put together a learning condition for Prot so he can experience those feelings. Its paying off.

I had to get stuck out of my geometry mind to really appreciate Lag's lesson. A door has opened for me but it took some incubation and some physical experience to get the whole picture.

For example, I now have a deeper understanding (mind and body) of how I store the energy in my swing. But it took the physical doing to make it happen. I am absolutely thrilled.

So if you are asked to grab a club (like when asked to buy Homer's book) aw, what the heck...just do it...feel what happens and then bring it back to us with your new found knowledge. I'm sure we will all love it!

Happy New Year to y'all

Spike,

I loved those 8 paragraphs but they are wasted on Jeff.

HNY Mate.

For tuition in Sydney call Paul Hart (TheDart) 0412 070 820.

Terry Hill's, St. Michael's or Milperra Driving Range

• **dap**



• Jan 02 2009 00:08

• 349 posts

• Member since 2005

Lagpressure,

Of course you can achieve maximum clubhead velocity after it passes an imaginary ball. That's not the point.

I think we need to first establish what you think is beneficial in the "heavy hit". Do you hit the ball straighter and more consistent or more powerfully with more distance or both? Why do you think so?

The fact is the clubhead is all but detached from the shaft at impact. The ball only knows the velocity and the weight of the clubhead. If the clubhead is still accelerating when it hits the ball (I'm not arguing that you cannot do this), it means it has not hit maximum velocity and you are losing distance and power.

If you are saying the heavy hit is a better way to hit the ball because you achieve better consistency of contact then maybe you have a point.

You can discover a 6th, 7th or 8th accumulator and lug a 200lb backpack behind you to increase your "weight in the hit" but a 90lb girl is going to blow it past you if she has a higher clubhead speed at impact.

• **hacking dog**



• Jan 02 2009 02:43

• 68 posts

• Member since 2006

Jeffmann, I know this quote of yours is a few days old, but I wanted you to view the video from Mr. Hogan where he is describing his grip. Does this change your mind any about Mr. Hogan driving his right hand?

I think that you have provided no "evidence" to support your belief that Hogan was actively driving through impact and beyond. I don't feel any need to convince you otherwise. From my perspective, there is one major thing that Hogan did very differently to most pros - he pivoted very well post-impact so that he kept the club always in front of his rotating torso.

CF forces straighten the right arm, but they do not necessarily cause the clubshaft to go straight down the line - if a golfer pivots well and rotates left through impact. The rotating shoulder sockets direct the clubshaft leftwards while CF causes both arms to straighten. Hogan did that very well, but I think that his release is still a CF release with no "evidence" of an active right arm thrust (via an active release of PA#1).

Jeff.

If the link doesn't work, it is on youtube and is titled "Ben Hogan The Grip pt. 2"

null

• **jeffmann**



• Jan 02 2009 03:03

• 759 posts

• Member since 2007

Lagpressure - You wrote: "The speed at which a golf ball leaves the clubface at separation... depends not only upon initial impact speed, but also the speed of the clubhead at separation. The less the clubhead decelerates the faster the ball speed."

Again - you are making statements without providing any "proof".

Here is the link again.

[Graph](#)

Look at that graph. It demonstrates that if one increases clubhead mass, one can get to a point where clubhead velocity doesn't decrease during impact. In other words, the clubhead doesn't even decelerate during impact. However, it doesn't increase ball departure velocity - because ball departure speed reaches a maximum value at a certain level of clubhead mass.

Increasing "mass" (thrust force) at the grip end of the club has no effect - because the clubhead is essentially decoupled from the clubshaft during

impact because of the short impact time period (4/1,000th second).

BPGS

I am aware that there are "experts" in the field of medicine, and that one would go to see a cardiologist if one had a heart problem, and not a gastroenterologist. However, cardiologists vary in their level of expertise. It is the same thing with golf instructors. They know more about the golf swing than basketball instructors. However, they vary in their level of expertise. Each golf instructor has to prove his merit. When you stated in a previous post that you couldn't understand why the right elbow should straighten post-impact, then I realised that your knowledge of golf mechanics is highly deficient.

You wrote-: "The question is - why do this? Why thrust the arm open like that after the ball has left the clubface? It could not help with distance obviously. I'm just asking - I have no idea why."

It baffles me that you don't why the right elbow should straighten fully post-impact.

Spike - I only stated that Lagpressure's **theoretical** explanations doesn't resonate with me. If his practical advice helps many golfers (like you) play better golf - that's wonderful. He is obviously an ultra-superb ball striker and it is very nice to learn that his personal skills, and his personal descriptions, can help other golfers play better golf.

Jeff.

• **jeffmann**



• Jan 02 2009 03:23

• 759 posts

• Member since 2007

Hacking Dog

I viewed that Hogan video.

It only convinces me that I am "right" regarding my personal view about Hogan's swing.

What characterises Hogan's swing is that his hands move inside very fast post-impact and that he has a very rounded clubshaft path post-impact where he keeps the clubshaft always in front of his rotating torso post-impact. He never lets the clubshaft fly in a straight line direction towards the target.

How is that possible?

I think that the biomechanical explanation is obvious - he rotates so well through impact that he redirects the clubshaft because his shoulder sockets move around to the left and back (towards the tush line). The left shoulder socket's rotational movement is transmitted passively to the left hand via the straight left arm. The right shoulder socket's rotation is transmitted to the right hand via the straightening right arm post-impact. Hogan rotates so well through impact, that his right shoulder keeps moving very fast through impact - then the force from his right shoulder's rotational movement is transmitted down the straightening right arm to his right hand, and the push-force from the right shoulder's rotational movement is transmitted to the clubshaft via right hand push-pressure on PP#1. Too many golfers stall their pivot at impact, and don't continue to drive their right shoulder through to the finish - and that causes their clubshaft to be released down-the-line (what certain golfers call a CF release).

Jeff.



• **hacking dog**



- Jan 02 2009 03:37
- 68 posts
- Member since 2006
- 

Jeffmann,

In the post I quoted of yours, you questioned that Hogan used his right hand to drive thru the ball. You have also stated that you believe that Hogan was a swinger. In that clip, Hogan says that he drives his right hand thru the ball at the bottom part of the swing. He even mentions the direction that he drives. Now most people you could dismiss a feel versus real type assumption, but this is Mr. Hogan, a man that never left any detail unturned or ambiguous to any degree. He stated that he drives his right hand thru his swing, radially. Are you now going to tell me that thru video only, you are going to tell me how he swung and that he is wrong about his own swing?

• **jeffmann**



- Jan 02 2009 03:56
- 759 posts
- Member since 2007
- 

HD

You can believe whatever you want.

It is very clear to me that Hogan was a swinger. Now, if you can explain the biomechanical mechanism whereby a swinger can usefully drive load the clubshaft during a 4:2:3 swinger's release action by releasing PA#1 actively, then I will carefully study your explanation.

I agree with one statement - that "Hogan drives his right hand at the bottom of his swing". The drive occurs through PP#1 and the adjacent grip end of the clubshaft and it is due to the straightening right arm applying thrust pressure from the rotating right shoulder - this allows for continuous extensor action throughout the entire downswing and followthrough/finish phase of the swing. Hogan kept his right arm and left arm very straight post-impact and it would not be possible without a great deal of extensor action.

See these photos showing how straight Hogan's arms are post-impact.



Hogan's arms could never get to be that straight so late in the finish phase of the swing without a lot of extensor action.

However, a lot of extensor action push-pressure at PP#1 does not imply a hitting action. A hitter drive loads the club in a radial direction by applying push-pressure at PP#3. In that video, Hogan specifically stated that he only had "light" pressure at PP#3. That's a swinger's situation - "feeling" clubhead lag pressure at PP#3 and not applying right hand push-pressure at PP#3.

Jeff.

• **BPGS1**



- Jan 02 2009 04:28
- 313 posts

Jeff - you failed once again to directly answer my question. There is no wiggle room here. It's not about the fact that experts in any field have different levels of expertise. It's about whether YOUR level of expertise is on a par with the experts. Simple question, Jeff. Yes - or no?

I checked out your website - an amateur playing golf for six years who now considers himself an "expert"! How absurd and how pathetic. Yeah - you know more than Butch Harmon, whose Dad was Claude Harmon, who hung out with Hogan growing up, and has been playing golf for over 50 years and revamped the golf swings of several of the game's top players.

- Member since 2008


Your method of arguing is the definition of sophistry and hair-splitting. It reminds me of medieval theologians arguing about how many angels can fit on the head of a pin.


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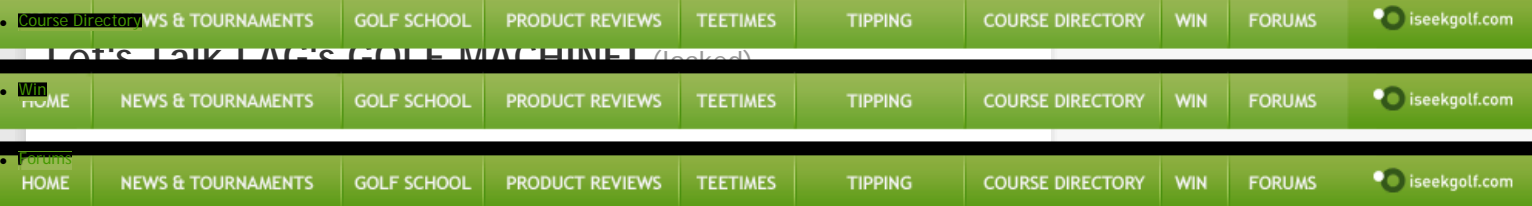
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1.



• [hacking dog](#)



- [Jan 02 2009 04:37](#)
- 68 posts
- Member since 2006
- [View Profile](#)

HD

You can believe whatever you want.

It is very clear to me that Hogan was a swinger. Now, if you can explain the biomechanical mechanism whereby a swinger can drive load the clubshaft during a 4:2:3 swinger's release action by releasing PA#1 actively, then I will carefully study your explanation.

I agree with one statement - that "Hogan drives his right hand at the bottom of his swing". The drive occurs through PP#1 and the adjacent grip end of the clubshaft and it is due to the straightening right arm applying thrust pressure from the rotating right shoulder - this allows for **continuous** extensor action throughout the entire downswing and followthrough/finish phase of the swing. Hogan kept his right arm and left arm very straight post-impact and it would not be possible without a great deal of extensor action.

See these photos showing how straight Hogan's arms are post-impact.




Jeff.

Jeffmann, it doesn't matter what I believe, I just wondered if you knew more than Mr. Hogan about his own swing. Apparently you do.

As far as swingers using drive loading, it is done every day at every level of golf that is played. There are very few pure swingers or pure hitters of the golf ball. I am not saying this is better, I am not saying that it isn't, I am saying that the majority of even the top players throughout the world use both.

- **jeffmann**



- Jan 02 2009 04:46
- 759 posts
- Member since 2007
- 

BPGS - My level of clinical knowledge is equivalent to that of an "expert" in many fields of diagnostic medicine in certain areas (that are not my specific field of expertise).


I wrote many neurology guidemaps for my medical website - <http://jeffmann.net> - although I am an emergency physician, and not a neurologist. Many neurology residents have used my neurology guidemaps because they provided more detailed knowledge than their neurology textbooks.

I will state it again. My golf instructional knowledge can be judged on its merit - objectively. I am very willing to compare my knowledge to Butch Harmon's knowledge on an **objective level**. Butch Harmon once stated "that he didn't need to read TGM because he didn't think that there was any worthwhile knowledge that he could acquire from studying HK's book in-depth."

I am very willing to compare the "quality" of the golf instructional material on my golf website with the golf instructional material in Butch Harmon's book "The Four Cornerstones of Winning Golf."

Jeff.

- **jeffmann**



- Jan 02 2009 04:54
- 759 posts
- Member since 2007
- 

HD


You wrote-: "I am saying that the majority of even the top players throughout the world use both."

How do you know that they are drive loading the shaft - defined as applying push-pressure at PP#3 in a radial direction?

My challenge remains - **explain** how one can **efficiently** apply drive loading push-pressure to the clubshaft via PP#3 while the clubshaft is undergoing a CF release phenomenon due to the passive release of PA#2?

Jeff.

- **Styles**



- Jan 02 2009 04:54
- 3714 posts
- Member since 2007
- View Monitored

Posts

Jeff - you failed once again to directly answer my question. There is no wiggle room here. It's not about the fact that experts in any field have different levels of expertise. It's about whether YOUR level of expertise is on a par with the experts. Simple question, Jeff. Yes - or no?

I checked out your website - an amateur playing golf for six years who now considers himself an "expert"! How absurd and how pathetic. Yeah - you know more than Butch Harmon, whose Dad was Claude Harmon, who hung out with Hogan growing up, and has been playing golf for over 50 years and revamped the golf swings of several of the game's top players.

Your method of arguing is the definition of sophistry and hair-splitting. It reminds me of medieval theologians arguing about how many angels can fit on the head of a pin.

Amen!

If there was a poll option on this website it would be fun to set up a poll asking who readers would most like to study with! The choices could be:

Dart

Guru

BPGS

Lag...

...and Jeff.

I wonder how many votes Jeff would get!!!

---

The biggest lesson I ever learned was, not, whether it works or not, but, if it makes mechanical sense, do it 'till it does work.

The day of smoke and mirrors is gone. Gimmicks are gone. Fundamentals have nothing to do with trial and error

The Dart

• **jeffmann**

Styles



Butch Harmon's and David Leadbetter's and Jim McLean's golf schools are the most popular golf instructional schools in the world. I presume that you believe that "popularity" is equivalent to "quality".

Jeff.

• Jan 02 2009 05:00

• 759 posts

• Member since 2007

•

• **Royshh**

I stopped reading jeffmann's posts a long time ago.



Life is just too short.

• Jan 02 2009 05:06

• 216 posts

• Member since 2007

•

• **Styles**



- Jan 02 2009 05:18
- 3714 posts
- Member since 2007
- [View Monitored](#)

Posts

- The biggest lesson I ever learned was, not, whether it works or not, but, if it makes mechanical sense, do it 'till it does work.
- The day of smoke and mirrors is gone. Gimmicks are gone. Fundamentals have nothing to do with trial and error
- The Dart

Styles

Butch Harmon's and David Leadbetter's and Jim McLean's golf schools are the most popular golf instructional schools in the world. I presume that you believe that "popularity" is equivalent to "quality".

Jeff.

were they on the list?

you should crawl back to 'golf by jeff' and keep your insanity in one place ;-)

• **hacking dog**



- Jan 02 2009 05:35
- 68 posts
- Member since 2006

HD

You wrote-: "I am saying that the majority of even the top players throughout the world use both."

How do you know that they are drive loading the shaft - defined as applying push-pressure at PP#3 in a radial direction?

My challenge remains - **explain** how one can **efficiently** apply drive loading push-pressure to the clubshaft via PP#3 while the clubshaft is undergoing a CF release phenomenon due to the passive release of PA#2?

Jeff.

Because I get a club in my hands and I go out and try this stuff and I see what affect it has on my ball flight and follow thru. I learn what changes have to be made to incorporate different moves. I learn when such a move might actually be useful and when it might be detrimental to my golf shot and score. Because I have caddied in several different Q school tournaments, (first round only), and I talk to different players that are highly accomplished compared to me. Chris Dimarco, Tim Hobby, Lee Janzen, Jay Williamson, are just a few that I have walked side by side down a golf coarse with and watched them play this game. I had several hours of conversation with Stan Utley, a winner on the PGA tour. I have played several rounds and had hours of conversation with Rod Curl, another PGA winner. **But, most importantly, because I listen to those that are better and have more experience than me and I go try what they talk about.** Sometimes it works for me and sometimes it doesn't, but it can be done.

• **jeffmann**

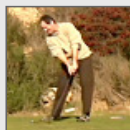


- Jan 02 2009 07:07
- 759 posts
- Member since 2007

HD - you have still not answered my question. Are they drive loading the clubshaft radially via push-pressure at PP#3 or are they simply applying push-pressure at PP#1? It's a critically important distinction!

Jeff.

• lagpressure



- Jan 02 2009 07:53
- 1430 posts
- Member since 2008

Jeff,

Just over 2 pounds in a Kilogram right?..

In the chart you linked, it shows the direct effects of various post impact velocities given a constant 160 Kilometers per hour... initial impact speed. and it clearly shows that ball speeds increase significantly just as I have been explaining (obviously)

Let me get this clear Jeff,

What you are saying is that if the clubhead weighs over 10 pounds,

at that point the graph starts to flat line, therefore increases in velocity post impact become somewhat irrelevant? A point of diminishing returns so to speak?

Is this the point you have been trying to make Jeff?

If we start swinging golf clubs that weigh 10 pounds then you win this argument?

You've been wasting our time with this hypothetical crap? Who plays golf with a club that weighs ten pounds Jeff?

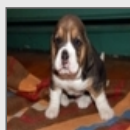
My archaic persimmon driver tops out at 13.5 ounces, not even a pound.

This is a golf forum not a wrecking ball forum!

---

Lag Pressure throwaway is the root of all golf's evils

• philthetvet06



- Jan 02 2009 08:18
- 141 posts
- Member since 2007

. My golf instructional knowledge can be judged on its merit - objectively. I am very willing to compare my knowledge to Butch Harmon's knowledge on an objective level. Butch Harmon once stated "that he didn't need to read TGM because he didn't think that there was any worthwhile knowledge that he could acquire from studying HK's book in-depth."

I am very willing to compare the "quality" of the golf instructional material on my golf website with the golf instructional material in Butch Harmon's book "The Four Cornerstones of Winning Golf."

Jeff.

Jeff.

In most of your posts it seems that you believe that you are "special" and unique, comparing yourself to well known golf experts.

You overestimate your realisations and your capacities,.

You expect to be recognized as superior without having carried out, at the moment, anything at this level.

All this character traits are self-centered and may be linked to narcissic disorders.

You have you PERSONNAL site

[Jeff site](#)

and your PERSONNAL area on LBG :

Golf by Jeff: "Enjoy Jeff's Insatiable Exploration of the Golf Stroke / Opinions Not Necessarily Endorsed by LBG"

Please stop spoiling good threads with self-centered argumentation.

You certainly are doing a very good job in collecting a lot of informations , drawing coloured lines on pictures, and posting on different forums. But there is a big step between INFORMATION (wich is very quickly collectable nowadays via the net) and KNOWLEDGE. One bridge over this step is called self experience . And this is precisely what you are missing.

I'm french, but I treat myself...

• **hacking dog**



- Jan 02 2009 08:28
- 68 posts
- Member since 2006

HD - you have still not answered my question. Are they drive loading the clubshaft radially via push-pressure at PP#3 or are they simply applying push-pressure at PP#1? It's a critically important distinction!

Jeff.

Jeffmann, I have answered you twice; once with Mr. Hogan in his own words in a video and again with my experience talking to accomplished players. Just because it isn't the answer that you think it should be, doesn't mean I haven't answered. This is my last post to you about this subject in this thread.

• **BPGS1**



- Jan 02 2009 08:36
- 313 posts
- Member since 2008

Jeff- thanks again for proving my point about your hubris. And your sophistry. How many of the readers here are really as dumb as you apparently think they are? I would say no one. Your flawed reasoning and use of language to deceive is readily apparent, on the level of a third rate ambulance-chasing attorney, I really think you missed your calling. So, everything Harmon knows about the golf swing, golf and teaching golf is in his book, is that your argument? Wow - that book must be about 5,000 pages long and come with several dvd's if it contains all of Butch's knowledge.

I don't think Jeff will ever go so far as to actually state that he believes he is the most knowledgeable expert on the golf swing in the entire world, but I think it is very clear that this is indeed his belief.

I looked at some of Jeff's past posts here and on other sites and I think I get the pattern that is emerging. Jeff thinks this is a contest called Who Is Right or Who Knows The Most. Problem is, it's all happening in Jeffworld, he makes the rules, and only he gets to decide who wins and who loses. Only he is the final judge as to whether or not an "expert" is truly an "expert". Jeff is the ultimate example of circular, insular reasoning and tautological argument - "a rose is a rose is a rose".

Jeff - allow me to descend to your level of hubris for a moment. I'm not an "expert" or doctor of psychiatry, I just "play one on the Internet". Jeff appears to have a personality disorder, probably Narcissistic Disorder, with strong passive-aggressive tendencies. He needs people on this forum to get angry at him and to pay attention to him, otherwise his life is empty and meaningless.

Jeffworld is not about golf, and I am not being satirical here. Jeff could just as well be posing as an "expert" and deriding many other legitimate experts on web forums that are about auto mechanics.

My advice to my fellow forum members? Ignore him and he will eventually quietly go away.



• lagpressure



• Jan 02 2009 08:44

• 1430 posts

• Member since 2008

I think we need to first establish what you think is beneficial in the "heavy hit" .Do you hit the ball straighter and more consistent or more powerfully with more distance or both?Why do you think so?

This really comes down to hitting vs swinging..

A prestressed shaft resists the forces of impact more than a shaft that is only seeking an inline position. This resistance means better ball speed for any given initial impact speed. In other words less deceleration.... more of the clubheads energy going into the ball.

More efficient.

This "hit" allows the player to grip the club tighter, through impact, and this decreases the effect of "face twisting" on off centered hits.

Do not underestimate the importance of this.. this greatly eliminates the need for perimeter weighted irons..

A pre stressed shaft puts more feel in your hands than one that is not.. Feel is important so you can adjust your post impact hinging that directly effects you impact alignments for working the ball left and right, high or low...

**The ball only knows the velocity and the weight of the clubhead.**

Remember, the ball also knows clubface alignment at initial impact and seperation, as well as the angle of attack, or how steep or shallow was the strike.

The ball also knows if there was grass between the clubface and the ball.

If the clubhead is still accelerating when it hits the ball(I'm not arguing that you cannot do this),it means it has not hit maximum velocity and you are losing distance and power.

This is really a great question, and a fine observation worthy of discussion.

This really is the holy grail of golf..

This is the velocity junkie vs the precision ball striker.

There are 20 handicappers that can hit the ball farther than I do..

I trade some of my potential velocity for acceleration, in other words,

I'd gladly give up some mph for an increase in acceleration, because acceleration is the secret to golf, not velocity.

You see, it's much easier to develop clubhead speed from the top of the backswing down to impact, than from impact to the finish..

This is the secret of the game.. you have to figure out how to switch these intentions around.

When you lose the flex of the shaft, golf becomes a guessing game, rather than a knowing game.

---

Lag Pressure throwaway is the root of all golf's evils

• BPGS1



• Jan 02 2009 08:49

• 313 posts

• Member since 2008

Phil - any everyone else, just wanted to let you know that I made my above post with my "expert" psychiatric analysis of Jeff's possible Narcissistic Personality Disorder BEFORE I read your comment. Jeff - that is two "experts" in psychiatry INDEPENDENTLY coming to the same conclusion about you. And no - I am not kidding.

I guess that means Phil and I can each start our own websites offering counseling services to the mentally ill and doing independent research and review of the current psychiatric journals and reports, and then tell our web site visitors that we are "interpreters" of this material (this is Jeff's description of his role on his web site) to the general public.

• BPGS1



• Jan 02 2009 08:55

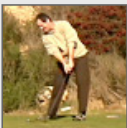
• 313 posts

• Member since 2008

Lag - wonderful last post, and you are absolutely correct - the secret or rather one of the several Really Big secrets to golf is acceleration. In Balance Point we list it is as one of our Six Laws of Club Motion.

More important than Clubhead Speed as long as you can swing your driver in the 90mph range or higher. Lag knows how acceleration and the feeling - not the fact - of having it post-impact and even more importantly the Intention of having it post impact functions exactly like a Golf Shot Insurance Policy. Meaning a lot of other good things tend to happen - not 100% guaranteed, but you greatly improve your odds.

• lagpressure



• Jan 02 2009 08:58

• 1430 posts

• Member since 2008

I've never been upset by anyone on this forum ever..

But..

I must say that Jeff's impact physics being based on a 10 pound golf clubhead model is disrespectful to us all and completely out of context.

Jeff never clarified his model (10 pound golf club) in text, only a link to a chart on someone else's website.

Jeff, I looked at the chart, and the only thing it proved is that you're intentions are clearly to mislead and misinform golfers.

I find this insulting.

---

Lag Pressure throwaway is the root of all golf's evils

• **BPGS1**



- Jan 02 2009 09:12
- 313 posts
- Member since 2008

Lag - like I said, Jeff is NOT about bringing light or clarity to this discussion, it's about Jeff maintaining the momentum of the conflict, the longer it goes on, the more attention he gets. He is absolutely not interested in truth. Just go back and read his other posts. It's all the same.

• **lagpressure**



- Jan 02 2009 09:21
- 1430 posts
- Member since 2008

Jeff today confirmed to me his ill willed intentions to bring into context absurdly impractical situations (a 10 pound golf club) and then try to discredit our discussions about impact physics based upon such a useless model.

I am really insulted.

I will no longer respond to Jeff's posts.

---

Lag Pressure throwaway is the root of all golf's evils

• **Bio**



- Jan 02 2009 09:34
- 1237 posts
- Member since 2008

Boys I'm glad you realised Jeff is a tad dillusional and twisted. I'm not sure if he is from Mars or Venus but on not he's not on the same planet as everyone else.

Our mission here is to educate readers and you try to pass on helpful information but jeff comes along and destroys it with unproven theories.

You boys have been their and played the game at a high level, all the brains trust have proven their salt. I can't believe readers listen to people like jeff who only merely destroy the good work of others knowledge who truely know their stuff.

I just wish admin would ban the guy for life so this good work doesn't get undermined anymore by such people like jeff.

---

Mechanics are a bi-product of biomechanical function

• **Styles**



• Jan 02 2009 09:39

• 3714 posts

• Member since 2007

• [View Monitored](#)

Posts

•

Hey Bio, how's your trip working out so far

(sorry for the hijack)

The biggest lesson I ever learned was, not, whether it works or not, but, if it makes mechanical sense, do it 'till it does work.

The day of smoke and mirrors is gone. Gimmicks are gone. Fundamentals have nothing to do with trial and error

The Dart

• **KycGolfer**



• Jan 02 2009 10:06

• 4324 posts

• Member since 2008

• [View Monitored](#)

Posts

•

Jeff today confirmed to me his ill willed intentions to bring into context absurdly impractical situations (a 10 pound golf club) and then try to discredit our discussions about impact physics based upon such a useless model.

I am really insulted.

I will no longer respond to Jeff's posts.

Lag Pressure throwaway is the root of all golf's evils

NOBODY ever swings with a 10lb stick

even if it's a weighted one

this is ludicrous...delusion of Grandeur !

I respect you being an ER md/expert including neurology...but hypothetical stuff in golf going off the planet is going too far

If Tiger plays Lefty will he be that good ?

Square is Good ? Sure is, if it's the right stick !

Good Golf is Fun plus the Great Outdoors...

In the Bag: Clubs and Balls. My Handicap is Bad Golf.

• **jeffmann**



• Jan 02 2009 11:16

• 759 posts

To all of you

You guys don't get it.

I have never stated that you should believe anything that I state because I state it - you should judge my arguments re: golf swing mechanics on its **objective merits**. I am not pretending to be an "expert". I simply present personal arguments re: golf biomechanics and golf mechanics. My arguments should be judged on their merits, and if they are not concordant with **objective reality** then it should be easy to disprove them. Why are there no lucid counterarguments based on a rationally objective explanation of golf mechanics and golf biomechanics. Why are there only hysterical expostulations and

• Member since 2007

no rational counterarguments?

I have yet to read one post relating to any of the "issues" that I have discussed, where a forum member presents a rational counterargument. There is only histrionics and unbridled hysteria.

Why don't any of you discuss the mechanics and biomechanics of the golf swing with an appropriate level of explanatory detail.

Lagpressure - you are hysterical. Who recommended a 10lb clubhead? That's Mandrin's post and he was only showing the relationship between clubhead mass and clubhead deceleration post-impact, and the relationship between clubhead mass and ball velocity. He never made any recommendations about the appropriate weight of a clubhead.

If you follow the logic of nm golfer's and mandrin's fundamental arguments, they are simply discussing all the factors that can increase ball velocity at the time of clubface-ball separation, and they are arguing that it cannot be affected by mass-force applied at the level of the grip. From their perspective, the only factors that affect ball speed include i) clubhead speed, ii) clubhead mass; iii) ball mass and iv) CER.

If you think that nmgolfer and mandrin are wrong, you are free to present a counterargument - instead of indulging in hysterical outbursts.

Lagpressure - you wrote-: "A prestressed shaft resists the forces of impact more than a shaft that is only seeking an inline position. This resistance means better ball speed for any given initial impact speed. In other words less deceleration.... more of the clubheads energy going into the ball. More efficient."

Your ideas contradicts the opinions of those golf physicists. For me to accept your argument, rather than their argument, is it really inappropriate to ask you to provide an explanatory counterargument that demonstrates that "A prestressed shaft resists the forces of impact more than a shaft that is only seeking an inline position".

Mandrin and nmgolfer imply that the clubhead is essentially decoupled from the clubshaft during the short time period of impact - 4,1000th of a second. Can you demonstrate that energy/force applied at the grip end of the club can effectively travel up-and-down the length of the clubshaft in a time period of 1/4,000 th of a second? Mandrin stated -: "The crux of the matter is the finite time it takes for a disturbance to travel through a slender steel golf shaft. The impact disturbance propagates through the stainless shaft and is reflected back towards the ball. In a thin stainless steel rod a disturbance propagates with a velocity of 5000 m/s. The steel shaft length is 1.25 m, therefore the total propagation time, to and fro, is 0.0005 sec. Impact duration is however less, i.e., 0.0004 sec."

Jeff.

• **SoulmanZ**

jeff, meet me in physics. these guys are sick of you



• Jan 02 2009 12:09

• 837 posts

• Member since 2008

• [View Monitored](#)

• [Posts](#)

• [lagpressure](#)

Goodbye Jeff



Lag Pressure throwaway is the root of all golf's evils

• [Jan 02 2009 12:13](#)

• 1430 posts

• Member since 2008

•


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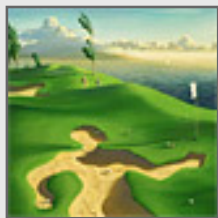
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TEETIMES

TIPPING

• **Steb**



• [Jan 02 2009 12:14](#)

• 2398 posts

• Member since 2008

• [View Monitored Posts](#)

Jeff is not undermining the good work by others on this forum. He is not misleading anyone. That is undermining us thinking that. What Jeff is doing though is pissing others off with the disrespect he shows for their past. That pisses me off, because, as gratitude, I wish Lag, BP, Sevam,... to enjoy their time here. This disrespect is equivalent to flat out calling them incompetent, and it's that same academic snobbery seen in other fields.

We know who to listen to - it radiates clearly, even in text form. We've all been through illusion after illusion with the golf swing. We're also used to scientists proving each other wrong time and time again in every field. As we're here to improve our swing, we know that only experience and actually doing it means something. Meet Dart and you know he's seen it all, he's seen how students stumble, how they best react and you know he's been out there playing at a level we can only dream of. Hear BP speaking, unrehearsed, and you'll know this guy has helped thousands. It comes through as charisma and an ability to communicate.

But we also come to this forum because we love our golf and love to talk about it with people we enjoy. So having someone constantly stirring the pot is just like that annoying guy at the pub who just wants a fight.

Some of Jeff's posts have been good reads and I thank him for that, but like A.B (who also gave a fresh insight), time and time again things just get nasty when he's around. I'm not concerned if he means it to happen or not, it just happens.



I've questioned Jeff's audience before, he says he might only be writing for 0.000001% of visitors here, so I ask what's the point? His presence therefore just comes across as taking advantage of those of huge experience for his own treatise and trying to disprove the big boys as a shortcut to credibility. Jeff's posts change the flavour of this forum from instruction to research. And stating there is 'no requirement to read my posts' is like telling complainers not to smell your farts if they don't like them.

- **Wilkie**



Gentlemen

I've had my share of disagreements with Jeff in the past, but for blokes like me trying to understand what happens in the golf swing, I want to see his hypotheses debated with reason and not see him attacked personally.

- [Jan 02 2009 12:34](#)

- 135 posts

- Member since 2007

-

- **Steb**



- [Jan 02 2009 12:44](#)

- 2398 posts

- Member since 2008

- [View Monitored Posts](#)

- 

One can only take so much of the attitude before cracking Wilkie. Lag lasted amazingly long.

- **Wilkie**



- [Jan 02 2009 12:49](#)

- 135 posts

- Member since 2007

- 

One can only take so much of the attitude before cracking Wilkie. Lag lasted amazingly long.

Understandable. But we shouldn't get sucked in.

• **iseekgolfguru**



- 
- [Jan 02 2009 12:56](#)
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
- 

The "style of post" is the main issue. It does not fit into this type of forum as it puts off people from point a point up for fear of "you said, I said". That gets things personal and why flame wars break out.

The bigger motional picture becomes a semantics blur.

For those who wish to kick on with Jeff, Lynne Blake's forum has a "golf by Jeff" area - though note it does have a caveat that is is not endorsed by LBG.

It is a more research and TGM deep end place than this forum was ever meant to be.

• **Bio**



- 
- [Jan 02 2009 17:11](#)
- 1237 posts
- Member since 2008
- 

Hey Styles,

Having a blast over here, The Americans over here have been fantastic to me. They are so polite and helpful.

Learning truck loads and having a ball only been a few days and my brain is fried from new drills and knowledge.

Can't wait to get home to Oz and get cracking with my new centre the industry is in for a rude shock when I open my doors.

---

Mechanics are a bi-product of biomechanical function

lagpressure



- Jan 02 2009 17:19
- 1430 posts
- Member since 2008

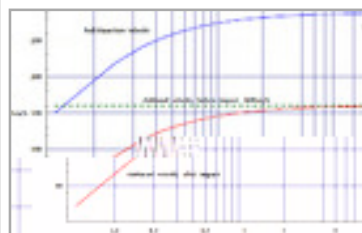
The forum brainiac has been arguing about pre and post impact velocities for months, claiming they don't matter, but he has been using this chart below, but not telling us he is referring to the flatline figures way on the right side that show the diminishing returns that actually appear to zero out when a golf club weighs 20 pounds or 10 kilograms. The chart clearly shows what we all know to be true, when you're dealing with weights that would be similar to GOLF CLUBS! Pre and post impact velocities DO MATTER in relation to BALL SPEEDS.

The lighter the club, the more it matters.. My persimmon driver weighs about 383 grams.. the graph is plenty steep in this chart.. around those "planet golf club" tolerances..

The brainiac is just trying to \$#x%x with us for his own amusement.

I really tried to keep an open mind as I always do, but he showed his true colors by posting this graph that DOES back up what he is saying scientifically:

IF THE GOLF CLUB WEIGHS 20 KILOGRAMS!



Lag Pressure throwaway is the root of all golf's evils

• **Styles**



• [Jan 02 2009 23:19](#)

• 3714 posts

• Member since 2007

• [View Monitored Posts](#)

•

And stating there is 'no requirement to read my posts' is like telling complainers not to smell your farts if they don't like them.

lol!

Steb, that made me spit my tea out you git!

-----  
The biggest lesson I ever learned was, not, whether it works or not, but, if it makes mechanical sense, do it 'till it does work.

The day of smoke and mirrors is gone. Gimmicks are gone. Fundamentals have nothing to do with trial and error

The Dart

• **Bio**



• [Jan 02 2009 23:38](#)

• 1237 posts

• Member since 2008

•

Thank Godness, clubs aren't 20 kilos no way known my tooth pick arms could apply extensor action to them. The club would rip my arms out of the sockets moving at 100 mph as well. My back hurts as well just thinking about it.

Was this experiment conducted by cheech and Chong,

|

-----  
Mechanics are a bi-product of biomechanical function

- **buzz**



- [Jan 03 2009 11:12](#)

- 30 posts

- Member since 2006

- 

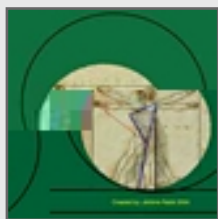
Hi Guys

Can someone please tell me where I can buy the book ( The Golfing Machine) in Australia. I am just getting back into golf after many years away, have discovered this forum which is a great resource but am very confused- thought I'd start byt reading the book and then bombard you with questions later.

Thanks heaps.

Buzz

- **iseekgolfguru**



- [Jan 03 2009 11:23](#)

- 8159 posts

- Member since 2003

- [View Monitored Posts](#)

- 

drop me an e-mail to [golfguruATiseekgolfATiseekgolf.com](mailto:golfguruATiseekgolfATiseekgolf.com) and I can sort you out

- **buzz**



- [Jan 03 2009 12:38](#)

- 30 posts

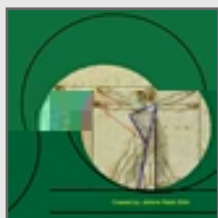
- Member since 2006

- 

Thanks Paul

my program is telling me that it does not recognise that email address- but it did recognise golfguruATiseekgolf.com ????

- **iseekgolfguru**



- [Jan 03 2009 12:43](#)

- 8159 posts

- Member since 2003

- [View Monitored Posts](#)

- 

That was weird. Still you found the correct mail box this end:)

• **AddingtonArnie**



• [Jan 04 2009 09:59](#)

• 413 posts

• Member since 2008

Hi guys,

I watched the SWW of Golf match between Hogan and Snead for the first time today (40th birthday present to myself!). One of the things that struck me was Hogans practice swings. Whatever the physical realities of the subsequent shot in terms of "intent" it looked very much to me as if Hogan was consciously trying to accelerate all the way to the finish on his practice swings for full shots. I'll post some limited footage on you tube at some point for those who havn't seen it.

I found this interesting as I couldn't, off the top of my head, remember many other players that had this look on their practice swings.

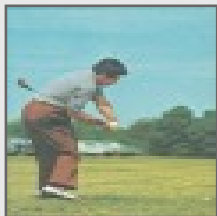
Cheers,

Arnie

P.S. I wonder if the master recording of all shots over the 18 holes will ever ppear at some point.



## • Styles



• Jan 04 2009 10:14

• 3714 posts

• Member since 2007

• [View Monitored Posts](#)

•

nice one Arnie, have you a link to where you found your copy, is it readily available?

Maybe you could make a 'back up' copy in case something happens to your original! :-P

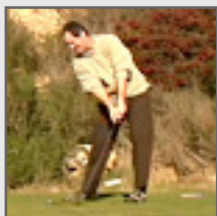
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The biggest lesson I ever learned was, not, whether it works or not, but, if it makes mechanical sense, do it 'till it does work.

The day of smoke and mirrors is gone. Gimmicks are gone. Fundamentals have nothing to do with trial and error

The Dart

## • lagpressure



• Jan 04 2009 10:17

• 1430 posts

• Member since 2008

•

Arnie,

that is a great observation..

I can't understand why anyone wouldn't take practice swings not doing this.. my practice swings always do this.. I have to feel the shot I am going to hit, and how much effort or pivot thrust I will be applying for the shot at at hand... if the pivot dies post impact so does your shot..

My friend Al Barkow was walking the fairways that day inside the ropes as a journalist.. it was his first assignment with the Shell's series..

I'm playing golf with him next month, so I'll pick his brain a bit more about it then.. he did tell me that Hogan would literally go weeks without missing a

fairway. He told me Hogan's golf swing was just in another league than any of his contemporaries, and they all knew it.

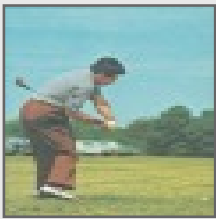
Of course he didn't win everything because golf is a biathlon and you can see how unfantastic a putter he could be at times..

Guys like Bobby Locke would just kill him on the greens..

---

Lag Pressure throwaway is the root of all golf's evils

• **Styles**



- [Jan 04 2009 10:29](#)
- 3714 posts
- Member since 2007
- [View Monitored Posts](#)

Wow lag, you never cease to amaze. I was just looking at Amazon and I see that Barkow has a book all about his SWW experiences. Maybe you could get him to sign a copy for me?!!

---

The biggest lesson I ever learned was, not, whether it works or not, but, if it makes mechanical sense, do it 'till it does work.

The day of smoke and mirrors is gone. Gimmicks are gone. Fundamentals have nothing to do with trial and error

The Dart

• AddingtonArnie



• Jan 04 2009 10:57

• 413 posts

• Member since 2008

•

nice one Arnie, have you a link to where you found your copy, is it readily available?

Maybe you could make a 'back up' copy in case something happens to your original! :

P

---

Its better to stay silent and look a fool, than to open your mouth and remove all doubt

Mark Twain

No pessimist ever discovered the secrets of the stars, or sailed to an unchartered land, or opened a new heaven to the human spirit

- Helen Keller

Hi Styles,

Drop me an email through my youtube account.

Cheers, Arnie

- **lagpressure**



- 
- [Jan 04 2009 11:13](#)
- 1430 posts
- Member since 2008

### Arnie speaks

This is really great... watch the twinkle in his eyes as soon as he mentions the vintage gear..

It's just so obvious...

He knows..

---

Lag Pressure throwaway is the root of all golf's evils

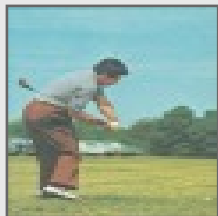
- **Steb**



- 
- [Jan 04 2009 11:20](#)
- 2398 posts
- Member since 2008
- [View Monitored Posts](#)

I was just listening to an interview with Al the other day - I think I'd rather just listen to him speak for 4 hours rather than play golf!

## • Styles



- 
- Jan 04 2009 11:40
- 3714 posts
- Member since 2007
- [View Monitored Posts](#)
- 

his biography is a great read.

When is someone going to have the balls to make films like "Follow the sun" about the lives of Arnie and Nicklaus??

Gee whiz, the budget could be small but these films really should be made!

---

The biggest lesson I ever learned was, not, whether it works or not, but, if it makes mechanical sense, do it 'till it does work.

The day of smoke and mirrors is gone. Gimmicks are gone. Fundamentals have nothing to do with trial and error

The Dart

## • AddingtonArnie



- 
- Jan 05 2009 10:37
- 413 posts
- Member since 2008
- 

Hi Lag,

I was thinking today about the role of dynamic tension in your swing and in the swing of "hitters" generally. A while back in the "flat vs upright" thread you described that whilst to the onlooker your swing might look graceful, flowing etc, to you performing it actually feels quite violent. You gave us the analogy of the duck on water "graceful as it glides across the surface, but under the water it is really working hard paddling" You also mentioned that when you do your drills full on they can actually leave you out of breath, though you scale things down a little when you are actually playing.

In a separate thread (might have been Prot's Impact bag thread) I think you

also answered a question and talked about gravity helping the plane shift from parallel 2 down to parallel 3 to get to that 4.30 / inside quadrant position. I can see how this works (letting the club fall into the desired slot) but when I have played around hitting a few balls I find that gravity works better when there is less muscular tension rather than more i.e the club "feels" as if it will fall further and more behind me with less muscular tension. The problem is I don't want "noodle" arms/wrists when I get to p3 if I am attempting to pull the "club out of orbit". So is this a case where there is a choice to be made between the level of dynamic muscular tension employed and the effects of gravity or is there a way of having the best of both worlds. Perhaps it depends exactly where the tension is situated (e.g) by all means have a firm grip and tension in the core and the upper pressure points but the wrists must remain loose in the transition to allow gravity to take maximum effect? Or is your solution for plane shifting for hitters always based on proactively straightening the right arm early?

Cheers, Arnie

- lagpressure



- Jan 05 2009 13:01

- 1430 posts

- Member since 2008

Great observations there Arnie,

Obviously you have really been working on some of these concepts.

One of the great advantages of less plane shifting, flatter backswing, or the higher hand position at address (Moe Norman - shoulder plane) is that you don't have to worry "as much" about getting back down to elbow plane.

Sam Snead always talked about "soft hands" but it is important to understand that soft hands don't always mean light grip.. Hogan's soft looking hands at the transition are often mistaken for noodle arms.. don't be fooled... I am quite convinced that this is the reason Hogan was a ball beater, because ball beating does tend to soften the hands... (I can relate, because I was a ball beater, now I just use the bag instead)

You can train the wrists to be free, flexible, and oily, and still maintain a very firm grip on the club. It can take some time, but it can be done.

This soft hands (really wrists) you can see active in the transitions at the top of the backswing of many great players. It is most clearly evident when watching the players who we can visually see the layoff of the shaft at the transition. The transition is greatly effected by the path of the backswing, and the tempo.

Let's look at Trevino, we see a strong out to in action, all set up with great intentions. He uses the backswing to throw the club down into the slot with an out to in action. He limits the plane shifting with a short backswing. All

this really so he can keep a firmness in the arms and hands, and maintain a constant grip pressure and tension.

Your feeling of wanting to have lighter grip pressure or lighter tension to get into the slot is typical of swingers.

The gravity drop into the slot is one way to do it.. The upright swings that make the big drop down requires slower tempos, and either a learned patience or a natural, "just kinda of have it".

If this is something that you just can't seem to do, or constantly fight, then the flat backswing could be a viable option. The key to the flat swing is to learn the real dynamic pivot actions that are required to do so. All the talk about loading the feet, and clearing the hips quickly post impact, all that great stuff is without doubt the best way to hit a golf ball. Why? This is what the greats do..

Hitters who rely on body rotation, particularly an increase in post impact rotational speed, can really benefit from a flat or level shoulder turn more than swingers. If you turn flat, as in this case, you have to straighten the right arm on the downswing, and it is this active straightening of the right arm from P2 to \_P3 that is what I believe a lot of TGM hitters experience as right arm thrust...

To get the feeling right, I drill the transition only, then the post impact feeling of the right arm..



I consider it a mortal sin to drill from P2 to P3 anything.. because it encourages quitting... nothing makes me cringe more than the players who rock back and forth from the the top to p3 and back..

or back and forth.. you NEVER want to train the body, arms or hands to STOP on the way down to the ball... NEVER.

So Arnie,

I suggest keeping the same firmness you are experiencing during the "orbit pull out" throughout the swing.. and experiment with how you can make the transition from backswing to downswing keeping these tensions in place.

Flattening the backswing and activating right arm straightening on the downswing should go a long way toward getting you to where you want to be.. not only regarding plane shifting, but keeping the firmness and tension you are realizing needs to be preserved.

Is the Hale swing leaving us? LOL

The reason I prefer to teach and play from a more traditional set up position with the hands closer and lower to the body at address and impact is that it encourages body activity. If you put your hands high at address, and stand farther from the ball, there is a tendency to start the club back with just the arms and not the body. Golfers love to swing with their arms and not their bodies.

The standing close to the ball, hands low really encourages the golfer to

engage the body. (Mac O). Mac is a master of this move and he is the king of right arm straightening via flat shoulders on the downswing to enable the effectiveness of such radical plane shifting.

Getting back to Moe, I don't think Moe's "one plane" swing should be taught until a student has shown the ability to maximize torso rotation while employing minimal hand travel....and really has this down.. it's very advanced ball striking stuff. Anyone working on Moe's move really has to understand this.. Moe is a real unique study... but it's not as simple as it looks obviously. The "one plane" concept sounds simple but it takes a very effective pivot action to make it work properly, which Moe had. It can be learned though.

---

Lag Pressure throwaway is the root of all golf's evils

• **Prot**



• Jan 05 2009 13:42

• 354 posts

• Member since 2008

The gravity drop into the slot is one way to do it.. The upright swings that make the big drop down requires slower tempos, and either a learned patience or a natural, "just kinda of have it".

If this is something that you just can't seem to do, or constantly fight, then the flat backswing could be a viable option. The key to the flat swing is to learn the real dynamic pivot actions that are required to do so. All the talk about loading the feet, and clearing the hips quickly post impact, all that great stuff is without doubt the best way to hit a golf

ball. Why? This is what the greats do..

Lag Pressure throwaway is the root of all golf's evils

Personally I'm getting this a lot from the constant drilling I'm doing. In my old swing videos my hands ended up super high, demanding more from the arms, and requiring a tremendous (impossible for me) drop to get back on plane.

Arnie, I still remember seeing your video back in November, and if I recall, I always thought you possessed that saving move.... not that I'm an expert. I spun my shoulders out because (as Lag had noted) my body wants to get to town on the ball.

Lag, this is why I've been telling you I have been noting that I appear to have not only dropped a foot from my backswing, but also my left arm hardly moves (if at all) above my shoulder line.

Although Anthony Kim is a totally different body type than me, he's shorter, younger, lighter, and has a lot more natural talent, I love this move. He stays low and flat, and I like this... it is the path my swing has 'naturally' taken all on its own in the last 7 weeks or so. This is the swing I've probably watched the most (on tour specifically) in the last 6 months. Who wants to wait for an arm to drop? I want to hit the darn thing. ;)



---

“Try smarter, not harder.” Moe Norman

• **BPGS1**



- [Jan 05 2009 15:17](#)
- 313 posts
- Member since 2008
- 

Prot - great insights there. No need to learn an arm drop at all if you have left fore arm matching Turned Right Shoulder Plane at the Top, line draws from tip of right shoulder to target line. Assuming you still have your intact Spine Angle of course. If you have extensor action and sideways triangle pressure in your hands and arms, you can just pivot properly and the pivot will bring your arms, hands and club into hitting position at P3. No need to do anything with arms from Top to P3. That is the easiest Transition move of them all, almost foolproof! AK does this very well, a lot of the younger guys with the simpler swings do also.


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