

**THERE IS A
DIFFERENCE**

between hitting and swinging. A swinger tries to have the shaft straight at impact with the ball, while a hitter's objective is to retain the flex of the shaft at impact by applying muscular force through the wrists and forearms at the bottom of the swing arc.



SWINGING *(Why You May Be Wasting Your Money On Lessons)* or HITTING

By John Erickson with Al Barkow

Photos By Rob Tipton/Boomkin Golf, courtesy Justin Young and Ballyhack Golf Club