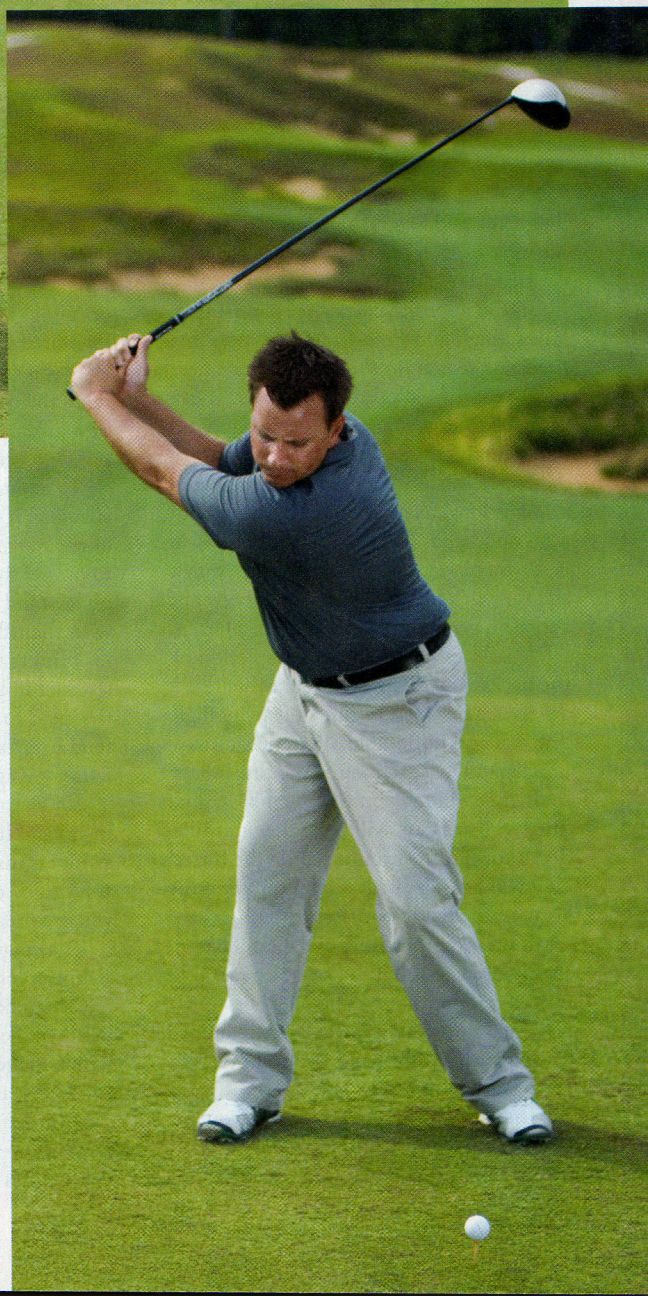




SWINGING



naturally, which produces a lot of clubface rotation just before and immediately after impact. The hands roll over quickly to square the clubface as it strikes the ball. The right arm is pulled straight, and both arms move freely off the body and, along with the shaft, are fully extended in the follow-through.

The hitter fights or resists this centrifugal force by keeping his upper arms pinned to his body and firing the hands actively in the hitting zone. He pulls against the expanding outward forces by contracting the muscles in his right arm, which doesn't straighten or extend fully at impact.

It's not uncommon for the hitter to have both arms bent at impact. When the left arm does this, it is called a chicken wing, and contrary to a lot of instruction you read or hear, it is not necessarily a bad thing. The right arm typically straightens much later in the swing. Thus, the clubface doesn't square at impact of its own accord. This must occur through body rotation. In other words, the hitter must have a more aggressive turn or pivot of the left side in the forward swing in order to

AT THE COMPLETION of the backswing, there is little mechanical difference between hitting and swinging.

hit the ball accurately. This is arguably one of the advantages of hitting, because there will be less clubface rotation post impact, which reduces the need for precise timing.

Lee Trevino once said that he liked to feel he had an advantage over most of his competitors because he could "keep the clubface looking at the target a little longer." Trevino was one of the great hitters.

Ben Hogan talked about wanting "three right hands." He held the release of his cocked wrists for an incredibly