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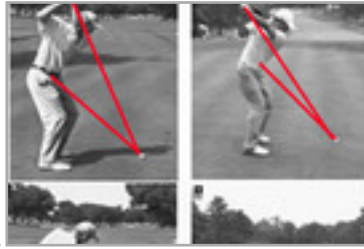
TIPPING

- lagpressure



-
- Jan 05 2009 17:11
- 1430 posts
- Member since 2008
-

Some guys have a knack for the big plane shifting.. here are a couple



extremes..

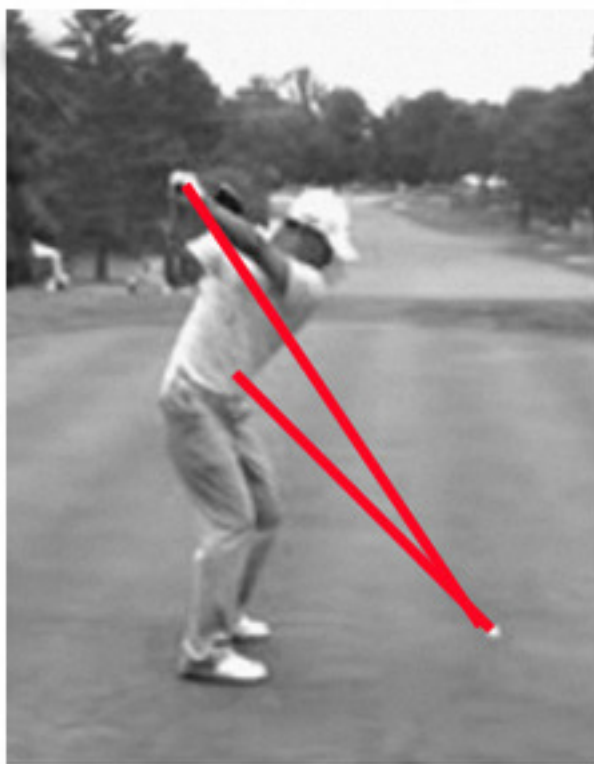
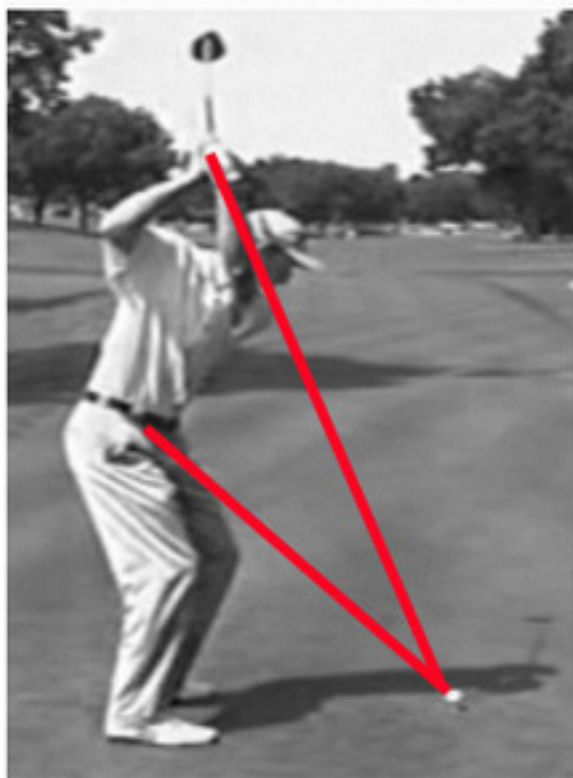
As much as most would argue the virtues of Kim's swing,

I really like Furyk's impact alignments here much better..

Because Furyk has poor post impact hip rotation, he actually has to do the big plane shift to get some velocity going, and he has the patience to really gradually build the speed on the way down without over accelerating.. Obviously it works, but there are simpler and better ways to strike a golf ball...

But from P3 to P4, as far as swing plane path goes , I really like it (Furyk) top shelf stuff..

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



- **AddingtonArnie**



-
- Jan 06 2009 02:34
- 413 posts
- Member since 2008
-

Lag,

Thanks for the terrific analysis re: the transition move. I'll take my circa 1969 Haig Ultra 385 contour soled irons out and see what they teach me. Have to have a game with those aluminium shafts before I change them just to see how they are - they sound terrible!

Cheers, Arnie

- **Royshh**



-
- Jan 06 2009 14:54
- 216 posts
- Member since 2007
-

Does Peter Kostis understand the concept of being "on plane"?

- lagpressure



- Jan 06 2009 16:42

- 1430 posts

- Member since 2008

-

I really don't know a lot about Peter Kostis, other than he is a highly respected teacher in the US. A good friend of mine who won the US Amateur, and a PGA Tour event in the 80's worked with Kostis and he was very disappointed. He was not able to answer his questions sufficiently and he left to work with Haney who really messed him up. He lost his card and has struggled since.

Understanding "on plane" is quite a study in itself. First you have to know if you are hitting or swinging because hitters and swingers are on different planes. Plane shifting must be correlated with tempo and a players ability to wait or not to wait. In other words, compact swings with brisk tempos don't produce Jim Furyk!

P3 to P4 we can assume we must be on plane, yet again, there is a significant difference in what happens there, depending upon whether you are going after radial or longitudinal acceleration. CF affects the swing plane, because we have different options of dealing with it's force. We can welcome it, and just free wheel it into a swinger's release, or we can fight it with all our might into a true hitters protocol, or we can slightly tame it in any of the in-between these extremes. All these manipulations affect our swing plane.

The golfball doesn't care a whole lot about the backswing. It does if the downswing is heavily reliant upon the forces exerted by a quick backswing that is creating a lot of CF on the way back and really

throwing the club into "the slot"... we really see this with Trevino...
but the reality is that history has shown us almost every kind of
backswing work with very good results. It certainly isn't the first thing
we need to worry about.

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

- **Royshh**



-
- Jan 07 2009 08:25
- 216 posts
- Member since 2007
-

Apparently Peter Kostis gave up teaching club golfers because he
couldn't get them to improve.

I also heard that Hank Haney is a one dimensional method teacher who
doesn't hit full shots in front of his students because his swing is so
God damn awful.

You would think that these respected names would live up to their
reputation.

Maybe the golf instruction industry needs to be regulated.

There are too many charlatans and false prophets for my liking.

- **iseekgolfguru**



-
- Jan 07 2009 12:18
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
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Royshh, do not confuse teaching ability and playing to Tour Level.

Hank hits a mean ball still. One of my US college players had been to see him and her old man was amazed at how Hank could still launch it.

He does teach a 'one way' method though.

- **lagpressure**



-
- Jan 07 2009 12:28
- 1430 posts
- Member since 2008
-

TGM was the first time that someone explained law to me, and not just smoke and mirrors.

The yellow book is very cryptic in many ways, and even Hogan's books are a bit "read between the lines" and you are sometimes left wondering, is he holding something back? Secrets and all that "in the dirt" stuff... I am reading Johnny Miller's 2004 book right now and he is talking about Hogan's "dirt" secret, and to Miller, it meant he just practiced and grinded his way to greatness.

I have always been more into "what they do" than "what they say".

Haney, Ledbetter, a lot of those guys are high 70's shooters at best.

The boom in golf in the last decade has put a lot of very unqualified

pros on teaching ranges, just do to the demand of golf course logistics. Every golf course needs at least 3 or 4 pros, and the public reaches out to them for aid and assistance as they should.

Royshh, you make a great point about regulation, I suspect teaching pros could easily be required to take 6 years of training just as a medical surgeon and also need several years of benchwork in the trenches, before they start operating on peoples golf swings.

The other problem is that even really top players don't always understand what they are doing... another problem with good players is that they are out playing all the time...

That reminds me of when I was a kid, our club pro was a fine player because he loved to play, and he was always out playing with the members, and they eventually fired him because they wanted him in the pro shop selling socks and hats to the members wives.

The corporate mentality of running a busy golf course has nothing to do with teaching the game.

It's a HUGE problem for golfers that really strive to get better. I remember the first time I went to a range last year, I just sat and listened to the pro giving a lesson, because the range was all mats and I won't hit off a mat... so I watched him work with a young junior

girl who could have potential, and it really was shocking to hear all the BS that her mom was paying \$100 an hour for.. It was hard for me not to say anything really. She'd do just as good going to an astrologist or fortune teller. Probably better actually.

All the readers here, I hope you know how fortunate you all are. There has been some really great stuff put forth by all the contributors here, Guru, Dart, Bio, BP, and others, and great feedback from the posters here about what is working and what is not..

I turned on the TV and watched one of the European Tour events a couple days ago for about 30 minutes, and it was really shocking to see these pros just spraying the ball all over the course, missing greens by 20 yards, drivers going into other fairways.. not very impressive, even with all the modern gear..... it almost made me think I should go back out on tour.. Darren Clarke was the only guy that seemed to be in control of his golf ball.. maybe I just caught a bad 30 minutes.

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

- **BPGS1**



- **Jan 07 2009 14:21**

- 313 posts

- Member since 2008

-

From what I hear, Haney can play, the rumors are because for about 10 years or so he suffered from a really bad case of the driver yips. Only the driver, so he basically stopped playing golf because he could not get off the tee. He fixed that, and I understand he is about a plus one or so now.

Kostis has worked with a lot of tour players for years now, has a pretty good rep as a teacher to that level of talent. I think he knows his stuff, has been exposed to MORAD via McCord. You can't make an accurate judgment based on a few quick comments on a tv broadcast. I know he worked for many years in the Golf Digest schools learning his craft.

The teaching problem is a real one, I don't think we will see a major improvement at the mass level of teaching in our lifetime. Too many factors in place to keep things the way they are.

If I was an average golfer looking to improve via instruction, I would ask around my community, "who is getting results" with their students. The good teachers always rise to the top in any community mainly due to good word of mouth and referalls. And I would interview the teacher and tell them that I am looking for radical change over the long haul - not a quick fix. You will open a lot of doors with any good teacher by saying that.

- **lagpressure**



-
- Jan 07 2009 16:28
- 1430 posts
- Member since 2008
-

Breaking new guys...

Titanium stocks plunge at market opening!

I just bought 10,000 shares of Louisville Persimmon this morning!

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

- **RiddleFace**



-
- Jan 07 2009 17:10
- 11 posts
- Member since 2009
-

BPGS1,

I heard that a guy named Jim Waldron is the dog's bollocks at golf instruction; really knows his shit.

What say you?

- lagpressure



-
- Jan 07 2009 17:48
- 1430 posts
- Member since 2008
-

Tai?

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

- Bio



-
- Jan 07 2009 19:40
- 1237 posts
- Member since 2008
-

Lag,

I recon you could go back on tour and clean up, when I went to the Australian Masters. I was horrified how poorly they compressed the ball. They all had high and weak flight. Wasn't very windy and their ball was getting blown all over the shown. The only guy who impressed me with compression was Daly. I think the teaching methods are to blame, this Stack and tilt crap, edwin stuff and the modrn day upright swing.

From our research we found players don't swing it as pure as they use to.

I felt I could of went out there and been competitive, next year I recon I could give it a good nudge and win the aussie open after watching these young guys.

Mechanics are a bi-product of biomechanical function

- lagpressure



I thought these really show the difference in hinging, yet both offer similar ball flight. The SF fog makes a great backdrop for the golf ball!

It's been 20 years since I just let my arms fly off the body like this into a full roll hinging action, actually it felt kinda nice, although I don't think I could trust it under pressure.

Hitting feels like walking across a 12" board that is laying on the ground. Swinging feels like the same board stretched across the grand canyon with a big trusty balance pole in my hands.. it should be easier right? lol

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

- **AddingtonArnie**



-
- Jan 09 2009 21:20
- 413 posts
- Member since 2008
-

Great visuals Lag - definitely one to squirrel away...!

Cheers, Arnie

P.S Just a thought - do you think that thicker (less tapered grips) are beneficial for angled hinging?

- **Mashie72**



-
- Jan 10 2009 02:29
- 105 posts
- Member since 2008
-

Great Photo Lag!

Here's another guy a nanosecond later..No arms, no club in view..



- Prot



-
- Jan 10 2009 03:27
- 354 posts
- Member since 2008
-



I thought these really show the difference in hinging, yet both offer similar ball flight. The SF fog makes a great backdrop for the golf ball!

It's been 20 years since I just let my arms fly off the body like this into a full roll hinging action, actually it felt kinda nice, although I don't think I could trust it under pressure.

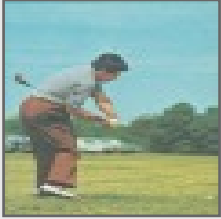
Hitting feels like walking across a 12" board that is laying on the ground. Swinging feels like the same board stretched across the grand canyon with a big trusty balance pole in my hands.. it should be easier right? lol

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

What are these two different style of hinges called? Ironically I was having a view of my release and debating this with an instructor last night.

"Try smarter, not harder." Moe Norman

- **Styles**



-
- Jan 10 2009 04:08
- 3714 posts
- Member since 2007
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left is angled, right is horizontal.

(I think)

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

- **Burner**



-
- Jan 10 2009 11:02
- 824 posts
- Member since 2005
-

left is angled, right is horizontal.

(I think)

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

You're getting the hang of it.

- **lagpressure**



-
- Jan 10 2009 14:30
- 1430 posts
- Member since 2008
-

For me, and I think most, the angled hinging promotes quicker rotation.

One of Mac's "secret" (everything is a secret now! lol) MORAD analogies was to keep the hands in closer to the body by way of packed upper arms on the chest. The idea is that the closer your hands are, the faster you can rotate, in the same way a figure skater will pull their arms in close to the body as they go into a spin. It does work..

In these photos I am trying to turn just as fast in both pics, but you can see I am more rotated (torso) on the left photos with the hitting and angle hinge, than the swinging horizontal hinge.

These two shots end up going about the same distance.

There is a real yin - yang thing going on..

The club wants to fly out to the right with the CF...

the photos on the left, I am pulling it out of it's CF orbit, which slows the club down, but..... I am rotating faster in doing so..

So it ends up being about the same result.

The photos on the left however, put a lot more feel in my hands via the CF resistance.

The feeling is similar to an iron ball swinging around you on a chain.

The hit feels like you're holding on, the swing feels like you're letting go at impact.

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

- **lagpressure**



Yes, left is angled, right is horizontal.

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

-
- Jan 10 2009 14:30
- 1430 posts
- Member since 2008
-

• tball88



• Jan 11 2009 03:41

• 26 posts

• Member since 2009

•

First of all, I want to say thankyou to Lagpressure, Dart, Bio, and many others for this great thread. I've just come across this site and spent the last week reading through all 61 pages of posts.

I am a true hitter, although I am more of a hands controlled pivot. To me this doesn't mean I don't think pivot is important. It's extremely important, but I use to have a problem with the lower body running off and leaving the arms behind. This created a lot of blocks and snaphooks from me in my effort to catch up.

Now all science aside, I have some questions...I'm a 6 handicap and want to get to scratch this summer.

1. I notice lagpressure has a lower hands setup than most hitters, I'm guessing this is because you want a more active pivot.

2. I also notice, lagpressure does not setup with a somewhat closed clubface? I thought this was prescribed to hitters because of the closing/layback action of an angled hinge that provides for a standard fade ballflight. Can you give some detail on your thoughts around setup.

3. Lagpressure, do you carry the power package back with right forearm pickup or use your pivot more?

4. Lastly, how do you deal with wristcock? I have no doubt Hogan used

some hitting action, but I thought a hitter should setup with an uncocked /forward pressed left wrist, carried to the top, and then drove back down to low point. I get in trouble then I go beyond the top, the weight of the club cocks my wrist and when I drive down, the face stays slightly too open.

Anyway, thanks in advance for your thoughts and comments on the above and how you feel you should properly execute a hitting motion.

- **lagpressure**



-
- Jan 11 2009 07:04

- 1430 posts

- Member since 2008

-

First, let me say, I put very little emphasis on the setup. I can start literally with my hands anywhere, up, down, forward, back, or have my stance open, closed, hips, shoulders aiming anywhere, and hit pure golf shots.

What I do need to know is my target line, my intended initial flight line, and most importantly my low point.

Once I set up my "T" square, position my body over my 90 degree low point reference line, my brain calculates the variance between flight line and target line, therefore telling me how much draw or fade to put on the shot to get the ball curving toward the target.

I really believe if you get your P3 alignments correct, and you learn how to work your pivot and hands from there to P4, you'll gravitate toward the right set up very naturally for yourself.

There are many in the TGM camp that believe hitting means you just slap your right arm at the ball without much pivot... and that swinging is all pivot and no right arm.. This is not correct.

Hitting and swinging differ in their application of use... either radial or longitudinal acceleration. There is a lot on that earlier in this thread.

The right arm participation varies greatly between hitting and swinging.

A frozen right arm feel from P3 to P4 is ideal for a hitter, because this gets the shaft moving on a true plane by way of radial acceleration, maintains wrist cock longer, and discourages closing of the clubface. The CF fight, pulling the club out of orbit, tends to slow the club down, but the hitter can rotate faster to compensate, and with a closer hand position, this is both possible and practical. Throw in some 5th accumulator action and now the hitter can rival the velocity of the swinger, and also have better control of the golf ball I believe.

The relaxed right arm of the swinger is pulled off the body by the throw out action of CF, which automatically closes the clubface into a full roll horizontal hinge.

I set up fairly close, just enough to feel the packing of the upper arms on the chest. I like to feel that is established.

I like the clubface if anything open because at P3 I really like to have it open, to encourage by pivot the fire quick to close it.

I take the club back with the pivot and right arm folding in unison and as interrelated and connected as possible

As far as wrist cock, I assume you are talking about what goes on at transition. I like things to be very quiet at the top of the swing. Snap and float loading is great if not required for good swinging procedure, but since I like to stress the shaft at the bottom, too much loading at the top makes it impossible for me to maintain shaft flex all the way to the ball, so I avoid that as much as I can. Late loading still tries to creep into my swing from time to time, so I always have to keep my eye on that. (reformed swinger!)

tball88, if you are really a hitter, I'd stop thinking about the backswing and the top, and start figuring out how you can increase your post impact velocity, acceleration, rotational speed and so forth so you can bring a pre stressed clubshaft into impact.

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

- **tball88**



-

- Jan 11 2009 08:25

- 26 posts

- Member since 2009

-

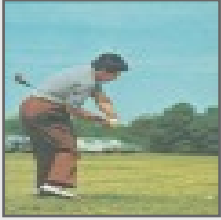
I'm definitely a hitter. I'm longer than probably 9/10 guys I play with and I'm only 5'5 170 lbs, so I don't get a lot of club speed due to my large swing arc:). I have actually worked with both Lynn Blake and Brian Manzella.

Your responses definitely help answer some questions for me, especially your comments about loading, I've found that loading at the tops causes all kinds of issues for me as a hitter.

I'm struggling still with understanding how you square the face. As a hitter, I believe according to the golfing machine, my hip action is to first slide, then turn. For me, as I drive the right arm down with my initial hip slide, and then turn, I'll just be late squaring the face, unless I actually employ a horizontal hinge. However, If I employ a horizontal hinge, it can be fore left.

I have trouble getting anything but a fade ball flight with an angle hinge, unless I close the clubface. It seems you're using your pivot to work the ball with an angled hinge, and I'm just having trouble visualizing how you do it.

- **Styles**



-
- **Jan 11 2009 08:28**

- 3714 posts

- Member since 2007

- **View Monitored Posts**

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First of all, I want to say thankyou to Lagpressure, Dart, Bio, and many others for this great thread. I've just come across this site and spent the last week reading through all 61 pages of posts.

wow!

how long did that take?

I can't imagine rereading it all, I'm just waiting for everyone's book to come out!

- - - - -
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 11 2009 09:30](#)
- 1430 posts
- Member since 2008
-

tball88,

You can square the clubhead with a flatter torso rotation, and a NON AUTOMATIC hand firing... but this has to be done at exactly the right time. Once you get a feel for it, you can use it from tee to green.. (not on the green!)

I'd really have to see your swing of course.. I am reluctant these days to give drill advice over an open forum because it's really like writing a prescription.. everyone is different..

Everything I have seen on Manzella, which isn't much, is that he loves the swinging protocol. He seems to be heavily influenced by the Doyle camp... which is good.... if you're swinging..


Whatever you're doing sounds like an easy fix though...


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

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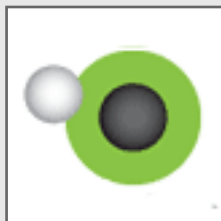
• Win

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• **tball88**



-
- Jan 11 2009 10:32
- 26 posts
- Member since 2009
-

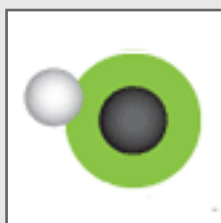
I would agree and say that Brian is definitely more of a swing technique, but his “Manzella Matrix” really has multiple swing models.

I guess if I were explaining my swing, I’d say I have a strong Single Action Grip, right forearm takeaway, and really beat down on the ball. In my mind, I’m thinking drive my hands past my left leg. I set up with a closed clubface and play a left to right ball flight.

My question isn’t so much as to how to fix my swing, I’m just trying to better understand how you can work the ball both ways with an angled hinge? I thought by rule an angled hinge because of the closing/layback action, always resulted in a fade ball flight.

Is your standard shot a fade?

• **rteach1**



-
- Jan 11 2009 11:15
- 18 posts
- Member since 2007
-

Lag,

Will your book provide instruction for both hitting and swinging, or just for hitting? Thank you.

rteach1

- **lagpressure**



-
- Jan 11 2009 13:40
- 1430 posts
- Member since 2008
-

Yes both hitting and swinging equally.

They are both viable ways to strike a golf ball... both hitters and swingers have won the great tests of golf.

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

- **lagpressure**



-
- Jan 11 2009 13:47
- 1430 posts
- Member since 2008
-

I can work it both ways with ease.. but if I really go after a drive hard I tend to draw the ball... of course it is harder to hold the angle hinge to P4 with a driver..

My tendency changes from time to time, not sure I swing the club from day to day exactly the same..

Sam Snead said it best..

"Dance with the gal yer brought"

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

• **tball88**



-
- Jan 11 2009 14:09
- 26 posts
- Member since 2009

•

That's interesting. When you say it's hard to hold the angle hinge into P4, do you think you may horizontal hinge just a bit, which is giving you the draw action, or do you still have a no roll sensation all the way to finish?

Also, I found your comments on Doyle interesting. I actually worked with him for a couple of days, and he was trying to get me into a deep pitch elbow position with a swinging motion.

It just didn't work for me, but I could tell there were a lot of dynamics going on in what he was trying to teach.

• **iseekgolfguru**



-
- Jan 11 2009 14:17
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)

•

Welcome tball88. You have travelled the TGM extremes from BD to BM to LB.

I always find it interesting that swingers are thought to have no right side thrust by those who only tinker with TGM. Homer stated very early on that hitting or swinging the right arm is always thrusting. Its only how that thrust is being utilised that has caused so much confusion.

- **Bio**



-
- Jan 11 2009 16:47
- 1237 posts
- Member since 2008
-

Tball88,

Why would you want to lateral slide for? a hitter the last thing he wants is to have a lateral slide

Mechanics are a bi-product of biomechanical function

- **iseekgolfguru**



-
- Jan 11 2009 17:41
- 8159 posts
- Member since 2003
- View Monitored Posts
-

What does he want to have. Thought you said swingers and hitters both need the same motion a while back?

lagpressure



-
- Jan 11 2009 23:55
- 1430 posts
- Member since 2008
-

tball88,

Here is a draw with an angle hinge using a driver..

This was a huge effort for me to pull it out of orbit.. but this is how I like to play golf, a BIG effort creates only as small action on the ball, this is a 10 yard draw...

- - - - -

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

lagpressure



-
- Jan 11 2009 23:57
- 1430 posts
- Member since 2008
-



- - - - -

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

- **Prot**



- **Jan 12 2009 00:18**

- 354 posts

- Member since 2008

-

Lag what is your 'different' thought while performing that driver draw?

Are you aiming more inside the ball? Starting with the face a few degrees closed? Turning later? Spill the beans!

I'm guessing here but it looks like you have your right foot a bit back (might be camera angle). It seems you fire your hips very late on the downswing. I assume it's a hard fire, but is it any later than a 'normal' shot?

"Try smarter, not harder." Moe Norman

- **lagpressure**



- **Jan 12 2009 09:53**

- 1430 posts

- Member since 2008

-

Stance has nothing to do with drawing or fading the ball, I can work it either way from any stance.... The key is understanding low point geometry and the difference between plane line and target line.

These are the typical ways most people deal with ball control.... (take a "draw" example)

Draw the ball with clubhead throwaway (bad idea)

Roll the hands over into the ball (too tough to time it)

Move the ball more forward in the stance allowing the clubface more time to close (too many thin shots)

Alm right, close the clubface, re grip the club, swing as normal (weight of the clubhead now feels different spacially)

I rarely do any of these..

As a hitter, the best way for me to work the ball is through deliberately manipulating wrist cock, post impact.. but it's hard to explain exactly how it's done, because this technique requires perfect swing plane paths from P3 to impact....

I haven't talked a lot about this because very few people's golf swings would be ready for this.. for one, you would HAVE to be a hitter.

The best thing about this is that you don't have to change anything, not ball position, not stance line, not clubface position at address, grip, clubhead rotating, or any crazy timing stuff..

But if you don't really understand and apply proper 4:30 on the ball alignments at P3 it's won't work. It's advanced ball striking tactics for sure, and pretty much fool proof... it's a great way to work the ball.

The torso has to be turning pretty level through the ball, you can't be buying into any kind of "dead hands" stuff.. the hands and body have to be working together properly or this will not work...

Again, your P3 lines have to be in place and solid...

I'll try to put up some pics to show the difference if I can find something...

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

- **Bio**



-
- Jan 12 2009 10:39
- 1237 posts
- Member since 2008
-

Guru,

What's your point here? Hitters and swingers do have the same body motion, when understand human body motion and the physics of human body motion, you soon learn they are the same movement pattern. It's in the book too.

But when someone says they are a hitter and have a lateral slide they can't be using a true effective hitting pattern. Not hard to work this out why either.

Mechanics are a bi-product of biomechanical function

- **Burner**



-
- Jan 12 2009 10:48
- 824 posts
- Member since 2005

What does he want to have. Thought you said swingers and hitters both need the same motion a while back?

You are the guru mate...Do you not have the answer? When are you going to stop. I will never, um ever. I will be here all the time...You have no idea...This is comical...Lossssssser..

hitlong22 (?Tai)

-

Were you born a TWAT? Or, have you spent your entire lifetime refining such skills?

- **spike71**



-

- Jan 12 2009 11:39

- 993 posts

- Member since 2006

- [View Monitored Posts](#)

-

ha ha ha ha ha ha

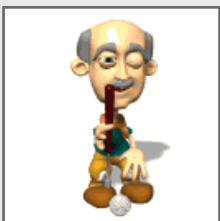
Its good to see you still have your subtle sense of humor! Might be too subtle for this one. :D

Obviously 22 does not understand the word **facilitate**. Or, for that matter, why this forum works so well.

- - - - -

There is no present like the time.

- **Burner**



-

- Jan 12 2009 11:49

- 824 posts

- Member since 2005

ha ha ha ha ha ha

Its good to see you still have your subtle sense of humor! Might be too subtle for this one. :D

Obviously 22 does not understand the word **facilitate**. Or, for that matter, why this forum works so well.

I think 22 is his I.Q!

-

- **spike71**



-

- Jan 12 2009 11:57

- 993 posts

- Member since 2006

- [View Monitored Posts](#)

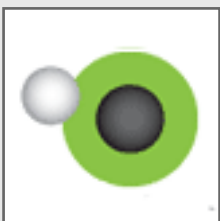
-

We have missed you!

Probably best asked in a new thread but, how was your session with LBG and the gang?

There is no present like the time.

- **tball88**



-

- Jan 12 2009 12:58

- 26 posts

- Member since 2009

-

Guru, first of all thanks for the welcome.

A couple of points of clarification here, and hopefully I can learn something new.

1. While many equate Swinging to pulling with the left side, I agree there is some right side(but not arm) assistance. When swinging, I try to think of the right shoulder as a flywheel that's throwing the left arm off of my chest.(got this from Lynn Blake).

2. Bio, For hitting, I open my hips slightly, and have a very slight bump

laterally to initiate the downswing. For me, this allows the arms to time to drive down and through the ball. So for me it's a very slight bump and then turn from a slightly open(delayed Hip action/also helps me stop my backswing at the top) hip alignment. If turn hard with the hips to initiate the downswing, I can get fore right in a hurry.

3. Obviously lagpressure, is doing something different to create ball flight, if he has a true angled hinge/which is naturally a slice producing motion. I'm just trying to better understand what he is saying when he says he pulls it out or orbit.

Great thread...

- **lagpressure**



-
- Jan 12 2009 13:52
- 1430 posts
- Member since 2008
-

a flywheel that's throwing the left arm off of my chest....

there you have it right there...

correct, swingers allow the arms to fly off the chest after impact...

the right arm straightens both by the pull of CF but also the dump of

extensor action. The arc widens for a swinger, it's elongated,

expanded. If you let go of the club at impact, it will bounce off the

ground, and move away from you.right down the 4:30 line.. hence the

term down and out... it really wants to bury into the ground, then go

down and away from you... just try it.. go out and let go of the club at

impact, you'll see quickly where the club goes.

Now when I say "I pull it out of orbit", I mean as a hitter I DON'T want the club moving away from me.. I fight the CF (force) and re route that force into a true down the line on plane.. so you see the club "cut left" after impact, because this is actually where true "on plane" should go..

Flat shoulders, upper arms packed upon the body, quick post impact acceleration, these are your tools to get this done..

Angle hinging works well with the hitters radial acceleration, while horizontal hinging is the natural choice for swingers..

If your arms are relaxed noodles, wrists are free, oily, flexible, horizontal hinging just happens.. it's not something you try to "do"
The true non intervention automatic release... beautiful stuff really..



Hogan on the left is pulling the club out of orbit... he's pulling it left around the body, while Armour III on the right is just free wheeling it, and letting it go... arms flying off the body...

Now remember, when you pull on something, especially hard, what happens? It creates pressure in your hands right? and that pressure in

your hands is what? Feel maybe?

As far as working the ball...

I'll need photos to show how a hitter can draw and fade without having to flip or roll, dump or move ball placement around...

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

• **tball88**



•

• Jan 13 2009 00:55

• 26 posts

• Member since 2009

•

Lag, I think I'm starting to get there.

Do you get the club out of orbit, by keeping the left arm tight to the body(I believe you said packed), and then folding the left arm, ie lifting the club to where both arms are folded with a higher hand finish?

Sounds like you're actually lifting the club by folding the arms after impact, as opposed to horizontal hinging or rolling.

Let me know if I'm off base.

- Prot



- Jan 13 2009 01:24

- 354 posts

- Member since 2008

-

br>correct, swingers allow the arms to fly off the chest after impact...

the right arm straightens both by the pull of CF but also the dump of extensor action. The arc widens for a swinger, it's elongated, expanded. I mean as a hitter I DON'T want the club moving away from me.. I fight the CF (force) and re route that force into a true down the line on plane..

Lag in working with you the newer sensation I've had, which could be wrong is the first part of the downswing definitely feels more down, then the second phase is around, and that is when I feel I am fighting CF... not only after impact. It feels like there's a direction change in there halfway down that causes a resistance, and lag as well.

This change in direction seems to also result in a sweeping action. The older, down the line move I had was definitely steeper.

Flat shoulders, upper arms packed upon the body, quick post impact acceleration, these are your tools to get this done..

Angle hinging works well with the hitters radial acceleration, while duel horizontal hinging is the natural choice for swingers..

This is something you've said a few times that I have trouble getting consistency with. Even when I look at that picture of Hogan and

Armour, I see two fairly steep shoulder angles.

My impact bag drills show me having a fairly horizontal shoulder turn.

When reviewing all my recent hitting video (with ball) I wouldn't really consider my shoulder motion 'horizontal' or level until I get up to woods/driver length. It just seems the shoulder mimics or dictates the plane, which gets flatter as the club gets longer. In other words a wedge shows me with quite a steep shoulder attack. What am I missing here?

Are you just saying that if a hitter and swinger are both swinging the same club, the hitter will appear to have a more horizontal shoulder action than the swinger?

"Try smarter, not harder." Moe Norman

- **Wilkie**



- Jan 13 2009 10:27

- 135 posts

< I fight the CF (force) and re route that force into a true down the line on plane.. so you see the club "cut left" after impact, because this is actually where true "on plane" should go..

Thanks for that explanation LP.

I've been struggling with this for some time.

I've some photos of 'Swinging' Sam Snead, taken when he just started

- Member since 2007

-

as a pro, taken from the target point of view - where he is hitting over the camera. (You might have this book Guru :-) It's Sam Snead's 'Quick Way to Better Golf'.)

He is definitely cutting the club left as you are describing.

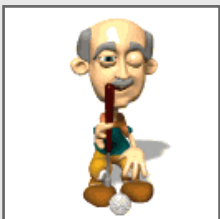
It seems that to achieve this, he is not fully uncocking his left wrist and is keeping the shaft on plane through to P4 and beyond.

Am I on the right track ? Is this a similarity between swinging and hitting ?

Either way, can you describe the path of the hands, from the golfer's point of view, from the top through to finish - perhaps in a diagram in your book.

Thanks again.

- **Burner**



-

- Jan 13 2009 11:11

- 824 posts

We have missed you!

Probably best asked in a new thread but, how was your session with LBG and the gang?

Spike,

Ask Guru to pass you my Email address and then mail me.

- Member since 2005
-

I will give you a full run down.

- **iseekgolfguru**



-
- Jan 13 2009 11:29
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
-

Guru,

What's your point here? Hitters and swingers do have the same body motion, when understand human body motion and the physics of human body motion, you soon learn they are the same movement pattern. It's in the book too.

But when someone says they are a hitter and have a lateral slide they can't be using a true effective hitting pattern. Not hard to work this out why either.

The shift of a swinger and hitter is aimed in a different direction (book = parallel or cross line) and at different speeds. There are a heap of similarities of course.

What do you call a Lateral Slide? From what I read you seem to infer a Lateral Sway which is a different thing altogether and of course an issue for any golfer.

• THE_PHANTOM



-
- Jan 13 2009 11:56
- 226 posts
- Member since 2008
- View Monitored Posts
-

Lag,

As a hitter how important is it to attack the ball at 4.30?

When I attack it at 4.30 and forget to roll/release my wrists it's a slight push fade, however, when I really roll the wrists it's a beautiful 5-10m draw & like a bullet. I find when attacking at 4.30, I feel that my club is so far behind my body that my shoulders automatically roundhouse causing me to hit the ball at 3.00, with no release this becomes a little slice & with a lot of release/roll a pull draw.

What drill can I work on to ingrain the 4.30 attack without feeling stuck?

golf an infinite journey


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- **TheDart**



-
- Jan 13 2009 12:18

- 2266 posts

- Member since 2006

- [View Monitored Posts](#)

-

ha ha ha ha ha ha

Its good to see you still have your subtle sense of humor! Might be too subtle for this one. :D

Obviously 22 does not understand the word **facilitate**. Or, for that matter, why this forum works so well.

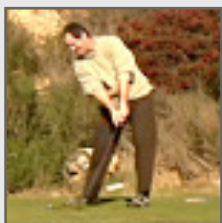
Spike,

There are a lot of words he doesn't understand.

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

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

- **lagpressure**



-
- Jan 13 2009 14:22

- 1430 posts

- Member since 2008

-

Referring to Snead, (Wilkie)

It seems that to achieve this, he is not fully uncocking his left wrist and is keeping the shaft on plane through to P4 and beyond. Yes this is correct...

Phantom,

You need to aim at 4:30 either as a hitter or swinger... but you must first determine for certainty if your basic procedure is that of a

swinger or a hitter...

It sounds like you might have some issues there... steady even acceleration, with free oily wrists will release the club for you without effort if done properly.. (swinging)

Hitting:

Check out 10-24-D in TGM book. Hitting using non automatic snap release.. "Deliberate whiplash type of motion" This is the Hogan move. This is the secret to the re routing I talk about and the concept that has been driving (The Forum Brainiac) crazy.

You have to understand that the swing plane from P3 to P4 is quite different from swinger to hitter. This is defined by both the path of the hands and the clubhead..

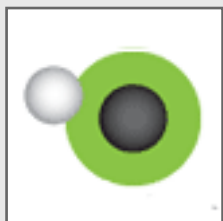
If you twirl a ball around on a chain, it moves in a circle. The less the movement of the hands, the purer the circle... If you move your hands in an oval, the ball will still swing, but the path changes...

Now if you let go of the chain, the ball flies away from you... so this is the feeling of swinging, letting it go.. while hitting you hold it tight and keep spinning. Both balls on the chain will hurt you if you get in the way, whether it has been cut loose or is held in a tight circle.

This is what we see in the Hogan-Armour photo...

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

- **jeffmann**



-
- Jan 13 2009 15:32
- 759 posts
- Member since 2007
-

I have promised Paul S that I wouldn't participate in this forum because my opinions (especially when I contradict Lagpressure) tends to excite counterattacks.

However, I seriously believe that Lagpressure's depiction of a swinger's action is not reflective of "reality" as taught by Homer Kelley in the TGM.

HK stated that a swinger must always keep the clubshaft on-plane during the downswing and followthrough and finish. That plane is the elbow plane for most golfers - between the P3 and P4 position. In other words, a swinger should never have a "feeling" of letting it go - towards the target, and he should always make sure that he keeps his followthrough swing "tight" so that he can keep the clubshaft against the inclined plane (elbow plane) post-impact until he reaches the P4 position.

Here is a swing video of Anthony Kim's driver swing - note how he pivots well through impact and keeps his clubshaft on the elbow plane post-impact. To achieve that goal, he has to move his hands inside post-impact to keep the clubshaft traveling on the elbow plane from impact to the P4 position.

Anthony Kim

After the P4 position the clubshaft plane will steepen and it will be on a steeper plane (roughly on the turned shoulder plane) by the late finish.

Anthony Kim, a swinger, has a perfect on-plane swing - during his backswing, downswing and followthrough/finish. There is no sense that he is letting his clubshaft go—towards the target. He is swinging his clubhead in a **circular orbit**, and that goal should be a swinger's desired intent and final result (if his intent is perfectly executed).

Jeff.

• iseekgolfguru



•

• Jan 13 2009 16:01

• 8159 posts

• Member since 2003

• [View Monitored Posts](#)

It is not always textbook TGM. It is Lags take on how he sees 'golf' rather than TGM working hence a heap of leeway.

Why did Homer take so much time to teach people that a Turned Shoulder Plane was so good rather than an Elbow Plane?

-
- **RiddleFace**



-
- Jan 13 2009 16:03

- 11 posts

- Member since 2009
-

I have promised Paul S that I wouldn't participate in this forum because my opinions (especially when I contradict Lagpressure) tends to excite counterattacks.

Why would you break a promise to Paul?

Smithy is a good man and deserves better.

- **Bio**



-
- Jan 13 2009 16:11

- 1237 posts

- Member since 2008
-

Jeff,

Apologize to Lag cause your are incorrect,

Your not Anthony Kym so how do you Know his intent. Let me tell u now, I won't get into Anthony's data but Anthony's full intention is to let the club shaft go towards the target, Your looking at 2d it won't tell u the real story.

You just don't get it do you Jeff, you miss what Lag is trying to do is educate people the feelings and how to make it happen. Lag is talking about what to do in motion not position golf.

Who cares about positions , it achieves nothing, Anthony Kym ain't thinking about positions or never works on positions , never has and

never will.

Who cares about positions, the big question is how do you get into these positions,

Ahh Lag , you were describing how to get into these positions, please continue

Mechanics are a bi-product of biomechanical function

- **lagpressure**



-
- Jan 13 2009 21:09
- 1430 posts
- Member since 2008
-

Why did Homer take so much time to teach people that a Turned Shoulder Plane was so good rather than an Elbow Plane?

Guru, I wasn't aware of Homer teaching that, but I could not agree more.... that if you want to swing, this is the way to do it... Moe Norman.

I think it's the only way to do it...

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

- lagpressure



-
- Jan 13 2009 21:27
- 1430 posts
- Member since 2008
-

My Golf Swing 2009

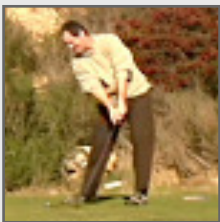
Today was my first round of the year, I shot some vids the other day out on the course, but today I decided to just go out and play...

On the 15th hole I realized my camera was still in my bag, so I took a video to see what the swing would look like on the way to a 67.

Just looped it tonight for fun...

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

- lagpressure



-
- Jan 13 2009 23:20
- 1430 posts
- Member since 2008
-

Nothing screams swinging more than this photo of Tommy Armour III.

Arms blast off the body, full roll dual horizontal hinging. The free noodle arms, free wrists, down and out.

If Armour were to "Hogan it" hard left after impact, his right arm would have to stay bent much longer, upper arms would have to be packed upon the body, and you wouldn't see a full roll going on. The straightening of Armour's right arm closes the clubface. The swing plane is much more inside out here. This is classic Ben Doyle, Greg McHatton stuff here... Armour is not a hitter. This is the polar opposite of how Hogan released the club. Armour's torso turns just as flat as Hogans but he does not fight the throw out action of CF obviously.

Hogan did however, big time.



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

- **Prot**



-
- Jan 14 2009 01:52
- 354 posts
- Member since 2008
-

Just when I think I know how to spot a swinger or a hitter, something else comes out.

Tommy Armour is a Stack and Tilter. S&T teaches an inside move on the ball towards impact. I can't remember, but I think it's 20°. The S&T guys also state this should be the exit angle after hitting the ball.

I would say that it's very possible this is an older shot of TAJ, or he isn't releasing with the S&T method. I don't even really know if S&T is swinging or hitting, but I do know from the videos, that they want you bringing your arms back into you fairly rapidly after impact. See Mike Weir/ Aaron Baddely/ Charlie Wie for a better example (if anyone is curious). I do know TAJ has taken on the Stack and Tilt teachings now.

"Try smarter, not harder." Moe Norman

- **tball88**



-
- Jan 14 2009 09:25
- 26 posts
- Member since 2009
-

lagpressure, I tried what you said about pulling the club out of orbit, high hands, and keeping the arms packed in.

Wow, all I can say is I never felt like I would hook or lose the ball left. I think I could draw the ball, but only very slightly, as I would have to roll the hands slightly, but still finish high.

A fade was definitely my natural ball flight with this motion.

I think what I liked the most about it, was the pulling out of orbit motion, made it almost impossible to flip, and I really liked taking the left side out of play.

- **iseekgolfguru**



-
- Jan 14 2009 10:00
- 8159 posts
- Member since 2003
- View Monitored Posts
-

LOL - thought you meant Tai was using S&Tilt:)

- **BPGS1**



-
- Jan 14 2009 15:48
- 313 posts
- Member since 2008
-

I think it would be helpful - especially for average golfers - for Lag and others here to list all of the major elements of swinging and hitting as they understand them. And how they might differ from TGM. We need to be on the same page linguistically for this discussion to be really useful.

My own view is that there are Four Swing Styles, not two. What distinguishes them is the Whole Pivot Motion in terms of range of motion, plane, width of arms and tempo, and how much right spine tilt is employed; the Body Release procedure or Pivot Thrust used - including the amount of arm to chest connection pressure - and when it is triggered, and the Lever Angles release procedure employed, ie passive, active or a blend of each, and when it is triggered. Each Style is a blend of those three major elements that determine the uniqueness of that style. Body type is also a major influence.

Hogan used a Spin Style with a late body thrust "hit" action during Release, with a wrist throw and forearm/upper left arm half roll as a secondary power source. His right arm angle did not change from P3 to impact on most shots, or at least very little change, meaning he did not use a right arm hammer hit action during impact.

Anthony Kim uses a Swinger style or more accurately a "spin and swing" method as do most tour pros. Moderate right spine tilt, medium

connection pressure, moderate pivot thrust.

Colin Montgomerie today and the young Nicklaus used a Throwing style, most right spine tilt, arms off chest blast off after impact, leg drive, usually a full roll of forearms, usually a passive release or a blend, minimal connection pressure.

Craig Stadler is a Hitter - active upper arms across chest lateral motion during release (no connection pressure), small but fast lateral weight shift during release, less range of pivot motion due to flexibility issues, hammer hit action of right arm during release, 3/4 backswing, fast tempo.

Hitters have fast tempo and shorter backswings, Throwers have very upright and long backswings, and a slower tempo. Spinners have 3/4 or slightly longer backswings and a medium to fast tempo. Swingers have a parallel or slightly short of it backswing and a medium tempo.

Spinners have a flatter plane both ways with least amount of right spine tilt and are very open with the hips and shoulders at impact.

Swingers are similar, but not quite as open. Hitters are least open at impact, Throwers are a close second.

Hitters and Throwers use a steeper plane.

Flexible golfers or ectomorphs will tend to be Throwers or Swingers.

Endomorphs or inflexible golfers will tend to be Hitters. Strong in the

Core and flexible golfers who are 5'10" or shorter can use the Spin style, medium flexible golfers will use the Swinger style.

Knowing the main elements of the four Styles makes it a lot easier to have an intelligent conversation of the pros and cons of each. I highly recommend the book *The Laws of Golf* by Tomasi, Suttie and Adams for an excellent description of Throwing, Hitting and Swinger Styles.

- **iseekgolfguru**



- [Jan 14 2009 17:42](#)

- 8159 posts

- Member since 2003

- [View Monitored Posts](#)

-

Linguistically speaking that is why we in here attempt to standardise most terms into TGMs descriptions. In this thread there are a few mind stretches required as Lag has leeway to use his feel and takes on things that he learned via TGM coaches that do not necessarily translate from is works into those coaches language:)

Swing your arms off your chest or drive them off the chest with right arm thrust, a swinger spins around like a graceful looking golfer. A hitter drives out to right field and sort of comes to a great halt with a follow through that is almost an after thought. Snead and Hogan vs Trevino and Palmer.

• **Mashie72**



-
- [Jan 15 2009 02:53](#)
- 105 posts
- Member since 2008
-

BPGS1

I really like your definitions for the swing style types. I too have Suttie's other Your Perfect Swing and found it very helpful..

FWIW though, I vote for linguistic sake that we stay with the two definitions that Lag described at length in the very first part of this thread CP vs. CF..Hitting vs. Swinging..or if you let go of the club right after impact where would it go? left and in the air for hitting and down along the ground to the right for swinging..

And Lag congrats on your 67!...I still look forward to your pictures for the draw move when you have a chance..

• **spike71**



-
- [Jan 15 2009 09:52](#)
- 993 posts
- Member since 2006
- [View Monitored Posts](#)
-

Lag.....oh yeah!

You can really see Peter Senior all over the follow through and some Hogan in the back move. Very cool. Doesn't look like much can break down.

I'm curious about the knee action in the back move. It is quite big and Hoganesque. Do you use this to accommodate the wide stance for better pivot?

Can that knee action be minimized or would it throw the whole move

off?

Also, the slight lagging clubhead takeaway...is that done with your hands or pivot or both?

There is no present like the time.

• **spike71**



• [Jan 15 2009 10:32](#)

• 993 posts

• Member since 2006

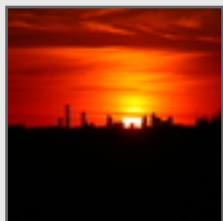
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Lag...sorry. after re-watching your swing I take back the knee action comment. It seems to be only reactionary and not as big as I thought. It matches your foot work perfectly.

I'm a little obsessed with the left knee moving too early and too much to the inside....but yours does not...apologies...I don't want to open a can of worms.

There is no present like the time.

- **Golfur66**



- [Jan 15 2009 23:03](#)

- 205 posts

- Member since 2008

- [View Monitored Posts](#)

Guys

These are notes I wrote to myself after a few good practice sessions and 4 rounds in the mid 70's in order for me to try to "right the ship" when things go awry (they always do for me).

I have tried to take advantage of lags, BP's, guru's, and others knowledge when writing this.

Can you please let me know if you think I am picturing this correctly or if I have flaws in my logic.

I have taken some video of my swing from in front and behind with a 4 iron (only 30FPS). I'll provide a link if anyone cares to see them when I have put them on Youtube. I welcome your feedback.

Here goes:

The club and the left arm are on plane (imagine the plane board) from setup to the top of the backswing, but there is a plane shift halfway back(from P3).

At that point the shoulders turn which feels like the left arm and club are still on the same plane but moved away from the ball due to the shoulder rotation. There is NO manipulation of the club or hands due to this rotation. It is just part of the physical reality of turning the shoulders. It feels like the backswing has gone into a "deeper" position from where I can launch the downswing.

At the top of the swing, the left hand needs to be felt at the front of the grip(closer to the ball) and the right hand AND folded arm(the tucked

position I have been working on) behind the grip.

That same feeling of left hand in front/ right hand behind should be felt on the downswing with the left hand still cocked and the right hand bent back all the way until they(not the clubhead, which is lagging) pass the ball position.

It's important that I start the downswing with a TURNING (not sliding) of the abs/hips, NOT the pull of the hands downwards. I haven't quite worked out whether I should be pulling my left shoulder at the same time as the hips or waiting until my hands have dropped down to P3. I'll keep experimenting on the feel.

The hands dropping down to P3 have been pulled forwards from the "deep" position closer to the target line, but not much closer to the target. I have used the left hand/arm to hold back the right side from firing until this point.

It is here that things seem to happen quickly. I try use use the ***full length of the left arm as a lever** and pull through the impact zone.

When the hands are passing through here, I feel like my right hand/ forearm is giving a secondary thrust to power the swing. The club feels weightless and I can feel the kick of the shaft.

- (I have a perpetual bad habit of pulling through with my left elbow instead of using my left shoulder. This reduces the leverage of the arm and also makes the arm shorter through impact because invariably the elbow will start to fold forwards bringing the hands

into impact slightly higher than they should be resulting in a thin hit with "gawd awful" impact!)

Because the hips started the downswing by turning, my hands will have passed the ball in a turned position WITHOUT any active manipulation. By the time the clubhead hits the ball, the back of my right hand is facing away from the target and is still bent back. The back of my left hand is now facing the target and is still flat (FLW).

Cheers

Golfur66

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

Percy Boomer

- **Loren**



- Jan 16 2009 08:09

- 906 posts

The left arm is never on plane unless the angle of the club to left arm is zeroed out, i.e. totally uncocked left wrist or a palm grip.

The right forearm is on plane at impact.

The right forearm can't be on plane until the right elbow is on plane.

The ideal plane is the "turned shoulder plane", zero shift.

The left arm is inert, kept taut by a slight pressure of the right elbow always trying to straighten, just a bit. The left arm is a checkrein

- Member since 2007
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-

against the straightening right arm. See "Keep the Left Arm Straight" in the Golf School articles.

The amount of right wrist bend is the same as that observed in setting up in an impact condition, no more no less.

At the top, for a swinger, the right hand is under the grip not behind.

The right wrist is not cocked.

If you start the downswing with a turn of the hips you'll come over the top.

There is no criteria for the left shoulder. It's the right shoulder that needs to be on plane. If not some compensation will be required.

Keep the right shoulder back and down or you'll run out of right arm before impact losing the lag.

This is all according to TGM (which is all I choose to know.)

(Systems Analyst, not an AI)

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

- **Burner**



- **Jan 16 2009 08:51**

- 824 posts

- Member since 2005

-

Spike,...apologies...I don't want to open a can of worms.

What!?

Has Tai got kids now?

- **slicermcgolf**



- **Jan 16 2009 10:56**

- 26 posts

- Member since 2009

-

Lag,

Awesome posts. 63 pages of great info... I'm on #5 so I may have to quit my job to read it all... but then again, I quit my job 5 years ago for g.o. I.f so this wont be an issue.

I learned about 'your 5th accumulator' last year from my mentor in Canada. "the club moves faster after impact" I love that thought.

Thanks again.

- **BPGS1**



- **Jan 16 2009 11:00**

- 313 posts

- Member since 2008

-

Golfur66 - for the most part, your ideas seem sound. Although you need to be clear when you are describing your first person subjective feel sense perception about your swing versus what you see on the video. You do need - objectively - some degree of lateral shift of the hips to start Transition, not a lot, before the hips start to turn or as Loren said you will come OTT. But - you may need to FEEL like they are only turning. Depends on the individual golfers tendencies.

You want to use shoulders unwinding for sure as part of your downswing sequence - not just hips, the actual sequence is hips, belly, then shoulders. You can focus on either shoulder or the entire shoulder girdle, doesn't matter which, the girdle is one piece.

You never should do anything independently with the arms to move the arms with the arm muscles in the downswing, I'm talking upper arms - not forearm roll. If you shift/tilt to right, then unwind properly, the arms/hands/clubs are brought down into the ideal hitting position at P3 automatically.

Only the Arm Swing Illusion makes us all think we need to "do something" with the arms to help out. We don't....

• **Golfur66**



• [Jan 16 2009 12:25](#)

• 205 posts

• Member since 2008

• [View Monitored Posts](#)

•

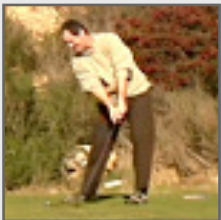
Thanks Loren, BP

When I upload the swing sequence, if you don't mind, could you see if it compares to what I think I'm doing and see if I do in fact have a slide before the turn of the hips. Any other observations would be most appreciated. I hope to upload them tonight sometime.

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

Percy Boomer

• **lagpressure**



• [Jan 16 2009 17:27](#)

• 1430 posts

• Member since 2008

•

spike71,

One of the things you are seeing in my swing probably is the fact that I start at address with my right leg straight, pretty much locked all the way back.. I started doing this only this last year just as a drill because after not playing for 14 years, my hips and shoulders didn't really like to turn as they used to, and since I have no interest in practicing, I felt it would be a good idea to just start there at address, essentially starting at address as I would be at the top.. I remembered Moe Norman telling me how he used to use his right leg as a post, it was also straight, but with Moe he had a wide stance so his legs were pretty straight..

The idea of having maximum hip slant at the top is that it allows for maximum shoulder rotation or torso rotation at the top... so maximum hip slat can only happen with a straight right leg at the top..

I just couldn't believe how rock solid it felt just starting with the right leg straight at address and hips closed. It absolutely guarantees you end up at the same place every time at the top (the right knee and right hip) ..

What is more important than the backswing is... of course the downswing. I am a big believer in maximum body rotation in both directions, but MINIMUM hand travel. I really became aware of that watching Moe pure shot after shot.. His hands just don't move back and forth very far... but what they DO is accelerate with great intensity. We see this too with Trevino and of course Hogan.

The key to minimum hand travel is great pivot rotation, because if you don't have a great pivot happening, short hand travel means short golf shots..

The irony is that my quest for maximum shoulder rotation on the backswing is to minimize hand travel, not to maximize hand travel. I take a big turn so I DON'T have to move the hands as much..

If I didn't turn fully, I would then have to just move the arms and hands back with the body just passively following along. But I use my

body to power both the backswing and the downswing..

When you see that little “lagging clubhead, on the takeaway, that is proof that the pivot is motoring the backswing, not the hands.

The finish is really just a mirror image of “intent” because I like to feel my pivot goes to a max rotation (finish) with minimum hand travel, (hands out in front of the chest, not behind my neck)

The body powers the swing, the arms are responsible for swing plane, and the hands do a quick velocity firing right before impact... but for the most part the hands control the clubface alignments..

The right arm does a post impact firing into P4, and then the upper arms rip the club back up off the elbow plane in a last ditch effort to keep acceleration happening post impact (what I call the post impact 5th accumulator).

- - - - -

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

- [lagpressure](#)



- [Jan 16 2009 17:39](#)

- 1430 posts

- Member since 2008

Golfur66,

seeing the video will really help..

it's hard to fully understand some of the things you were saying...

feeling... without seeing it..

take both front and down the line views would be great...


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


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

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- **Golfur66**



- Jan 16 2009 21:11

- 205 posts

- Member since 2008

- [View Monitored Posts](#)

Golfur66,

seeing the video will really help..

it's hard to fully understand some of the things you were saying...

feeling... without seeing it..

take both front and down the line views would be great...

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

Thanks for your input on the attached videos guys, I really do appreciate your feedback.

I know my hands get very high on the backswing and I have have tried hard to lower them, but it keeps recurring. I am 5'10" with a 6'2" arm span, so I don't know if that makes it steeper.

Lag said that regardless of the backswing, it shouldn't affect the business end of the swing if the fundamentals are right.

By the way, I always practice with no shoes on for better feel. You can see them move around a bit, but I never seem to slip on these smooth pavers.

Here you go, laugh away:

[Golfur66 Front view](#)

[Golfur66 Down the Line view](#)

Cheers

Golfur66

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

Percy Boomer

- **lagpressure**



- Jan 16 2009 21:53

- 1430 posts

- Member since 2008

Mashie72,

I haven't forgotten you!

Pics of draw and fade releases are soon to come!

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

- **lagpressure**



- Jan 16 2009 21:54

- 1430 posts

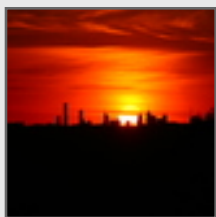
- Member since 2008

Golfur66

links are not showing up.. anyone else having luck?

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

- **Golfur66**



-
- Jan 16 2009 22:00
- 205 posts
- Member since 2008
- [View Monitored Posts](#)

Lag

They will work if you double click on them. I don't know why they didn't show as green links though. I clicked on the "Image Link" button to create them.

I'll try again:

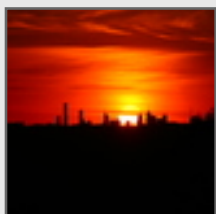
[Golfur66 - Down the line view](#)

[Golfur66 - Front view](#)

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

Percy Boomer

- **Golfur66**



-
- Jan 16 2009 22:43
- 205 posts
- Member since 2008
- [View Monitored Posts](#)

I don't know if the clips will be of any use because they can't be viewed frame by frame unless you download them and use a different viewer.

I have put up some of the original frames for a better look.

I haven't put any of the backswing ones because even the Youtube clip shows how ordinary that looks.

I have uploaded the stills from the front view to see if they are any better.





Cheers

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

Percy Boomer

- **Styles**

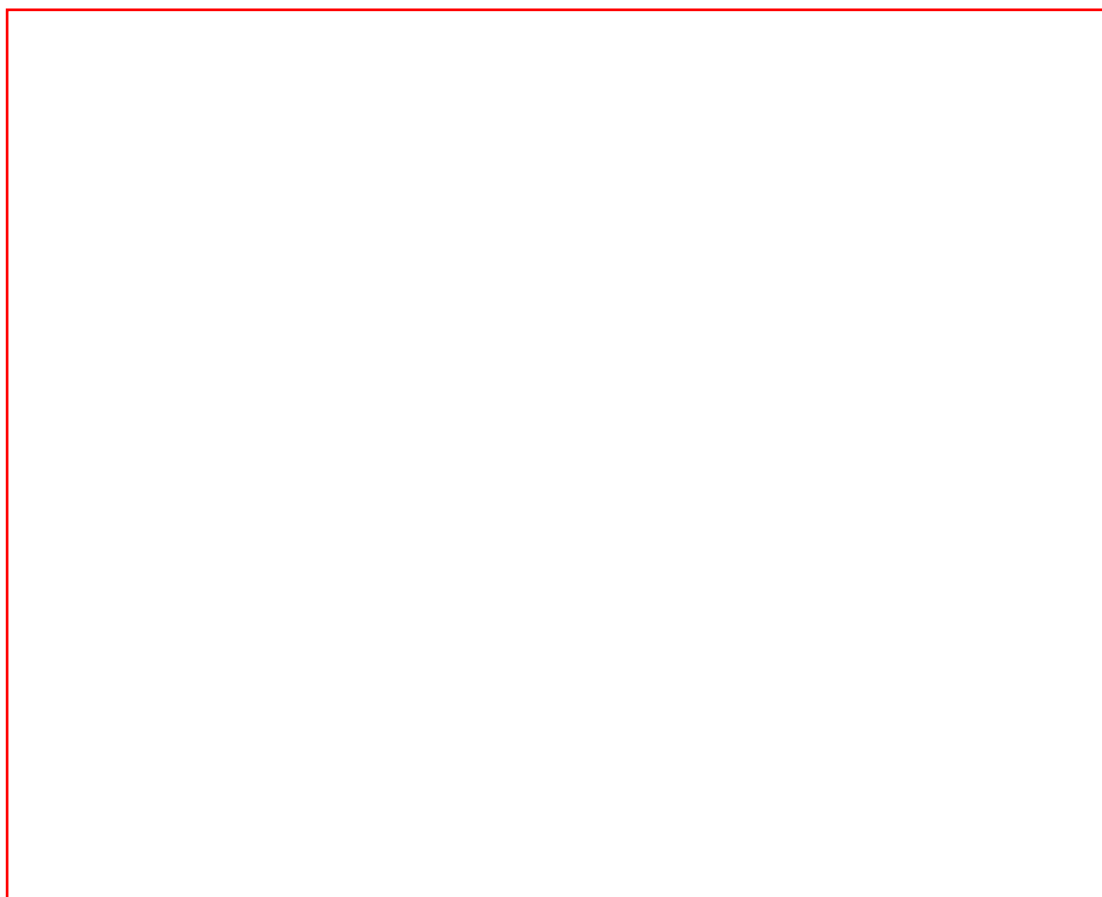


-
- Jan 17 2009 00:42
- 3714 posts
- Member since 2007
- [View Monitored Posts](#)
-

The bare foot golfer?!!

No expert at all so will defer to those qualified but my uneducated opinion is that on the backswing you need to keep turning your shoulders instead of lifting your arms.

Does anyone think Dane's swing is a little bit like that of Jimmy Bruen's we had on file a few pages back?



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**



-
- Jan 17 2009 00:43
- 3714 posts
- Member since 2007
- [View Monitored Posts](#)
-

view it from about 1 minute 30

.....

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

- **Mashie72**



-
- Jan 17 2009 03:24
- 105 posts
- Member since 2008
-

G66,

I think you have a nice natural rhythm and graceful flow in your swing..Not to steal anyone's thunder but maybe these pictures might help in case anyone else is thinking similiar thoughts..

To me, you're missing your P3 alignments..See with Hogan it looks like he intends to hit 4:30 on the ball and you're more like 2:30...

So, I'd start in the Hogan picture and do Lag's Impact bag drill...I bet if you

practice this, your steepness will go away..



Quick and dirty 2 cents,

Mashie72

- **BPGS1**



- Jan 17 2009 06:57

- 313 posts

- Member since 2008

Golfur66 - here is my best advice. One - it is an extremely "armsy" swing, what I call a Throwing or Slinging swing style. You need to learn to Pivot better and tone down the arms as much as possible. It is off the charts too upright with left arm and shaft plane as you said. You are making this kind of swing because you are target line bound. Forget the idea of steering the ball straight and forget about the target line entirely, learn to make a circle with your body and clubhead.

Both those things can best be fixed the easiest and fastest way by working on your posture, you are way too upright. Bend over a lot more from your hip sockets and get some spine angle. Then work on pushing your arms away from your chest in the width dimension - NOT up toward the sky at all. Just

feel about eight inches of movement in your hands away from your chest on a 45 degree angle to your right during takeaway segment. Once you have finished this segment, dont add ANY up motion with the arms. Just turn the shoulder girdle and chest to complete the backswing.

You could also do the baseball swing drill standing normally - no spine angle - and get the feeling of a lot more circular swing shape from much more body rotation, then gradually lower into a spine angle as you keep making the baseball swings.

I would recommend only working on these things and forget about the more advanced Transition and Impact stuff you were talking about in your last post. First things first!

• Bio



•

• Jan 17 2009 07:49

• 1237 posts

• Member since 2008

•

G66,

Go catch up with fergi at Albert Park and when I get back from America on the 29th , I would like to catch up with you. I think you have some great stuff going on and your developing well.

You can see your getting pressure against the shaft from the start of your downswing and there is some at impact very good sign you have some great stuff going on.

I believe you could turn into a very graceful float loader, like Freddy Couples. So for now leave your back swing as is as this could turn into a very pure and fluent motion

My Advice don't change anything go see fergi, tell him Bio sent you and fergi and I will catch up with you and sort you out.

Mechanics are a bi-product of biomechanical function

- **Golfur66**



- Jan 17 2009 14:57
- 205 posts
- Member since 2008
- [View Monitored Posts](#)

Thanks for the advice guys

I told you it was dingo ugly on the back swing!

I'll try your rotary movements BP.

Would this explain why I am very hot and cold with my driver, but I can hit my rescue wood with ease around 240-250m?

I had someone ages ago tell me to try and feel like my backswing had to fit under a tree branch.

Bio, I'll get in touch with Fergie and wait for you to come back to Melbourne.

I don't know his details, so I'll give you mine; golfur@gmail.com. If you could please drop me a line so I can get in touch with both of you.

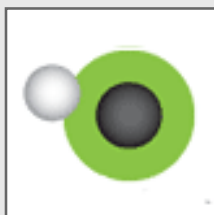
Cheers

Golfur66

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

Percy Boomer

- **BPGS1**

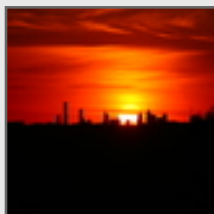


- Jan 17 2009 15:19
- 313 posts
- Member since 2008

Golfur66 - working with a good TGM or similar coach is for sure the best thing you could possibly do for your game. Same advice to any one else reading this forum. The longer clubs are certainly much less forgiving with such a steep swing, since you need a shallower angle of attack with those longer clubs compared to a shorter club.

You should take a look at top of backswing pictures of most tour pros - not the obvious exceptions like Olin Browne (too flat) or Furyk (too upright). Most have their left forearm/wrist region right on or very close to the Turned Right Shoulder Plane, or a line drawn from the tip of the right shoulder down to the target line. With a flat or nearly flat left wrist. On the same spine angle they started on at address. Change the spine angle and this checkpoint for left arm and shaft plane is meaningless.

- **Golfur66**



- Jan 17 2009 16:41
- 205 posts
- Member since 2008
- [View Monitored Posts](#)

BP and others

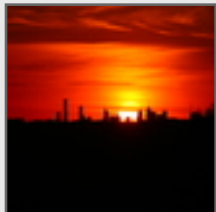
Aside from the work I need to do on the backswing, do you see many things wrong from the top of the backswing through to followthrough(both arms extended prior to P4)?

It would be nice to know that something in the swing is ok.

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

Percy Boomer

-
- **Golfur66**



-
- Jan 17 2009 17:32
- 205 posts
- Member since 2008
- [View Monitored Posts](#)

G66,

I think you have a nice natural rhythm and graceful flow in your swing..
Not to steal anyone's thunder but maybe these pictures might help in
case anyone else is thinking similiar thoughts..

To me, you're missing your P3 alignments..See with Hogan it looks like
he intends to hit 4:30 on the ball and you're more like 2:30...

Thanks Mashie

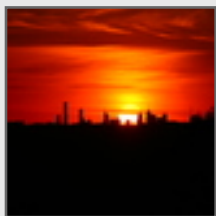
I'll try that. I have always felt like I can never start the downswing "deep"
enough.

Mmmm, which of my kids should I use as the impact bag this week? ;)

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

Percy Boomer

- **Golfur66**



- [Jan 17 2009 17:40](#)

- 205 posts

- Member since 2008

- [View Monitored Posts](#)

view it from about 1 minute 30

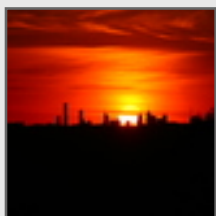
Thanks for the video Styles. When I look at his swing, I can feel it like it was mine. One thing sticking out to me is, as the hands drop, the club hinges back even more. I looked at mine and the same thing happens with the high hands too.

I assume this is what Bio means when he says that I'm float loading?

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

Percy Boomer

- **Golfur66**



- [Jan 17 2009 18:10](#)

- 205 posts

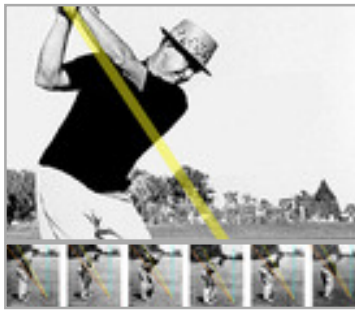
- Member since 2008

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BP

Does these picture of Sam Snead and Ben Hogan (third pic)adequately convey what you mean by getting to TRSP at the top of the backswing?



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

Percy Boomer

- **Golfur66**



-
- Jan 17 2009 18:23
- 205 posts
- Member since 2008
- [View Monitored Posts](#)
-

BP

Does these picture of Sam Snead and Ben Hogan (third pic)adequately convey what you mean by getting to TRSP at the top of the backswing?

Sorry, I believe the second set of pics is Mac Ogrady??

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

Percy Boomer

- lagpressure



- Jan 17 2009 21:38

- 1430 posts

- Member since 2008

-

It's early Hogan..

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

- lagpressure



- Jan 17 2009 22:17

- 1430 posts

- Member since 2008

-

I've been reading one of Snead's books on instruction...

Here are a few quotes from the man who had the most amazing career in golf.. winning more PGA Tour titles than anyone in history, and by far having the longest competitive playing career

in history:

"You need to sense the target in relation to the ball

The ball in relation to your body.

A sense of what shot you intend to produce".

"Find the swing that "feels" you"

"I had no pre conceived notions of form before I began playing, only to hit the ball hard and long".

"The grip should be snug without inhibiting fluid hand and wrist action, the most basic in all basics of golf".

"After the club reaches waist level, then the wrists can un-cock. At this point, the golf swing becomes a series of reflex actions where conscious thoughts won't have an effect. It is then that the right hand pours it on. This also helps to square the clubface".

"The pouring on of the right hand through impact is so distinct a sensation that I feel I am making the clubhead chase the ball so fast right on through impact that it feels it might almost catch up to the ball!".

"I recommend the initial hip movement of the downswing give the feeling of a slight sitting down. This sensation indicates you're not spinning out with too much hip movement. The slight forward movement of the hips at the start of the downswing is not for the conscious thought. If your intentions are right, it will happen automatically".

"The right shoulder should tuck under the chin at the moment of impact".

"Your feet govern the pivot".

"I like to dig into the ground with my right foot during the downswing. I keep my right foot on the ground to make sure I don't spin my body too quickly".

"I once suggested to Tony Penna that he try hitting the ball with only his feet".

"Golfers from Walter Hagan to Jack Nicklaus in the 70's have complained about their legs feeling dead on certain days, and not being able to play worth a damn as a result".

"I use a 9 degree persimmon driver (1975 at age 63)".

"My average of 33 putts per round keeps my game competitive on tour".

This last stat is really interesting... in 2008 the 176th guy on the money list was under 30 putts per round... 71.5 stroke average.

It really shows how the game has evolved into so much more of a putting contest.

Obviously the greens were not as good back then. So when you see a 66 from Snead or Nicklaus, or anyone from that era, it really shows how close those guys were hitting it.

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

- **brownman**

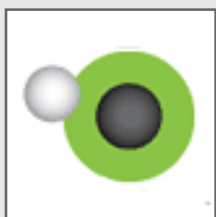


-
- Jan 18 2009 00:16
- 933 posts
- Member since 2007
-

SNAFU...

Hi Tai Bye TAI, still having great solo sex...PO

- **BPGS1**



-
- Jan 18 2009 05:55
- 313 posts
- Member since 2008
-

Golfur66 - yes to Snead, although I could not see where the line went at the bottom of the picture, I assume to the target line. I have some Snead photos where his left forearm is a little above the line, but not by much. We like to see it no higher than 4 inches above ideally, and then only for taller golfers over 6 feet. The others are early Hogan as Lag said and he is right on it.

Later Hogan would be usually a little bit under it, he flattened his swing after the accident.

You've got good lag and don't appear to have much if any Hit Impulse - a very, very good thing! Great tempo and rhythm too. Just too upright a plane, too much lateral sway both ways, arms are disconnecting through impact, not enough turn, and not from lack of flexibility I am guessing. You look very flexible.

Number one thing if you were my student would be Setup, especially a lot

more Spine Angle and the three Postural Braces, get some inward tension/pressure in your legs, suck the belly toward the spine.

Number Two would be the Circle drill and related drills, free up your mind from any kind of straight line mental pictures and learn to make a circle.

- **BPGS1**



- Jan 18 2009 06:01
- 313 posts
- Member since 2008

Lag - thanks for the Snead quotes, haven't thought about some of those in years, makes me think it must have really influenced my thinking almost unconsciously, the stuff on the right foot and feet especially. I know he did hit a lot of balls barefoot in order to feel better his feet to ground connection. Here is another Snead, one of my favorites.

"Everyone always said I had the most "natural swing", but nobody practiced longer and harder than I did. I would practice and play all day from sunup to sundown, then go back to the range after playing my round, and hit balls after dark by the light of my car's headlights until my hands bled. So much for the notion of my "natural" swing."

- **lagpressure**



- Jan 18 2009 19:05

- 1430 posts

- Member since 2008

-

Ok, can anyone guess who this is? and what year was this, circa?

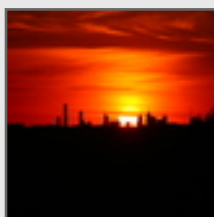
Certainly ahead of their time...



If you really want to destroy your golf swing, I saw one of these on ebay yesterday...! lol

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

- **Golfur66**



- Jan 18 2009 19:19

- 205 posts

- Member since 2008

- [View Monitored Posts](#)

-

One of these would destroy your swing? Damn, that's the mental image I have when I swing!

The only difference is when I picture it "going deeper" from P1 to P2 and back to P3.

Mmmm, that's what BP means about being too target-line focused.

Is there a better device on the market to educate golfers correctly?

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

Percy Boomer

• **chrisseyboygolfer**



-
- Jan 18 2009 19:49
- 6 posts
- Member since 2008
-

Ok, can anyone guess who this is? and what year was this, circa?

Certainly ahead of their time...



If you really want to destroy your golf swing, I saw one of these on ebay yesterday...! lol

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

I take it Lag Is saying that to try to attempt a zero plane shift is usually hazardous to your golfing health?


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• Forums

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• **BPGS1**



• Jan 18 2009 19:58

• 313 posts

• Member since 2008

•

Yeah - those things are terrible, unless you use them only for waist to waist high swings. After waist high the plane angle shifts to a higher and steeper plane. Down the line view looks like a cone shape, address plane to shoulder plane. Yeah, golfur66 - that is exactly what I mean about being target line bound.

• **Golfur66**



• Jan 18 2009 20:40

• 205 posts

• Member since 2008

• [View Monitored Posts](#)

•

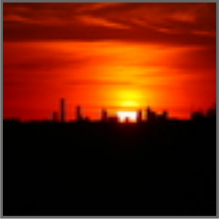
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Do you mean by looking at a cone if you turned it on its side, faced the point at the target, and looked at the base of it. If so, would a parabola ($y=x^2$ for example) describe it better?

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

Percy Boomer

• **Golfur66**



-
- Jan 18 2009 20:45
- 205 posts
- Member since 2008
- [View Monitored Posts](#)
-

I suppose if you mean the cross section of a cone, then we're on the same page. :)

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

Percy Boomer

• **lagpressure**



-
- Jan 18 2009 21:42
- 1430 posts
- Member since 2008
-

notice how the clubhead is attached to the track... which would remove centripetal force from the golf swing.. the inward compression that would naturally occur during the change in direction would be thwarted in it's tracks... literally..

very bad idea..

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

- **lagpressure**



-
- Jan 18 2009 21:51
- 1430 posts
- Member since 2008
-

on plane is only required from P3 to P4...

it's ok for the golf swing to have some breathing room..

there are very strong arguments for the laid off downswing, and I would go so far as to say that is more desirable than coming straight down the pipe.

Swing plane is really not anything you have to think about. Good swing plane is again, a by-product of velocity, acceleration and properly aiming the hands at the correct part of the ball. Post impact has a lot more to do with plane than people realize. Coning the plane has it's place too in the advanced stages of ball striking.

More on that soon..

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

- **brownman**



-
- Jan 18 2009 22:08
- 933 posts

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- Member since 2007

-

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More on that soon..

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

Interesting post here, For me at least, especially the "laid off" part, I have vowed and declared to all and sundry that ,09 was going to be devoted to hitting, but usual story yesterday I played like an absolute dog, last real good this week, shite.

So today I had a practice hit, still no good, so the last 6-7 balls I decided to use driver and just thump it, when I did this I used that "laid off" thing using swinging pattern and low and behold I bombed them long and straight and I could feel the compression, so now I'm in state of utter confusion, what do I persevere with, hitting or swinging...HEEELP

- **TheDart**



-

- Jan 18 2009 22:32

- 2266 posts

- Member since 2006

- [View Monitored Posts](#)

-

You simply do what works. No?

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

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

- **brownman**



-

- Jan 18 2009 22:36

- 933 posts

- Member since 2007

-

Last week I flushed them, this week I may as well flush lol, I am always confident when hitting but yesterday I just wasn't there. Never give up eh

- **TheDart**



-
- Jan 18 2009 22:46
- 2266 posts
- Member since 2006
- [View Monitored Posts](#)
-

brownman,

Nothing works every day. Some days you just have to walk you ball in.

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

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

- **AddingtonArnie**



-
- Jan 19 2009 06:32
- 413 posts
- Member since 2008
-

Ok, can anyone guess who this is? and what year was this, circa?

Certainly ahead of their time...



If you really want to destroy your golf swing, I saw one of these on ebay yesterday...! lol

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

So I'm guessing 1950's or maybe even earlier... would love to know who this is....Lag can you tell?

Be fascinating to know what Luther Blacklock, inventor of the modern day Explanar, would say about how its supports plane shifting.

- **BPGS1**



-
- Jan 19 2009 06:40
- 313 posts
- Member since 2008
-

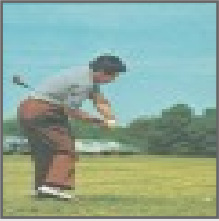
Think ice cream cone from down the line view, left side of the cone is address plane, right side is Turned Right Shoulder Plane.

Dart is a man of much wisdom here. "Nothing works every day" How true, but we all keep searching for that one thing that will work everyday for some strange reason. I also really love "you do what works".

We need more understanding of the role of anatomy and body type on the swing shape and plane, it is so seldom discussed here and in general among teachers. It explains a whole lot, including hitting vs swinging, length of swing, shaft plane at the Top, release timing, etc.

Golfur66 - if you can find a pretty severe side hill, ball above feet lie to hit drivers from, that drill will also help to flatten your plane. It better - or you may snap your driver shaft in half from hitting the ground!

- **Styles**



-
- Jan 19 2009 09:28
- 3714 posts
- Member since 2007
- [View Monitored Posts](#)
-

ice cream cone from down the line view?

Sorry this just doesn't compute, I can't picture it at all.

- - - - -
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

- **BPGS1**



-
- Jan 19 2009 18:31
- 313 posts
- Member since 2008
-

Styles - find address photo of a pro from down the line view and draw a line through clubshaft plane up through the body, then a second line from shoulders to target line, you will see the cone shape. It's a nice image that Jim Mclean uses a lot in his teaching that I find very helpful. Or you could call it a V shape...

• **Daves**



• Jan 19 2009 18:51

• 4553 posts

• Member since 2008

• [View Monitored Posts](#)

•

Sorry for the boring narration, but I think this is a the “cone” being described;

Phil Mickelson swing analysis

BBtB

Ho’ing Vision UVs since 2008:)

<http://www.golflink.com.au/...>

<http://www.redlandbaygolf.c...>

• **Steb**



• Jan 19 2009 22:56

• 2398 posts

• Member since 2008

• [View Monitored Posts](#)

•

Ok, can anyone guess who this is? and what year was this, circa?
Certainly ahead of their time...



Paul and Norma?

- **iseekgolfguru**



-
- Jan 20 2009 00:28
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
-

Nice one Steb:)

- **BPGS1**



-
- Jan 20 2009 08:24
- 313 posts
- Member since 2008
-

Daves - yes, that is the cone image, thank you for providing that. It is a very basic visual way of representing the two extremes of acceptable plane angle shifts throughout the backswing and from Top to impact. The pro narrating did not draw the Turned Right Shoulder Plane line from the Top of backswing position, I would have as it is not the same as the Hogan pane of glass plane. This is a line from right shoulder extremity to the target line, you want the left forearm with a flat or nearly flat left wrist on that line, or a little bit above it for taller golfers, but no more than four inches above it to make the timing of the Transition easier to do. One inch or so below it is okay for shorter golfers especially. Mickelson appears to be right on it in this video.

- slicermcgolf



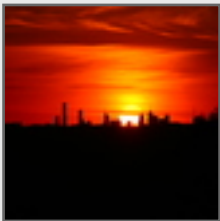
-
- Jan 20 2009 11:33
- 26 posts
- Member since 2009
-

Did I miss any talk about the paddlewheel action described as a trailing arm movement?

I don't understand the analogy.

Thanks eh

- Golfur66



-
- Jan 20 2009 12:36
- 205 posts
- Member since 2008
- View Monitored Posts
-

You should take a look at top of backswing pictures of most tour pros - not the obvious exceptions like Olin Browne (too flat) or Furyk (too upright). Most have their left forearm/wrist region right on or very close to the Turned Right Shoulder Plane, or a line drawn from the tip of the right shoulder down to the target line. With a flat or nearly flat left wrist. On the same spine angle they started on at address. Change the spine angle and this checkpoint for left arm and shaft plane is meaningless.

BP, after looking the analysis of Phil's swing (I looked at the guy analysing Tigers as well), I assume you mean for the left forearm plane to be **parallel** to the TRSP, not on it.

So , if it's about 62degrees, then get the left forearm on the same angle, so it will be hitting the ground outside the ball?

This seems to be how Phils and Tigers swing appeared.

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

Percy Boomer

- **BPGS1**



-

- Jan 20 2009 14:47

- 313 posts

- Member since 2008

-

Golfur66 - no not parallel, right on it is ideal in our model, but above it a bit is ok as I said. Remember the video top part of the cone is NOT the TRSP. Left forearm plane should connect to target line.

• **Golfur66**



• [Jan 20 2009 15:15](#)

• 205 posts

• Member since 2008

• [View Monitored Posts](#)

•

Yep , I noticed they used the term “Hogans plane of glass” which is higher(steeper plane) than the TRSP plane correct?

So, if that’s the case, then the TSRP plane and the left forearm plane would intersect at the ball? (You used the term “connect to the target line”)

Also, when you say above, do you mean the plane is steeper, or the forearm itself is higher but on the same plane?

Sorry for sounding thick, but talking about TSRP and how it affects the swing is very new to me and I need to understand the definitions of the terms correctly.

“Golf is a ‘hit the ball to the target’ sport, not a ‘hit the ball with the clubhead’ sport” .

Percy Boomer

• **BPGS1**



• [Jan 20 2009 19:07](#)

• 313 posts

Yes – if the left forearm is above the TRSP, it will be a bit steeper than TRSP when still pointing to the target line (or ball line). This is just another way of saying that the shaft (assuming a flat left wrist) is pointing to the target line, ie from the Top position with a shaft that is parallel to the target line (not laid off or cross the line too much) if the golfer uncocked his left wrist while keeping the flat left wrist, the shaft would be right on the TRSP, an extension of it would point to the target line. Some tour pros are a little bit steeper and inside the target

- line by a few inches and some are flatter and a bit outside of it - most are on it.

Tiger is on it - prior to Haney he was a bit above it. Above it takes more timing since you have to "wait" for the arm drop to get the arms down to the shoulder plane before you can get your Pivot moving at a decent speed. When the left forearm and TRSP match, you need less timing, have better arm motion and body motion synchronization.

The left wrist cupped makes it more inside the target line and a bowed left wrist makes it outside. A left arm plane too flat or below the TRSP makes it point to the outside of the target line and a too upright left arm plane makes it point to the inside. Right on it with a flat left wrist is ideal from a shaft plane angle standpoint and also affords optimal Low Point/Angle of Attack at impact too.

I would guess your left arm is about a foot or so above your TRSP right now but you need to start with the big increase in spine angle first to get all the other angles right. Think about 25 -28 degree angle with your driver, make sure you bend forward from your hip sockets, not your lower back, your butt will go out when you do it right. Lob wedge, pretty close to 45 degrees or a bit less. Every club will create a different spine angle based on it's length and lie angle. We measure it from the golfer standing normal posture upright or perpendicular to the ground as 0 degrees, bending forward increases the angle. The guy

narrating the video is measuring from the horizontal plane of the ground, ie his 62 degree spine angle is our 28 degree spine angle.

Hogan pane of glass, yes, is measured from address position at base of neck/shoulder girdle line to target line. TRSP is below that line as you noted and not as steep. I checked the video again and drew the line and Phil has the shaft and bottom of left forearm right exactly on the TRSP, tip of right shoulder (in the righty version of the video!) line to target line.

- **lagpressure**



-
- Jan 20 2009 19:44
- 1430 posts
- Member since 2008
-

I thought it was funny how the guy analyzing Phil's swing is hell bent on Phil's problem being "over swinging" or "crossing the line" ..

If my memory is correct, the greatest player of all time Jack Nicklaus had the same problem.. I don't think this is why Phil isn't winning more majors than he his...

Any over swinging that is going on is always an issue with post impact pivot acceleration. Phil, and all these guys do that, because they have to....to compensate for a lack of pivot dynamics.. they play everyday, they make it work..

Very few tour players have the kind of post impact hip action that Hogan, did. That's how you shorten the backswing. Get better on the

other side. Then you CAN do it.. If Phil just shortens his backswing, he won't hit it as good.... that's why he doesn't do it. Going back too far is the symptom, not the problem..

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

- **brownman**



- Jan 20 2009 22:02
- 933 posts
- Member since 2007
-

on plane is only required from P3 to P4...

it's ok for the golf swing to have some breathing room..

there are very strong arguments for the laid off downswing, and I would go so far as to say that is more desirable than coming straight down the pipe.

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More on that soon..

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

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So today I had a practice hit, still no good, so the last 6-7 balls I decided to use driver and just thump it, when I did this I used that "laid off" thing using swinging pattern and low and behold I bombed them long and straight and I could feel the compression, so now I'm in state of utter confusion, what do I persevere with, hitting or swinging...HEEELP

Dart, I do believe that little loop at the top is hopefully the answer to the problems that have been affecting indeed both patterns.

What I have found is that it sorts out my lever alignments going into release and impact, giving me the straight and compressed ball, I tried it again tonight hitting 3 then swinging 3. Not worried about distance, accuracy has priority at this point.....cheers and thanks

• slicermcgo1f



• Jan 21 2009 07:59

• 26 posts

• Member since 2009

•

After a week of ignoring family and friends, I have finally finished reading this thread.

Awesome input from Dart, BP, bio, Loren and that tour pro with all the info. LP, you should have stayed in Canada so we can claim you like we did Ames.

Any help with that paddlewheel example? I get the role but I 'see' the action.

Also, can some light be shed on what you mean with 'turned shoulder plane' and any other def's on shoulder turn. S&T and OPS have introduced a lower lead shoulder turn where it points closer to the ball than a 'flatter' turn. BIO, hopefully you can shed some light on what the ideal position of the shoulders should be in relation to the spine. I'm assuming that we want to keep a 90* turn?


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- buzz



- Jan 21 2009 10:34

- 30 posts

- Member since 2006

Guys

This is the first of what will probably be a series of dumb questions. I've just gotten back into golf after a long layoff. I have purchased and received my copy of the little Yellow Book from Guru (thanks) and also on Paul's recco have had the first of what I hope will be many lessons with Bryan Ferguson (who is a gem- discovered we live less that five minutes away from each other and he invited me to check out his practice set up at home to get an idea for my garage set up)

I think that one of my major problems in my swing is that I throw "it" away long before impact. Mindful (especially having had it drummed into me reading this forum) that what you feel is not necessarily what is occuring, My questions are these:

1. Is it possible to hit driver 280-300 metres whilst throwing it away too early?
2. Is it possible to not be throwing it away with the driver, yet doing so with irons?

The second question is asked because again, the feeling I have is that I am tending to steer my irons and not swinging as "freely" as I do my driver.

Certainly had a look at my swing on video with Bryan on Friday night

and one thing that is abundantly clear is that I am getting my body way way ahead of my arms on downswing. Bryan gave me a great drill for this and hopefully it will have me discovering my swings lowpoint.

Apologies if this doesn't belong in this thread and admin fell free to move.

- buzz



- Jan 21 2009 15:26

- 30 posts

- Member since 2006

-

I think that one of my major problems in my swing is that I throw "it" away long before impact.

had a look at my swing on video with Bryan on Friday night and one thing that is abundantly clear is that I am getting my body way way ahead of my arms on downswing.

hmmmm, wonder if I just answered my own question

- **iseekgolfguru**



-
- Jan 21 2009 15:37

- 8159 posts

- Member since 2003

- [View Monitored Posts](#)

-

Set up a new thread:)

- **lagpressure**



-
- Jan 21 2009 21:40

- 1430 posts

- Member since 2008

-

buzz,

have you read the whole book yet?

If so, has anything seemed to hit home? or did you never make it past all the cryptic diagrams in Chapter 2? lol

TGM is a really tough read... don't feel bad if you can't make heads or tails of it... a good TGM instructor down there can really help out.

glad to have you on the site...!!

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

• Mashie72



-
- Jan 22 2009 02:08
- 105 posts
- Member since 2008
-



Lag,

You're spot on. Look at a young Moe's shaft pressure! Awesome..I remember reading in his book that he liked the heaviest and stiffest shafts he could find..

• philthevet06



-
- Jan 22 2009 08:24
- 141 posts
- Member since 2007
-



Lag,

You're spot on. Look at a young Moe's shaft pressure! Awesome..I remember reading in his book that he liked the heaviest and stiffest shafts he could find..

Mash

This is not Young Moe. This picture is from Moe's clinic videos. He was in his mid sixties.



Anyway, you are right he still had a lot of "pressure" ...

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

- **buzz**



-
- Jan 22 2009 09:21
- 30 posts
- Member since 2006

buzz,

have you read the whole book yet?

If so, has anything seemed to hit home? or did you never make it past all the cryptic diagrams in Chapter 2? lol

TGM is a really tough read... don't feel bad if you can't make heads or tails of it... a good TGM instructor down there can really help out.

glad to have you on the site...!!

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

Cheers LP

Have only just got the book and am working my way through it:-

Sssllllloooooowwwwwly. As Guru says, light bulbs have started going off already. It seems to be the sort of book that I'll read a number of times and each read will reveal more and more.

Bryan Ferguson is the coach I've hooked up with. Had one lesson already and my feeling is it will be a long and fruitful relationship. He's a big, big wrap for the two Pauls. Said he was having difficulty with some of the concepts in the book, went and saw Dart who made it very easy to understand.

- **iseekgolfguru**



-
- Jan 22 2009 10:23
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)
-

Reminder to ALL readers. Do so in the order that Homer set out on page X in the preface to avoid brain explosions:)

- **buzz**



- [Jan 22 2009 10:31](#)

- 30 posts

- Member since 2006

-

Reminder to ALL readers. Do so in the order that Homer set out on page X in the preface to avoid brain explosions:)

Pg xiv. And absolutely right. Read it in order. It takes discipline, but at least the first time or two, read it in order

- **iseekgolfguru**



- [Jan 22 2009 10:37](#)

- 8159 posts

- Member since 2003

- [View Monitored Posts](#)

-

Correct, xiv for the 7th ed.

And it does take discipline as your whole brain just yells, oh go on go on and just read the part referred to.... and from there the Panadol is required.

- **buzz**



- Jan 22 2009 10:43

- 30 posts

- Member since 2006

-

Correct, xiv for the 7th ed.

And it does take discipline as your whole brain just yells, oh go on go on and just read the part referred to.... and from there the Panadol is required.

Which is not to say that Panadol will not be required even if read in order :-).

I find myself reading a particular section 3/4 times, putting the book down and trying to grasp at least some of it, before picking the book up and moving on to the next section (and each section may literally only be a paragraph or two).

Where was this book 20 years ago when i was a younger man :-(

- **iseekgolfguru**



- Jan 22 2009 11:51

- 8159 posts

- Member since 2003

20 years ago if it was around it would have been competing with beer and women for your attention....result you still reading it now:)

- [View Monitored Posts](#)

- **Steb**



- [Jan 22 2009 13:02](#)

- 2398 posts

- Member since 2008

- [View Monitored Posts](#)

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Where was this book 20 years ago when i was a younger man :-(

I put a tick beside each line as it's understood. :)

- **TheDart**



- [Jan 22 2009 13:47](#)

- 2266 posts

- Member since 2006

- [View Monitored Posts](#)

I find myself reading a particular section 3/4 times, putting the book down and trying to grasp at least some of it, before picking the book up and moving on to the next section (and each section may literally only be a paragraph or two).

Where was this book 20 years ago when i was a younger man :-(

I put a tick beside each line as it's understood. :)

•
Streb,

I put a tick on the pages I didn't like and crossed the tick off when I understood what he said. Then I liked it.

I now have 4 crosses on most pages. The more you learn the better you see. The more you see the better you learn.

I can't believe the way this book works your mind into shape.

I wish I had taken it a lot more seriously a lot earlier.

It is amazing how far it can take you in six months and how useless it is for the first six weeks.

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

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

- **lagpressure**



- Jan 22 2009 19:49

- 1430 posts

- Member since 2008

Seeing that Picture of Moe reminded me of something Moe said a long time ago.

I had asked Moe about his wide stance, and he said his legs were like the pyramids of egypt.

what do you think?

I think he was right!



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

- **Steb**



- Jan 22 2009 21:14

- 2398 posts

- Member since 2008



the old 'sphinx up the sphincter' stance eh?



- [View Monitored Posts](#)

- **Burner**



- [Jan 24 2009 04:19](#)

- 824 posts

- Member since 2005

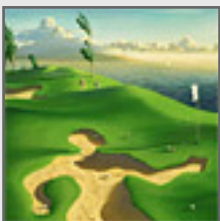
20 years ago if it was around it would have been competing with beer and women for your attention....result you still reading it now:)

Its running third just now in my race to overall fulfillment!

Oh, the joys of youth.

Some day I will get old enough to just focus on the book.

- **Steb**



- [Jan 24 2009 08:19](#)

- 2398 posts

- Member since 2008

- [View Monitored Posts](#)

So Lag, who was that in the swing track photo?

- **lagpressure**



-
- Jan 24 2009 23:09
- 1430 posts
- Member since 2008
-

I don't know who that was in the photo...

I was hoping for some interesting guesses...

maybe a young Homer? lol

that's not too big a stretch is it?

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

- **spike71**



-
- Jan 25 2009 15:08
- 993 posts
- Member since 2006
- [View Monitored Posts](#)
-

Phil's analysis.....can someone help me here?

At what point did Phil's swing get off plane?

Maybe ever so slightly at impact where the right forearm was a bit high.....but he set up that way (maybe for the controlled fade?)

I saw plane shift but to my eye he stayed very much on plane.

I agree with BPGS that the analysis would have been better with the TRSP line drawn.

There is no present like the time.

- lagpressure



-
- Jan 26 2009 19:25
- 1430 posts
- Member since 2008
-

Phil is not off plane..

Could his plane be different? maybe, could that be beneficial? Maybe.. maybe not..

This is just my opinion, and I will not be harsh on a guy who can beat my brains out.

He looks like he has some trouble with the driver at times, and I see this as an over acceleration issue. I know he does not hold shaft flex as long as Hogan or Moe. If he were my student, I would work on him developing a bit more cohesive body tension, work on more aggressive lower body action, foot loading and try to increase his post impact rotational speed so that he "then" could attempt to firm up a bit at the top without losing distance. Better acceleration also tends to straighten out the swing plane. CF is great for rigid swing planes. I don't think Phil isn't interested in losing any distance in todays bomb and pitch game, so he opts for the momentum hit more than the acceleration hit.

I'm sure he knows this stuff, just chooses not to change much. Doesn't really need to change anything. He is one of the top players in the world every year.

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

- **lagpressure**



-
- Jan 26 2009 22:27
- 1430 posts
- Member since 2008
-

Bounce and clear, or slide and turn, both ways work very well.

If you set up with enough axis tilt at address, you don't need much second axis tilt to open up a nice 4:30 delivery path into P3. A bounce into the feet with knee flex on the downswing can offer enough leverage to help increase hip speed post impact. Works great.

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

- **Loren**



-
- Jan 27 2009 04:50
- 906 posts
- Member since 2007
- View Monitored Posts
-

You crack me up too ...come and watch me and learn

OK. How could we do that?

And could you define "hands to pivot" for us?

(Systems Analyst, not an AI)

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

• **lagpressure**



-
- Jan 27 2009 08:52
- 1430 posts
- Member since 2008
-

I think you're correct, I don't wear a belt, or a buckle on the course, and since I live several miles from the golf course, we can be certain the buckle is several miles away at home in a drawer.. very deductive reasoning...

Smart guy you are...

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

• **Loren**



-
- Jan 27 2009 09:19
- 906 posts
- Member since 2007
- [View Monitored Posts](#)
-

My golf bag has a coupling of punching kangaroos on it.

Wait, are the kangaroos coupling or punching?

Maybe both. Play to the crowd.

What's "hands to pivot"?

(Systems Analyst, not an AI)


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


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- **lagpressure**



-
- Jan 27 2009 20:39
- 1430 posts
- Member since 2008

-

Bio and I are hitting the links tomorrow here in SF..

Bio will be playing a classic set of Hogan Apex blades with a Pena persimmon driver and matching 3 wood.

I'll be back on the 69 Dynapower bullet backs with my Pena persimmon driver with a 1956 MT Two wood.

Should be a great day at the Mare!

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

- **iseekgolfguru**



-
- Jan 27 2009 21:26
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)

-

Sounds like fun.

- **TheDart**



-
- Jan 28 2009 15:39
- 2266 posts
- Member since 2006
- [View Monitored Posts](#)
-

You crack me up too ...come and watch me and learn

OK. How could we do that?

And could you define "hands to pivot" for us?

(Systems Analyst, not an AI)

Loren,

May be he means hands controlled pivot.

Some only have time to talk about themselves

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

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

- **lagpressure**



-
- Jan 28 2009 18:08
- 1430 posts

Bio and I had a great time out on the course today with Loren joining us as well. Good stuff... Bio loved being back on the persimmons and it was great to hear the sound of wood cracking and echoing through the tree lined fairways.

On a side note, my hands do not control my pivot.. pivot is the driving force of course, with the hands in sync at the right time actively firing

- Member since 2008

-

as they should through the impact arena.

It was nice to see the scientific data come back showing that what I am feeling is also reality. Always room for improvement though...

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

- **SoulmanZ**



-

- Jan 28 2009 19:09

- 837 posts

- Member since 2008

- [View Monitored Posts](#)

-

come on lag tell us about it!

did mechanics or body motion win? (joke)

so he got you on some machines? what was the experience like and did he highlight anything that hit the mark?

if you ever come back bio, how was the persimmon and the apexs (apices?)

did anything spooky happen having the three of you in same place? did swing faults cease to exist?

- lagpressure



- Jan 28 2009 23:00

- 1430 posts

- Member since 2008

-

Bio played very well, struck some beautiful persimmon drives, and showed some very nice touch around the greens. Quite impressive. It was the best golf I have seen anyone play on a "first look" at The Mare.

I'm pretty tough to beat on home court though... lol... we had a fantastic day..!

Bio's company holds their information confidential between players and their research team, I'm sure for very good reasons.

The process of the screening is very interesting. Lots of data comes back, and it's quite fascinating to view.

Like any science experiment, you have the objective data, you have to understand what it means, and most people would of course want to know how it compares to either a perfect model, an average of what might be typical, or some other parameter of interest. These comparisons can certainly be subjective to some degree, and this is where it is helpful to have an expert be able to make suggestions as to how to improve one's desired action.

For instance, I would have a different objective for my impact dynamics than say an inspiring long drive champion. My golf swing is geared toward clubhead acceleration into impact, not just momentum or a "constant velocity". I also work very hard to minimize clubhead

deceleration through impact or post impact. I was quite happy to see that my intentions are backed up by hard data. I do bring an accelerating clubhead into impact... and my post impact velocity loss was quite minimal, one of the reasons I believe is that I use a very heavy driver by today's standards... just under 14 ounces. $f = m \times a$. I have never liked the feeling of giving up any of the "m" in that equation. I feel it with lighter drivers as clear as day, and I don't care for it, and neither does the ball.

The long drive guys seem more interested in the momentum formula that is seeking higher velocity numbers, but not necessarily acceleration. But since I am a feel player, I get more "feel" by increasing acceleration. It's important to understand the difference here. You can have huge acceleration rates on a 10 foot putt.

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

- **lagpressure**



-
- Jan 28 2009 23:02
- 1430 posts
- Member since 2008
-

and yes, I would suggest anyone get a screening..

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

- **petethepilot**



-
- Jan 28 2009 23:50
- 99 posts
- Member since 2006
-

If you are willing to ignore the occasional dross and read the good posts, there is much to learn or consider on this site. Then you just get stuff that wastes your time to read...just like the knobman's!

Good thing about golf away from organised competition is that you can choose your own path. Enjoy your journey Lag.

Regards,

The Pilot

Fooooorrrreeee!!

- **Sarg**



-
- Jan 28 2009 23:52
- 1198 posts
- Member since 2008
- View Monitored Posts
-

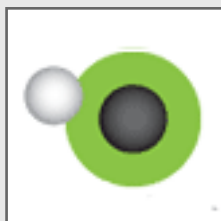
If your going to try to pretend to be different people at least get the spelling correct in some of your dual personalities posts.



Don't argue with an idiot, they'll bring you down to there level and beat you with experience

<http://www.youtube.com/watc...>

- **Zeusgolf**



-
- Jan 29 2009 00:36
- 450 posts
- Member since 2007
- View Monitored Posts
-

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It was the best golf I have seen anyone play on a "first look" at The Mare.

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

any ground balls going on

Time for admin to block Tai's ISP's IP address prefix.

- **SoulmanZ**



-
- Jan 29 2009 09:07
- 837 posts
- Member since 2008
- [View Monitored Posts](#)

any photos or videos of the day out?

-

- **Steb**



-

- Jan 29 2009 09:16

- 2398 posts

- Member since 2008

- [View Monitored Posts](#)

-

You just want to see if Bio was rebuilt with bionic parts right? Hmmm, so do I.

Dart said his game improved with a new hip.

- **SoulmanZ**



-

- Jan 29 2009 09:39

- 837 posts

- Member since 2008

- [View Monitored Posts](#)

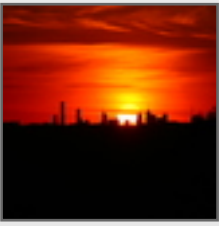
-

i think he has been given an articulated spine which rotates only 'on plane'!

hmmm ... that isnt a bad idea

time for some self augmentation!

- **Golfur66**



-
- Jan 29 2009 11:37
- 205 posts
- Member since 2008
- [View Monitored Posts](#)
-

Lag

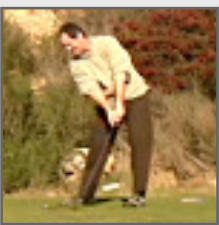
You didn't say if the mapping of your movements are in accordance with the "norm" for a professional golfer (other than your acceleration through impact).

Were there areas that Bio suggested you could improve on?

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

Percy Boomer

- **lagpressure**



-
- Jan 29 2009 15:03
- 1430 posts
- Member since 2008
-

Sure, there are always areas that can be improved..

The thing about any kind of data is that it is always open to some amount of interpretation. I swung a 43 inch 14 ounce persimmon driver, so to compare that to someone who is using a modern titanium driver makes little sense to me. You have to remember that a heavier club puts a different load on the muscle groups than a lighter one.

Bio likes to screen with a driver because that does put the most load on the muscles, but comparing me to a normal "anything" we have to determine what that "normal" is, and a 43 inch, 14 ounce persimmon is certainly falling outside of anything currently normal. If I were to swing

a modern driver (screening), my muscles are not trained to swing something that long and light. I saw a 48 inch driver that was coming in at around 10.5 ounces when I was down in Las Vegas. You are going to be working different muscle groups if you are throwing a baseball compared to a shot put. Bowling a cricket ball or a bowling ball.

As far as improvements, it's no mystery that any amount of increase in post impact rotational acceleration is going to be of interest to me because I am interested in increasing force and thrust much more than velocity. These are the treats that put feel in your hands, and are going to give you better clubhead and impact feedback sensations. Lag pressure feel is the life blood of a good player, not velocity. Super high velocities might win you the long drive contest, but not the stroke play championship. Just depends what you want.

Golf ball flight patterns are very concerned about pre and post impact velocity, force, thrust, angle of attack, arc of approach, clubhead sole lie angle, clubshaft pre stress, and clubface rotation. Off center hits change what the ball does also obviously.

Everything I saw in the data very accurately reflected what I feel in my golf swing. No surprises really. But unlike most people, I am very aware of what I do...

Getting a screening I think is a great idea. Why not see what your body is really doing? Very accurate, I was quite impressed.

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

- **oldmanpar**



-
- Jan 29 2009 18:43
- 40 posts
- Member since 2008
-

very nice lagpressure

and alot to think about there regarding intent

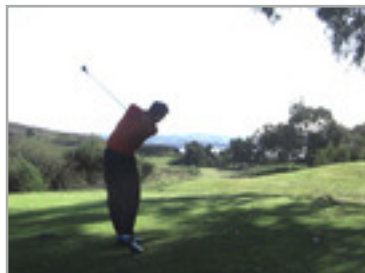
by the way thank you very much for being you

- **lagpressure**



-
- Jan 30 2009 21:08
- 1430 posts
- Member since 2008
-

Bio piping one off the ninth..



Persimmon Pena into the tight 7th fairway



I told Bio to hit an iron off the 6th, so he pulls the persimmon and launches it to the top of the hill to set up this birdie putt..



Loren was making all the putts though!



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

- **Mashie72**



-
- Jan 31 2009 06:43
- 105 posts
- Member since 2008
-

Nice Pics Lag..The Mare looks like a gem..

Progress Report for Lag Consisting of Observations, New Feelings and New Habits

90 holes (5 Sundays) under my belt under nasty wet mucky frigid conditions each time (3 to 6 over each occasion)

Playing partners are almost annoying when they say, "Nice hit" because I'm not done hitting it yet! I almost flinch. ;)

6-inch level shallow divots with 7-iron (longer and more level than expected)

Fades have good mustard on them & almost as far as draws

Right side of core is sore after playing or extended practice

Old semi-deflated soccer ball/dog toy with old 1-iron is my impact bag drill combo

Swing key for me is to apply as much increasing acceleration as I can while making sure that I don't uncock my wrists lower than level before impact...If I do uncock them early, the right field shot is the result

3 new vintage sets of MacGregor irons from the 60's and early 70's (MC's, MT's and CF4000)

My 3 wooden drivers (Tony P, CC and MT) are not in play yet until we get over 40 degrees and "casual course" dries up a little

Practice in shag field instead of driving range (Fade pattern much tighter in terms of distance control)

Rapid fire flipped upside-down 1965 PW feels great left handed in shag field

Misses on sweet spot tend to be slightly towards the toe especially when executing draw

Ball flight pattern is dead straight

Severe Hooks can only happen for me if massive acceleration is applied while swing speed velocity is slower than normal..(very hard to describe)

Comfortable fading the ball with a closed plane line or drawing the ball with an open plane line as described earlier by Lag.

My other miss has been when playing the ball slightly back in the stance for a draw..I sometimes just push it and my weight (hips) after impact wants to go towards my toes and out of balance like I might want start running down to first base. However, I'm pretty sure I'm not OTT..

Lag, Thanks for all you have shared with us so far..I think I'm on the right track and wanted to give you some honest and encouraging

feedback under these trying conditions

Mashie72

- **lagpressure**



-
- Jan 31 2009 20:40
- 1430 posts
- Member since 2008
-

Thanks Mashie,

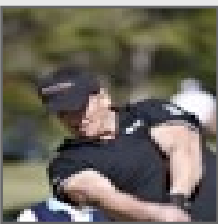
Hope you can make it to SF one day, a persimmon round at the Mare is priceless.

That all sounds very good. Would love to see your swing, if you don't want to post it here, you can send me one..

lagpressure@yahoo.com

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

- **Junior**



-
- Feb 01 2009 09:19
- 412 posts

For instance, I would have a different objective for my impact dynamics than say an inspiring long drive champion. My golf swing is geared toward clubhead acceleration into impact, not just momentum or a "constant velocity". I also work very hard to minimize clubhead deceleration through impact or post impact. I was quite happy to see that my intentions are backed up by hard data. I do bring an accelerating clubhead into impact... and my post

- Member since 2009

-

impact velocity loss was quite minimal, one of the reasons I believe is that I use a very heavy driver by today's standards... just under 14 ounces. $f = m \times a$. I have never liked the feeling of giving up any of the "m" in that equation. I feel it with lighter drivers as clear as day, and I don't care for it, and neither does the ball.

The long drive guys seem more interested in the momentum formula that is seeking higher velocity numbers, but not necessarily acceleration. But since I am a feel player, I get more "feel" by increasing acceleration. It's important to understand the difference here. You can have huge acceleration rates on a 10 foot putt.

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

Lag you are no doubt a genius on the golf course and I happen to know for a fact that your information is brilliant. For a "classic" golfer or traditionalist as you like to be called, your take on the technique and mechanics/motion of the golf swing is so far advanced that science is only just catching up to some of the things you have said.

Bio's screenings are brilliant and anybody not having one is behind the 8 ball. Chris Welch is undoubtedly a guru and so far ahead of anybody else in the golf science field it is not funny.

I do have to pick up on two points you stated though...

Long Drivers actually do focus on acceleration and post impact acceleration as you said $F = m \times a$, higher acceleration, higher impact force, more energised ball, better distance. Using your 5th power accumulator definitely works well for this post impact. Have actually witnessed a very well known Long Driver who only possessed a swing speed of 136mph produce ball speeds of 213mph (a smash factor of 1.56). His acceleration is phenomenal which accounts for his high energy transfer. Long Drivers will typically hold their speed release until the last possible moment, the result is a higher change in velocity, more commonly known as acceleration. I know you said not necessarily but I just wanted to clear up confusion for other readers that might assume that all Long Drivers worry about is speed. After all there is a difference between a 'slapper' and a 'puncher'.

Secondly, the SI units for $F=ma$ is $\text{kg (m kg s}^{-2}\text{)}$. Acceleration is the key factor to impact force. The differential in clubhead mass will only be 10-20 grams at most. If you read Ben Witter's dynamics of distance it shows that mass only relates to the weight of the clubhead, not the shaft or the body mass. Hence why the current big hitter in the world is 20 years and weighs 165lbs. (his acceleration and raw speed is brilliant). Taken this into account if you added 100grams of mass to a clubhead. In the Force formula this would be a differential of 0.1, pretty negligible in terms of increasing impact force. I think the key for people to recognise is the only way to appreciably increase their distance is by

improving their body motion to improve their clubhead velocity and acceleration or doing speed work to teach their body to store load and contract faster. The faster a muscle fires and contracts the more speed and acceleration it can produce. (sorry this is just my area of interest and expertise)

I know and I commend you for being who you are and the fact that you are a traditionalist is brilliant. I also have no doubt that if the same technology had been around in your time that the golfers would have made Tiger look very ordinary. Unfortunately technology is here and I will beg to differ that you cant produce the same or better force rates through better acceleration and speed differences. I totally acknowledge and understand that you are a 'feel' player and the heavier club would give you the feedback you seek. I guess it is generational. The same as a player who has grown up on titanium and graphite will never have the right feel for persimmon and steel. Neither are wrong, they are just apples and oranges.

Thank you for you posts and your threads though, they are definitely the most informative, thought provoking and helpful on isseek. Hope the porch is okay and Bio didnt take any divots with the 1 iron!! hahaha

PS: Bio 75, Lag 72.... pretty even match considering equipment and home course advantage! Both you guys are brilliant! Kudos.

PPS: Bio perfect in that pic! Good body motion, gotta love it!

It is quite possible that your sole purpose in life is simply to serve as a warning to others.

- **Mashie72**



-
- Feb 01 2009 14:54
- 105 posts
- Member since 2008
-

Thanks for the invite Lag..Love to do it someday..

I recently sold my video camera and bought a digital SLR instead..No near term promises on the video but will see if I can get it done..

- **Ditty**



-
- Feb 01 2009 18:00
- 4268 posts

SSC - Welcome!

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.

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

- **lagpressure**



-
- Feb 01 2009 20:21
- 1430 posts
- Member since 2008
-

Let's take a different look at the equipment issue...

Modern theory says that if the club is lighter, you can make it longer, and swing it faster, therefore hit it farther. Of course the longer club is always a bit harder to control.... solution? Bigger clubhead.

Throw in a low spin ball and you have the modern game.

Now this is all great if the goal of golf is to win the long drive contest.

But to play good golf, maximum distance is probably only the goal of about 11 of your shots around. Given 4 three pars and 3 fairways that don't require a driver, you have 11 chances to smash it.

Now every other shot of your 72 score has a "feel" aspect. You're not only motivated to hit it straight, you are motivated to strike it a precise distance, putting included.

Now, take a typical iron shot, let's say I am to hit a less than full shot. Most good players don't go 100% at their irons. Maybe 70 to 80% of what they are capable of. I pull a six iron. What is the advantage of having a light weight iron that I hit farther?

If I am a momentum swinger, meaning, I am delivering a non accelerating clubhead into the ball, then Newtons momentum formula will be my delivery..

$$p = mv \text{ (p being momentum)}$$

If I give up mass, in theory I can swing faster to make "p" the same.

But..... because I am not trying for a maximum "p" value, as my objective is a specific "p" (an exact yardage, not over the green) then I know that I will have to swing the club faster with the lighter club to get to the same momentum transfer into the ball.

So the question is... what is the point? If I have to swing the club faster, it becomes harder to control.

You also have to consider that the heavier clubhead will perform better with off center strikes. An empty shoe box or one filled with rocks will react much differently, if you toss a golf ball out to it's edges. One spins the box the other doesn't.

Another factor is that the heavier club puts more muscle load on the body, arms and hands, and the body counter reacts to that heavier weight.

This would be the same concept in weight lifting. The heavier the mass the person lifts, the more that weight engages deeper muscle fibers

within the body. Lift a beer can you might not even feel anything in the shoulder. Lift a 40 pound weight and you'll feel it right to your feet.

The heavier club (to a point obviously) creates a deeper body connection with the golf club... and if you can swing the club at the same rpm as the lighter one, because you are not going all out, trying for maximum velocity.. then there is a legitimate argument for the positive effect of a heavier club.

The heavier club also gives the player more feel.

It's interesting that in the 1930's, clubs were very light. The heads were light. The swing weights were very light. In the age of Hogan and Snead, mid 40s through the 60's, clubs were much heavier.

Certainly Hogan had the option of using lighter clubs. If you take the lead out of a persimmon head it will weigh less than anything on the market today. The persimmon wood itself is not heavy. There is a big chunk of lead right behind the sweetspot for those of you who have never seen one, or opened one up.

We certainly saw some great golf swings come out of that age and era. Obviously, people are still studying some of those swings. But I agree with Sevan1, that if you really want to get at Hogan, you'll have to learn the swing using similar gear, both in head weight and shaft flex. it doesn't have to be old or retro, just similar in physics.

Just food for thought.

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

- **Mashie72**



-
- Feb 05 2009 07:10
- 105 posts
- Member since 2008

Lag,

You have said the following in the past, "I use an angled hinge as a hitter. There is no feeling of a roll at all.....but in the case of my release I would use a non automatic release, meaning the shaft is "fired" with a deliberate rotation of the right forearm into the impact area.....if you start too fast on the downswing, and you don't have the rotational speed with the right forearm into impact"

So, how do you rotate the right forearm with speed while not rolling the wrists?

At the moment I I feel little to no rotational speed of the right forearm

- lagpressure



-
- Feb 05 2009 11:02

- 1430 posts

- Member since 2008

-

Remember, it's a right forearm rotation but NOT a straightening of the right elbow... the hitter's right arm stays FROZEN from P3 almost to P4.

The wrists turn into the ball fast and hard to square up the face deliberately as the forearms rotate. This is not the dead hands, gravity approach throw of the swinger...

The thing that stops the hands from over rolling is a fast post impact pivot... proper hitting is really like a two stage rocket blast..

The pivot delivers the angles down to P3... the hands fire them and get rid of them (angles) into impact.. then the body fires again, sustaining impact alignments as long as it can, right to the finish...

Bio talks about how the pivot slows into impact, and this is really just the delay between rocket stage firings.. it is important that this happens...

Personally I don't like the idea of finish as a both arms straight into P4. (unless it's a short punch shot)

I like to think a quarter turn more where the club would point skyward..

You can think of the post impact stuff as like the barrel of a gun.. although the explosion has happened, there still needs to be some direction and intent going on. The finish is like the end of the gun barrel.. the shot is not finished until the bullet leaves the barrel.. or

your finish...

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


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• **Steb**



•

• Feb 05 2009 12:45

• 2398 posts

• Member since 2008

• [View Monitored](#)

Posts

•

I haven't seen Mike around here lately, but is he suggesting there is a wrong way and a right way to roll the left forearm here?



• **dap**



•

• Feb 05 2009 14:20

• 349 posts

• Member since 2005

It looks like what he's saying here is that you can roll the forearm without rolling the wrist and opening the clubface excessively. That seems extremely awkward to do in an actual swing.

The natural thing to do when you roll the forearm is to roll the wrist as well.

You can see if you try that move, it feels like the left elbow rotates clockwise and the wrist rotates anticlockwise. Kinda funny.

I really have to question the validity of the left forearm roll on the backswing

- anyway. What is the logical reason to do so?

My personal preference is a bit what Jimmy Ballard teaches. The left elbow points down towards the ground in the entire swing. Then there is no need to roll the left forearm that much on the downswing. Less moving parts anyone?

- **lagpressure**



- Feb 05 2009 15:24

- 1430 posts

- Member since 2008

- If the body and hands don't know what to do through impact, no amount of prettiness is going to make much difference..

The quick sequencing of events done properly through the impact and release zones is absolutely imperative... I can't say that about address or the backswing..

You can find a major championship winner with about any kind of backswing imaginable.. not so however with impact dynamics.

• **BPGS1**



• Feb 05 2009 17:11

• 313 posts

• Member since 2008

•

I don't believe in or teach the left forearm roll on the takeaway. Haney does, because as far as I can tell, Hogan did it, and Haney's mentor growing up and playing golf in the northern suburbs of Chicago (my own home turf) was his local club pro, a gentleman by the name of Jim Hardy, also a big Hogan fan. Hogan did it because it was the easiest way to hit a low running hook into the high winds of west Texas, an essential part of his home grown and self-described "caddie swing". He stuck with it later on in his pro career partly because it was such a dominant habit and partly because he saw some film of old Scottish teaching pros who recommended it. He was obviously a big believer in it.

With at least a medium strong left hand grip, your forearm is already "pre-rolled" just the right amount at setup to get the clubface into the toe up position at end of takeaway. Makes learning the arm pushaway and pivot elements much easier to synchronize.

Rolling it open on purpose obviously requires you to roll it back to square at some point in the downswing. Talk about unnecessary moving part! And the huge timing problem it presents for average golfers especially. You can get a bit more compression and thus distance with this move though.

Tiger eliminated this move right before the British Open in 2007 when his swing really improved, started hitting more fairways. Good call on his part, I

heard he and Haney had a bit of a disagreement over this, but Tiger gave it a good try for what - three years or more?

- **oldmanpar**

i don't believe fort worth would be considered west texas



-
- Feb 05 2009 20:18
- 40 posts
- Member since 2008
-

- **Beezneeds**

Again, you're explaining away the bits of Hogan that don't fit your ideas.



-
- Feb 05 2009 21:34
- 427 posts

- Member since 2008

-

- **dap**



-

- Feb 06 2009 00:00

- 349 posts

- Member since 2005

-

BPGS1,

I reckon whether or not Hogan really indeed rolled his left forearm clockwise on the takeaway is a call the jury is still out on. From what I can see on videos of his swing he doesn't do it, nowhere near as much as he or others think anyway. It's hard to tell though due to low resolution footage.

Unfortunately swingvision was not available then.

I challenge anyone to roll the left forearm on the takeaway as fast and as much as you can like Hogan said he did and not be flat as James Packers casino investments and a clubface so open you will need to rotate it 180 degrees to get it back to square.

I suspect another porky from Mr Hogan.

- lagpressure



- Feb 06 2009 16:00

- 1430 posts

- Member since 2008

I think of golf as like flying a fighter jet. If your goal is to master the controls of the cockpit, who is best to teach you?

Hogan and Moe offer us insight into being the greatest pilots ever.

You'd be foolish not to listen very closely to what they say.

I see Homer more as like the guy that built and engineered the plane..... understanding the nuts and bolts of it's construction, and aerodynamic capabilities.

Most pilots I assume don't understand the finer details of assembly and engineering. Likewise, most aerodynamic engineers would probably get wiped out quickly in a dog fight.

The problem lies when one side tries to discredit the other.

When I read Homer's work, I see it as very consistent with what I see in great ball strikers. I also see it as very consistent with my own sensations as a former tour player.

But problems come up because a great player like Hogan may be describing **intention**, and it is this **intention** that will create the actual textbook version of actual desirable reality. Without that **intention**, the desirable reality **cannot happen**.

It's very hard for observation based bystanders to understand this.

Let me repeat,

It's very hard for observation based bystanders to understand this.

Including Homer.

The mistake people make is that they are quick to discredit one who's feelings are inconsistent with scientific data or reality.

I think most Hogamaniacs don't care much for TGM.. Who would you rather believe? The greatest striker ever? or some double digit golfer studying the golf swing in his garage in Seattle? At least it was in the 60's...

The hard core TGM guys can't deny Hogan, but they are quick to dismiss his work as merely perception, and "it feels like this but I am actually doing something quite different".

After having not picked up a golf book (or a club) in nearly 15 years, and just having finished re reading both Hogan's and Homer's work, look for some interesting topics to appear here from time to time in the weeks and months to come...

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

• **iseekgolfguru**



• Feb 06 2009 16:15

• 8159 posts

• Member since 2003

• [View Monitored](#)

Posts

I do not think any hard core TGMer deny's any great players stroke.

There are a lot who say "I do this" who do not really do it that way. Its how they feel they do it. Nobody can say "your feel is wrong".

What they can say is "that feel is this motion."

Feel from Mechanics. Mechanics from Feel.

When they started putting electronic sensors in F1 cars many a driver found their feel for the car was different form what the sensors said. It lead to the drivers having not to change their feel but to how they described it to the mechanics to change the set ups.

• **dap**



• Feb 06 2009 16:25

• 349 posts

• Member since 2005

I think my point about Hogan has been misinterpreted.

Hogan has always been a cryptic man in the things he said.

Faldo once asked him what is the secret to winning the US open ,as Nick has never won it despite being such an accurate ballstriker in his prime,and Hogan told him to shoot the lowest score.

That reeks of a person that likes to play on peoples minds.

You have to shoot the lowest score in any tournament to win it,not just the

the US open....duhhhhh

• **dap**



Actually, Hogan told another porky to Faldo.

I believe Tiger won the US open last year with the same score as Rocco Mediate and then won in a playoff.

•

• Feb 06 2009 17:10

• 349 posts

• Member since 2005

•

• **BPGS1**



Dap - you are so right about Hogan. He did enjoy playing with people's minds. And he was very good at it. All the "secrets" hype was the premiere example.

He was also extremely competitive and would never give his opponent even the slightest advantage. I think the hero worship of Hogan is not a healthy thing.

•

• Feb 06 2009 18:15

• 313 posts

• Member since 2008

He was, for the most part, not a happy man nor a nice guy. Speaking as

-

someone who has always admired his golf skills and ballstriking ability. Said by many who knew him "he was only close to one person in his life, his wife Valerie."

He had his legitimate reasons, watching his Dad commit suicide, the least of which, for sure. Grinding poverty growing up. He embraced the conservative Republican philosophy of the elite rich in USA as he gained fame and wealth himself.

It must have been really tough for him to lose his skills as he grew older. His last interview with Golf Digest had a glimpse of this.

- **Beezneeds**



-

- Feb 06 2009 20:19

- 427 posts

- Member since 2008

-

BPSG1 - again, what you are saying is mostly nonsense.

The suicide thing is just a theory - never been proved.

Grinding poverty? Hardly. He enjoyed the patronage of a very wealthy backer from quite an early age.

Republican? He's from Texas!

And he helped his opponents with their golf swings! And wrote a book about it!

Not a happy man? Not a nice guy? Again - there are plenty of people who say this is rubbish.

Everything you have written there is nothing more than a fable - again, it is something that for some reason it suits you to believe.

- **Royshh**



-
- Feb 06 2009 21:16

- 216 posts
- Member since 2007

-

I remember watching an episode of "Playing Lessons from the Pros" a number of years back. It was the one featuring Jim Furyk which was televised on The Golf Channel.

The "bald headed eagle," as I like to call him, has a number of idiosyncrasies which set him apart from the herd.

He employs a double overlap grip for his full swing which he refers to as a "goofy grip."

Then there's that crazy putting routine. What is that?

He addresses the ball and just as you think he's going to draw the putter back he steps away from it.

No matter how many times I see that ritual I still expect him to stroke it the first time round. He gets me every time.

In spite of all that, the thing that astounded me most was when he uttered the immortal words, "my swing feels straight back and straight through."

At that point I just had to change the channel.

- **Missile**



-
- Feb 06 2009 23:38
- 1 post
- Member since 2009
-

BPGS1,

I reckon whether or not Hogan really indeed rolled his left forearm clockwise on the takeaway is a call the jury is still out on. From what I can see on videos of his swing he doesn't do it, nowhere near as much as he or others think anyway. It's hard to tell though due to low resolution footage. Unfortunately swingvision was not available then.

I challenge anyone to roll the left forearm on the takeaway as fast and as much as you can like Hogan said he did and not be flat as James Packers casino investments and a clubface so open you will need to rotate it 180 degrees to get it back to square.

I suspect another porky from Mr Hogan.

Dap more potential..very good. Yep he rotated it counter clockwise and turned his body more

• **Golfur66**



• Feb 09 2009 13:42

• 205 posts

• Member since 2008

• [View Monitored](#)

[Posts](#)

•

I had an epiphany last week while belting balls and I then I remembered that Guru may have mentioned it months earlier in this or another thread.

It was around having your mind on your hands.

It came about because I was trying so hard to get my arms into the correct positions on the BS and DS. The problem was, I couldn't feel the clubshaft, my hands, or the the face angle.

I then concentrated on what my hands were doing and Bango, it all fell into place again.

The only problem I had was when I became too hands focused, I didn't use my body quite as well. It usually exhibited itself in getting way too much spin on my irons. I was spinning my wedges about 20 feet. Bad news!

So, the question is, prior to hitting a shot, does it make sense to feel my body motion with one practice swing, feel my hands on the next one, then pull the trigger?

What does TGM say about this, if anything at all, on the mental side of golf?

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

Percy Boomer

• **iseekgolfguru**



•

• Feb 09 2009 14:54

• 8159 posts

• Member since 2003

• View Monitored

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•

On the mental side of golf, Dr Mumfords input is what the Kelly's trusted.

Once you get used to having your mind in your hands then becoming aware of other parts is easier. Gotta move the whole not just a part.

• **lagpressure**



•

• Feb 09 2009 19:06

• 1430 posts

• Member since 2008

•

Deceleration is the best way to lose feel in your hands...

When acceleration ceases to exist, or reaches a numerical zero, you enter the "dead zone" a place where the hands are just hanging on and hoping for a decent golf shot.

Ben Hogan in his "Five Lessons" states that the point of maximum clubhead speed must be after impact, not at impact". He describes this in his 4th lesson, "The second part of the swing"

Now many will argue that this is not possible, especially the forum

"brainiacs" here, due to the forces of impact collision, but I will say this, Hogan's statement shows perfect intention, and he was aware of the value of not losing feel in his hands.. he knew the dead zone was a dangerous place for the hands to pass through, and he did everything he could pivot and hand wise, to keep pressure on the shaft as long as possible.. I suspect he felt pressure well into his follow through..

I'm looking forward to finishing Dr Mumford's book and being able to comment on it properly, but everything I have read so far is spot on... I agree with Guru, excellent..

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

• **dap**



lagpressure,

How could Hogan tell if his clubhead speed post impact was greater than before impact?He felt it?

Here is some information that could be food for thought.

• Feb 09 2009 22:29

• 349 posts

• Member since 2005

Brain neurons travel at 100 meters per second. That means it takes about 0.01 seconds for the feel in the hands to register in the brain. When we feel something in the hands or anywhere else, it is not registered in the brain instantly although we feel we do as 0.01 seconds is very brief.

Now get this. If a clubhead is travelling at say 180 km/h at impact, the feel of impact does not register in the brain until the clubhead is about half a meter past the point of impact, if anyone cares to do the calculations.

What you think you are feeling post impact is actually at impact.

- **lagpressure**



-
- Feb 09 2009 23:10
- 1430 posts
- Member since 2008
-

Dap,

You are absolutely correct, there is a delay, and when a club is moving that fast, your sensations have to be aimed beyond the point of impact..

They did have high speed camera technology then... I am sure Hogan experimented with it..

All he would have to see is that his clubshaft didn't release till after impact, even on a swing without a ball... I know he could do that...

even I can do that... and I am no Hogan...

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

• **Steb**



•

• Feb 09 2009 23:48

• 2398 posts

• Member since 2008

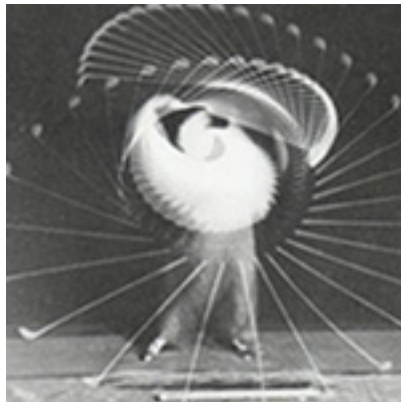
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•

They definitely had stroboscopic photography back then and images like the one below show that maximum clubhead velocity happens before impact. Even the TPI graphs JeffMann posted 50 times show such rapid clubhead deceleration after impact that I'd find it hard to believe Hogan was an exception.

But that deceleration could be explained fully by the forces of impact. I'd love to see a strobe photo of Hogan without a ball to see if he really did have maximum velocity after impact or it was just his intention to.



• **Prot**



•

• Feb 10 2009 00:50

• 354 posts

• Member since 2008

steb, that's a very informative photo... I found one of Gary Player and was shocked to see it looked like his hands actually slowed a bit at impact. I wish they'd do more of those photo's.

"Try smarter, not harder." Moe Norman

• dap



• Feb 10 2009 01:08

• 349 posts

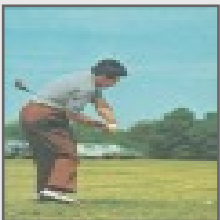
• Member since 2005

Steb,

The clubhead cannot accelerate past impact otherwise no transfer of momentum will be passed on to the ball. The picture and TPI graphs prove it. If anyone claims it can be done, they will need to provide concrete proof as it defies conservation of momentum laws.

You can of course attempt to achieve it and this can only do a world of good to your swing.

• Styles



• Feb 10 2009 02:04

• 3714 posts

I agree that whilst it may be physically impossible to keep accelerating after impact, the intent to do so is what made Hogan so good.

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

- Member since 2007

- [View Monitored](#)

Posts

-

do with trial and error

The Dart

- **Beezneeds**



-

- [Feb 10 2009 02:06](#)

- 427 posts

- Member since 2008

-

After reading this debate 10 times at least, here's my take (I don't normally get involved).

The clubhead can be 'accelarating' relative to the forces it is encountering. What what some people call 'accelaration' is petrol going into the engine, not simply an increase in speed.

At a certain point in the swing, the 'car' is going uphill and requires more juice. It may not go faster, but it is trying too.

Acceleration relative to all the drags and leaks - including the ball but also human physiology - is the right thing to talk about.

Is the clubhead decelerating in a good player swing? Sure; maybe it is. But it is doing so an awful lot less than if were actually "decelerating" i.e. leaking speed like a hacker with clubhead throwaway etc.

Basically, acceleration in the purely theoretical sense is the wrong analytic

for what we want to talk about.

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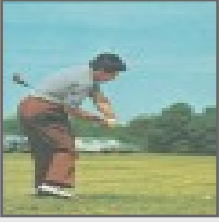
• Win

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- **Styles**



-
- Feb 10 2009 03:18
- 3714 posts
- Member since 2007
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well put BN

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

- **stinkler**



-
- Feb 10 2009 08:23
- 734 posts
- Member since 2009
- [View Monitored Posts](#)
-

Forgive me as I'm well out of my depth but love this thread. Is that feeling of continued acceleration the aim of the impact bag drills? I spent some time on this recently and yesterday it felt like I was hitting to a few feet ahead of the ball, even when the club stuck in the hard dry ground the feeling was there.

<http://www.golflink.com.au/...>

- lagpressure



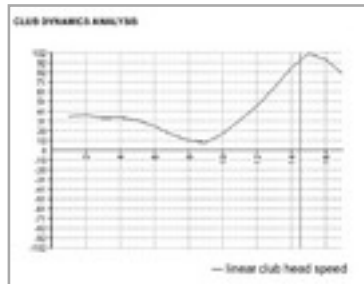
- Feb 10 2009 08:25

- 1430 posts

- Member since 2008

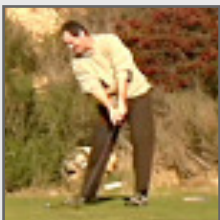
These are my linear acceleration rates with a 14.5 ounce 43 inch persimmon driver...

Not sure how much proof is needed... looks good to me...



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

- lagpressure



- Feb 10 2009 08:36

- 1430 posts

- Member since 2008

Also when looking at photos, you have to take into account two things.. one is TOE DIP which happens especially with the longer clubs..

and as the club is coming down from P3, this dip is a sideways angle until impact, so that dip can appear to be or look like flex loss when in fact it is not.. a bowing down is not a bowing forward..

Secondly, CF forces have a straightening effect on the shaft and can flatten out the look of pre stress, especially in stiffer shafts..

Homer in TGM 2-M-1

"the outward pull of centrifugal force tends to conceal but cannot cancel the CONSIDERABLE contribution of a pre stressed (bent)

clubshaft, though it is bent even more at separation"

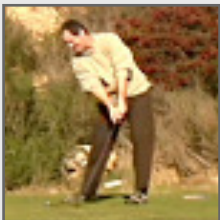
Homer in 2-E

"Zero Deceleration gives maximum ball speed for all approach speeds."

"Centrifugal pull and prestress (acceleration) stiffen the clubshaft for consistent resistance to impact deceleration. Treat the heavy feel of clubhead recovery after impact as though it were all impact, even though the ball is actually gone"

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

- **lagpressure**



-
- Feb 10 2009 08:39
- 1430 posts
- Member since 2008
-

Pretty good indication this one will be arriving pre stressed...



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

• **Steb**



• Feb 10 2009 09:58

• 2398 posts

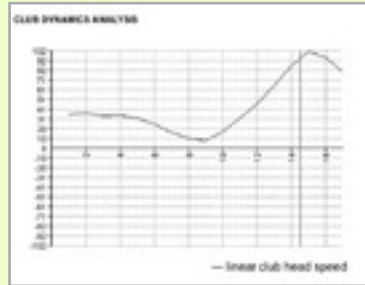
• Member since 2008

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These are my linear acceleration rates with a 14.5 ounce 43 inch persimmon driver...

Not sure how much proof is needed... looks good to me...



Was that with a ball Lag and does the vertical line represent impact?

• **lagpressure**



• Feb 10 2009 14:56

• 1430 posts

• Member since 2008

•

Yes, that of course was with a ball, and you can see how the speed drops after impact, but to some degree it is still accelerating into the ball past initial impact..because of force...

The vertical line is initial contact.

It shows that I have lower velocity with a heavier club, but higher thrust than most, and this is why I can hit the ball straight with reasonable distance. I drive a heavy short persimmon about 260 average. I hit one 290 the other day on a damp fairway, but that was unusual. I swing about 80% of capacity for a normal swing.. I like to keep something in the back pocket if I really need it, which isn't often. I always look at pin placement when possible, to set up my second shot

from the correct side of the fairway.

When Hogan says he wishes he had 3 right hands, I understand him perfectly. I'm not nearly as strong and Hogan was in his prime, but I wish I had 5 right hands.. Snead said the same thing.. hit with the right hand just before impact.

That is the only way you can maintain shaft flex.. The modern swing with the dead hands is a guaranteed zero acceleration momentum dump.. not a force (acceleration hit). Swingers and switters can't do this.. Tom Wishon and his shaft flex theories are correct for most of the golfing world, but if I got on his testing equipment, I would show him that what he says can't be done, can in fact be done... just because he hasn't seen it with other tour pros, doesn't mean it can't be done.. of course it can be done..

You need strong fast hand to do this, and you need to have started working on this yesterday.

I believe what Hogan said.. and he talked about how he worked on strengthening his forearms and hands while in bed recovering from his accident... it paid off. He didn't do this so he could make his comeback with a pair of lazy dead swingers hands.

Homer was well aware of this too in TGM.. he spend a lot of time talking about a hitters pre stressed clubshaft in his epic chapter 2.

It's all over the place, but for some reason it goes ignored in TGM circles for the most part... at least the one's I was in over in the Doyle - McHatton camp years ago.

I can't speak for Blake and the others.... although a few of the youtube things I have seen from a couple of the guys, seems like the same old stuff.. but I make no claim as to what these other TGM instructors are preaching... either here or there..

Homer loved body hitting, it's all there, you really have to dig a bit though, because a lot of his book is geared toward simple motions for beginner golfers. If you weed through it, and know what to look for, it's as clear as day.. Homer knew his stuff... and it's amazing how much Homer talks about feel also..

again..

2-E

"Centrifugal pull and prestress (acceleration) stiffen the clubshaft for consistent resistance to impact deceleration. Treat the heavy feel of clubhead recovery after impact as though it were all impact, even though the ball is actually gone"

There it is... that's Hogan... that's Hogan's second part of the swing in lesson #4. It's right there, and those who choose not to see it, live by those golden words, shall not enter thy kingdom of golfing heaven!! LOL

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

- **lagpressure**



-
- Feb 10 2009 15:07
- 1430 posts
- Member since 2008
-

I took these today.

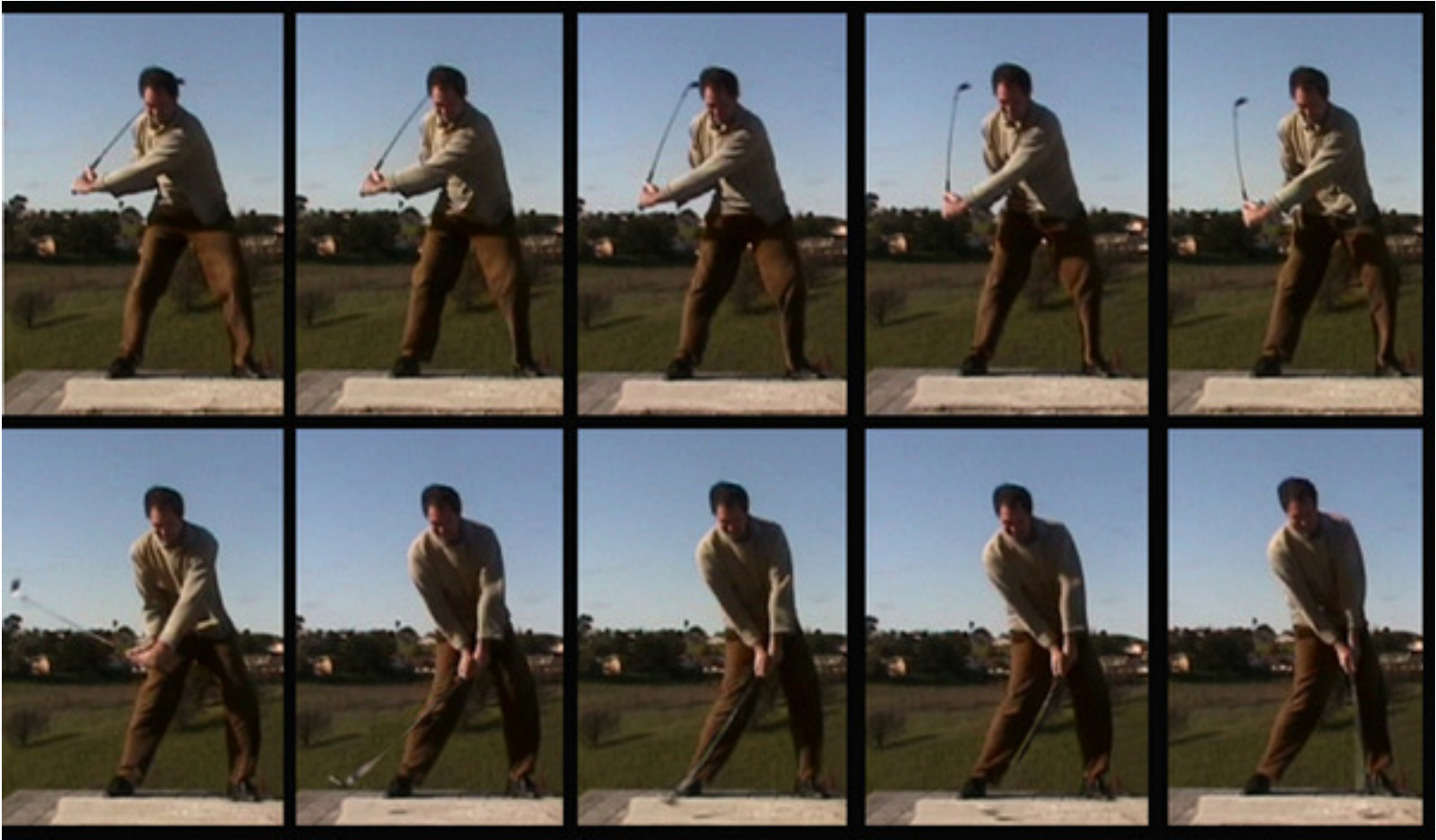
I went at this way harder than I normally would with the hands from P3 to impact.. and used a regular shaft, so the flex could be more visible. The lighting is not great, but it's there.. this is certainly pushing my limits of load and support, but it can be done, and quite well.. If I can juice up my forearm strength 20%, I might make this a regular affair.

I also took some photos with the same aggression using X100 shafts and you can't see it as much if at all, because of the stiffness of the shafts.. much stiffer than these, but the load is still there as Homer describes..

"CF tends to conceal but does not cancel the contribution of prestress"



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



- **Steb**



-
- Feb 10 2009 15:37
- 2398 posts
- Member since 2008
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-

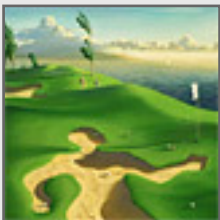
Yes, that of course was with a ball, and you can see how the speed drops after impact, but to some degree it is still accelerating into the ball past initial impact..because of force...

The vertical line is initial contact.

So any idea what causes that sharp peak we see after the impact line?

That's a change from rapid acceleration to rapid deceleration that happens just about instantly.

- **Steb**



-
- Feb 10 2009 15:59
- 2398 posts
- Member since 2008
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-

Tom Wishon and his shaft flex theories are correct for most of the golfing world, but if I got on his testing equipment, I would show him that what he says can't be done, can in fact be done... just because he hasn't seen it with other tour pros, doesn't mean it can't be done.. of course it can be done..

Actually Tom does acknowledge that the very rare golfer can bring that club into impact stressed.

My beliefs on this are that a stressed club is a battle between velocity and acceleration. Acceleration leaves the clubhead behind the shaft, velocity brings it ahead of the shaft (rearward CoG of clubhead aligning

with shaft, toe droop effect in different plane in other words).

So someone who is striving for maximum clubhead velocity at impact would accelerate earlier to give that velocity time to build up.

Someone aiming to bring the club in stressed would accelerate as powerfully and as late as possible so velocity doesn't have a chance to build up too quickly and release the stress.

- **lagpressure**



-
- Feb 10 2009 16:05
- 1430 posts
- Member since 2008
-

sure, just the instant transfer of energy from the club to the ball..

The ball loads up a ton of compression, then just trampolines off the face. It's the tremendous back kick that creates the spike down..

The less the better, and this is why I spend so much time addressing that issue... POST IMPACT WORK..

The tougher my hands are, the firmer my pivot and body connection, the more packed and compressed I am at the #4 pressure point, the more I just flat out resist that deceleration the better that second half of the graph looks.. that 's it.. that's what we should be striving for..

Everyone is so hung up on increasing velocity with light clubs and long clubs, and throwing their arms at the ball on the downswing, they are missing the point..

One of Homer's biggest mantras was to "sustain the line of compression" SUSTAIN!!

People love to just go to the range and check on their swing speed on the radar and jump up and down if they clock in higher.. but that does not necessarily produce better, more consistent golf shots.. usually not..

I was told my deceleration rates were much better than most tour pros, but I think a lot of that has to do with the mass of the clubhead. I've always been a better than average ball striker out on tour.. I don't think that would be any different now, but I would hate using the long lightweight clubs.. it would destroy what I have worked hard for..

If I could get on a really tight gamey 6800 yard course, and had a decent week with the putter I would be right there.. bring em on... Olympic Club, Cypress Point, Medina, that kind of golf.. ball strikers stuff. Tight, small greens, that's just a lot more fun..

Wedge and putt all day is not my interest.. never was..

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

- lagpressure



-
- Feb 10 2009 16:15
- 1430 posts
- Member since 2008
-

So someone who is striving for maximum clubhead velocity at impact would accelerate earlier to give that velocity time to build up.

Someone aiming to bring the club in stressed would accelerate as powerfully and as late as possible so velocity doesn't have a chance to build up too quickly and release the stress.

This is exactly correct...

Homer talks about high speed low thrust, and low speed high thrust..

It's really the difference between wanting to be really long, or wanting to be a really good player.

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

- Steb



-
- Feb 10 2009 16:51
- 2398 posts

sure, just the instant transfer of energy from the club to the ball..

The ball loads up a ton of compression, then just trampolines off the face. It's the tremendous back kick that creates the spike down..

From that graph, the dip comes nearly 10ms after initial impact.

- Member since 2008

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-

Persimmon driver has the ball on the clubface for about 0.5ms.

The ball has well separated from the clubface by the time that dip comes.

- **lagpressure**



-

- [Feb 10 2009 18:14](#)

- 1430 posts

- Member since 2008

-

Steb,

I compress the ball longer than most.. so I'm not sure I can be compared to the .5 you speak of.. could be a factor.. possibly..

could be the kick back of the shaft.. and I also have a tipped X100 that is really a pole in that thing.. all these small factors are factors.. the compression or softness of the ball too.. I suspect a softer ball might stay on the face longer.. some things we don't know.. I don't remember what the ball was.. it's down in the canyon somewhere..

good question..

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

• **dap**



-
- Feb 10 2009 18:30
- 349 posts
- Member since 2005
-

lagpressure,

How were the measurements done and what are the units used in the graph?Mph vs ms?

Interesting to note that even in the change of direction from backswing to downswing your clubhead linear velocity is still almost 10mph.

• **Steb**



-
- Feb 10 2009 20:45
- 2398 posts
- Member since 2008
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-

I should also add that the 10ms between the impact line and the dip represents nearly 18 inches of clubhead travel (based on your clubhead speed). That's a long distance for the ball to be carried by the club. Typically it's about 3/4 of an inch.

I do suspect the position of that line. Was there a microphone, optical sensor or something else detecting impact?

- **dap**



-
- Feb 10 2009 21:36
- 349 posts
- Member since 2005
-

Pretty good indication this one will be arriving pre stressed...



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

Whats that in Hogans pocket?A wad of cash?

Moe Norman always had a wad of cash in his pocket also.....could it be the secret???

- **Beezneeds**



-
- Feb 10 2009 22:06
- 427 posts
- Member since 2008
-

Thanks Styles - next step is for me to do it!!!

Having an interesting time thinking about post impact speed at the moment - only really starting to get it: a great intention.

On the science: what impact does the fact that the club is changing from travelling downwards to upwards have on clubhead speed?

It looks like a smooth change but is it actually quite a sharp change in direction? I.E as though the car (see above) was both coming into a hill and turning a corner at the same time.

Or think of an airplane that is heading for the ground but then pulls out of the dive and increases thrust at the same time?

- **lagpressure**



-
- Feb 10 2009 23:27

- 1430 posts

- Member since 2008

-

We can certainly over analyze data till our eyes dry up, but I think that the key is to realize that the harder you can drive through impact, with a greater degree of acceleration, the better... it is consistent with what Homer says in his epic chapter 2 of TGM, and it is consistent with what the greatest ball striker of all time said you should both intend to do, and feel (Hogan).. and Moe told me personally and on my video of him the same thing..

I can tell you myself, as a pretty decent ball striker, that the ability to feel the club, and control the ball.... is hands down better in everyway, than passively slapping at the ball with dead hands trying to time everything with a bunch of wrist roll going through the ball that throws the clubshaft into a spiraling parallel plane as Homer describes in TGM.

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

- **lagpressure**



- Feb 10 2009 23:39

- 1430 posts

- Member since 2008

-

The chart is MPH and feet per second of clubhead travel, so I read it to be that the clubhead speed drops at about 4 or 5 inches... past initial contact... so I would suspect it is the back kicking of the shaft that creates the drop off in velocity..

I think a more interesting stat would be clubhead speed from pre impact compared to P4... so you take out the impact distortion stuff out of the equation.. because at that point you could really measure intention and commitment to principle..

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

- **ColtsFan**



- Feb 11 2009 08:12

- 87 posts

- Member since 2008

-

Lag,

In Tommy Tomasello's Aussie video series he demonstrates a swinging pattern but with the emphasis on hitting it hard with the right hand once the left hip has cleared and the elbow has reattached to the side of the body.

Im not sure if this is a hitting pattern or not, but from what I gather its a CF rt arm swing w/ a healthy dose of the rt. hand at the bottom. For what ever reason this pattern, for me at least, has been more repeatable than a traditional "oily wristed" left side dominated swing.

Would this be switting? Kinda seems like what Tommy Armour was teaching under the umbrella back in the day.

Thanks

- **iseekgolfguru**



- Feb 11 2009 10:33
- 8159 posts
- Member since 2003
- [View Monitored Posts](#)

He hit it with a health dose of right forearm. The right wrist is still bent at impact. TA too:)

TT knew that if the Bent Right Wrist flattens it destroyed his FLW and Flying Wedges. Bet he wished he could take that 'take' of video and burn it unless it was totally redone as a Right Arm Swing where he would have to explain the changes needed therein in comparison to the rest of the original video. A case of he meant educated hands drive through the ball, not hit at it with the hands.

His peers of the age passed that info onto me when I brought it up.

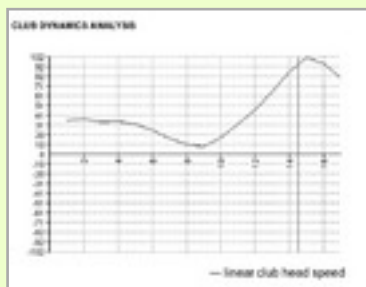
- slicermcgolf



- Feb 11 2009 11:53
- 26 posts
- Member since 2009

These are my linear acceleration rates with a 14.5 ounce 43 inch persimmon driver...

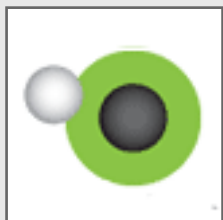
Not sure how much proof is needed... looks good to me...



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

Lag, what analysis was this graph from?

- dap



- Feb 11 2009 12:06
- 349 posts
- Member since 2005

That graph makes no sense if indeed an actual ball was hit. Or there was an error in the measurements.

It shows acceleration absolutely unimpeded through impact as if the ball was not there...not even a little slow down? Impossible.

• [iseekgolfguru](#)

A little explanation of that graph would be good.



•

• [Feb 11 2009 12:39](#)

• 8159 posts

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- lagpressure



- Feb 11 2009 13:20

- 1430 posts

- Member since 2008

-

It's just simply linear speed of the clubhead starting at some point in the backswing, down to and through the ball, and drops off in velocity as the energy of the club transfers to the ball.. makes sense to me..

The X axis is the clubhead travel in feet..

The Y is the MPH of the clubhead,

The vertical line is the impact or location of the ball.. pretty basic I think..

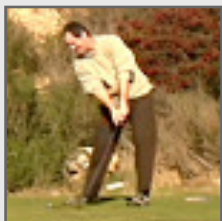
It all looks correct to me... I'd like to keep working on that post impact

#

and that is just about all I ever work on anyway.. my entire golf swing is based upon increasing post impact velocity... accelerate as heavy a club as I can handle into impact and beyond so I can hit lots of greens and keep the ball on the golf course... no mystery..

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

- **lagpressure**



-
- Feb 11 2009 13:31
- 1430 posts
- Member since 2008
-

This is all the cutting edge stuff everyone is excited about...

I actually think the best feedback is the golf ball flight itself...

I'd rather have the ball shaping through the air left or right, low or high, whatever I have designed for the shot... that's my lab...

All the science stuff just seems to lead to more confusion, debate, and uncertainty, because you still have to be able to properly interpret the data, and trust that the experiment went correctly, and the machinery didn't malfunction and so forth.

I find all of it at best "interesting" but I don't put too much concern on charts and diagrams. Ball flight really tells the true story...

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

- **ColtsFan**



-
- Feb 11 2009 13:57
- 87 posts
- Member since 2008

Bet he wished he could take that 'take' of video and burn it unless it was totally redone as a Right Arm Swing where he would have to explain the changes needed therein in comparison to the rest of the original video. >

Paul,

I'm unsure what you mean here?

•

Are you saying that he should not have used the word "hit" in explaining his rt arm swing?

I also wanted to ask you about the TT Video (LBG) letters he did w/ Lee Deitrick. Some say he was teaching a different pattern from the Aussie vids?

Apparently throwing from the top, ala Austin/Croker.

Loren or anyone else please chime in as well....

• **Loren**



• Feb 11 2009 14:39

• 906 posts

• Member since 2007

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Yes, the Deitrick Letters video was a different method.

Right arm throw on plane with no body involvement. Full sweep release. "The body does not lead, it follows."

You can see a small visible left bump in the swing but the rest is body reaction only.

It's been called a right arm swing and it's been called a hit with horizontal hinging. A source of this method is said to be Harry Vardon who advised starting down with no body movement.

Leslie King taught a left-arm version of it.

CF throw-out is used for impact alignments.

TT demonstrated it as a hands throw, and an arm throw and wrist throw in the same clip.

Said, "The faster you do that the more power you generate."

Evershed teaches a version of it.

I've used it for effortless, accurate swinging (or hitting). Still disappointed with distance though.

Justin Tang's Armed for Power article in the Golf School may be based on this, but he says "shoulder throw, wrist throw" on YouTube, and gets a lot of velocity.

I assume Peter Croker picked it up from TT.

Austin said he did that, but I don't see it. Heavy pivot action "spinning the flywheel" pulling the left arm across the chest. What he did do was lay the club off at the top as many good strikers do. Guards against OTT effects by going flat.

He makes a hand gesture demonstrating a wrist throw and says "It's all over in the first 18 inches." Funny, TT said the same thing.

Justin Tang also lays it off in the Golf School article and demonstrates an underhanded tossing motion.

(Systems Analyst, not an AI)

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

- **Loren**



-
- Feb 11 2009 14:46

- 906 posts

- Member since 2007

- [View Monitored Posts](#)

-

The problem in the Aussie clip was “hit out at that ball” and “try to unbend the right wrist”.

The latter was an error for maintenance of the FLW through impact.

The former did not fit in a swinging procedure.

(Systems Analyst, not an AI)

“To be consistent, you must apply Extensor Action.” HK

- **ColtsFan**



-
- Feb 11 2009 15:17

- 87 posts

- Member since 2008

-

Good stuff Loren, as usuall. Couple questions. I thought swinging out to 1st base was what a CF swing did?

Also he did say “try to unbend the right wrist” but didnt he then say “you wont be able to do it” as long as you have the long rt arm?

Do you think his original pattern gave you more distance than the 2nd?

I was horsing around w/ both of his patterns tonight w/ a 7 iron and was amazed at how the “throwing from the top” version gave me great compression and “bacon strip” divots. Both patterns worked pretty good, interested in your thoughts, one over the other?

I also had to throw in some Gary Edwin too since he is pretty similar to

TT :)

Thanks

- **Loren**



- **Feb 11 2009 15:47**

- 906 posts

- Member since 2007

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-

Probably need a different thread for this.

I would say "out to first base, or down the first base line" is a hitting procedure; cross-line bump, angle of approach versus arc of approach. And that's what TT demonstrates in his Basic Motion in the Deitrick Letter video in a hitting procedure. "We're hitting it out to right field." "Right forearm takes it back, right forearm pushes it through."

In "try to unbend the right wrist" he did say "you won't be able to do it", but in fact students do it all the time. It's just not good to suggest it.

He claimed to know 6 or 8 different methods and teach whichever one was closest. I think the pattern in the Aussie series would be more productive, as a hit, not a swing, similar to what Lag is demonstrating here in this thread. Drop it down (float it), pivot and hit it out, sustain. Not the usual hitting method seen elsewhere.

But at my age I'm looking for more effortless, leverage, or velocity.

Whatever the contribution of the body is I don't think you can leave it lying on the table. We don't know the precise question Lee asked TT to

get a video letter like that. I talked with Lee and all he really wanted to talk about was on plane flying wedges into release zone, P3.

Professed lack of memory.

At least one GSEM/PGA is highly infatuated with the Deitrick Letter method, teaches it to his students with reportedly good results, calls it hitting with horizontal hinging.

I think I'd call it a right arm swing.

And Evershed was top Canadian PGA instructor several years running.

Says the power comes mainly from uncocking and rolling. Eschews the long right arm, goes directly into finish swivel.

You're right about Gary Edwin being similar, to Evershed. Drop down start.

(Systems Analyst, not an AI)

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

• **Steb**



• Feb 11 2009 16:41

• 2398 posts

• Member since 2008

• [View Monitored Posts](#)

•

The X axis is the clubhead travel in feet..

That sounds a lot better than the 'feet per second' you mentioned before - I was thinking WTF? Speed vs Speed - that would be a straight line.

The 18" I mentioned before was assuming the x-axis was in NTSC frames, as your downswing does indeed take 5 - 6 frames. Knowing that, I agree your ball appears to be on your clubface for 4 or 5 inches - that's still a remarkable increase from the 3/4" normally seen with persimmon. Pity Guru didn't get a 1200fps shot of that.

• **Loren**



• Feb 11 2009 17:23

• 906 posts

• Member since 2007

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•

ColtsFan, got the book?

Look up 10-3-K Bat minor, frozen right wrist, with Pitch (or Slap) Major basic stroke. Stiff wristed is a hit, loosened wrists a right arm swing. See bottom of 7-19 and all of 7-3 comprising Magic of the Right Forearm.

Forgive me if you've been through all that.

(Systems Analyst, not an AI)

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

• **ColtsFan**



-
- Feb 12 2009 01:55
- 87 posts
- Member since 2008
-

But at my age I'm looking for more effortless, leverage, or velocity.

Loren,

Based on this thinking, which exactly where Im at BTW, do you think the Aussie vid pattern may provide this better than the "throw from the top" pattern.

With regards to starting a new TT thread, Im all for that, but this is a TGM thread and TT was one of Homers first students I believe?

Thanks

• **Loren**



-
- Feb 12 2009 06:18
- 906 posts
- Member since 2007
- View Monitored Posts
-

ColtsFan, I can't make a recommendation.

Send me an e-mail.

(Systems Analyst, not an AI)

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

- **ColtsFan**

ok, will do....



-
- Feb 12 2009 08:05
- 87 posts
- Member since 2008
-

- **tball88**



-
- Feb 12 2009 09:26
- 26 posts
- Member since 2009
-

Lag, in viewing your pictures, it appears that you bend your right wrist back on takeaway, and then unbend the right wrist into the ball.

Obviously you don't flip, your right wrist isn't fully unbent until post impact, so you're bring a stressed club into impact.

Similar to what Tom Tomasello taught.

This is slightly different from some versions of hitting where people preset their bent right wrist, carry it to the top with right forearm pickup and then drive through impact.

Great looking motion...

- lagpressure



-
- Feb 12 2009 15:17
- 1430 posts
- Member since 2008
-

I am a believer that if you want to learn to strike the ball really well, there is a wealth of information left behind from just viewing the great golf swings of the past, such as Hogan, Snead, Player, Norman, (both of them) and so forth..

Homer's work, as excellent as it is, is still mostly observation based, unlike Hogan's epic "Five Lessons" where he is describing a lot of feel and intention.

I believe that for Homer's work to have credibility, it must support, and not deny the golf swing of Ben Hogan, or any of the greats, and I believe that Homer's work does in fact support exactly what Hogan was saying. You have to read carefully though...

Homer's work intended to describe all possible ways of moving a golf ball, no matter how absurd some of the variations are. Describing zero pivot motions and such.. I'm not sure why he took that approach, but it causes a lot of unnecessary material to have to sift through..

Homer never comes right out and says, "This is really the best way to do it"

Hogan on the other hand, tells us exactly what is the best way to do it. He backs it up, and no one has ever shown us a better way..I am so amazed at Hogan's work, as both a ball striker and champion, but also

as an author of golf instruction. We would not be wise to disregard what he said because it doesn't seem to make sense.

If you really look at Homer's work, he gives you the answer to Hogan's swing, or any great ball striker that used Hogan's protocol..

You have to understand 2-P and 2 M-3... this is the key, and it proves to me that Homer did in fact understand what happens in the golf swing of Hogan.

In a nutshell this is it..

"Centrifugal force ALONE uncocks the swingers wrists, but right arm thrust during release is the hitter procedure"

He then says, **"these procedures are not compatible"** meaning you can't do both at the same time,
it's one or the other.. **UNLESS 2-M_3**

and what does 2-M-3 say?

"Unless PIVOT THRUST!!!! actually DRIVES #4 accumulator THROUGH IMPACT!!!!"

YES YOU CAN TO BOTH!!

I must say, that when I re read this I found it a bit shocking that Homer

would use the word “unless” as if it is some type of oddity,
that a golfer would actually use his pivot to drive the primary lever
assembly into impact... (the left arm and clubshaft)

and if you look at 4-D-1 Homer warns against the potential hazard of
hitter’s throwaway with the right wrist flattening through impact
which would disturb the FLW (flat left wrist) then what does he do?
He of course refers over to 2-P which sends you right back to 2-M-3.

**“Unless PIVOT THRUST!!!! actually DRIVES #4 accumulator THROUGH
IMPACT!!!!”**

and there goes the warning.. no more warning...

And this takes you right to Hogan.. pivot thrust not only to impact.....
but ...THROUGH impact...!!

Homer talks about it again, when referring to his primary lever
assembly...6-A-2 (The Primary Lever Assembly) which is simply the
angle of the left arm to the clubshaft..he makes it quite clear that this
Lever assembly CAN be propelled by BOTH the pivot at #4 and the right
arm.. he clearly uses the word AND.

So anyone that thinks that hitting is just a straightening of the right
arm, or right arm thrust down to the ball with no pivot is absolutely
correct.. you can “technically” hit a golf ball like that... but you’re not

going to hit the ball very good, and not very far.. without a pivot.

Homer is very clear in 6-B-4-0

The Pivot (body power) is the Accumulator of Accumulators, the Master Accumulator.

I can assure you that Hogan was quite well aware of this, and had no interest in “pulling the plug” on the master accumulator at impact, and just letting go and throwing the arms off the body...

Homer’s work can be very cryptic, and easily misunderstood..
but it’s for the most part... all there..

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

- **iseekgolfguru**



- Feb 12 2009 15:36

- 8159 posts

- Member since 2003

Power Accumulator #4 has been known in these forums as the Master Accumulator as it is where the flying wedges tied into the torso and therefore where it all hangs together with what the pivot is doing.

Also #4 and Pressure Point #4, the feel of the left arm to upper torso, is what allows you to control #4 Power Accumulator.

For those wondering a little, when you throw a ball its 90% right arm thrust, traveling on a pivot platform. An arm only throw is not as

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-

strong as one with a spinning torso (on a braced target side leg).

- **lagpressure**



-

- [Feb 12 2009 16:18](#)

- 1430 posts

- Member since 2008

-

That's a great analogy Guru,

so why do you think Homer was so reluctant to really stress the value of such a protocol in TGM?

You really have to chase the book around to get there...

I have never understood why he would suggest in 12-1-0 (basic pattern for hitters) to zero out the pivot until that is first mastered "until it approaches the expert stage".

How can you ever be an expert in "anything golf" without a highly effective pivot?

He really must have meant something else, of which I do not know..

There was a guy on my golf team in college that could shoot 75 playing golf with just the left arm.... no right arm on the club...

But how can you play any kind of respectable golf, zeroing out the pivot for all intent and purpose?

Pivot driven hitters should be the absolute standard and not the "unless" or "if only" version...

My book is only 5th edition, did he ever clean up this nonsense in later revisions?

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

- **iseekgolfguru**



- Feb 12 2009 16:29
- 8159 posts
- Member since 2003
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Homers Zone One is the clue. Use of the pivot a correct way for the power packages to utilise. Basic, Aquired then total motion.

The impression I have been given from those in the know more than I is that I think that he meant learn how to hit with your arms off a quiet pivot before trying to add more accumulators. Each barrel of course makes it harder to coordinate the shot.

- **BPGS1**



- Feb 12 2009 17:18

- 313 posts

- Member since 2008

-

Well said, Lag. We teach every one of our golf school students to hit the ball with their pivot, with NO independent muscle power action from either arm for either accuracy or power, as our Basic Motion or starting point. Hard to believe it until I or my staff has you there in person, since there are so many visual and feel Illusions that literally prevent you from seeing how this can be true.

No left arm swinging or pulling and no right arm driving or hammering or pushing. Just pure Pivot Thrust.

Of course it is possible to do both swing and hit in TGM terms (regarding the release) at the same time as Lag notes in his post. When you Pivot, you create centrifugal force, when you post up into your Left Wall of Resistance, and the inevitable decel of the body occurs, COAM happens. Both these things are always present in a good golf swing and they will create some degree of passive opening of the wrist angle. Speeding that opening up by using forearm and wrist muscles and/or right tricep hammering/hitting action is a possible option. But one we seldom recommend to anyone about 6 handicap or higher, since in our experience this is already happening - although much earlier than from P3 or a bit later - due to the Hit Impulse.

Later Pivot Thrust Triggering like Hogan did does require it or the clubhead won't bottom out in time with the body pivot.

- **KOC**



-
- Feb 12 2009 18:48
- 232 posts
- Member since 2005
-

I have never understood why he would suggest in 12-1-0 (basic pattern for hitters) to zero out the pivot until that is first mastered "until it approaches the expert stage"

Dear lag,

Why I can't see the Zero out pivot 12-1-0? Are you talking about 12-5-1?

- **lagpressure**



-
- Feb 12 2009 19:14
- 1430 posts
- Member since 2008
-

Later Pivot Thrust Triggering like Hogan did... does require it or the clubhead won't bottom out in time with the body pivot.

and that's the "I wish I had three right hands" thing...

I don't think the super fast post impact pivot of Hogan is nearly as impossible as it seems... it's generated from the ground forces in the feet, and Gary Player really hand that down as much as Hogan did. You just have to know how to do it, and I think that is what Sevan1 talks about in his book. "It's in the dirt".

On Homer,

He certainly seemed to have an infatuation with the unusual and

bizarre in his attempt at covering all the possible swing variations under both the sun and moon...

You really have to chase all over the book to get to what he really knows is the superior way to do things...

There is so much in chapter two it's mind boggling.. but it's there... if you really follow the treasure map.. he tells you loud and clear what to do... but not quite how to do it..

Sometimes I wonder if he didn't really know "the how" as much as we are sometimes led to believe. For example, I have yet to find anywhere in TGM where Homer addresses the options for utilizing ground forces to increase pivot velocity through and post impact.. it should be another separate component complete with multiple variations for a chapter 7 and 10 entry...

He talks how the teaching of the golf swing should start at the feet, but then only talks about foot positioning, and weight transfers. There is a lot more to it than that..

If he knew, then it's only on the secret audio tapes or whatever.. it never passed down to Doyle or Mc Hatton that's for sure.. the martial arts guys sure know it, and so did Hogan and Player, and a slew of guys from that early era because of the heavier clubs..

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

- lagpressure



-
- Feb 12 2009 19:44
- 1430 posts
- Member since 2008
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KOC,

I only have a 5th edition book! there is no 12-5-1...! lol

12-1-0 in my edition is (Drive Loading Basic Pattern for Hitting)

which suggests golfer start off with zero or minimal pivot to learn hitting which I personally find beyond absurd...

I stand firm in the concrete that the three stations (hands, arms, body) MUST be cross trained in unison and and in sync, even if that is just a short chip shot... hit or swing...

His suggestion that you master hitting as a 1+2+3 barrel motion (minimal or zero pivot), until that approaches an expert level, to me, seems ludicrous... for one, I have never seen it done, and two, I don't think it could be done with anything that would closely resemble "expert looking" golf.

I can't tell you how many people I have know over the years that have gone at the book alone, and thought hitting would be a good idea....so they go to Homer's suggested stroke pattern and think they can learn to play golf by not having to use much, if any pivot, and just start

punching their right arm at the ball with a FLW and a P4 disconnect...

NOOOOOOOOOOOOOOOOOOOOOO!!!!!!!

But it's very easy to draw that conclusion from what he has there..

If the path to The Emerald City is by way of The Yellow Brick Road,
then that recommendation is the tornado back to Kansas...

Strange stuff indeed...

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

- **KOC**



-
- Feb 12 2009 20:02
- 232 posts
- Member since 2005
-

I see. There are lots of changes from 5th to 6th then...even more in the 7th.

12-1-0, pivot component is listed as standard.

Regarding zero out the pivot, it is 12-5-1, BASIC MOTION two feet in both directions. Zero out the Pivot, Shoulder Turn and Accumulator #3.

I used to query about the zero pivot, but once I understood that this Basic Motion Curriculum is the Follow-Through, Stroke Section 11 and when I 'pre-positioned' my Right Shoulder (down On Plane) to allow a Follow-Through of this length, it is so easy to perform a Single Barrel

Stroke, no matter left arm or right forearm.

Although I am living in a small place in Hong Kong, I can do that on my carpet with a mirror to practise G.O.L.F.

- **BPGS1**



- **Feb 12 2009 20:28**

- 313 posts

- Member since 2008

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Right again, Lag on your critique of right arm hitting action. What often goes completely overlooked by most folks, to the point where I have made this part of a chapter in my new book, is the actual direction or dimension of the right arm angle opening. Little or none of it is in the horizontal dimension, or through or past the ball position, which is how we apply our power to direct the ball to our target.

Only a tiny amount of that lever energy is expended in the horizontal dimension from the pitch position, where the elbow is leading the hand. The pivot creates the optical illusion and the feel illusion that this angle is independently opening up in the horizontal dimension as well as the down and out dimension.

Only reason we need to use the down and out dimensions in golf is because we stand to the side of the golf ball and it rests on the ground. Power and clubhead speed in those directions does not directly contribute to the ball flying in the horizontal dimension to our target. But we need some speed in those two dimensions to be in synch with the pivot in order to make solid contact.

One of the really Big Secrets in golf is synchronizing your Down/Out dimension clubhead speed with your Horizontal dimension body speed. THE timing issue in the golf swing. Which is another way of explaining why the late Hoganesque Pivot Thrust Trigger requires a later wrist cock release trigger to match it, and an active muscle-powered wrist cock release to make certain the wrist is un-cocking fast enough to keep in time with the pivot.

- **KOC**



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- Feb 12 2009 20:59
- 232 posts
- Member since 2005
-

I think Homer did realize the role of pivot..."The mechanical device has no balance problem but the human machine does, and mastery of the Pivot (Zone #1) is so essential for good Golf."

Pivot train 6-M-1

Power Package Transport 7-12

Anyone know the word count of "pivot" in 6th edition? (I buy you beer if you know, haha)

But, I also believe that Hogan disclosed "secret" was mostly related to Hands and Arms components...such as how many degrees of my left wrist cupped, how to roll my arm, supination & Pronation. Hogan also spent plenty of pages in 5 lessons book on Grip.

There is no absolute Yin, there is no absolute Yang, make good use of

Yin and Yang.

- [iseekgolfguru](#)



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- [Feb 12 2009 23:00](#)
- 8159 posts
- Member since 2003
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Thanks KOC for some very good posts above.

Lag you need a copy of the 6th or 7th edition to find a way to your reading table:)

Zeroing out the pivot is a way to learn where the flying wedges get delivered before you add pivot. Then Aquired Motion and total motion must have the pivot involved for hitter or a swinger unless you want to play chip and putt.

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