

From: Research Laboratory of
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COMPARISON OF GOLF SWINGS

SWING I is that of an ordinary golfer.
SWING II is mine.

"A" in each swing indicates path of backswing and
"B" the topmost hand position in the backswing.

The following points are of interest:

(1) The arc of the backswing in II is much wider than in I. This is brought about by a more complete extension of the left arm.

(2) This extension plus a more effective wind-up of the hips brings the hands at "B" noticeably higher in II than in I. The position in II is one of greater potential power.

(3) The loop in the path of the club head as the swing changes direction is apparent in II and absent in I. In II the plane of the downswing has dropped away from the camera so that the club head may be brought upon the ball from inside the line of flight. The radius of the downswing has been further shortened by the retention of almost the full angle of wristcock during the early stages.

(4) In the second half of the downswing, in swing II the intervals between successive club positions are greater than in swing I because the uncocking of the wrists in this area contributes to continually increasing club head speed.

(5) In II the player has relaxed after making the hitting effort and has allowed the momentum of his swing to carry his club well around his neck at the finish. Swing I, being much shorter after impact indicates that this player is still feeling tension.

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