

Lesson #8

HITTING THE BALL

The "early day" professional taught us to throw the club-head to start the downswing. Modern photography and research into the methods used by the leading scorers have taught us that, contrary to this former belief, the downswing should begin just as smoothly and slowly as the well-controlled backswing.

By starting with that same left hip that we used to start our body coil, we smoothly start to uncoil. Almost simultaneously the left arm, which is still straight, starts downwardly - the wrists remain cocked - our body continues to uncoil - our right elbow draws down close to the body - our weight starts to shift - the left leg straightens - the right leg starts to bend toward the ball - we've hit it at last!

As complicated as it may sound, we have really done nothing more than uncoil that carefully wound spring. Our club-head has followed the same arc that we used on the backswing, and our left hip has shifted - or turned out of the way, just exactly as our right one did when we brought the club-head back. We have learned that if we keep our head perfectly still - keep our left arm straight - draw the club-head backward slowly, near the ground - not making one single abrupt move; we can put the club-face in contact with the ball by simply reversing our backswing. Now we understand why we spent so much time on the backswing; correct action combined with slowness perfects the arc of our coil.