



Motion

Source of Motion

Sources in Golf

Source is a word that identifies where something comes from. In golf, if you took the viewpoint that there are actual sources for the following important parts of the golf swing, you can gain a more professional viewpoint and natural understanding of the action of 'Hitting That Ball':

Motion (Source of Motion)

Stability (Source of Stability)

Control (Source of Control)

Time (Source of Time)

Power (Source of Power)

Balance (Source of Balance)

Structure (Source of Structure)

Step 2 through Step 8 are designed to give you a strong natural sense for each one of the above factors in your golf swing. By clearing up and understanding the **definitions** of these words in Natural Golf, you will really be in a position to learn a successful Grip, Stance, Backswing and Hit.



Hands

Improper use of hands in golf is what is causing the game to be so 'difficult'. Golfers are trying to fix everything under the sun, but the real cause – the use of their hands – is rarely in question.

In sports, more feeling more easily emanates from your hands. Your body naturally adjusts to support and align with the action of your hands. You hit with your hands.

A golfer's hands are what direct their body and the club in the golf swing. The clubhead is something the hands use to hit the ball with and the body is something that aligns with and supports the action of the hands. This is true in tennis, hockey, baseball, eating spaghetti... it is also true in golf and is the key to playing good golf!

Your body should remain as inactive and as 'quiet' as possible throughout the downswing. Your body may appear to move first, but it is a result of first trying to hit with your hands.

The whole idea is not to allow the body to react independent of the movement of your hands, but support that movement naturally and work in harmony with it.



Cause & Effect

Cause --> Hands

Effect --> Body

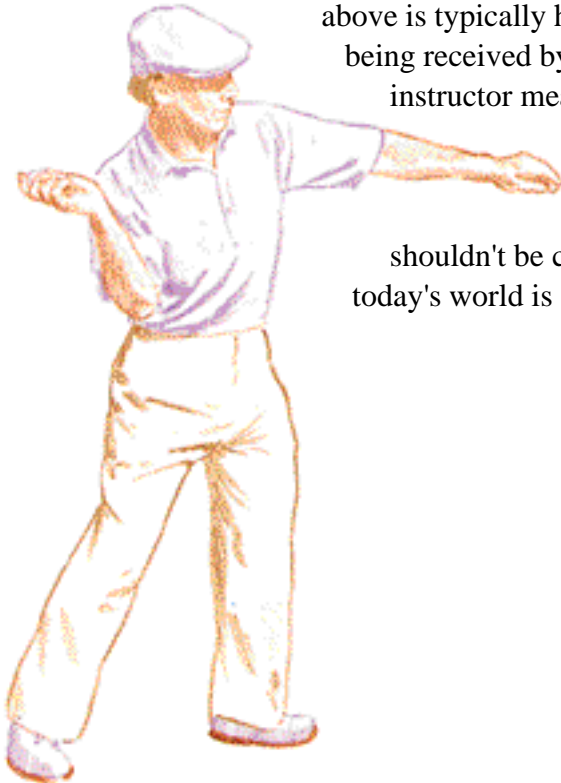
When hitting that ball it is a successful viewpoint to regard the hands as being at cause and the body being effect. Your hands are the source of the motion and your body works in support of this motion giving it a wholeness of power and stability.

Throw a Ball Exercise

Pick up a ball and throw it using each of the following procedures :

- 1) Turn away from your target. Now plant your left heel hard, and allow your hips to slide and turn forward towards the target. Make sure your right elbow gets to a position 'deep' ahead of your hand as you pull the ball forward. Allow your hand to be dragged ahead of your head. As soon as your hand passes your head, open it to release the ball.
- 2) Pick up the ball and throw it at a target with your hand.

This exercise, like the hammer exercise earlier in the book, is not as ridiculous as it may seem. Example 1) above is typically how golf instruction ends up being received by the student, whether the instructor meant it that way or not. Example 2) is Natural Golf's orientation and shouldn't be considered novel, but in today's world is all too often New News!



Hand positions

The following pictures define right hand positions that will be used in the program when discussing the work your hands do:



Bent



Flat



Arched



Laid Off



Vertical



Rolled



Cocked



Level



Un-Cocked



OtherSports

By looking at other activities involving your hands, you can better understand the central role they play in creating the motion. Tennis, Hockey, Baseball, ... your hands are the source of motion. Take even a sport such as discus throwing that involves a tremendous amount of body motion, it is still the hand, surprisingly enough, that is the real source of all the motion.

The discus is thrown as a deliberate action with the hand and all the motion of the body is in direct response and only workable to the degree that the hand can coordinate it all. In the final analysis, what is doing all of the unleashing is the hand. To say that something else unleashes the hand is to take the source of motion away from the hands which is generally disastrous to the student.

Body Follows Hands Exercise

Stand at address without a club, but with your palms facing each other. Now move your right hand to the top of the backswing position. Then move your left hand to top of backswing position. Then do the same left and then right hand motion to move your hands back to impact position and then to finish position. Note how your body naturally follows your hands.



