



Stability

Source of Stability

One Swing Center

Everyone knows that you have to keep your head steady as you are hitting a golf ball. This is fundamental to all great golfers. No statement about golf was truer or more basic.



In order to have stability in your swing, the center that you are swinging around must be stable. The center of the radius of your throughswing is your left shoulder.

If your left shoulder is pulling away from your head this causes some real problems; you could end up breaking your neck trying to keep your head still.

Two opposing swing centers

Golfers often end up with two opposing swing centers:

- 1) Left Shoulder
- 2) Head

Now if the left shoulder starts going into motion independently of your head, you can end up with a golf swing that is extremely *unstable*.



A final answer to all of this is that the action of your hands pushing the clubhead through the ball must force your left shoulder:

- A) **Up** toward your head
- B) **Back** toward your head

When A) and B) are occurring you are swinging around *one* swing center and real stability in the swing is a piece of cake.

One Swing Center Exercise

Make some practice swings, and as you approach impact, pull Down and Forward with your left shoulder while trying to keep your head stationary. Pretty impossible. Notice how the pulling left shoulder is what pulls on your head. It is important though, that you understand what this feels like so that you can recognise it in your swing. Can you spot for yourself the two different swing centers?

Now, throw the clubhead through impact. The force of this action should force your left shoulder Up toward your head and Back toward your head. Notice how when the hitting action is against and forcing your left shoulder back, out, and up, your head simply stays where it is without reacting. Can you feel yourself working with one swing center?

Your swing will be no more stable than your head has stability in the golf swing.



Unreacting Head

You have no chance, in fact you not even there if you flinch and can't confront the action of hitting that ball. But order to be there and be able to exert the control necessary to learn and play golf, the following line must apply to your shots:

Head not reacting physically ormentally to the action of hitting that ball.

Mentally you must really **be there** for the shot.

Physically your head can move, but it must not physically **react** to the action of hitting that ball.



Effortless Power

- 1) Strength = Left shoulder position controlled by hands
- 2) Weakness = Hands are controlled by the Left shoulder
- 3) Stability = Hitting against the Left Shoulder
- 4) Instability = Left Shoulder at **any** point pulling on hands

Powerless Effort =
Left Shoulder Pulling On
Hands

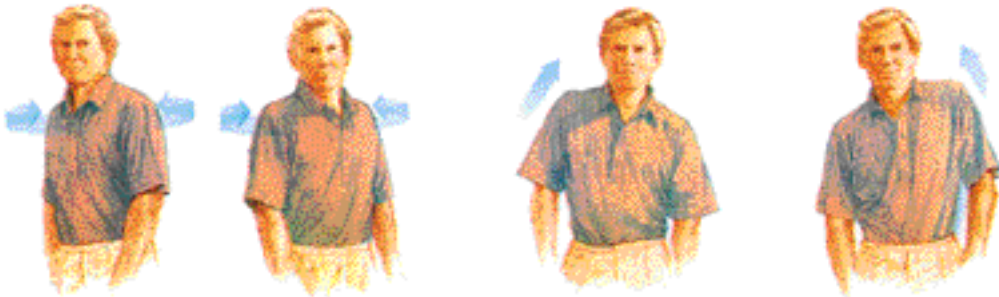
Effortless Power =
Hands Pushing Away From
Left Shoulder

Left Shoulder - Its Central Role

Look at a high handicapper and look at a low handicapper. The real difference, and the source of all the trouble, is the left shoulder.

When you hit a ball, the left shoulder is the center of the radius in the troughswing. If that center is stable, you have power. If that center is moving away from the ball you will not have power. Also, pulling in on the shoulder drastically shortens the effective swing radius, making the clubhead go much slower. Keeping the left shoulder out extends the swing radius, greatly increasing clubhead speed at impact.

Left shoulder pull is the source of the syndrome of swinging faster and having less power and less control. This is the source of essentially every bad part of a golf swing.



Shoulders turning

Shoulders rocking

Notice that your shoulders can make two motions. They can rock and they can turn. Your shoulders are free to rock as you hit that ball, but the force of hitting that ball is causing your left shoulder to stay turned back from the target.



Anything that would cause your left shoulder to turn past parallel to the target line before you have hit the ball, will be the source of failure for that swing.

Your left shoulder is free to rock upwards when hitting the ball, but the turn is delayed. (Alternately rock and then turn your shoulders so you can see the difference.)



- The choice: 1) The left shoulder being forced back from the target by the action of your hands pushing against and out from your left shoulder (center of the radius) when hitting that ball.
- 2) The left shoulder is turning toward the target as it pulls on your hands and clubhead, dissipating any power or alignments.

1 & 2 above are the two different worlds of golf

In 1) your skill will be allowed to come to the surface. In 2) you will be forever chasing the clubhead and real satisfaction from playing the game to your natural ability, will always elude you.



Left Shoulder Rocks Up

It is the rocking up of your left shoulder. not the turning of your left shoulder, that allows your right hand to reach and hit deep through the ball.

When you run out of right arm to extend in the downswing, the momentum of your hands, arms and club pulling against your right shoulder, will pull your head and body up and forward well after impact. You are driving the clubhead through impact at quite a speed and it is the body which acts as a kind of shock absorber and slows it all down, after the ball has been struck and after you have hit through full extension.



Left Shoulder Doesn't Rock Up & Swing Ends Early

Per the above Swing Key, if your left shoulder does not rock up, you will run out of right arm and the club will pull your body up out of the shot early. It is your left shoulder rocking up that gives you more right arm. When you do not have enough right arm, your swing ends early as it pulls the clubhead across the target line for a very shallow finish.

Fortunately it is very easy to rectify. And because it is **the** basic mechanical problem with all golfers, when you do rectify it, you will then be able to bring your skill to bear.

When you push the clubhead out away from the center of the radius, the center of the radius (left shoulder) must be stable. Most golfers are spinning out of their shots (left shoulder pulling) and so find it impossible to generate any real power or accuracy.

Your left shoulder begins the throughswing turned away from the target. *All you have to do is leave it there!*

When executed correctly, the force of hitting that ball causes your left shoulder to be delayed in any turn forward, even through impact. This is the critical mechanical part of any golf swing.



