

TURN DIRECTION

RIGHT SIDED

vs

LEFT SIDED

Tiger

Hogan

Elkington

?

?

?



Much has been said and written about using turn as a way of creating more power, “turn your back to the target”, “turn your shoulders 90°”, “turn your left shoulder under your chin” and “coil up like a spring” ect. However the important thing about turn is getting the direction of the turn correct, not the maximum amount.

Basically, proper turn is related to your setup angles at the start. Starting from the correct position will allow your arms to move and pull your body around your original angles, with your shoulders responding to the direction that your arms are going.

This goes against the old theory of “one piece takeaway” where the club, arms, shoulders, legs...the lot - moves together to start the swing. This “one piece takeaway” causes the body to turn in the wrong direction which will change your original set up angles.



The shoulders will turn too much at the start (pic 1) causing it to stop before the arms and club have reached the top of the back swing. This is when many players will lift or tilt there body (pic 2) in an attempt to complete the back swing.

Starting with incorrect set up angles (refer April Preferred Lies on impact) will cause to body to get pulled in the wrong direction. In picture 3 you will notice that this player

is starting with an inverted set up (back to front). From here as the arms move the club away the shoulders get pulled in a vertical direction, note how the left shoulder is working down and back. From here on the down swing the left shoulder has to go back up to counter balance, resulting in a “chicken wing” with the left arm on the way through (pic 5).



Players who have poor turn direction concepts such as “turn with the left side” or “turn behind the ball” will have a lot of trouble in initiating the down swing. When the left side of the body dominates the turn (pics 6 & 7) it becomes in the way and must get out of the way (pic 8) to get the club down into impact.



This causes other problems commonly described as over swinging (pic 7), releasing too early (pic 8), staying behind the ball (pic 9) and always results in poor ball flight control (generally cuts).

Turn direction is one of the key elements Tiger has improved in developing his swing (pictured directly below).

Starting with the correct set up angles (pic 10), as the arms move they pull the body around its original angles creating a coil/turn (pics 11 & 12). From here there is no need for compensation in creating the downswing and follow through (pics 13 & 15).



In his old swing his turn use to work steeper and in a lateral direction further behind the ball (pics 16 and 17). This turn direction is what we call a left sided swing as the turn is dominated by the left side of the body, from here the left side has to clear out of the way to get to impact. Note the difference in impact in pictures 14 and 18. His new and improved swing is a right sided swing because the right side of the body is creating the turn, the left side of his body moves but it gets pulled out (pic 12), not across (pic 17), allowing the right side of the body to hit and come around through impact (pics 14 vs 18).

This turn direction (right sided) creates a ball that is powerful, repeatable and controllable regardless of age, ability, shape, size and strength and better yet it's also less physically demanding on your body.

Look out for next months article on swing radius which will conclude this 4 article series on core swing fundamentals and the improvements Tiger has made to his swing.

If you have any questions regarding this article or would like to enquire about your own improvement program contact me on 0419 588 873 or send me an email, richard@richardsladegolf.com.au.

Good Golfing

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