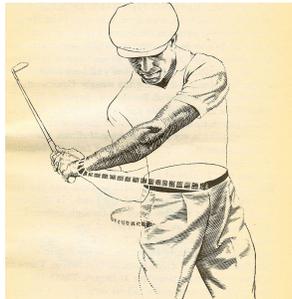
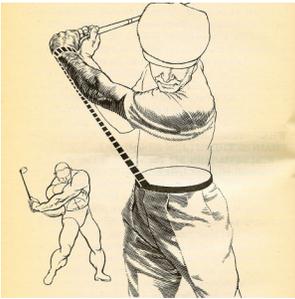


# What Starts the Downswing?

What starts the downswing? I get a lot of different answers when I ask my students that question. Some say to start with your hands, some say to start your downswing with your shoulders, etc.... but – **the downswing starts from the ground up!**

What that means is that you must get back to your left foot and leg as you unwind into your left hip. (**This is for right-handers – for lefthanders, substitute ‘right’ for ‘left’**). Unfortunately it is common for many golfers to start the downswing by throwing the club head down into the ball, and/or spinning their shoulders. All this does is cause a variety of bad shots which include: chunky shots where you take more turf than ball, or big, ugly slices. Both the path the club is traveling and the poor contact with the ball will give you an indication that it was not a solid and powerful strike of the golf ball.

Look at the pictures below. Start your downswing by shifting back to your left leg AND unwinding your left hip into you left leg. (remember, lefties, think ‘right’!). Notice the club handle and the relationship with the left hip. The club head does not flip down into the ball as you start your downswing. It is quite the opposite – the club head and club handle stay at the same angle as it was on the backswing. It has traveled down because you have shifted your weight and unwound your hips.



By moving your lower half into position to start your downswing, you have given yourself an excellent chance of hitting the ball solidly and with power. Effortless power! – not powerless effort!

So remember, the downswing starts from the bottom (foot, legs, and hips) NOT from the top (hands, shoulders, arms).

\* Pictures are courtesy of Ben Hogan's book 'The Modern Fundamentals of Golf'

Please contact me today so we can schedule a golf lesson and discuss how I can help you obtain more 'effortless power'. Improve your game for the new year!