

WIDE STANCE DRILL MORE INFORMATION



Why do we rate this exercise so highly?

Well it is due to the amount of constants the exercise creates with the engagement of the muscle structure. First the creation of the dynamic posture by tilting forward from this hips. This will bring the weight towards the toes and for many will create a lengthening or stretching feeling in the posterior chain or hamstrings. Once this is achieved the key is to switch on your abs whilst lowering slightly onto your quads and glutes. This should recentre your weight from toes to more of over the balls of your feet. You should not simply bend the knees but engage the muscle structure.

Once in this athletic position you will note how your left foot to right shoulder and right foot to left shoulder create a large X. If you work the movement of the spiral around and up you will be able to feel the tension created in the muscle structure. We call this the Spiral Staircase™. As the lower half resists the movement towards the ground the spiral climbs around and up the body. Once at the top of the backswing you should feel a connection from left foot to right shoulder or hand if performing the exercise whilst loading the right shoulder. One should also feel the right foot to connection to the left shoulder.

The downswing leads to a number of common errors, particularly when the body simply turns. We hear many different ways to transfer the weight as it is called. From centre to right and through to the left for a right handed golfer. The golf swing is a three dimensional movement and therefore the art is to call on all three planes of motion sagittal, transverse and frontal to use them in a simple balanced way. We say the swing is roughly 1.5 seconds of movement,



And for sure it is almost impossible to think of all that is required to perform in a millisecond. Therefore it is important the muscle structure is trained to create simple movements that lead to other movements.

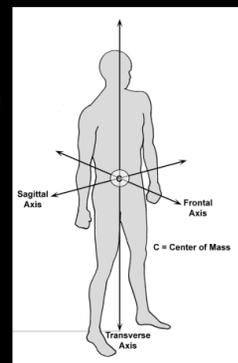
The Spiral Staircase is the best way as we are actively challenging the spiral line. The spiral line stabilizes the body in all planes through its double enclosing loop which spirals around the body passing from the head through the arches of the feet.

If you would like to know more please read on, otherwise stop here..

It is almost impossible to think of all that is required to perform in a millisecond. Therefore it is important the muscle structure is trained to create simple movements that lead to other movements. The Spiral Staircase is the best way. By understanding a little more about how your body works you may be able to not only improve your golf but also your overall health.

The spiral line is a simple look at how the body is connected from head to toe and when used correctly performs complex movements with ease. Take a look at this video from Muscle and Motion to see how the spiral line wraps around the body. <https://youtu.be/tyv6Vkv6MKo?si=-UKAy4YfmNkYMX3F>

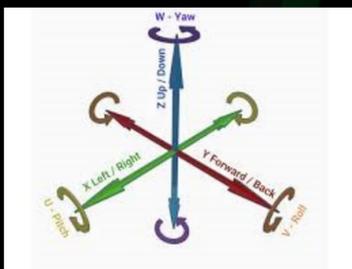
When discussing the movement of the body in space we need to be aware of the 6 Degrees of Freedom as it is called, the movements operate around the three planes Sagittal, Frontal and Transverse.



Sagittal is a vertical plane dividing the body into left and right halves, movement forward and backward parallel to this plane called (surge) occur in the sagittal plane or on the Y axis. Flexion from the hip joint is pivotal to creating solid foundations in the setup as this creates a balanced position from front to back over the feet. This position also allows for the arms to hang freely from the shoulder joint.

Frontal is a vertical plane dividing the body in half from front to back and any movement parallel to this plane called (sway / slide) would occur in the frontal plane or on the X axis. Lateral movement known as weight shift, side bend as well as moving the arms away and toward the body are all occurring in the frontal plane.

Transverse this is a horizontal plane that divides parts of the body into top and bottom half. Movement up and down called (Heave) would occur in the transverse plane or on the Z axis. External and internal rotation of the shoulder, pronation and supination, as well as rotation of the upper and lower body occur in the transverse plane.



The body is able to move in each of these planes and also rotate around each axis.

Forward bend or Roll is around the Sagittal axis

Side Bend or Pitch is around the Frontal axis

Rotation or Yaw is around the Transverse axis.

When trying to understand your motion it is advised to understand which joint we are calling into action and what degree of freedom each joint has. Problematic areas such as the knees and elbows can become a problematic area of the golf swing as when we ask them to rotate they are unable. Rather we should allow rotation to be delivered from larger joint structures such as the shoulders and hips as they have more movement being ball and socket joints.

The golf swing is a whole body movement but to simplify the we manage our balance points. Our main three balance points are located next to those biggest movement areas. The shoulders or the top of our spine, the hips or our coccyx and feet. Our task is to maintain the balance of movement in the three planes and rotations around those planes and not let one specific movement effect the other movements in a detrimental way for the body.

