



TRUST YOUR MOVEMENT  
THE MAGIC NUMBER!  
45 DEGREES

FINISH THE SWING  
REMAIN IN BALANCE

SWING THE CLUB  
PRESSURE ON THE ARC

HINGE AND COCK  
FOLD THE ELBOW

SWING DOWN AND THEN AROUND  
3/4 ZONE  
ARC  
50%  
75%  
100%  
NEVER PAST HERE  
MUSCLE MOVES MASS  
BACK TO TARGET  
PRESSURE CORRECTLY WITH THE  
COUNTER SPIRAL  
REMAIN IN POSTURE  
TORQUE / RESISTANCE  
WHAT IS YOUR INTENDED OUTCOME

DON'T THROW IT FROM HERE

SEE THE SHOT

FULL SHOT ZONE

NEVER PAST HERE

MUSCLE MOVES MASS

BACK TO TARGET

PRESSURE CORRECTLY WITH THE  
COUNTER SPIRAL

REMAIN IN POSTURE

TORQUE / RESISTANCE

WHAT IS YOUR INTENDED OUTCOME

SMOOTH - ONE MOVEMENT

THE BALL IS NOT THE TARGET

