

THE GOLF SWING IN EMBRYO

POINTS TO STUDY

For all golfers the most important picture in the book to study.

Above the line all movement is passive, below the line it is active.

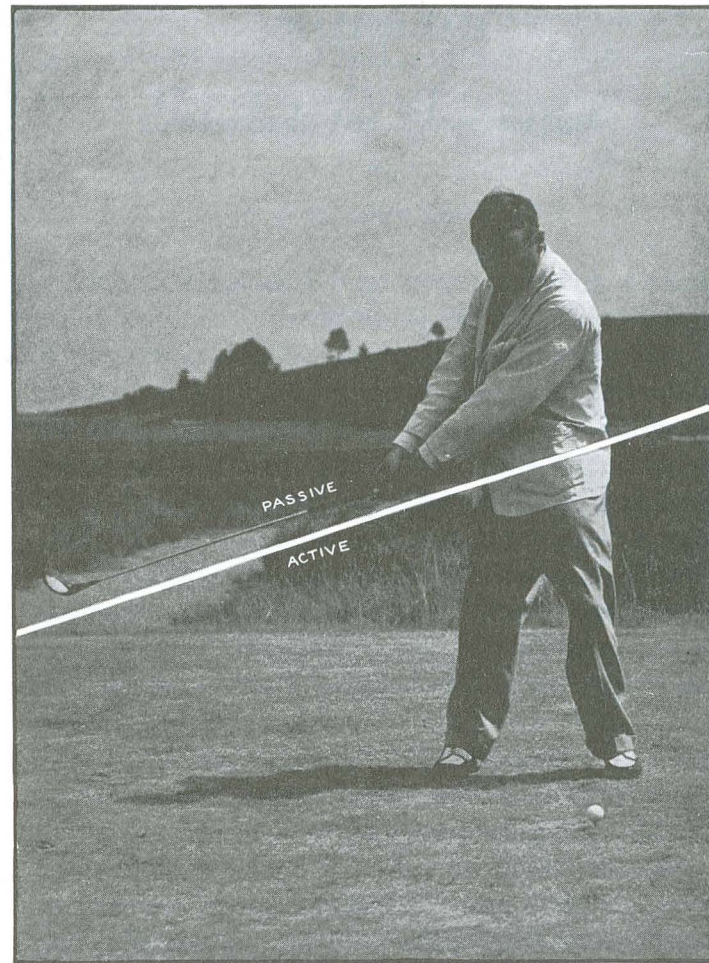
Leg muscles have been used to push out the left knee and to pull back the right knee. No other muscle in the whole body has been used *actively*.

Relative to the club, the hips, shoulders, arms, and hands are in exactly the same position as at the address.

Conversely, to bring everything back to the position of the address, all that needs to be done is to straighten the left leg and slightly to bend the right one.

The reason for keeping the wrists *up* at the address is now obvious. Had they been broken (held *down*) at the address they would be cocked up as the club was carried back.

Source : 'On Learning Golf' by Percy Boomer Chapter VIII Preparatory to the Swing.



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PERCY