

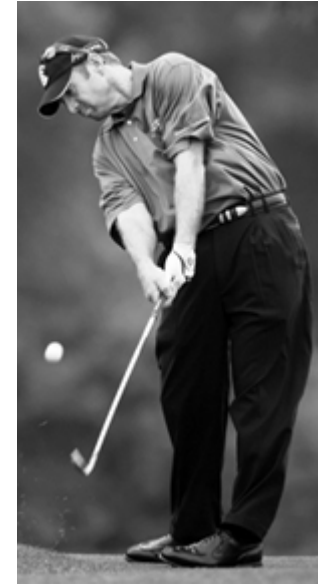
Full Swing



Right Sided Golf Swing

The Right Sided Golf Swing is simple, repeatable, powerful and proven successful. As a Senior Instructor of the method I find the basic principles undoubtedly the best in the world of golf today. In the below information I will offer a brief insight into the key ideas and concepts which make the Right Sided Swing so popular worldwide amongst touring professional and beginners alike. As seen in this website, Rod Pampling has taken our swing method to new heights being a multiple winner on the Australian tour and the highest golfing stage in the world the US Tour. Rod Pampling has a golf swing which looks simple yet powerful and has many world class players and commentators asking the question of... 'How can it be this simple?'

It really can be this simple if your swing 'starts' in the correct position then turns correctly in the right direction to allow the arms and club to remain in a consistent radius from the body.



All Gary Edwin 'Right Sided Swing' instructors are qualified to reconstruct a golf swing to eliminate all wrong moves. As the Golf swing is built on a series on sequential moves, how is it that some 'instructors' can give small tips to improve a golf swing?

Below are the basic principles of the 'Right Sided Golf Swing'. Some videos have been provided to assist these introductions to veriest stages of the swing. If you require any further information please feel free to email me or join the 'free' mailing list for more information monthly.



Setup

The preeminent aspect of the right sided golf swing is the distinction of the body angles at setup. Observers will notice the right sided golfer in a position at address not dissimilar to the position created at impact.

The idea behind this position is to create minimal and repeatable movements to generate power and most importantly for golf, consistency. If a golfer can lessen his need to sway, rotate, shift in unmeasurable amounts then he can repeat this action even under pressure.

At the correct address position a golfer under instruction of the right sided swing will resemble a reverse letter K. In difference to the traditional methods which are in a neutral position.

This reverse K will allow the spine to be tilted toward the target whilst shoulders and hips become parallel to create a correct direction of turn in the sequence of the backswing.



The Grip & Wrist angles

Ultimately the success of your grip relies heavily in the positioning of club in your fingers which invariably influences the angles created in your wrists. Wrist angles relate directly to body angles in the setup and throughout the swing, for example: if the golfer creates too much angle in his left wrist (which in turn will decrease angle in the right wrist) his setup will be tilted to compensate for this creating an increase in body angle. Given that the golf swing is a series of correct sequential moves, the golfer will start his swing in the wrong directional turn.

Setup (from side view)

The importance of correct body angle in this position is crucial to allow for a rested position for the arms. If the body angle is too upright due to straightened legs or failure to bend from the waist the arms will be forced outwards or reaching for the ball which will effect wrist angles and of course direction of turn. A slight flexing of the knees will give balance and allow the turning of the lower body to be fluid and unrestricted.

First move: Takeaway / Backswing

Many golfers I see each week are under the misconception that the golf swing must start with a large muscle group such as the shoulders or worse still a shifting of "weight" to his right side (right handed golfer). In fact the first motion in the golf swing will be a slight hinging of the wrists to set the club moving first with minimal shoulder turn to begin with and of course no "shifting of weight".

Instructors who insist to 'transfer' body weight to the right side then again back again to the left to create power fail to note that this will in fact achieve the direct opposite. The average golfer will hear this advice and slide their body weight over to the right side during the takeaway and then lift their arms to the top of their swing, in most cases this will tilt their spine angle inverted and create what most people, including instructors will call an over swing. Then, the golfer must counter balance this position during the downswing by throwing their arms out and sliding their hips back towards the left side. Basically this will have the complete opposite of the desired weight transfer into the ball to create power.

The right sided golf swing will stay in the reverse K position throughout the backswing, hence allowing him to be already behind the ball and in a position to explode forwards creating the desired speed and power (see video).

In the Right Sided Golf Swing the rationale behind moving the shaft first is to keep the 'radius' of the arms and club consistent with the body whilst turning in the correct direction. If a golfer starts his swing with the shoulders for instance he will most likely be unable to resist the body to follow this direction and hence shifting mass to his right side (as above) and losing all spine angle created in his setup. During this incorrect sequence he will continue to try to match up moves in the swing to create false speed and power.

To summarise the above aspects, the golf swing must start correctly in an athletic setup. The golfer must start the sequence of moves correctly in order to keep radius and direction of turn, keeping his body in much the same angles to allow speed and direction to be correct for his downward path to the ball.

Transition & Forward movement

In other methods being taught, the golfer, at the top of his swing would have moved off his original position at setup in the hope to create 'load up' or 'coil' to enhance the feeling of power. However, this movement in many golfers will only succeed in hindering the golfers ability to return to the ball hence relying a lot on timing and rhythm, which unless practiced is impractical to re-create consistently over the duration of a game of golf.

In the Right Sided Golf Swing, the golfer rotates in a direction that does not influence his capability to keep in his setup position or as mentioned above the reverse K. Therefore in this position at the top of the backswing it is simple to return the club on the correct path given the golfer maintains his set wrist angles needed to deliver the face of the club square to the target and produce a straight flighted ball.

Whilst the golfer is bringing the club downward his body must now shift weight forward or 'bump' to allow the club to return closer to the body with 'stored up power' or 'real power' and de-loft the clubface in the process hence compressing the ball or squeezing the ball against the face which will increase the rate of backspin and lessen sidespin which can create stray shots.

It is the belief of all right sided instructors that if you can minimise the unnecessary movements of the body and its desired angle then the arms will follow the correct path required.



Impact to follow through

Impact position will resemble the reverse K mentioned before yet with mass shifted forward. The golf club will continue to stay square to the body through the impact zone with the perception of the right side of the body rotating around the left.

As opposed to other methods the right sided golf swing does not need to rely on matching moves, rhythm and timing to consistently strike the ball. Whereas during impact many instructors will enforce 'keeping your head down' and 'clearing the hips' as a necessity, in the right sided golf swing the body and angles are in the correct position to approach the ball due to correct direction of turn during the backswing and downswing. Therefore, right sided players can simply turn with the club through impact keeping the club and arms centred to the body.

Finish

The right sided golfer will appear more comfortable in this finished position. With no need for excessive over rotation of the shoulders or club due to incorrect sequencing, the right sided golfer will merely need to fold up the club into a comfortable balanced position at the end of his swing.