

You don't choose your swing. It chooses you.

Anyone who has ever taught or played the game has had a preconceived idea—right or wrong—of how a club should be swung. This multitude of theories has produced enormous confusion over the years about the proper way to move the club back and through to achieve solid results. The problem is exacerbated by the fact that 99 percent of the instruction you read in books and magazines, see on TV, or receive from your coach is correct. It's just that most of it may not apply to you because it's far too general to match your specific needs. As golfers come in all sizes, shapes, abilities, and desires. Your body type (ectomorph, endomorph, or mesomorph), arm length, leg length, trunk length, shoulder width, flexibility, range of motion, chest thickness, spine curvature, physical limitations and imbalances, physical strengths, athletic vs nonathletic, other sports and activities that you have played, desired shot shape and desired shot trajectory, and where you learned to play will all contribute to how you swing the club. I have never taught one method because it will only work for a small percentage of golfers. We need to match our swing to our body. Look at all the professional golfer they strike it well but all look very different

Let's look at swing plane. For decades we've assumed that there was only one ideal plane—the one swing track made famous by Ben Hogan and his sheet of-glass theory over a half-century ago (originally published in 1957 as one part of a five-part series in Sports Illustrated). While Hogan's single sheet of glass (tilted to match the shoulder plane established at address) is fundamentally correct, it's incomplete. There are actually three ideal planes, and the one you should use is primarily determined by how you're built. It make sense that your anatomy would have something to do with how you swing your clubs? There are thousands of swings out there for you to try, and none is more efficient or better than the rest— except for the one that fits you



I have been studying bio swing dynamics for some time. I have never taught one method because it will only work for a small percentage of golfers we need to match our swing to our body. Look at all the professional golfer they strike it well but all look very different.

I will be away for 5th to 11th November days furthering my study on how to help you swing the club in the most natural, dynamic, consistent and efficient motion for you. I look forward to coaching you in all areas of the game on the range, short game and on course.