

## 15 One move to better ball flight

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### Abstract

The aim of this study was to find out whether one particular swing change – widening of the on-plane backswing arc of the right arm during takeaway – can produce significant improvements in distance, direction and trajectory. Seventeen right-handed amateur golfers, 13 male and 4 female, of ages ranging from 10 to 62 years, and handicaps from -6 to -20 participated in this study. They attended 3 consecutive one hour sessions and used their 5 irons, off a tee. Subjects were divided into two groups depending upon their swing Type – A or B, and specific instructions were given to each group. The clearance angle, a measure of the first wide position of the right arm as it passed the right side of the body was noted, and compared with increase in distance. Results for swing Type A showed an average distance increase of 8.5 yards and accuracy increase of 0.8 yards. For swings of Type B, the average distance increase was 2.8 yards with an accuracy increase of 0.8 yards. From the results of this short-term study it was concluded that the one particular simple instruction imparted yielded an overall average distance increase of 6.16 yards with a marginal increase in accuracy of 0.76 yards.

Keywords : Widening Swing Arc, Swing Plane, Takeaway, Clearance Angle.

### 1 Introduction

Ever since the days of Harry Vardon, when golf instruction was first imparted in a formal manner, the same swing fundamentals are being taught to all golfers.

Instruction today incorporates club positions as required by the Ball Flight Laws and body positions chosen from the Principles & Preferences of Wren's (1990) Teaching Model. Additionally instructors may or may not follow what the Centinela Hospital Research Centre's study (Jobe & Moynes, 1986) shows about the big muscles producing power. Specifically, that the left side, particularly the left hip pulls the clubhead through impact, a fact which has been corroborated by Williams (1969).

All this makes golf instruction simply too diverse and complex for the average golfer desiring quick improvement, especially in distance, and without much practise. Could there be one backswing change which would simultaneously improve impact and follow all scientific findings? The objective of this study is to prove that widening of the on-plane backswing arc of the right arm during takeaway is one swing change, which is in itself sufficient to improve ball-flight in every case.

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