

102 One move to better ball flight

than 100. This can be attributed to the fact that the first five subjects continued to swing wide for at least another 15 degrees past the first clearance angle. They also exhibited the least amount of extraneous lateral/vertical body movements during takeaway.

It was noticed that widening of the swing arc eliminated relative movements of arm joints (wrist-cock, elbow fold, pronation-supination of forearms), during most of the backswing, so that the arms had less movements to reverse, while approaching the ball. This obviated the need for grip improvement changes, which many feel is a vital key to better impact.

5 Conclusion

A short-term study has been made of one particular swing change and its effect on distance and accuracy. The swing change made was to move the right arm as much away from the right side of the body as possible before it folded at elbow or wrist. It was found that this simple instruction yielded an average distance increase of 6.16 yards, with marginal increase in accuracy of 0.76 yards. Better and more consistent results would certainly follow for the average golfer continuing with this technique.

6 Acknowledgements

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7 References

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