



Golf Backswing Fundamentals

How to diagnose what's wrong with your swing. (That's the first step toward fixing it.)

- The two things you should never go to a practice facility without. (And not the two you think.)
- How a video camera can help you become your own best teacher. (Hint: It doesn't lie and it has a better memory than you do.)
- The cure for weak, sickly shots. (No more hitting the ball like a girly-man.)
- The move that makes the difference between the average golfer and the great ones. (You think you already know. You don't.)
- How a wooden stake can stop a slice. (It isn't just for vampires anymore.)
- How to maximize your distance - regardless of your physical ability. (You'll surprise yourself.)
- How a tee in hand can fix that hook. (Just don't try this in a game.)
- The baby powder secret. (It doesn't involve infants.)
- The most common mistake most average golfers make. (And how to avoid it.)
- How a broom can clean up your swing. (Get it? You will.)
- What divots can tell you. (When you learn how to read them, that is.)

And a lot more besides. But I don't want to run out of space before I tell you...

Golf Backswing

How to Start the Club Back

One of the top five most asked questions in the past 25 years has been, "What starts the backswing?" The answer is a bit complex, so grab your Hi-Liter and let's get started. When you are all ready to start the backswing, the clubhead, shaft, your hands, arms and right shoulder move in ONE PIECE at the exact same time. The clubhead starts back on an arc (we will get to that in the next section). The right shoulder at this time is turning backwards(#38).



The take-away is one piece all the way until it arrives at the 9:00 o'clock position (we will get to that in two sections).

Golf Backswing - The Knees

As you start back, both knees are flexed and during the backswing- the right knee NEVER changes positions. It does not flex more, nor does it straighten out and it does not slide back away from the target.

The left knee also plays a major role in the backswing. It does not move towards the line of flight and it does not straighten out. As the golf club starts back, the left knee moves towards the right knee as a RESULT of the upper body turning and the lower body resisting this turn. The left knee never passes the golf ball in the backswing.

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Learn the Correct Backswing Swing Path

As the golf club starts back away from the golf ball the club head must swing back on an arc which is inside the straight line to the target (#42).



If the golf club travels outside (#40) in the backswing the right shoulder will tilt up in the backswing and the golf club will swing vertical to the ground in the downswing.



If the golf club travels too much to the inside (#39) of the arc in the backswing, the golf club will travel too level to the golf ball in the downswing.



If the golf club swings too straight back (#41) you will have a tendency to hit the ball in the heel of the club at impact. When the golf club travels back on the correct path the combination of the arms and hands will be able to swing the golf club back to the correct position at the top of the backswing as long as the right shoulder turns out of the way.



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Golf Backswing - Checkpoints at the Top of the Backswing

In this golf lesson we will discuss the correct position at the top of the backswing.

When the golf club arrives at the top of the backswing there are four parts that have to be in the correct place.

The Club Points at the Target

The first thing that is extremely important is for the golf club to be pointing towards the target or slightly left of the target.

Now what does this mean?

When you address the golf ball, the ball is on what we refer to as the "intended ball flight line", and your feet are parallel to that line.

At the top of the backswing the shaft has to aim parallel to your heel line or parallel left of the target.

Golf Lesson - Top of the Backswing

Getting to the top of the backswing is no easy feat. Let's go through some checkpoints to make sure all of the moving parts are in the correct place at the top of the golf swing. Your golf lesson checklist should start at the bottom of your golf swing (feet) and go all the way to the top of your golf swing (head).

At the address position the weight is evenly distributed between both feet (#51).



The arms and hands start the golf club back in a one-piece-take-away which includes the right shoulder turning (#52).



As the right shoulder continues to turn, the left knee will turn slightly towards the center of your body (#53).



On the other hand, the right knee never leaves its original position.

As the top half of your body is turning, the right knee must remain in the exact same position (#51- #52- #53).

When you are addressing the golf ball, the right knee has a slight flex. During the back swing, the right knee can not slide backwards nor can it straighten out and it can not flex more.

The right knee is the foundation of the backswing, it takes on all of the force of the right shoulder turning and the hips resisting from turning.

The right knee has to maintain this rock solid foundation so you can continue to turn the top half of your body against the bottom half.

Top of the Golf Swing - The Knees

When the golf club has reached the top of the backswing, the right knee will be there to support the upper golf club, arms, hands and upper body.

If there is one part of the body that has to be in the correct position at the top of the backswing, it is the right knee. The function of the right knee is not only the foundation of the backswing.

In the next section you are going to find out the value of the right knee in the downswing as well.

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The PurePoint Backswing Plane Correction

The first check-point in the backswing is the 9:00 o'clock position (#45).



When the shaft of the golf club is level to the ground and parallel to your intended target line- we refer to that position as 9 o'clock.

When you reach 9 o'clock, you are half-way back and this is a great time to stop and take a look around, as long as you know what you are looking for.

The first thing you want to take a look at- is the golf club in the exact correct position?

The club should be parallel to your target line and level to the ground.

The second part to take a look at- is the right shoulder turning and not tilting?

It is very difficult to get to 9 o'clock with a tilted right shoulder. If the right shoulder is tilting up the golf club will most likely be outside the path and pointed up (#44).



If the right shoulder turns too much in the backswing the golf club will swing around you too much (#43).



If you are in the correct position, it is time to head back to the top of the backswing.

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Getting to the Top of the Backswing Correctly

From the 9 o'clock position the golf club must continue up on an arc (#46).



This can only happen if you continue to turn the right shoulder out of the way. As the right shoulder turns out of the way, the arms, hands and golf club will continue to swing inside, however, after the golf club passes the 9 o'clock position, it will have to swing up. This combination is what I believe is the most difficult part of the backswing.

Don't Stop Turning the Shoulder until You Reach the Top

You can not stop turning the shoulder. If you do stop turning the golf club will start to swing up too much. If you continue to swing the golf club around with the shoulders the golf club will swing too much around. The combination is when the shoulders turn and the golf club swings up (#47).



When you reach the top of the backswing with this combination you will be in position to swing the golf club down on the correct path and with clubhead speed. We are closing in on the top of the golf swing. Three lessons down and what is it five to go. I have said for years, if you get it to the top of the backswing in the correct position, you have an 80% better chance of making solid contact with the golf ball.

Top of the Backswing - Getting There

As the golf club leaves the 9:00 position, it has to continue on the arc until you reach the top of the backswing. There are a number of moving parts that must be in place during this journey. First and foremost the right shoulder must continue to turn. The right shoulder can not stop or change directions. If the right shoulder stops or tilts up, the golf club will swing up too much (#49).



If the right shoulder turns too much the golf club will not go up (#50).



The Mechanics of the Right Shoulder Approaching the Top of the Golf Swing

As the right shoulder continues to turn in the backswing, the right hip must not follow it.

The right hip has to resist turning so you can develop resistance.

If you develop resistance in the backswing with the bottom half of your body, you will build up tension and that is where the ability to **“Develop Clubhead Speed”** comes from.

As the right shoulder continues to turn level to the ground, the left knee will continue to turn more towards the golf ball. You have to make sure you do not allow the right knee to pass the golf ball.

As the right shoulder continues to turn, the left shoulder will move from the address position towards the golf ball. As the right shoulder continues to turn, your head will move slightly to the right (away from the golf ball).

Your head will move a couple of inches as a result of the right shoulder turning out of the way. The head does not slide back and away from the golf ball with the lower body. The right knee never moves (#48).



Golf Backswing - How to Create Width

During the entire backswing, the **Left Arm Has Remained Long**, not rigid.

The right arm will begin to **Fold after the Golf Club Leaves the 9:00 Position**.

The reason the left arm remains long is to provide you with “**Plenty of Width in the Backswing**”.

Width in the Backswing is the Reason YOU can Develop Clubhead Speed.

If the left arm remains long you can “**Swing the Clubhead on the Arc**” and by swinging it on the arc you will be able to “**Build Clubhead Speed in the Downswing**”

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