

to think of as my center of gravity, which shifts backward on the takeaway.)

This method of swinging a golf club will be a brand new experience for many recreational players. If you are one of them, try your best to be patient during the learning process. I assure you, you are not uncoordinated if you have trouble initially. *It's going to take a while for you to mentally disengage yourself from actively moving all these body parts during the backswing.* This is a powerful belief ingrained in your subjective belief system.

All of a sudden you will “get it.” Then you may temporarily lose it, and subsequently regain it. As you go through the process, be aware that there can be a fine line mentally between the old and the new. I've caught myself numerous times swearing that I was doing it right (without success) only to discover upon further analysis that the old way had reasserted itself. I've made beautiful swings with short and mid irons, then allowed my old belief to take over when I pulled out the driver. Same day, same spot. Nothing had changed except the club and my inner belief. Although I wasn't aware of it, physical *tension* had reared its ugly head.

A couple of months went by before I was confidently hitting range balls using this new approach on my backswing. I'm still learning to trust it on the course. The great thing is that the motion can be practiced anytime, anywhere. Most of my learning has been conducted *off* the golf course. Visualizing and feeling the motion in my mind is a powerful technique.

WHO YOU GONNA CALL? TENSION BUSTERS!

Some people may dismiss this whole concept on the grounds that they lack the necessary flexibility. I assure you, I'm not exactly rubber band man. This coiling motion afforded me flexibility that I didn't know I had, primarily by allowing my head and neck to be *supple* and letting my muscles elongate. They are able to elongate because the



man-made tension is absent. **The idea is to let everything go with the flow of motion.** Spend a few moments and think about it. This concept is quite uncomplicated.

Even so, additional flexibility can be gained by moderately narrowing one's stance and/or allowing the left heel to come off the ground. I see plenty of men in their 70's whose swings appear fairly rigid. Their muscles may not be as supple as they once were, yet much of this seeming rigidity is caused by *self-imposed muscular tension*— the very stuff we can eliminate by driving the backswing with our hands and arms.

The easiest way to try this basic motion at first is to do it in a leisurely manner, without taking a formal stance or address posture. Simply stand completely relaxed, look down and form a grip with your hands, then focus solely on hand and arm movement. Beware, however, that it is in these very appendages where physical tension first develops!

A key to feeling the proper coiling motion is to relax your hands, arms, and your body's core. On the physical side, hand and arm tension is the number one inhibitor of the coil. Believe me, I've stood there bewildered trying to figure out why the motion feels perfect one minute and terrible the next. Restrictive tension can develop in the blink of an eye. It travels from the hands, through the arms, to the shoulders, and on through the body. Perhaps above all else, remember this:

The ideal coil = relaxation + quiet body

I don't mean "floppy loose" with the hands and arms. I *do* mean holding the club securely in the last three fingers of the left hand. One good idea is to squeeze on the grip *hard*, then completely relax your hands before finalizing your swing grip.

Please do not fall into the trap (as I have) of *trying* to pull the rest of your body with your hands and arms. There is a subtle yet

