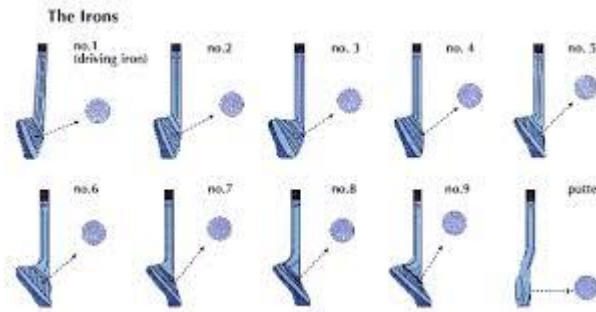


DUTCH HOLLOW CC

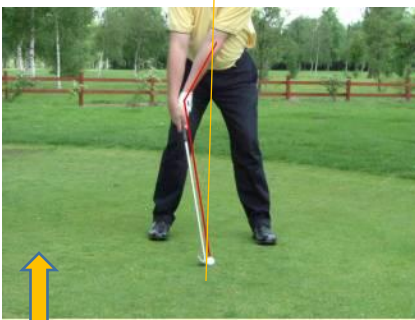
LADIES GOLF ACADEMY 2018-NOVICE GROUP

Week 3

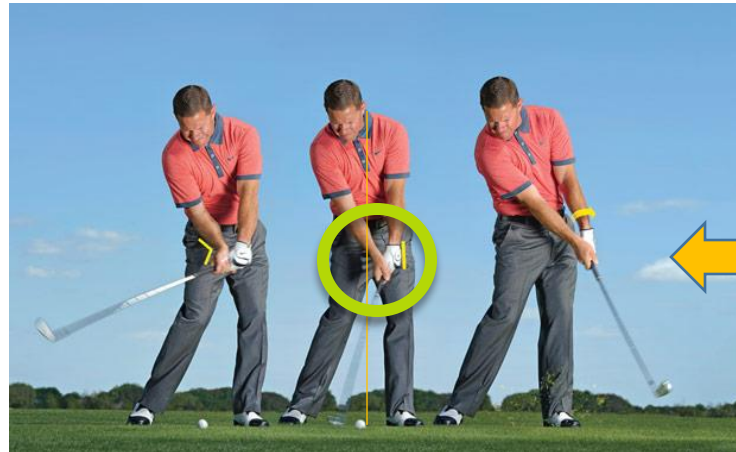


The "Core Muscles" are the engine that power any golf swing. Whether you are a Tour Pro or an amateur golfer, the core muscles must at some point figure into the golf swing equation to generate power and control of the golf club.

There is not enough power in the arms and hands alone to generate any meaningful golf swing effort.



Early Release (Not a Good Thing).



Hands in front of the ball at and through impact.

Proper Release: Hold the angle of the club and arms (illustrated on the left picture) as long as you can before letting the club go through impact. Your muscles will tell you when to release the club.



Ben Hogan: Father Of The Modern Golf Swing

This swing illustrates how “golf swing power” is transferred up the legs into the core through the arms to the golf club then into the golf shot. You can see the progression. One picture can be worth a million words. *Also notice how Hogan’s(and all the other pictures illustrated here) head, right elbow, and right knee are in a straight line at impact.*