

WHY THE LEFT ARM MUST STAY EXTENDED!

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One of the many things I hear people talk about is what they think when they swing their golf club. The swing itself is something that we shouldn't think about. The outcome of the swing happens from good function during the swing.

Many amateur players can relate a lot of their feel to their arms throughout their swing, because they don't really know what to feel during their swing.

Keeping the left arm straight is in my mind something you shouldn't try and do. It is a product of good arm position.

01 When you swing your hybrid or any club having a great setup is very important. As you can see in this picture and in all good setups the arms must hang and be in a tension free position. A soft arm is a straight arm and this is a key to a good start. This will encourage you to turn away from the ball. Rather than to move the club with jerky or a wristy action which is not ideal.

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02 The poor arm position is one that gets a collapsed and very narrow look to it. The elbows part and the extension starts to go from your left arm. This is not so much from your left arm collapsing it is from your right arm not folding properly. Then the left arm has to fold no matter how much tension is in the left elbow.

03 So along with creating a better turn because there is less tension in the body so flexibility increases. The main objective of a good pivot or shoulder turn is also getting awareness of how your power arm folds, in my case the right arm. This creates the width and ability for the left arm to stay extended. The better swings you see have extension because the right arm has folded with the arm feeling like a tray of drinks is sitting on the palm and the forearm is almost vertical to the ground.

If your left arm is always collapsing and you want to try and work on it, maybe you are looking at the wrong arm to find the answer.

If you are struggling with your game or want to improve come out and see me. Email directly marcus@marcuswheelhouse.com

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» COACH

MARCUS WHEELHOUSE
NZPGA Golf Professional

QUALIFICATIONS

NZPGA qualified
over 10 years playing
experience playing worldwide
tours
Tour player representative on
NZPGA board

AVAILABLE

One on one or group lessons
Clinics for beginners, juniors
and ladies
Short game schools
Playing lessons 9 or 18 hole
Corporate outings tailored for
your staff and/or clients
Trackman Club fitting and
performance studio sessions

LOCATION

Jk's world of golf
Auckland airport

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