

Joe Golfer

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Summary

Joe,

The key things for you to work on include:

1. Better alignment at setup
2. A little more hip turn on the backswing so that you can reduce the X-Factor at the top (leaving you more "room" to stretch on the downswing)
3. A little more lateral hip movement toward the target on the downswing.



Setup

	Aim	Bend	Tilt
Hips	13	27	5
Shldr	20	45	11
Head	-2	46	6

Backswing - Step 4

	Ideal	You
Shldr turn	-85 to -98 ⁰	-94
Hip turn	-37 to -48 ⁰	-33
X-Factor	-40 to -50 ⁰	-61
Hip sway	-0.5 to 0.5"	1

Impact - Step 6

	Ideal	You
Shldr turn	35 to 55 ⁰	46
Hip turn	35 to 55 ⁰	48
Hip tilt	10 to 15 ⁰	13
Hip sway	.25 to -5.75"	-3