



Explosive Extra!

April 2008



Let's Build Your Backswing

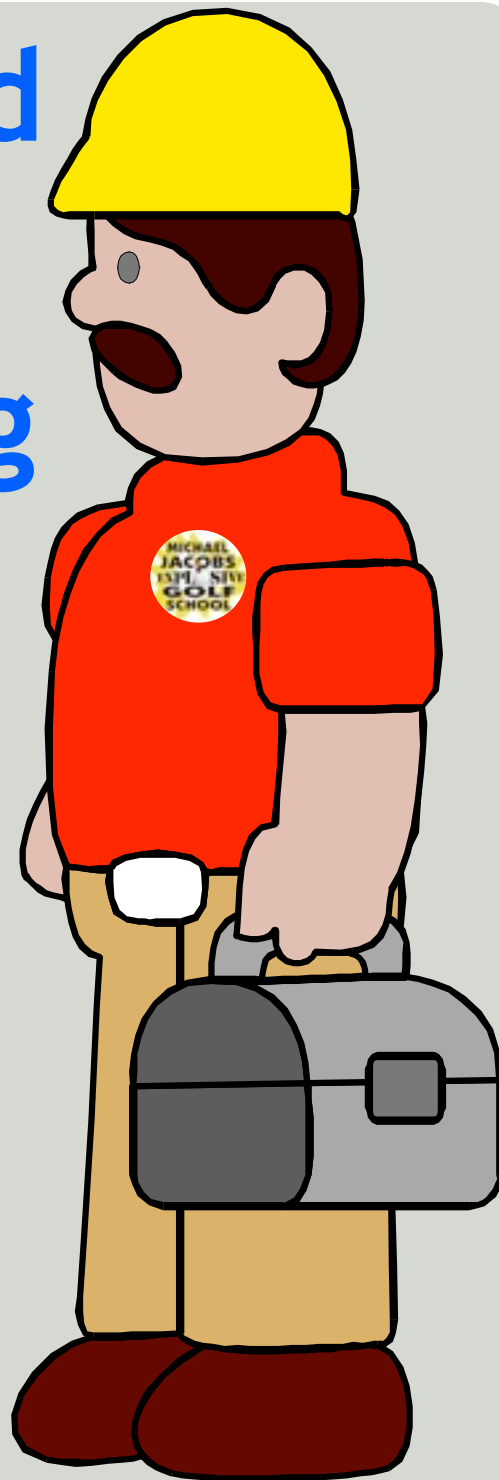


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PGA Golf Professional**

The Power Y

As we embark on a 'New Age' of golf instruction, we must learn new terminology. Therefore, we here at the Michael Jacobs Explosive Golf School would like to introduce you to our Power Y.

Welcome to our discussion of the backswing. We will be breaking down our analysis into three parts: the body pivot, the arms and club, and the hands. In this article, we will be taking an in-depth look at the arms and club in the backswing. In our first dvd, "The Secret of the Nuclear Swing" we spent a lot of time discussing the body and how to create an effective body pivot. Since the release of the first dvd in 2004, we have received a lot of questions and requests to discuss how the arms can blend into the body pivot developed in dvd #1. Should the arms be passive? Should the arms lift the club up? Should the arms stay straight? Should the arms be tense or relaxed? It is now time to clear the fog - "Let's Build Your Backswing."



PROWEERY



ELBOWS

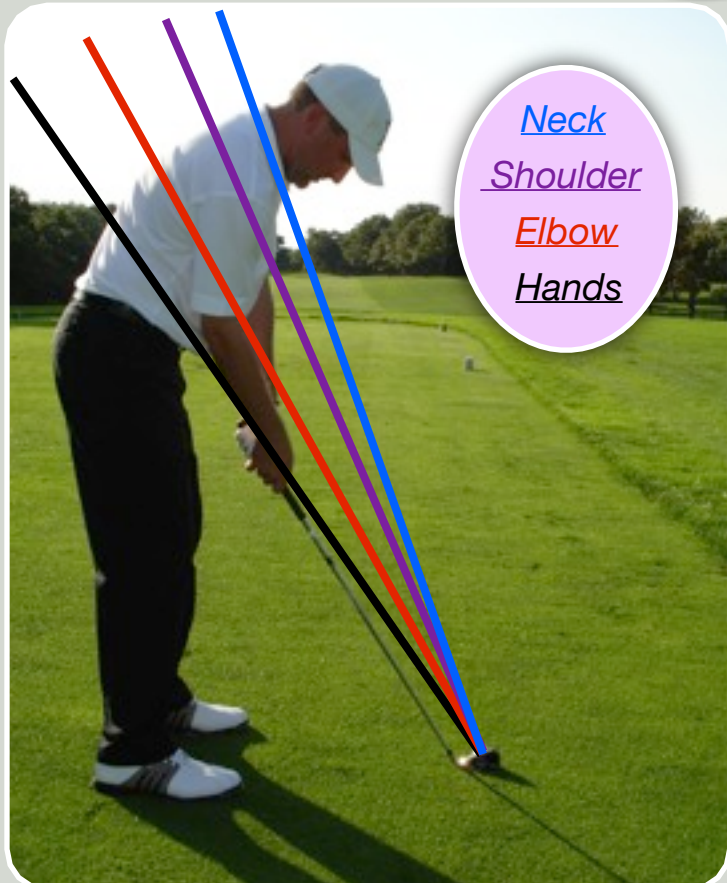
**LEFT
WRIST**

**RIGHT
WRIST**

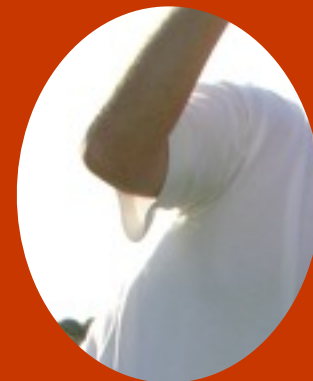
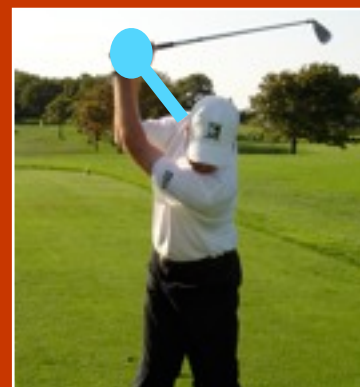
Let's Assemble Your Backswing:

Have you ever given your backswing much thought? A lot of golfers have the misconception that the bigger the backswing the more power they will have. The key element in creating power and accuracy is having an organized backswing that allows you to master your hand trajectory on the downswing. Sound complicated? Let's clear it up for you, in the picture below we have Michael Jacobs at address with four lines drawn. We use these lines as identifiers of possible paths for your club on the backswing and downswing. A conventional backswing would begin with the lower half of the Power Y resting at setup between the black and red lines. The black line is called the hands line and the red line is called the elbow line. In a basic swing model, we would look for the Power Y to shift up on the backswing to the purple line known as the shoulder line. Note picture #1 to the right of the page, this picture shows an effective backswing making it's move from the initial take-back of the club to the top of the backswing and towards the purple line. Picture #2 to the right, shows a conventional top of the backswing where the Power Y reaches the purple line above the right

shoulder at the top of the backswing. The flexible points of the Power Y play a huge role in gathering, storing, and releasing power. The flexible point of the right elbow is what is used to blend the backswing body pivot with the raising of the club to that purple line. In a conventional model, the right arm will not only bend at the flexible point but it will also raise off the right side of the body clearly making the right underarm visible as shown in picture #3. The long cherished notion of keeping a head cover under your arm while hitting balls has ruined millions of backswings and created a slew of 'over the toppers.' If a golfer does not reach the purple shoulder line on the backswing, they are going to have to shift the club towards the ball and have a steeper downswing than their backswing. This move creates the appearance of the 'pop' over the top golf move. All of this silliness that has plagued golf for 100 plus years of instruction is on its way to the Explosive Golf Recycle Bin.



BACKSWING IMAGES



Picture #1
Effective
Start up

Picture #2
Above Right
Turned Shoulder

Picture #3
Right Under Arm