



The Michael Jacobs Explosive Golf School Monthly

# Explosive Extra!

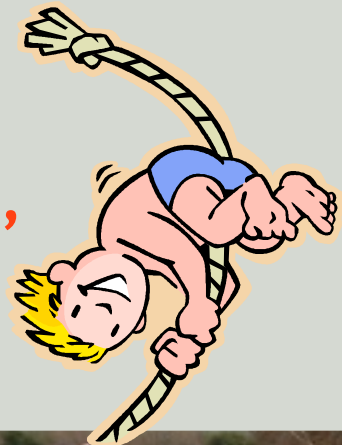
April 2008 BONUS ARTICLE

BONUS




## TRYING TO OVER POWER THE BALL

### It's Time To Learn 'The Secret of the Nuclear Swing'



**By: Michael Jacobs, GSED  
PGA Golf Professional**

Effortless power, the holy grail of golf! Take a moment and remember the longest golf shot you have ever hit..... did you have the sensation of a tension free swing? I am sure that each and every golfer reading this article has at one time or another experienced this effortless power. Yet, we can visit any golf range and find golfers whaling away with toil, strain, and sheer effort. One of the major causes of power loss is a golfer who 'over accelerates' at the ball with no organization of body, arm, and club movements. Our deterrent to 'over acceleration' is "The Secret of the Nuclear Golf Swing."

The Secret of the Nuclear Swing DVD 

### The Nuclear Swing

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 'The Secret of the Nuclear Swing'.



THE  
NUCLEAR  
BACKSWING

As we prepare to make our backswing, it is helpful to use the mental image that we are going to drag the club back in a straight line. We find it helpful for golfers to have the sensation that the ground itself is holding the club up at address and the club head will resist the start up of the golf stroke. With the start up of the golf stroke incorporating a 'dragging' feeling, the golfer might want to have the mental image of a bucket, or in this case the Explosive Golf School Recycle Bin, straight back from the ball and that the body pivot is going to drag the club back in a straight line and smash the bin upside down. If the golfer were to let go of the club as they dragged the club back, it would indeed smash the bin upside down as in the picture below. We find that the image used below is a very strong startup for those who need to eliminate 'over acceleration.' Despite the sensation of the club being dragged back in a straight line, if you hold on to the club as you would in a conventional golf stroke the pivot will provide the inward part of the swing and the club will take a conventional golf stroke shape.



Picture on the left, the mental image of dragging the club back and 'letting go.' The club would go back in a straight line and smash the bin upside down. Picture below, holding onto the club in a conventional manner and using the same dragging style would create the shape of a conventional backswing. The body pivot will supply the inward part of the backstroke, the dragging will create the backward part of the backstroke, and as you will find out on the next page, the change of direction creates the upward part of the backstroke in 'The Nuclear Swing.'



In a conventional backstroke, there is an upward element of the club and arms. We like golfers to have their club reach at least as high as their right turned shoulder at the top of the stroke. In the Nuclear Swing pattern, we like golfers to have the mental image of the change of direction from backswing to forward swing creating the upward portion of their backswing. When remedying over acceleration, we like golfers to have the sensation of the change of direction assembling and loading the club at the top of the backstroke.



THE  
NUCLEAR  
TRANSITION



The top of the Nuclear backstroke, though appearing conventional, was created by a strong body pivot. The assembly and load of the club at the top was created by a mental image of a strong pivot move during transition from backswing to forward swing.



As the strong move is made from backswing to forward swing, The Nuclear Swing is reliant upon freedom in the arms and club. The sensation of rope swinging and dragging creates a stress on the shaft that is then dumped into the ground at impact and dragged into follow through as both arms become extended. Dragging the club down from the top as the body pivot opens from the left shoulder and hip, creates a pulling force on the shaft of the club that is then accentuated by force across the shaft as the right arm straightens into that classic alignment of both arms extended. As full extension is achieved in that classic follow through alignment, the swivel of the left forearm rotates the right forefinger to the top of the grip and

uniformly circulates the club face towards the ground as a maximum swivel is achieved. Post swivel, the club will then climb up to the left turned shoulder as depicted in the photos below. The maximum swivel coupled with the proper track of the club maximizes power and accuracy in an effort free manner. As the club coasts to a full finish, all energy has been 'spent' into the ball and the club comes to a quiet stop behind the golfers head.



Maximum Swivel



## DOWNSWING IMAGES



Picture #1  
Strong Start Down  
From The Feet

Picture #2  
Full Stretch  
Both Arms  
Straight

Picture #3  
Above The Left  
Shoulder 'Spent'  
Finish