

Explosive Extra!

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Shoulder Motions

Welcome to our discussion of shoulder motions. There is a tremendous advantage in understanding the role of the most important part of the body pivot 'The Shoulders.' Not only do the shoulders have the longest distance to travel of any other pivot component, they also are the fastest moving component. When we are talking about pivot components, we isolate the following parts of the golfer:

Shoulders	Hips
Face	Thighs
Back	Knees
Neck	Shins
Head	Ankles
Stomach	Feet

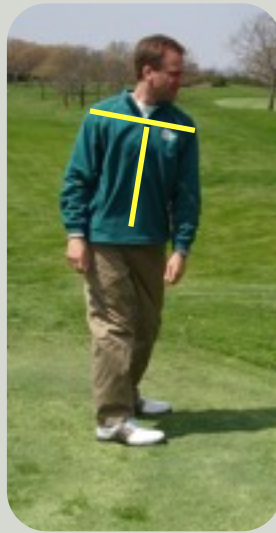
The key point to remember is that the pivot parts do NOT include the arms, hands, and club.

The arms, hands, and club are isolated in our Power Y of the April 2008 article and the Power Y Explosive Golf Show. Obviously, all parts are related and they all effect the outcome of the strike on the ball. However, we find it helpful to separate the two when training and learning how to organize your golf stroke. The shoulders have the high honor of a direct relationship to the Power Y because they are indeed attached to the arms. The shoulders serve as the component of the pivot that gives direction to the arms and therefore the club.

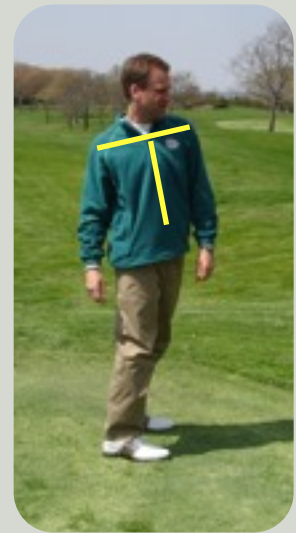
Shoulder Movement Drill



Picture #1
Stand
Upright



Picture #2
First Try The Common
'Turn Your Shoulders'
Around the Spine
At a 90 degree angle



Picture #3
Now try the more
desirable
'Flat shoulder turn'
Were your right shoulder
Turns back and works
Down below
The left shoulder

Then take the movement
in picture #2 to a golf posture & do the same for picture #3



Picture #2
In a golf posture



Picture #3
In a golf posture

Despite
the flat move of the
right shoulder...
It ends up back, in, and
up behind head

Did you see a difference in Picture #2 & #3 in the golfing posture?

The differences in the two pictures may seem subtle to an untrained eye, but they do have MAJOR differences in efficiency. Picture #2 in the golf posture contains a slightly higher right shoulder and most importantly an inadequate shoulder turn. Picture #3 clearly has a flatter right shoulder and a much more complete shoulder motion. The inadequate shoulder motion of picture #2 produces the dreaded high right shoulder, an outside - in impact, and the hacker's trademark of the yank around finish. Picture #3 shows how the right shoulder is in the best possible location to turn towards the ball and move on the same downstroke path as the hands. The right shoulder can turn 'toward the ball' on the downstroke only if the golfer is able to tilt the spine in the downswing. A tilt of the spine and a turn of the right shoulder toward the ball is very difficult from the right shoulder location of picture #2 and much easier from the location of picture #3.

Downswing Shoulder Motions



Picture #2
In a golf posture



Picture #3
In a golf posture



The downswing motions include a tilt of the spine and the right shoulder turning toward the ball. The turning of the right shoulder toward the ball is accompanied by the opening of the left shoulder and left hip. The Airplane Drill described in The Explosive Show #4 and the drills in DVD Vol. 3 are an excellent way to learn the proper track of the shoulder motions.



Picture #3
In a golf posture with arms & club