

# You are an Arc Swinger

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This is the swing of the tall, flexible golfer. Couples, Love, and McGann -- all long hitters -- launch their arms, hands, and club high above their heads at the top of the swing, the result of **standing tall at address with very little knee flex**. This lets them make the most of their flexibility, swinging long and loose, even crossing the line at the top. Use your flexibility on the downswing, driving your legs and hips toward the target. The more you work your lower body, the faster your arms, hands, and club drop into the hitting area. But keep your head behind the ball through impact to maintain balance.

**Address:** Play the ball off your left shoulder. Close your stance slightly. Flex your knees just a bit to stand tall and promote an upright swing.

Set **your right (back) foot perpendicular to the target line**; keep your weight on that instep during the backswing. Turn your left foot out about 20 degrees, to square up the toe-line and promote clearing of the left hip on the downswing.

Set your left thumb in the "short" position along the center of the shaft. This weakens your grip, so the wrists and club don't set too early.

Your right hand is weak (**the V pointing at your left ear**) to encourage arm extension, a one-piece takeaway, and a higher swing.

## Arc Swingers

Fred Couples  
Payne Stewart  
Phil Mickelson  
Davis Love III  
Scott Simpson  
Al Geiberger  
Michelle McGann

**Backswing:** Make an extra-wide takeaway (don't hinge the wrists). As weight shifts to the right foot and the club swings back, the right elbow folds and the wrists hinge naturally.

Don't lift the club with the arms. Swing it as a result of the long extension and hip/shoulder turn.

As the hips finish turning, the left knee **is pulled behind the ball and the right knee straightens**. Your weight is on the inside of the right foot and leg. Your shoulders should have turned at least 90 degrees at the top, with **the clubshaft pointing across the line**. Your left wrist cups and weight loads onto your right side.

**Downswing:** Trigger the downswing **by shifting your legs and hips toward the target**. As the lower body moves laterally and weight shifts to the left foot, your right shoulder, arm, and club drop down. Hold the angle of the wrists as long as possible. The faster the lower body drives forward, the higher the clubhead velocity and the longer the shot.

## Drill: Push the Plank

Place a 36-inch two-by-four flat on the ground along the target line, the forward end even with your left shoulder (your ball position). Take your address with the back of a 5-iron touching the front of the plank and the clubface square to an imaginary target.

Make a slow backswing, pushing the board straight back. Stop when the plank is six inches past your back foot.

Practice five minutes a day to groove a long, low takeaway, vital for creating a wide swing arc. Then incorporate it into your driver swing for more power.