PushGolf

The 9 Alignments

Presented
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The 9 Alignments

The golf swing is very much a combination of physics and geometry. Force and power relate to the physics of the swing, but without the geometry of the swing the force is basically wasted or at least greatly reduced.

When we refer to the geometry of the swing we mean the path of the swing and the alignments of the body in relation to the club so you can make the club travel in a circular orbit easily and without any steering.

While there are **9 essential alignments,** the first **6 alignments are in the setup** for the golf swing, while the last **3 occur during the swing**.

Alignment #1. The Left Wrist to the Club Shaft

When the left wrist is aligned to the club shaft you can maintain an alignment between the left arm and club shaft through the impact zone and into follow through. If it is not in line everything else becomes a compensation.

Alignment #2. The Left Wrist to the Clubface

The left wrist should not be on a different angle to the bottom leading edge of the clubface. When both Alignments 1 and 2 are in place the hands are in line with the club.

Alignment #3. The Club Shaft to the Body Center of Gravity

When standing erect the club shaft should be parallel to the ground and pointing to the center of the hips.

Alignment #4. The Elbows and the Hips

The elbows should be pointing down towards the hip sockets. By pushing the hands together and down while standing erect with the club still parallel to the ground, the left arm becomes straight while the right arm becomes slightly bent. Both elbows though are pointing downward toward the hip sockets.

Alignment #5. The Spine to the Ground
The straight spine in the address position for the right handed golfer should tilt slightly to the right.

Alignment #6. The Club face and Body to the Ball's Target

The club face, shoulders, hips and feet at address should be aligned and pointing to the target.

The first 6 Alignments are in the Setup

Alignment #7. The Arm Motion in Relation to the Body During the Swing

During the swing the hands and arms should never swing across the body. The hands and arms must remain in front of the body throughout the swing. It looks like the club is moving backwards and forwards away from the center of the body, but it is the rotation of the body that is taking them back and forth.

Alignment #7
At all stages of the swing the hands stay in front of the chest.
From the backswing all the way to the finish.

Alignment #8. The Knee Motion During the Swing

To avoid losing the golfer's swing centre and putting stress on the knees, the left knee during the backswing moves towards the left toes, while the right knee remains flexed as it is at address and does not straighten. During the downswing the left leg will straighten, but the right leg remains flexed.

Alignment # 8
The Knees During the Swing

Alignment #9. The Direction of the Hit in the Downswing and the Relationship of the Club shaft to the Left Arm

The club head path towards the ball from the top of the backswing is what is known as the A to B line. During the movement of the club head, from A to B, the club shaft moves in line with the left forearm.

Alignment #9
The Alignment of the left arm and shaft from A to B

Peter Croker demonstrates the 9 Alignments to Simon Owen, New Zealand PGA Professional and Runner Up to Jack Nicklaus in the 1978 British Open

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