

## **9 MAJOR ALIGNMENTS of an Orthodox Golf Swing**

The goal of “The Croker Golf System” is to lower handicaps and to help golf instructors and their amateur students play better, teach better, and have more fun doing so.

In 1992 we first discovered that a “PUSHING” [not pulling] force is what best helps a golfer build structure and alignment in the golf swing.

The added benefit is that “PUSH” also help align the body motion to minimize strain on the back and other body parts.

(As an exercise place hands together in front as if gripping a golf club [both wrists in a vertical “shake hands” condition]. Next press hands together feeling the pressure points slightly more in the “heel pads” of both hands - note the feeling of more connection of the upper arms to the shoulders and see how the elbows move closer together. Doing this has just set up a very important relationship {alignment} of the arms in front of the body that when maintained will lessen back strain and minimize the need for “timing” in the golf swing.)

Before moving on to the topic of alignment within the swing mechanics, I would like to make mention of some of the successes that we have had teaching using the “PUSHING” concept.

My first attempts to see the workability of “PUSH” came during a major event at Royal Melbourne in late 1992. After the second round, Wayne Grady asked me to help him with his swing. He was struggling with his start of the downswing and could not flight his long irons. He also was having trouble with his pitching. He had lost his ability to backspin the ball enough.

After a session where we had him “throw the club head directly down and out into the ball”, Wayne when out on the Saturday and shot a 65. The next day he lost in a playoff to Robert Allenby and at the time felt he had regained his ability to play at the elite level. Since those early days, I have personally given lessons to Arnold Palmer, David Graham, Vijay Singh, Fred Funk, Bob Charles, Roco Mediate, Olin Brown, Curtis Strange, and many others and in every case they have immediately seen improvement in their golf games.

Vijay Singh sent his brother, Krishna, to learn our “Teaching System” for a month in 2000. I gave Vijay some lessons with his putting and driving at this time and he won The Masters two weeks after these sessions at the Tournament Players Championship.

More important than the successes with Tour Players are the benefits we have given to “grass roots” Teaching and Club Professionals plus amateur students.

The Croker Golf System is much more than swing mechanics alone, but has its basis in the causative basics of an orthodox golf swing. Amateurs need to become their own best teacher in the long term while having a Professional Instructor to help with “hands on” coaching.

## **The NINE GEOMETRICAL ALIGNMENTS of an Orthodox Golf swing**

1. The Left Wrist to the Club Shaft.
2. The left Wrist to the clubface.
3. The Club Shaft to the body center of gravity.
4. The Elbows to the hips.
5. The Spine to the ground.
6. The Clubface and Body to the ball's target.
7. The Knee motion during the swing.
8. The Arm Motion in relation to the Body during the swing.
9. The Direction of the Hit in the downswing and the relationship of the Club Shaft to the Left Arm.

Please attend a CGS School/Workshop to gain a full understanding of how to build these important alignments in you own swing.

<http://www.crokgolfssystem.com/GolfSchools-All.htm>