

Body turn part 1

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IN this lesson we will look at the role of the “body” throughout the swing.

THE body pivot is the central core, which works as the motor of the golf swing. The hands are the key and the steering wheel in the golf swing. The arms act as the connecting rods and add a certain amount of leverage to the swing. In the end it is truly the hands that cause the body to turn and in turn the club head to swing. However, the body turn needs to be understood and drilled in, so that the body will respond efficiently to the commands of the hands.

Part 1:

The body pivot can be broken up in to two separate but connected sections: The Hip Turn and the Shoulder Turn. The senior part is the pivot action of the hips. The hips, knees and foot action form the base of the swing

The hip turn is composed of three sections:

1. Backswing hip turn:

The hips turn around the center-point of the hips, turning as if in a barrel. The left knee moves out more towards the left toe, which is turned 20+ degrees open. The right knee remains flexed but rotates slightly clockwise as the right hip turns back. The weight in the feet stays as even and balanced as possible – do not roll onto the inside or outside of either foot or have the weight move towards heels or toes.

The right hip sinks as the right thigh drops as if you are corkscrewing the hips into the ground. This turning of the hips gives a live coil to the legs and “spring loads” the base of the golf swing. There is live pressure in the left thigh all the way down to the ankle and you feel that the right leg is fully wound like a rubber band from the ankle to the hip.

2. e downswing through impact

From the backswing wind-up, the hip action then has the left hip turn around the right hip socket as the center of rotation. There is no attempt to drive off the right side and the right foot, knee, and hip act as the pivot point for the start of the downswing. The counterbalance action has the left hip turning and straightening the left leg while the right hip remains as the center.

3. Right Hip:

Once the left hip has fully turned and the left leg has straightened the right hip now turns around the left hip as axis. The right knee worked positively and in against the left knee and the weight shifts fully off of the right foot to be fully balanced on the left leg.

This could be described as the hip action and in effect there are 3 centers of rotation. This creates the “hula-hula” action of the hips—which act as both the motor and the counterbalance to the swinging club head.

Next month, we will examine part 2 of the swing: The Shoulder Turn of the Golf Swing. **IG**



(Left) Downswing through impact and (right) Right hip finish

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