

# 555 GOLF EDITORIALS

**'PERFORMANCE EXCELLENCE'**

**MOE NORMAN**

## **The Single Plane Swing Method**

This 'Method', and there are lots of them around, is not all that complicated or special ... but 'Moe Norman' was very special ... 'A Human Golf Treasure'!

There has been a lot made of this 'Single Plane Method' or what was also called 'The Australian Method'. It was highly political but not all that complicated.

If we remember that 'We Set-Up For Success', we can quite quickly deduce what this 'Single Plane Swing' is all about and why it is stable for those who master it.

When we 'Set-Up' we have our 'Lever Assemblies' ('Hands, Wrists, Arms and Golf Club') in a line relatively 'Perpendicular To Our Forward Inclined Spinal Crankshaft'. The 'Lever Assemblies' are also quite 'Square To Our 5 Alignment Axes' ... especially 'Square To Our Hip and Shoulder Axes'.

What makes a 'Dual or Double Plane'? The answer is 'Wrist Break' combined with predictable 'Pivot Pressure or Leg Drive'. When we 'Transition Off The Brace Post - Top Of Back Swing' ('The Lateral Bump') we drop into the 'Slot' and thus into a 'Lower Swing Plane Configuration'.

What must we do to convert this common 'Dual Plane' move into a 'Single Plane' swing? Quite simply two things ... 1) We are well served by playing with 'Jumbo Parallel Grips' ('Un-Tapered') and 2) We need to 'Place The Longitudinal Axis Of This Over Size Grip Into The Palm Of Our Hands' ... from about the 'Second Joint Of The Target Index Finger' to the 'Posterior 'Wrist Bone Just Aft Of The Target Heel Pad'. By doing this, we reduce the traditional 'Wrist Break' causing the 'Shaft and Arms' to be naturally more 'In Line'.

Now, quite mechanically simply, you can swing the 'Clubhead' 'Back & Up', 'Transition' ("&" with a Bump), followed by 'Down & Out', 'Forward, Chase, Follow & Finish' on one plane.

Now you too have a grasp on matters 'Moe'!

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

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