

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

IS THE FLAT TARGET WRIST A FALLACY? or an overdone concept

Comment: If one were to alter ones 'Grip' to a stronger position or configuration (with the 'Flat Target Wrist'), the actual 'Clubface Aim' position would change markedly. You can have too strong of a 'Target Grip' ... too many 'Knuckles Showing'. This reality is about 'Multiple Components & Procedures' and not any one or singular aspect. A key factor in this discussion is indeed achieving and maintaining 'Pivot Pressure' or 'Clubhead LAG Pressure'. (see 'Law Of The Flail')(see 'Impact Fix')(see 'Flip Handed Delivery') A properly executed 'Front Swing' ('DOFT') occurs 'Physiologically' 'From The Ground Up' and 'From The Inside Out'. Properly executed, the 'Lower Body Machine LEADS' while the 'Upper Body Machine LAGS'. Just good old science! (see 'The Power Line Delivery Sequence')(see 'Synopsis or Neuro Muscular Sequencing')

The "Flat Target Wrist Fallacy" may not be fallacious?

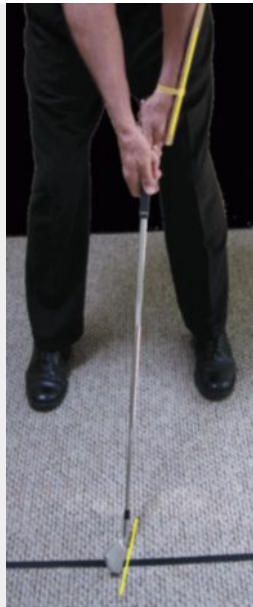


Photo 1

A severely cupped or bowed left wrist at 'Address Ready' (no forward press or 'Lag Set-Up') places the clubface in a bad or weak position. This error will produce shots to the right and left of the target line. The correct position is called 'Impact Fix'. 'Wrist Hinge Angles' at 'Set-Up & Delivery' are critically important to 'Delivery and Release'. (see 'ALSDR' – 'The Power Line Sequence').

What is needed is a 'Stable Target Wrist Being In A Position Of Power Delivery' ... more 'Wrist Hinge Bow than Bend'. Remember, the 'Hands Get To The Ball Before The 'Lagging' Clubhead'. We must prevent and avoid 'Clubhead Throw Away' and the 'Flip-Handed Delivery'.

Take a look at photo 1. This is the setup with the back of the left hand on plane with the top of the left forearm. (a Flat Target Wrist) A ruler is taped to the hand and forearm to ensure flatness. As you can see, the result this correct 'Wrist Hinge' is the clubface facing 30 degrees right of target. You should be relatively in this position, with a proper 'Grip' before 'Talk-Away'. (see 'Address Ready' vs. Impact Fix')



Photo 2

Take a look at Photo 2. This is the setup with the club (shaft and clubface) square to the target. To achieve this, with a 'Weak Grip' notice that the player must have a 'Bent Wrist Angle' formed by the back of their left hand and the top of their Target forearm. Players will find a dramatic increase in their accuracy when they maintain this angle through the swing.

It must be noted that these pictures are of the 'Address Ready' position. Notice there is no 'Leg Drive' being applied in the above picture. Notice that the 'Brace Elbow, Hip and Knee' are NOT 'In Line' as they shall necessarily be at 'Impact'. This 'Static or Passive' set of conditions, what we refer to as 'Tap Tap Tap', are very different than the 'Dynamic or Active' 'Impact' conditions.

Try this for yourself. You'll be surprised. Hold a straightedge spanning your target forearm and the back of your target hand.

Bottom line: When a player aligns the club correctly with the target line and a 'Weak Grip', an angle results between the back of their 'Target Hand' and the top of their 'Target Forearm' (photo 2). Maintaining that angle during the swing is one key to returning the club back to square at contact. (see 'Impact Fix and Delivery & Release')

It must be noted that the 'Impact Fix Configuration' for all proficient golfers is relatively 'Flat' or providing a relatively 'Straight Line' from the 'Target Knuckles to the Target Forearm'.

One cannot employ 'Address Ready Components and Configuration' in order to accomplish efficient 'Impact' results.

Period!

“Welcome Aboard!”
“Enjoy The Ride!”

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