

# **One Minute Golf Tips**

**'WHERE PASSION MEETS PERFORMANCE'**

## **BOTTOM OF SWING ARC BOSA**

This is an important reality with any and all golf strikes. After all, the 'Little White Ball' always rests at the 'Bottom Of Swing Arc'.

Therefore your 'Sweet Spot' must 'Hover' and sweep away from and back to that 'Ballistic Point' ('BIC') in order to be efficient and make you happy! The ball sits on the ground patiently waiting for us to give it a worthy smack!

Remember, a solid strike is about 1) 'Compression' and 2) 'Line Of Compression'. That is it! No more and no less mechanically or scientifically.

To get to the 'BOSA' we need to accomplish 'Brace Lever Extensor Action' ('BLEA'). That mechanically demands that we take the 'Bent Brace Lever' (at 'TOB') and straighten it at 'BOSA'. To accomplish full extension, we must fully straighten and push the 'Brace Hand' down as though we were 'Pinching The Grass'. Hence the 'Divot' taking place after the Ball departs.

For you kinesiologists out there, 'Triceps Contraction' combined with 'Biceps Tenous / Relaxation' causes the 'Radius To Rotate Around The Ulna'. That tends to 'Shut Down The Aimed Clubface' and counter the very usual tendency to 'Cut Fade' due to an 'Open Clubface At The Moment Of Separation'.

A good 'Grip' never gets old in controlling the 'Clubface Aim'!

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

### **SATISFACTION GUARANTEED**

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