

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

LESSON 7: POSITIONING YOUR LEFT WRIST

At the top of your backswing, there are three possible wrist positions: cupped, flat or bowed.



CUPPED



FLAT



BOWED

Based on an internal energy point of view, and to optimize your physical force, the most effective wrist position is a flat left wrist at the top of your backswing. It is important to maintain this flat wrist position through impact; after impact, as the left elbow flexes, the wrist will finish in a cupped position.

A flat left wrist links the strength relationship between your pinky finger and thumb, which creates force in your palm and supports the ability to maintain a straight left arm. The other two wrist positions, cupped and bowed, weaken the pinky finger and thumb relationship, which lessens the muscles strength in your forearm and shoulder blade, allowing the elbow to flex. **So remember: a flat wrist is best.**



WRIST WITHOUT NOTCH



WRIST WITH NOTCH

To shape your left wrist with notch, start by curling your pinky fingertip pad around the grip. This sets the appropriate notch angle, and shifts pressure off the index finger and onto the dynamic pinky-thumb relationship. A wrist without a notch creates the weakest grip form because the pinky finger becomes the weakest finger, and the index finger becomes the dominant force.

KEY POINTS TO POSITIONING YOUR WRIST

In the course of a swing, there are four times to be aware of your wrist position: at address/setup, starting the backswing, at the top of your backswing, and as your forward swing starts.

1. **At address/setup**, with pressure on the pad of your pinky fingertip. Here, the notch has the most natural angle (a slightly cupped wrist is normal at this point). This develops a linking connection between the pinky fingertip pad and appropriate pressure in your thumb, and then activates palm pressure between these two points.
2. **Starting the backswing**, the directional force is initiated by the thumb and then the pinky fingertip pad. This activates specific muscles that help you maintain a straight left arm and increase the power in your elbow - but this only happens if you maintain a flat wrist.
3. **At the top of your backswing**, the left wrist has the sharpest notch angle (and a flat wrist). This maintains strength in your pinky fingertip pad and thumb. By forming this notch and maintaining a flat wrist, the left arm is significantly stronger and the elbow cannot be flexed.
4. **As your forward swing starts** (by shifting and then pivoting your hips), maintain that flat left wrist and the notch, and feel the pinky fingertip pad and thumb powering your force into the ball.

Before impact, your notch angle starts releasing, as hands are crossing over, this creates your (duality of force) through impact. After impact, the notch angle continues to extend to its widest angle until the left elbow flexes, creating a cupping effect in your wrist at the finish.

REMEMBER:

The most dynamic way to direct your club
into the golf ball is with a *flat left wrist*.

TESTING THE POWER OF THE NOTCH

Start by inhaling, tightening your lower core and then upper core, and then releasing both shoulders down.

Wrist Notch Test – Start by making a fist, keeping the back of your hand in line with your forearm. Place your thumb above the index-finger, then pull your hand straight back. This forms your notch's range of motion.

Little Finger Test – Gripping the club with a notch in your wrist, pull the left pinky fingertip pad away from grip. Feel the resistance in your pinky fingertip pad. Try again without a notch in your wrist; you will be able to lift the pinky fingertip pad away from the grip much more easily.

Elbow Test – With a straight or flexed left arm, grip the club with a notch in your wrist. The instructor puts his left hand under your left wrist and two middle fingers of his right hand on top of your bicep to stabilize the arm. Now pull up and notice the level of resistance. With the notch, your arm will be fully energized. Try again without the notch; your level of resistance will be greatly diminished.

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