

# Core philosophy

Ben Hogan was ahead of his time when it came to utilizing proper energy sources for better rotation and a more dynamic swing. *by Bill Westerlund and Scott Bartley*

**ANY GOLFER WHO** wants to develop a more physical approach to their golf swing should read Ben Hogan's "Five Lessons," a book he wrote in 1957 that is still relevant today.

The book provides illustrations that show how Hogan formed his swing in three elements: his core-generating energy, his muscle tension coordination to enhance rotation and the physical way he moved his body from the ground up.

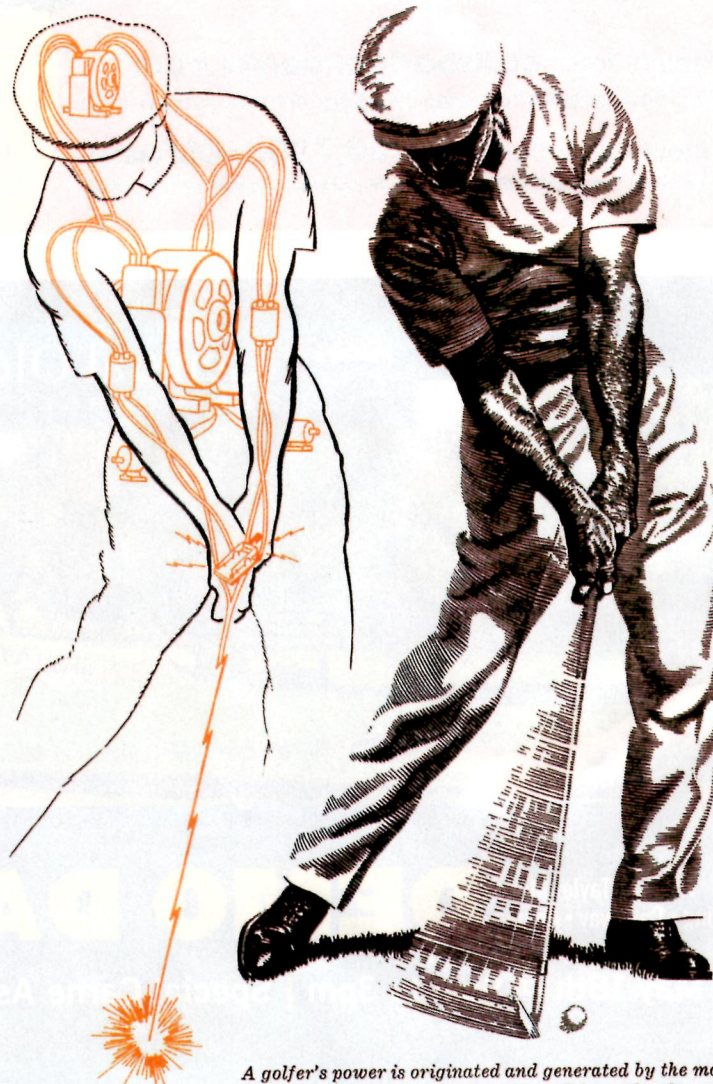
This book was published before the term "core" existed in sports fitness or exercise jargon, yet Hogan was able to use an illustration to show a generator as the primary source of his swing's power. In the drawing he shows how the generating force was directed to his hip flexors, knees and feet. This created his feeling for ground force action and rotation of his hips. His body's energy and strength sensations also shoot upward where the mind generator links to his body so he can direct core force feelings to his arms and hands for more explosive ball contact.

In looking at this picture, start with the generator in his core area, and its size. It explains Hogan's understanding of how to develop energy and strength in his core area as the

overwhelming driving force of his golf swing. The illustration shows the outline of his directed force but not the techniques required to create and engage his core generator. That takes learned physical techniques and the mental understanding of how the core area muscles direct the movement in your swing.

If you want to improve your physical force, generating core strength and directing it properly must be the starting point to get the job done. **SG**

*Bill Westerlund, PGA, and energy coach Scott Bartley teach at Mission Bay Golf Course & Practice Center in San Diego. For more information, visit [pgainstructor.com](http://pgainstructor.com).*



*A golfer's power is originated and generated by the movements of the body. This power is transferred from the player's body to his arms and then to his hands. It multiplies itself enormously with every transfer, like a chain action in physics*

## LAGGING BEHIND

**B**en Hogan's accuracy was probably his biggest trademark, especially off the tee. But while he rarely missed fairways, he was also one of the longest hitters of his era. To accomplish both, he always said that his primary key was delaying his wrist action during the downswing. The result was his famous lag in which he allowed the clubhead to fall well behind his hands, which resulted in a powerful whipping motion just before contact. It's a move that is probably most closely replicated today by Sergio Garcia. **SG**