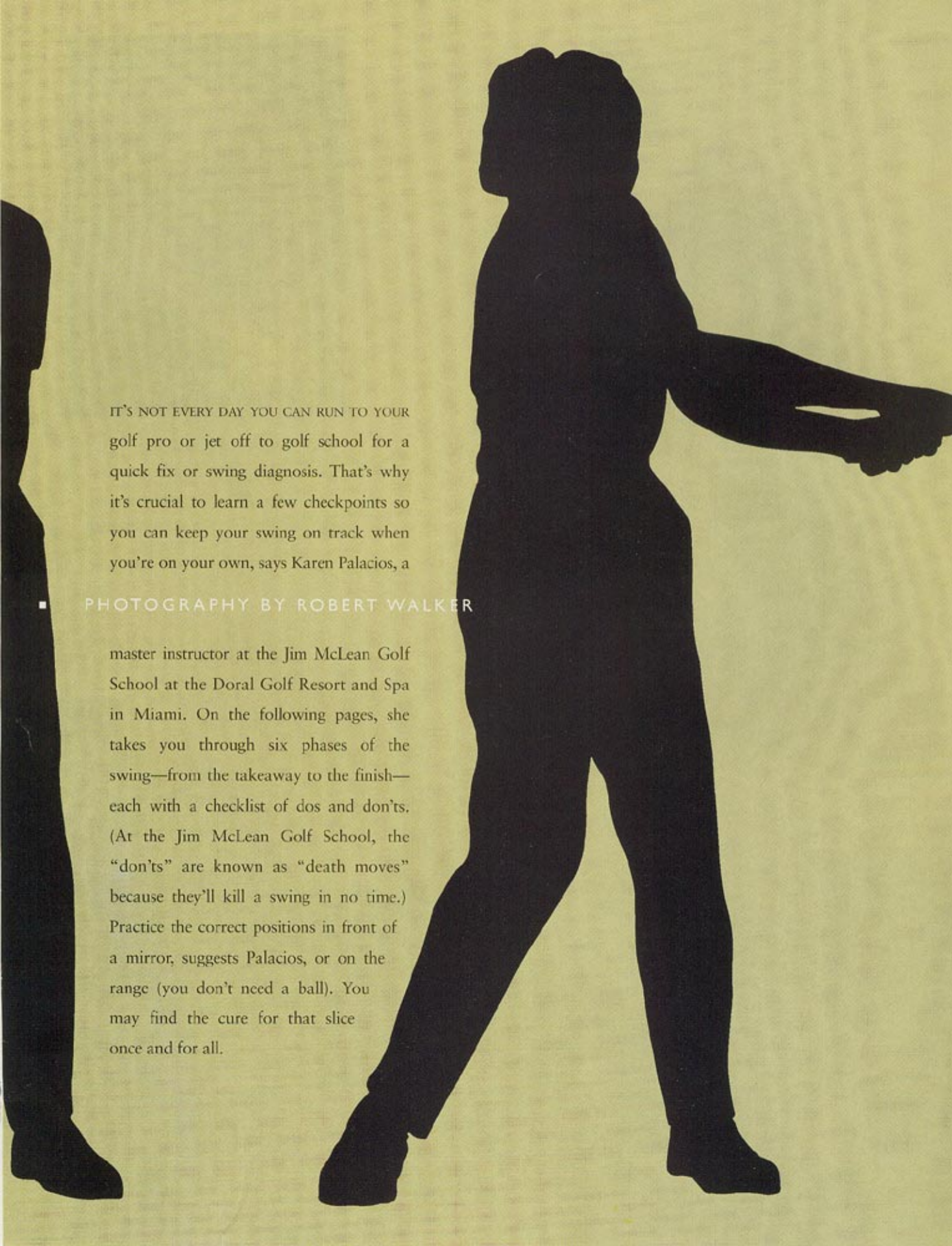


The image features two black silhouettes of a golfer against a light green background with large, overlapping white circles. The golfer on the left is captured in a mid-swing pose, with the club head high and arms extended. The golfer on the right is standing upright, holding a golf club vertically. The overall aesthetic is minimalist and graphic.

# Steps to a Better Swing

MASTER THESE MOVES SO YOU MASTER THE SWING ONCE AND FOR ALL

The image features two black silhouettes against a light green background. On the right, a golfer is captured in a mid-swing pose, with the left leg forward and the right arm extended. On the left, the lower leg and foot of another person are visible. The text is positioned in the center-left area of the page.

IT'S NOT EVERY DAY YOU CAN RUN TO YOUR golf pro or jet off to golf school for a quick fix or swing diagnosis. That's why it's crucial to learn a few checkpoints so you can keep your swing on track when you're on your own, says Karen Palacios, a

■ PHOTOGRAPHY BY ROBERT WALKER

master instructor at the Jim McLean Golf School at the Doral Golf Resort and Spa in Miami. On the following pages, she takes you through six phases of the swing—from the takeaway to the finish—each with a checklist of dos and don'ts. (At the Jim McLean Golf School, the “don'ts” are known as “death moves” because they'll kill a swing in no time.) Practice the correct positions in front of a mirror, suggests Palacios, or on the range (you don't need a ball). You may find the cure for that slice once and for all.

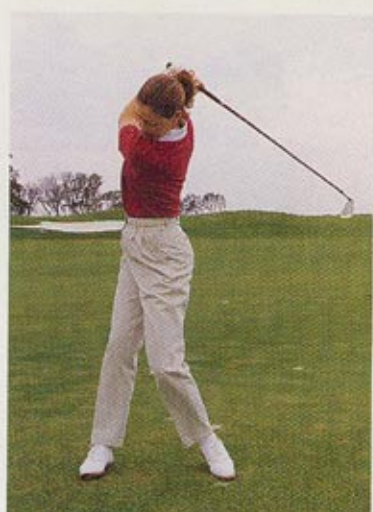


**DEATH MOVE:** Be careful not to let your right arm collapse into your body. This sets your swing on the wrong path (too inside) and opens the clubface, which can lead to a slice.

## Step One

**DO:** When the clubshaft is parallel to the ground in the backswing, you're at check-point one. Your arms form a triangle, with your right arm above your left arm. The grip end of the club points to the target, and the toe of the club points up. Your weight has shifted to the inside of your right leg, both knees are flexed and your left knee breaks slightly in toward the ball.

2

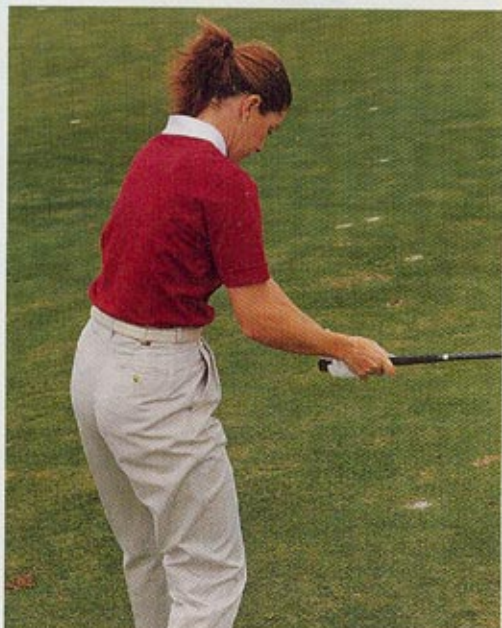
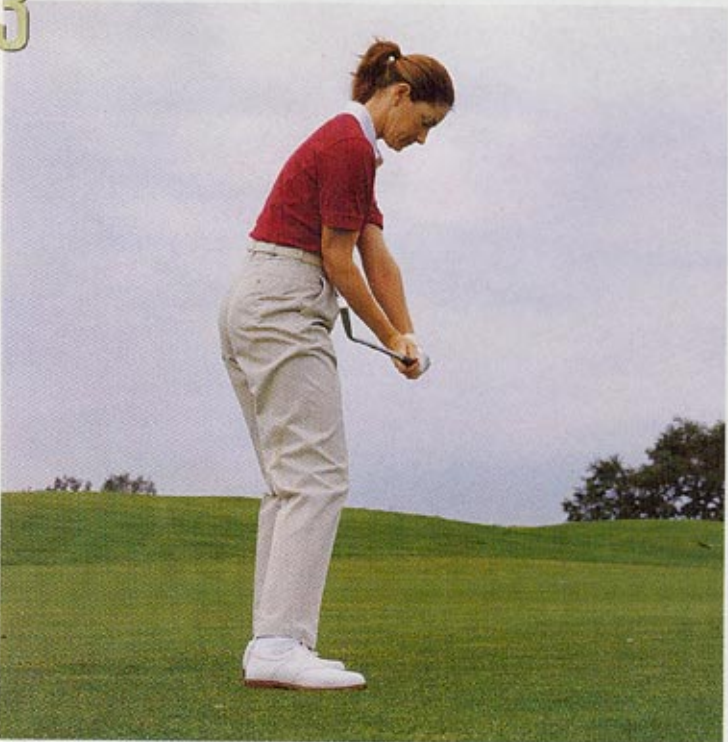


### Step Two

**DO:** To reach the top of your backswing, turn your shoulders twice as much as your hips. When you complete your shoulder turn, stop. Don't keep rotating your hips or swinging your arms. Make sure your weight is on your flexed right knee and your arms support the club. Your right arm forms a right angle, and your left arm is soft but extended.

**DEATH MOVE:** In an attempt to hit the ball farther, don't overswing so your arms go over your head and the club past parallel. This results in a reverse pivot and loss of power. Remember, a bigger swing doesn't mean a bigger shot.

3



### Step Three

**DO:** Because the lower body initiates the downswing, your arms and hands are passive, almost falling down, and the clubhead lags behind your body, arms and hands. This phase of the swing looks similar to Step One, except that a significant weight shift to the left side has occurred.

**DEATH MOVE:** Don't start the downswing with your upper body. The club will get ahead of your arms and body, and it will move severely from outside to inside, causing inconsistent ball contact.

4



**Step Four DO:** At impact, your left arm and the clubshaft form a straight line (*left*) and your left wrist is flat or slightly bowed. Your weight has shifted to your left side and your right heel has come off the ground. Your hips are open to the target, but your shoulders are square to it.

**DEATH MOVE:** Failing to transfer your weight properly to the left side can cause you to scoop up the ball with your hands and arms (*right*). The result is an array of mis-hits.



5



**Step Five DO:** Even though the ball is gone, this is a crucial part of the follow-through (*above*). The clubshaft is parallel to the target line. The butt end of the club points at your navel and your right hand is above your left hand (in relation to the ground), indicating a proper release of the club and your arms.

**DEATH MOVE:** Slicers, take note: If your left arm bows out like a chicken wing (*right*) and your left hand is above your right hand at this stage in the swing, you've kept the clubface open through impact, which leads to a slice.





**Step Six** **DO:** In the final phase of the swing, your hips and shoulders are fully rotated toward the target and the club is behind your head. Your weight is on your left side, your knees are touching and you're up on your right toe.

**DEATH MOVE:** If your back foot is still on the ground in your finish position, you haven't shifted your weight to the left side and all kinds of bad shots can result. You're also working primarily with your arms, not your body so you lose distance.