

# POW!

## *Pump Up Those Cream-Puff Drives with These POW-er Pointers*



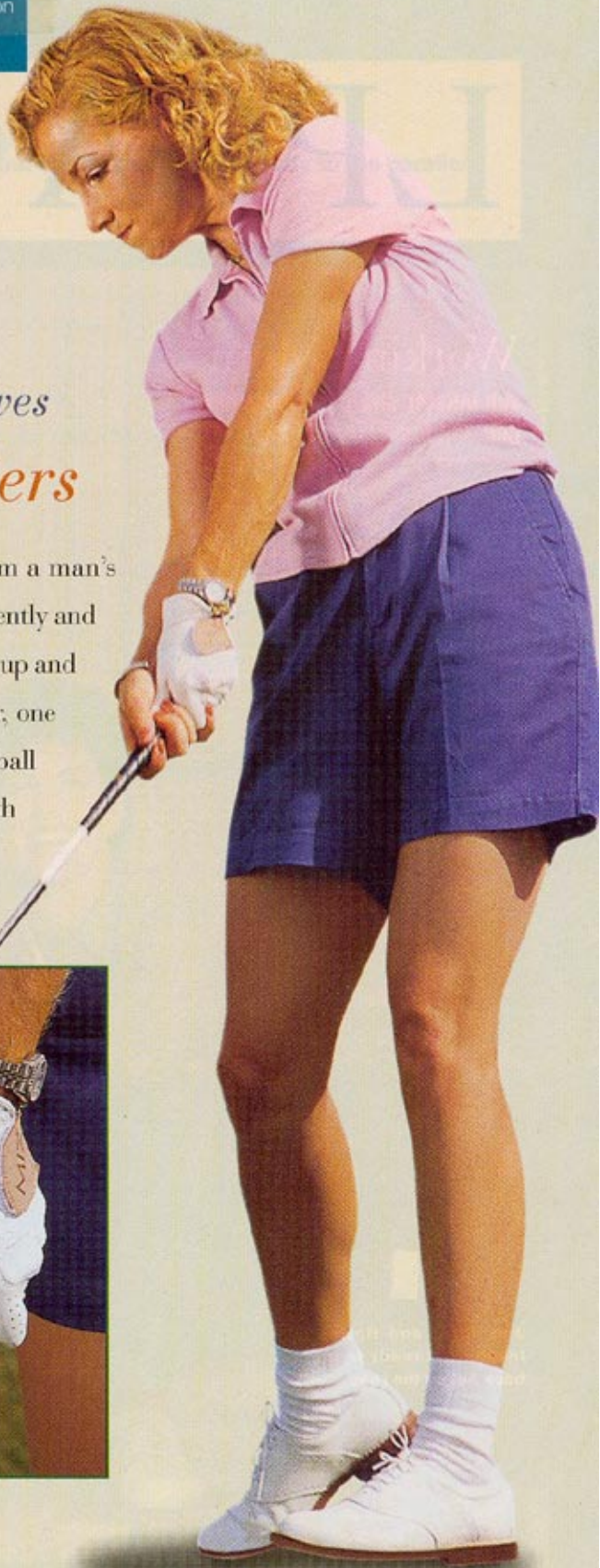
Most golf instruction is written by men from a man's point of view. But women, who are built differently and have different tendencies, have to work on set-up and swing keys that are specific to them. There is, however, one aspect of the game that both sexes yearn for: hitting the ball long. Here are five ways you can knock it out there with the big boys and girls—and maybe even past them!

### Strengthen Your Grip

A strong grip helps create a flatter swing path and a more powerful release of the club through impact.

Instead of setting your left thumb on top of the grip, rotate it about 30 degrees clockwise (away from the target) so it is angled down the right side of the grip (right). You now should see two, even three, knuckles of the left hand when looking down at address. This grip will help compensate for having less arm strength than men.

As for the right hand, spread your fingers as wide as possible. There should be a significant gap between the index and middle fingers. This also is a strong position.



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## Take a Firm Stance

A solid base creates good balance and supports high clubhead speed. Flex your knees slightly and press them away from each other, not inward as many people think they should. Pressing inward increases lower body tension and drains quickness and power from the swing.

## Resist with the Lower Body

As the club starts back, stretch your arms away from your torso while holding your hips and knees in place. Your lower body will turn no matter how much you try to prevent it, but if you resist with your lower body at the start of the swing, you won't overturn—a common problem among women. Overturning destroys the coil that sets up a powerful downswing.



## Create the Right Support

At the top of the backswing, the right arm should fold to form a right angle. When this occurs, the right hand should be under the grip, providing support so the club doesn't dip past parallel. This support preserves your natural maximum swing arc, and the larger the arc, the more clubhead speed you can produce.



## Hands Lead the Shoulders

Starting down, push your hands away from your shoulders as far as possible. Extending the arms away from the shoulders creates speed and—combined with a strong grip—helps the forearms rotate and the club swing on the proper inside path.

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