

Shaft Before Clubface #2

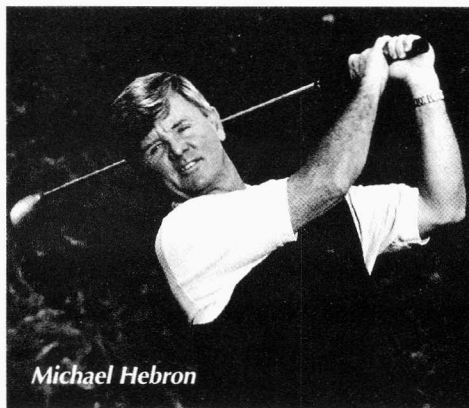
A Valuable Insight That (an Improve the Direction and Distance of the Ball Flight and the Timing and Rhythm of Every Golf Swing.

BY MICHAEL HEBRON, PGA MASTER PROFESSIONAL

A valuable insight often accomplishes several outcomes. For golfers who are not pleased with the distance and direction of their ball flight and the timing and rhythm of their swing-shaft before clubface can be a valuable insight.

NOTE: There are very few times during a round of golf when a golfer will have a shot that does not require the shaft of the club to swing past the golf ball before the clubface.

A lack of distance, poor direction, and bad timing and rhythm can all be caused by a clubface going through impact before the club shaft. The game of golf has been played for over 500 years with clubs that have a shaft, a clubhead, and a clubface. For over 500 years, the flight of every golf ball was directly influenced by how the club's three elements (shaft, head,



face) were aligned through impact.

Where were the shaft, the face, and the clubhead during impact? That is a more useful question than asking about what our body parts were doing. It is a golf club that impacts the ball, and I have found when golfers know what to do with a golf club for the shot at hand, their body parts have acceptable alignments though impact.

It can help to see a golf club as having three elements-(shaft, head, face). It also helps to recognize that the most efficient swing model a golfer can have is the shot at hand. The shot at hand spells out the requirements for the next swing. The golf course speaks to every golfer, telling them what to do with the club's shaft, head, and face for the shot at hand. Should the face be open, closed, or



When a car is pulling the weight of a trailer, force is applied to the hitch that is connecting them. Likewise, when the weight of a golf club is being pulled behind a golfer's hands and wrists, this gives a golf swing the ability to put more force into the ball than when the club has moved past the hands and wrists prior to, or through impact.

By pulling the lagging weight of a golf club through impact, the shaft before impact insight is being applied!

remain square? Should the clubhead be behind or forward of the hands? Should the shaft come into impact high, low, or on its plane? Everything depends on the shot at hand.

Golf clubs are designed and built for impact alignments, not for address alignments. When a golf club leaves the factory, its shaft has been designed to come up from the clubhead at two different angles. **(1)** Shafts come up from the clubhead on a roof-like incline angle that requires the golfer to stand to the side of the golf ball and use a swing motion that moves the club on a path that will stay inside the target line from start to finish (with a few exceptions). **(2)** Shafts also come up from the

much like a book on the back seat of a car that suddenly stops—the clubhead (like the book) keeps moving, causing the wrists to look like they have flipped the clubface past the shaft through impact. It's my view that golfers rarely flip their hands and wrists. But, when rotational forces stop and are no longer pulling the weight of the club behind the wrists, the club keeps moving, and the clubface gets to the ball before the club shaft, (giving the impression that the golfer has flipped their wrists, using a swing with poor timing and rhythm).

Shaft before clubface is a valuable insight that can improve the direction and distance of the ball flight and the timing and rhythm of every golf swing. It may be

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clubhead on an angle that causes the shaft and grip end of the club to be aligned forward of the clubface.

NOTE: It's these two angles (not the instructor's ideas about the swing) that define acceptable impact alignments and conditions for golf swings made during a round of golf. For example, the shaft should be swinging on a path that is parallel to the roof-like inclined angle it occupied through at address, and the club shaft should be forward of the clubface through impact, with few exceptions.

We could say that when the clubface arrives at the ball before the shaft, the golf club has been redesigned! The shaft and the grip end are no longer forward of the clubface, as they were designed to be. The reason efficient swings can influence direction and distance of ball flight is they do not unintentionally redesign the golf club's two shaft angles. Efficient golf swings use rotation to keep the clubface behind the club shaft through impact.

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The machine we play golf with has lifting, swinging, and pulling capabilities all closely related and useful. Fortunately, for golfers, there are only two ways to move a golf club through impact—pull it or push it.

When the approach to swinging a club keeps rotating, the clubface will be trailing behind the club shaft through impact. But, when the approach to swinging the club stops rotating, the clubface and clubhead will react

useful to also recognize that ball flight has only two elements—distance and direction. It then follows there are only two things to learn about a golf swing. What influences distance, and what influences direction?

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Focus on what to do, and avoid thoughts about how to, is how respected research and sound studies into the nature of learning would suggest we learn to play golf. What to do with the clubs shaft, head and face, depends on the shot at hand, (avoid using an expert golfer as a swing model). The shot at hand is the swing model all golfers should consider using, as the shaft swings past the ball before the clubface.

Michael Hebron is Director of Golf at Smithtown Landing Country Club. He was elected a PGA Master Professional December 23, 1985, and is the 1991 National PGA Teacher of the Year. He was named in the "Top 50 Teachers" by Golf and Golf Digest magazines.

For more information on Michael Hebron's workshops, seminars, clinics, private lessons, or his books and tapes, please write or phone:

Smithtown Landing Country Club,
495 Landing Avenue, Smithtown, New York 11787
Telephone: (631) 979-6534 • Toll Free: (800) 444-0565