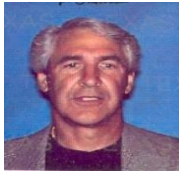


Newsletter for November 1st., 2024



Bob Marlow - PGA Golf Professional

“ What I Have Learned by Studying Tiger Woods Swing”

I can help you accomplish these feelings, in person or remotely with V1 Plus Software.

My website for additional information and lesson rates is <http://bobmarlowpga.com/instruction>

Connect your brain to the feel and image of your feet, legs, torso, arms and hands.

At Address: He has a relatively wide stance for a good foundation relative to the club he is hitting, I feel most golfers have too narrow a stance, I did. He angles his feet out 45 degrees and 15 degrees, respectively left to right foot, which increases by about 10 degrees, in his right foot as the clubs gets longer, long iron and woods. He sticks his butt back away from the target line and then just before the takeaway, he shifts his weight a little more forward towards the target line so it balances between the heels and the balls of his feet, verses too much towards the toes.

Take-away: He triggers his backswing with a *very slight forward press* of his hands towards the target in the distance and then, begins shifting his upper body to the right which loads up the pressure on his right leg, as he rotates his core to his right and takes the club away with the arms and hands, in a one-piece motion with zero manipulation with hands, wrists or arms. The club head stays outside the hands as the hands move inside from a down-line-view (DLV). You can see the back of his left elbow points down towards the ground in his backswing, but he focuses more on the right arm due to his right arm and hand dominate golf swing, which is more natural for a right hander in a right-handed golf swing. The inside of his right elbow points towards the target line which also makes his right arm stay above his left arm longer. This also helps the right arm to stay straighter longer and makes creating width easier.

Rest of the Backswing: Eventually he folds his right arm's elbow at about a 90-degree angle, which make the wrists cock about **only 20 to 25 degrees**. His upper body rotates even more, so it appears as if the shoulders rotate between 90 to 120 degrees relative to the club being used.

Coming Down and Forward: This is big...He next moves his upper body laterally, this is called, covering the ball. It will appear as if his right shoulder is moving down and it will be from the bringing of the arms and the club down, but the feel is, moving your upper body laterally plenty, so your head ends up in-line with your left foot in the finish, from a face-on-view (FOV). You do not want your hips and waist tilting much, in either your backswing or forward swing. That has caused me plenty of pain in my hips and hamstrings.

TW Hitting a Low Spinner: Ball played back in his stance, he flips the right hand and, at the same time, covers the ball with his upper body moving it forward and rotating it to the left.

Putting: Reverse overlapping grip, narrow stance, upper body bent out and over the shot, arms hanging down comfortably from the shoulders, right elbow bent and connected softly to the lower right rib cage, arms take the putter away, causing a slight wrist hinge for feel, hands release the putter head through impact, squaring the face at impact and making the club face in the finish to be closed, inside and up, ball rolls with over spin.