THE BODYSWING

How to Build a Powerful, Effortless Golf Swing

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The Body Swing — How to Build a Powerful, Effortless Golf Swing by Paul Wilson
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FIRST EDITION

CHAPTER 6

THE POSITIONS

THE POSITIONS

When you watch pros on TV, what do you think of their swing? I bet you think it looks simple. Pros do have a simple look about them when they swing. Pros look like they're going to shoot 65. Pros use their body instead of their arms to hit the ball. Pros have the right fundamentals.

If pros on TV have the right fundamentals, you must look like them when you swing if you want to play great golf. If you look like they do when you swing, you'll have the right fundamentals too. This is exactly how I thought many years ago when I started to teach. Instead of making the swing complicated by explaining all of the physics and angles of the golf swing, I just made people look like pros. In doing so, I got amazing results. Now 25 years later, I haven't changed how I teach.

Now you'd think it would be difficult to look like a pro when you swing, after all, pros have been playing for years. It's really not difficult if you know how they're hitting the ball and if you know exactly what to work on. When learning The Body Swing, you'll know exactly how the golf swing works and exactly how to do the positions. This is because every position I teach gives you feed-back; which allows you to know you're doing it exactly right and so you can remember it forever. So take your time. Understand what to work on and exactly how to work on it.

Also, change the way you think. When you're learning a new swing it's not about where the ball is going. It's about the positions and movement you're making. It's like a puzzle. As you put the pieces together you'll see the whole picture.

POSITION 1

TOUCH THE LEGS

The "Touch the Legs" position is the first position you'll be learning in the follow through. When I say "Legs Touching" I mean it. They need to be physically touching. This is not 2 inches apart, close, almost touching etc. They need to be physically touching one another (unless you have a physical disability or you are bow legged then you get it as close as you can).

Why? If your legs are touching, you get feedback that tells you that you're doing the position exactly right. I could tell you to end up with them 2 inches apart if I wanted to. If so, you'd have to look down and check this position every time you hit a golf ball to check it. Remember, golf is a consistency game. You need to do the same swing every day, every shot, forever so why would you want to have to keep looking down at your legs to make sure you hit the same position each time? Why not just bring them together and feel them physically touching? Doing so gives you feedback so you know you are doing the position exactly right and you can check it on your own.

I guarantee when you've been on working on your swing in the past, you didn't know exactly what you should've been working on. Well, now you'll know exactly what to work on because, as you can see by the way I'm teaching you, I'm giving you positions that give you feedback so you'll know with 100% certainly that you're doing it exactly right. The "touch the legs" position coupled with the other positions will quickly transform your swing so make sure you understand it and look for the feedback.

The beautiful part about learning the swing this way is that pros cannot do this position any better than you. As the back leg comes around it hits the lead leg, it doesn't go any farther. This is what creates the pressure of them touching (if you have the right stance width). So if you do this position, and pros are doing this position, you're starting to copy them. As you copy what pros are doing, you develop the right fundamentals too.

I know the touch the legs position is after the ball is hit, but this is the ending point of your swing. If you cannot do the same swing every day, every shot, forever how do you ever expect to become consistent? To gain this consistency, you need the whole swing not just a good impact position. By working on your follow through, you're working on the ending point to your swing. Swing to the same ending point every time and you'll start to do the same swing every time.

POSITION 1

GO AGAINST HUMAN NATURE: If you're trying to hit the ball with your arms, you're not even thinking about doing this position. In order to do this position every time, you have to train yourself to go against human nature. In other words, you have to tell yourself to do this position. Little kids and petite players don't have to tell themselves to do this because they have minimal arm strength. With minimal arm strength, they're not trying to hit the ball. Instead, they're using their legs and hips to turn their body and the arms follow. They get the body moving naturally. If you learned as an adult, you need to tell yourself to do it. If you do, you'll start to use your body to hit the ball and build a consistent ending point to your golf swing.

TOUCH THE LEGS - FRONT

TOUCH THE LEGS - SIDE

IT'S A TURN AND A SHIFT

In your golf swing you have your feet separated. This means your golf swing is not a perfect circle. There is some lateral motion between the 2 legs. This doesn't mean you're bumping your hips or shifting laterally to start your downswing. To start down, it's a turn and a shift at the same time. The amount of lateral motion is enough to create a second axis around your forward leg. By bumping or shifting you may end up sliding. If so, this excess lateral motion causes too much upper body tilt in the downswing resulting in pushes, push fades and duck hooks. Not enough lateral motion and you'll hit pulls, pull hooks and pull slices. So in simple terms, this tilt plus your body rotation starting ahead of your arms as they come

down flattens the swing plane creating a path that's down the line. To master the "Touch the Legs" position you need to change the way you think. Once you hit the top of your backswing you need to be thinking "TOUCH MY LEGS" not "HIT THE BALL." **Remember:** until now you've been thinking "hit" which isn't working. Thinking about touching your legs is completely different but it'll allow you to uncoil your spring (body), giving you power and consistency. To learn The Body Swing you need to be hitting the ball with your body NOT your arms. This new thought will finally get your body moving. If you move your body first, the arms will follow. If the legs and hips are the power source in your swing, you'll finally be copying pros.

YOU'VE ALREADY DONE IT

In the past I've had the odd person say to me that they cannot do the "Touch the Legs" position. Unless you're severely bow legged or you have a physical ailment, you can do it. I say this because you've done it before. This is the very same movement you'd do if you were to throw a ball overhand out in front of you. Everyone has thrown a ball at some point in their life so everyone has done this before. In throwing a ball, you turned and you shifted. This is what you're doing as you do the touch the legs position. To see what I mean, I want you to stand up. Take a 7 iron stance. Act like you have a ball in your hand and throw the imaginary ball out in front of you. As you do, you'll see that the lead leg will lock perfectly straight, the back leg will come around and physically touch it, creating pressure between them and you'll end up on the

very tip of your back toe. When you did this throwing motion you didn't slide laterally. You didn't hang back on your back leg. You turned and shifted and in doing so your legs touched. The best part is, you didn't even think of how to do it. So start off doing this throwing motion. Once you get a feel for it try doing it, in practice swings. This doesn't mean you are hitting golf balls yet. I want you to do it in practice swings first to get used to it. This way there's no ball to hit and you can concentrate on the position. Learning the golf swing is about mastering positions. The more you do them, the more you master them. So you just saw how a throwing motion has your legs physically touching after you make the motion. Now you need to get used to it and apply this very same feeling to your full practice swing. Then do it with the ball.

CHANGE YOUR THINKING

In order to do the touch the legs position you actually have to be thinking about doing it. This means, as soon as you hit the very top of your backswing, you're no longer thinking about hitting anything. Instead, you're thinking about using your legs and hips to hit the ball. So you do your new grip and setup. At this stage, I don't care about your backswing, so just do what you normally do. Once you hit the top of the backswing and you're about to start down, take your back leg and make the move to touch your forward leg. Remember, you've already done this before if you've thrown a ball. If you need to do a throwing motion a few times, then do so. This is the very same feeling you'll be using to do this position so make sure you have it clearly in your mind before you try it. This is going to be totally different than what you've been doing in the

past. In fact, it's exactly the opposite. You've been trying to pull the club down to hit the ball with your arms. I want you trying to touch your legs. So how do the arms come down if you're using your legs? Simple. Your arms are connected to your body. You make the move with the legs and hips. The legs and hips move your body. Your arms are connected to your body so they'll come down. You're holding onto a club so this will be the last thing to move. Definitely tee up your ball because this is totally different and you're not good at it yet. Remember, it's a turn and a shift. Don't bump or shift to start down. Your thought is **TURN**. If done right, you'll automatically shift as you end up on the very tip of your back toe. Once into the follow through, **HOLD IT** and **CHECK** if your legs are physically touching. This tells you that you did it right.

LEGS NOT TOUCHING

I see this all of the time. People don't physically touch the legs because the ball is long gone. Remember, I need you to do exactly the same swing every day, every shot, forever. When they physically touch you get feedback to tell you that you did it right. Feel this every time and you'll do it consistently.

SLIDING

This mistake is typically seen in better players. Better players know they have to use the legs and hips but they either bump the hips or shift to start down. This creates too much lateral motion which doesn't allow the legs to physically touch. If this is you, make sure you're turning, not shifting.

WEIGHT NOT SHIFTING

I see this mistake a lot. This is because people are just whacking at the ball with the arms. If you're using your arms, you're not using the body. If this is you, make sure you're at least attempting to touch the back leg to the forward leg. If so, the weight will start shifting off of this back foot onto the tip of the toe.

MISTAKES

STANCE TOO WIDE

I know it feels good to have a wide stance. The problem is, you cannot touch your legs. If your legs aren't touching (so you get the feedback) how can you ever repeat this exact position? Keep in mind if you do a different swing, you'll get a different result. Narrow the stance to the point they can touch every time.

CRUNCHED TOE

This is very close to the touch the legs position but there's still weight hanging back on the back foot. You need to be fully shifting your weight in The Body Swing so make sure you're rolling up on the very tip of the back toe with no more than 10% of your weight on this foot. This requires balance.

STOPPING SHORT

This mistake is just because you don't care what happens after you hit the ball. The swing isn't over until the follow through position. If you don't go all the way through, how can you repeat your golf swing? Make sure you turn more and look for the back leg physically touching the forward leg.

PICK UP YOUR COPY TODAY

I truly hope you've enjoyed learning Position 1 - Touch the Legs. This position tells you that you turned and shifted your weight in the downswing. I say this because if you just turn you will not end up on the tip of your back toe. If you just shift you will not touch your legs. So by physically touching them you turned and shifted. Start thinking about this position into the future and you're on your way to learning The Body Swing.

This position also gives you a feel for how I teach the golf swing. Think about it: golf is a consistency game. This means you need to do the same positions, every day, every club, every full swing you do. If you don't know the exact positions you are trying to do, how can you ever repeat your golf swing? Too many people are just hitting ball after ball hoping one day they get. Unfortunately, that day never comes. The Body Swing teaches you the other positions you need to be working so pick up your copy today so you can build that powerful, effortless, pain-free golf swing you've been dreaming about. Click the button below:

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The Body Swing is also available in HD videos. Please visit my website for more information.

Questions? If you have any questions before making your purchase please don't hesitate to email me. Here is my personal email address: **Paul Wilson Email**