

## First Tee Talk

### Guess where these two superstars are hitting to?

A non-golfer could look at the two swing pictures below and accurately guess the target. Easy. Sammy and Annabell Fuller are right in the mix of global amateur competitive golf at the highest level, representing Roehampton Club when they play and while both girls have their own style of playing, in the pictures below we see the force of their entire swing being transmitted to their right hand and on towards the club head. A non-negotiable fundamental. This is what the longest and straightest golfers do.



This is the same use of body rotation and force as a hammer thrower pictured below. The body rotation creates space for the hands and arms (our levers) to extend and throw the energy to the implement and through to the target:



Looking at Sammy and Annabell, the similarities are laid bare. Let us work from the ground up. Right foot onto the toes, right knee kicking inwards towards the target, left leg straightened and body weight being pushed backwards and left around the body, right shoulder is “down and through” which in turn puts together a sequence of power to the target. Interestingly, both dip their head and certainly do not stay looking down. The ball is only on the club face for  $1/2000^{\text{th}}$  of one second. You won't see it when you hit it!

So what does this mean to you? These girls are prime athletes and the force created in their swings is an incredibly efficient and powerful use of the body, but most importantly science. Pistons and levers. The body and legs are the engine or pistons which in turn create the optimum use of the levers in the swing, the arms. No pistons will mean poor lever motion, so in essence think of your body increasing its range on the way back and

increasing your range on the way through. I spend all day helping Members to do this to enhance their results.

Look at this beast, one of the world's longest drivers and see how his levers are fully extended for this gentle 400 yard drive:



Golf is science and played best when we make the science work but add some art and music into the mix.

Let me help your game: [richard.harrison@roehamptonclub.co.uk](mailto:richard.harrison@roehamptonclub.co.uk) or 07974 403289

### **Cadets golf**

We are looking to grow the Cadets participation and have many parents eager to help. This will include encouraging unsupervised social play as well as competitive golf alongside the Cadets tuition. Cadet ability includes an established beginner working towards a handicap or a Junior Member holding a handicap. There is no lower age limit if ability is suitable. Naturally, most Cadets fall into the early teen range, so please let me know if you have a child who would like to get involved: [richard.harrison@roehamptonclub.co.uk](mailto:richard.harrison@roehamptonclub.co.uk)

Enjoy your golf.

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