

# Get into shape (not the Charles Atlas way)

*The starting point of any golf swing is the set up position*

*this* is one of the most important fundamentals in golf. If your body starts in the wrong position, it will spend the rest of the swing trying to catch up, leading to inconsistency in contact, direction, distance and trajectory. Conversely, when your body starts in the correct position, it can work as efficiently as possible, which encourages more consistent shots.

Our model this month is Steve Elkington. Looking from the front (**Picture 1**), notice that Elkington has some 'shape' to his body i.e. his spine is slightly tilted, rather than remaining straight. This will encourage him to turn around himself on the back swing, rather than move laterally. By this I mean that his body will be rotating around an imaginary axis that goes through the centre of his body, not swaying over to his right.

From the side view (**Picture 2**), you can see that Elkington is bending from the waist with only a small flex in his knees. Many amateurs keep their upper body straight while



**Picture 1**



**Picture 2**

almost squatting with their knees, which also makes it difficult for their bodies to turn properly on the back swing (**Picture 3**).



**Picture 3**

## Tee-time with Josh

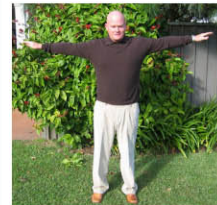
*Joshua Willard*



### Drill

The first thing I want you to do is stand in front of the mirror. "A mirror?", I hear you say. Well, boxers and ballerinas use mirrors, so why not golfers? The mirror will give you instant feedback on where your body is when setting up.

Once in front of the mirror, raise your arms to shoulder height (**Picture 4**). Bend from your waist, backside out (**Picture 5**). Tilt your arms to the right (**Picture 6**). Drop your arms (**Picture 7**). You should now be in the correct set up position.



**Picture 4**



**Picture 5**



**Picture 6**



**Picture 7**