

What's the #1 MECHANICAL fault in the golf swing?

In a 1922 interview in *The American Golfer Magazine* with Grantland Rice, (a famous sports reporter of the time) - Stewart Maiden (Bobby Jones's teacher) said it was "hitting too soon." Which is now known as casting, coming over the top, releasing early, flipping, clubhead throwaway, chicken winging, scooping, etc.

What's the #1 MECHANICAL difference in the golf swings of Tour Pros compared to amateur golfers?

Tour Pros create LAG, amateurs don't.

So, the answer to both questions is actually one and the same thing - *"TOUR PROS CREATE AND SUSTAIN A MOTION CALLED LAG and amateurs don't."*

This LAG motion is the most important athletic movement that a human being uses to develop speed and accuracy in most sports - you name it - baseball - football - tennis - shot put - discus - javelin, etc.

Creating and sustaining LAG and then releasing that LAG at the exact millisecond which ensures solid contact with the golf ball is the Holy Grail of the mechanics of the golf swing. It is usually thought of as 'holding the 90 degree angle' formed by the leading arm and the club shaft.

LAG allows you to create centrifugal force, which stores power until it is released at impact creating what every golfer desires - namely shots that fly long and straight.

LAG allows the Tour Pro to consistently deliver the clubhead to the back of the ball which creates solid contact. Solid contact in turn creates distance and accuracy and consistently good golf shots. LAG creates the forward leaning shaft at impact, which is the popular term now for what happens in a Tour Pro's swing. Actually this is just one of the manifestations or effects that happen when you create LAG in your swing.

We've all noticed that the Tour Pros and their swings vary in setup, grip, body style - just about everything imaginable. But, the one thing they all do is create LAG. To create LAG, they all make the same motion from the "delivery zone" thru impact.

So, we think that it makes total good sense to concentrate on learning the one mechanical motion that separates the Tour Pros from the amateurs - LAG. We have found that if you get the LAG motion right, then everything else mechanical in the swing usually works out too. You immediately get - more distance - consistency - and straighter shots.

Evidently, Stewart Maiden agrees with us - this from the 1922 article:

Maiden - *"Of course hitting too soon may be combined with one or more other faults. But I imagine that by itself it could produce practically any kind of a bad shot in golf."*

Rice - *"That is to say, a player really talented in the art of hitting too soon could be just about as bad a golfer as possible?"*

Maiden - *"Yes."*

Rice - *“Then it would appear that NOT hitting too soon is absolutely essential to playing good golf.”*

Maiden - *“It is.”*

Unfortunately, this LAG is an elusive feeling to capture on a consistent basis. In fact, creating LAG is a most unnatural movement. Ben Hogan had it right when he said - ***“Reverse every natural instinct and do the opposite of what you are inclined to do, and you will probably come very close to having a perfect golf swing.”***

Because LAG is such an unnatural motion, there is a major problem that we all face in our attempt to learn this Holy Grail of the Golf Swing:

Even though we know what happens mechanically in the golf swing down to the millisecond, we don't know how the LAG motion FEELS. And, since, we don't know the FEEL of LAG and haven't experienced that feeling on a consistent basis, we are unable to create it at will. So, then I repeat - the problem with lag is not that you can't do it - it's that you can't “FEEL” the correct motion, and if you can't feel it, then you can't recreate it. Since it's a FEELING, it can't be created by watching it, or reading about it, or consciously trying to do it.

That's why the Power Whip® is the secret to learning LAG because it solves the problem stated above. It lets you experience the feel of the precise motion that creates lag and the correct release in the golf swing. It's also the secret to maintaining the FEELING of LAG - because we have also found that since LAG is a most unnatural motion, it must be constantly Rekindled.

That's why there's nothing better than the PowerWhip® for developing &/or increasing LAG! And guess what happens when you do that? You cure casting and coming over the top - and when you do that you develop the powerful and repeatable swing of a Tour Pro because you are now feeling what a Tour Pro FEELS.

And, when you get the FEELING of LAG, you provide the answer to the most important question in golf - which is :

What can the average golfer work on that is simple and that quickly helps them to get rid of the “Casting and Coming Over the Top” move and then the most important part of the equation - transfer that FEELING so that they hit better shots on the course while actually playing golf?

Most any teacher can get you to hit better shots on the range - but the real challenge is taking that range swing to the course. That's the key to better golf - what can I work on with a minimum of time and effort and get it to transfer to the course - The Transfer Factor.

The Simple but elegant solution to this Transfer Factor problem is our PowerWhip® training tool !!!

By replicating One Motion - LAG - you learn the FEEL of every shot in golf, and you get immediate improvement because you are able to transfer that FEELING to the course.

Power Whip® - you don't have to change your swing to get way better - you just need to learn how to create LAG.

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