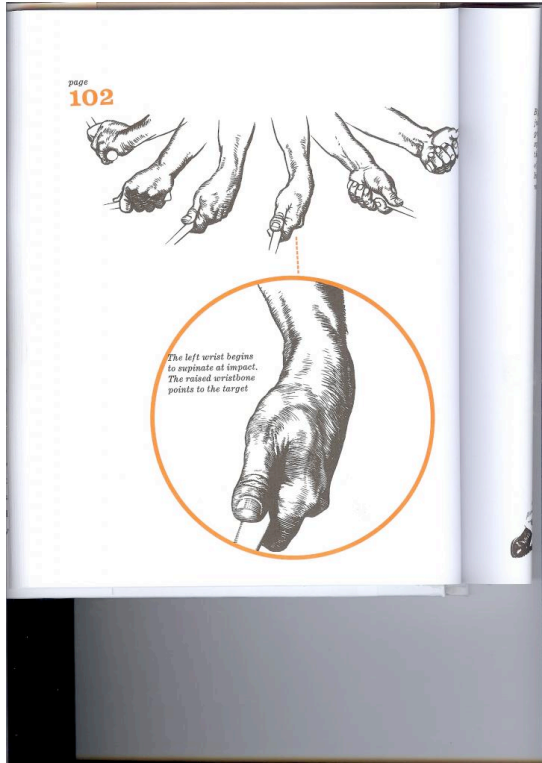


jeff --

what's your advice for how we get the left hand doing what hogan called "supinating" and what others say is more properly labelled "palmar flexion?" this image from 5 Lessons:



in hogan's book he says it's essential to all good players, but i also think the spirit of this section was that impact happens so quickly no time to think of such things. so is it active or passive? if the latter, what do we do to make it automatic in our swing? i think the PBS is great as you know, but w/o some added color here i think we still run the risk of the trailing hand overpowering the lead, leading to a flippy/cuppy release.

In The Golfing Machine this is considered Arching of the left wrist which allows for the bottom of the arc to be effectively moved forward. Also, this Arching is an insurance policy for a Bent right wrist "it is harder to flip the wrist through the impact interval" which causes erratic ball flights.

I was hung-up on active and passive hands for many years but now I like to think of it as actively thrusting or passively aiming the Lag Pressure at the aiming point.

However, Educated Hands could be considered the "KEY" to the control of the CLUB. The Hands sense the club through the clubhead lag pressure point consider they are the main line of communication between the Hands and clubhead. Being able to monitor is awareness through Feel, Feedback sensation of the location condition direction of any element for any purpose. To quote Bruce Lee "Don't Think! FEEL!" Mechanics to Feel and play on "YOUR" Feel.

Build your impact hands first through chipping strokes learn the correct mechanics into the correct and individual feel. If your don't know if you are doing it correctly consider that you are not.

Start here

Build it into here

