



## INSTRUCTION

BY MARK GIBSON  
GOLF AUSTRALIA TEACHING EDITOR  
& SHANE ELLIS  
HUMAN EXCELLENCE TRAINER/TEACHER

# FIND YOUR POWER WITHIN

## POWER IN MOTION

“When you snatch this pebble from my hand it will be time for you to leave.” I love that line from the television series *Kung Fu* where the young kung fu disciple attempts to snatch the pebble from his master’s hand and does not succeed. The disciple goes through many years of rigorous training until he does, in fact, acquire the skills to snatch the pebble out of his master’s hand and at that time he realises that he, too, has become a master.

The essence of what the kung fu exponent had gone through was moving from an inexperienced use of his power and motion to an experienced use of power and motion to succeed.

Martial arts is a very good medium for comparison with what Gibbo will discuss later in this article.

In martial arts it is all about speed and weight distribution creating the force. Thus a little guy like the famous Bruce Lee, who was just over 170cm tall and weighed only 59 kilos could deliver a more powerful blow than a big man. Bruce would swing swiftly and crisply whereas the big man was swinging a punch slowly with a lot of weight behind it.

The coil/uncoil method in golf, which creates the power source, is much the same as the coil/uncoil method used

to deliver a blow in martial arts. The body is coiled and loaded to one side in the backswing and then the body is uncoiled as weight transfers to the opposite side when swinging to strike the ball. It is a coil/uncoil motion.

The more fluent and purposefully focused the swing, the better the use of the power source for maximum use of motion. Let’s think about baseball or softball. Use of arms alone would hardly bring about a home run – it is the true coiling and uncoiling of the upper body coupled with the action of the arms that creates the power source and the use of motion at its best.

## APPLYING THE COIL/ UNCOIL PROCESS

You don’t have to have a perfect swing like Adam Scott. Lee Trevino’s swing will be fine or, even better, your own unique swing as you harness the coil/uncoil motion smoothly. This is just as much a mental exercise to perform as a physical one. Think about it. Loading/unloading – smoothly in a flowing motion.

Feel the coil/uncoil. Winding/unwinding like a spring. Feel the tension and release of the tension to create the power – the power from within. Again here we are using our senses to become aware of how our

body should operate to create the power source and flowing motion as the power is unleashed. You can use a video camera, as Gibbo does in his lessons, to tape and replay your swing to get the motion correct or simply practise in front of a mirror (or both).

You need to see the pattern. You need to carry out the pattern. You need to be aware of the pattern. You need to focus on the task and think about it. Good! Do this at least three to five times with total visual awareness of what you are doing and with total visual awareness of feeling the correct body positioning and motion – totally absorbed in focusing on and feeling the process of coiling/uncoiling fluently.

## SUMMARY

- Snatching the pebble takes time so be patient in moving from an inexperienced to an experienced exponent of the coil/uncoil flowing motion.
- Regardless of your height and size, this process is critical to extending how far you can hit a golf ball.
- Practise using all of your senses to allow the body to fully understand what you want it to do.
- To become a master stroke player, continue to refine your skills on the practice range or in dedicated practice rounds on the course.

## HOME PLAY

- Observe different sports to see how many motions you can find that are made up of coiling/uncoiling. For example, check out baseball, softball, tennis, boxing, karate and, of course, golf.

## WALK YOUR TALK

- On the practice fairway hit the ball with one hand only on the club and without any body motion. Sum up how this feels and the result. Now hit the ball with both hands on the club and again without any body motion. Sum up how this feels and the result. Now, swing with the coil/uncoil motion, staying relaxed as you swing. Sum up how this feels and the result. From this exercise you will get greater understanding of why good golf comes from a coiling/uncoiling motion.

– by Shane Ellis





## PUTTING THE BODY IN MOTION

Body motion or power source or weight transfer. All of these terms are quite commonly used in golf and all are correct.

So with your good grip and from your dynamic set-up position, or balance position and address (pic 1 & 1a), you can now develop the swing you really need.

First of all, the swing is about the body – not the club or the arms. What we are

trying to achieve as we take the club away is that the lead side is turned towards the trailing leg (pic 2 & 2a).

## BACKSWING

Turn the upper chest cavity to that trailing leg. The arms need to stay with the body and are a passenger at this point. Turn the body around 90° or turn the chest around 90°; as the chest turns there will be a slight pulling as the body, or the muscles, run out

of elasticity.

It will be different points for different people because of varying levels of flexibility (pic 3 & 3a).

As your shoulders are completing their turn to that position you should feel your hip being pulled across. At this point there should be quite a strong sensation of weight in the trailing leg.

This position is considered a full turn with a complete weight transfer on to the trailing



4



5



6



4a



5a



6a

leg. We are not discussing the use of your arms much at this point; we are talking more about the motion of your body during the swing.

### TRANSITION

From this position, where you have turned completely and are loaded on to the right foot, the next movement is then to release your body down towards the target. This will be initiated by turning your hips from

the top of this trailing leg towards the lead leg (pic 4 & 4a).

### THROUGH SWING

As your hips are unwinding, the movement continues through to the upper body getting somewhere near impact. At impact, the hips are slightly forward and open to where they started and the chest square-on to the ball (pic 5 & 5a).

As we turn through impact into the

completed position you should feel the total transfer of weight onto your leading leg (pic 6 & 6a).

This body rotation and weight transfer is the major source of power throughout the swing.

There should be a definite feel of weight transfer from a nice balanced position and address to the trailing leg in the backswing and then the lead leg and the through swing to the finish.



## PRACTICE DRILL

Adopt your body posture position in front of a mirror and fold your arms across your chest (pic 1). Feel yourself turning from the top down for a backswing (pic 2).

Feel your chest turn into your right leg (for right-handers). Now, lead the through swing by turning your hips towards your left foot (pics 3 & 4).

—By Mark Gibson ●

\* Excerpt from *The 7 Simple Secrets To Be An Exceptional Golfer – Improving Your Mind, Swing & Soul*, courtesy of Mark Gibson and Shane Ellis.

## WIN!

For your chance to win one of ten copies of Shane and Mark's golf instruction book, *The 7 Simple Secrets To Be An Exceptional Golfer – Improving Your Mind, Swing & Soul*, simply tell us in 25 words or less why you want to know the secrets to better golf.

E-mail your entries to [golf@horwitz.com.au](mailto:golf@horwitz.com.au) with the subject line, Simple Secrets Competition. Make sure to include your name, mailing address and daytime phone number.

[For more information on the book, or to purchase a copy, visit [www.markgibson.com.au](http://www.markgibson.com.au)]

