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Natural Golf Backswing

On backswing, fold right arm at the elbow and allow club to rotate to right side.

Take hands no higher than 6-8" above the right shoulder. Ideal NG swing uses a short backswing, with the left arm barely rising above a parallel angle to the ground. This isn't easy for me to replicate so I allow my left arm to rise up to 8" above my right shoulder. The problem with a longer swing is that it can lead to loss of accuracy, especially hooking.

Left shoulder only need to "kiss" chin, there's no need to have the shoulder rotate under your chin.

Left hand maintains alignment with left arm. Left arm can straighten but should not lock!

At top of backswing, letters/logo on golf glove should be parallel with the ground. The left side of the left hand should be aligned with left arm. Neither cup nor bend the left hand, just try to keep it straight.

DO NOT OVERCOCK LEFT WRIST! Overcocking left wrist may lead to hooking

The ideal angle of club shaft and left arm is 90 degrees.

Practice backswing with no wrist cocking; smooth swing, straighter shots.

Middle of back is angled about 15 degrees away from belt buckle. DON'T turn back to target as in conventional golf, far too much rotation, will cause a hook.

