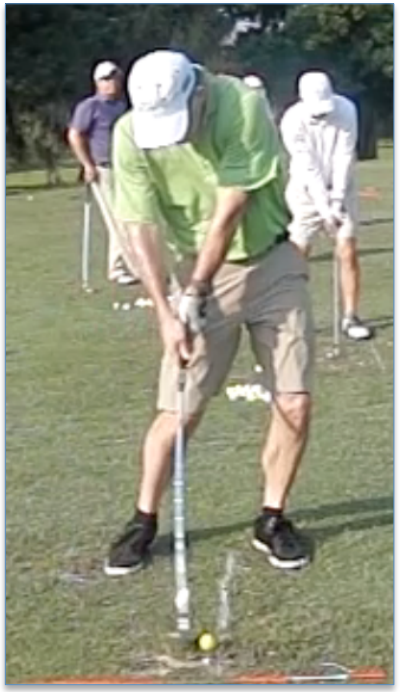
WRIST COMPARISON

stack & tilt™

A comparison of the left and right wrist angles and how they affect the radius of the swing and the low point.

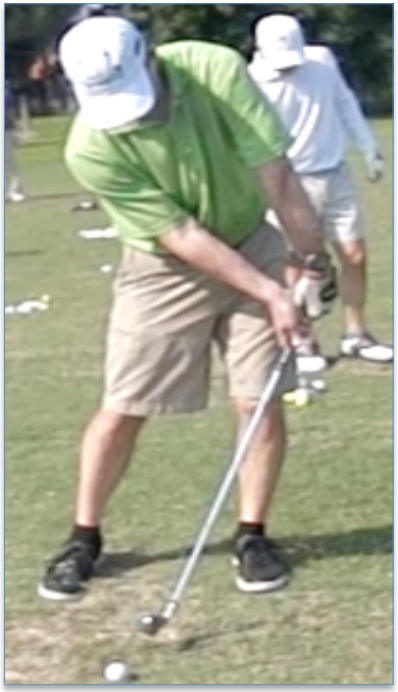
In order to create a low point further forward, a down-and-out swing path and more descent on the ball, we started by bending the right wrist back and palmer flexing the left wrist in order to make the radius shorter. We then created a swing path to the right and a club face that is open to the target, but closed to the path, in order to build in a draw.

BEFORE



Both wrists have extended, making the radius the longest before making contact with the ball. This leads to fat and thin shots.

PRACTICE



To keep the low point forward and the club tracing the arc, we bent the right wrist back and palmer flexed the left. This shortened the radius by moving the handle forward and created more descent of the clubhead into the ball.

AFTER



The weight is forward and the radius is intact!

LEFT WRIST COMPARISON

A comparison of the wrist angles just after impact.

The instructions were to bend the right wrist back and palmer flex the left wrist while maintaining these angles into the through swing. This keeps the club tracing an arc, maintains a stable clubface and helps control the descent of the clubhead on the golf ball.

BEFORE



The right wrist and the left wrist have both extended, causing the club face to close the fastest and the radius to become too long. This leads to an inconsistent low point.

AFTER



The radius is intact from the address setup. The right wrist is bent back and the left wrist is flat. This stabilizes the clubface and moves the low point forward.

MODEL



The elbows are closer together and the arms have not flexed. The right wrist is bending back, keeping the radius intact. The hips are moving toward the target and the shoulders have turned at a slower rate than before.

RIGHT WRIST BEND

stack & tilt™

A spectrum of the right wrist bend and the extension of the body at impact and how they affect the weight and the radius of the swing.

The right wrist bend keeps the club tracing an arc and controls the radius in the swing.

BEFORE



The body has gone into extension too early and has stopped turning. This causes the weight to stop moving forward and the right wrist to extend, making the radius too long and causing the handle to be the most back. This makes achieving a consistent low point difficult and leads to fat and thin shots.

PRACTICE



The body has extended slightly early, but not as much as in the previous picture. The weight has moved more forward and the right wrist is bend and radius are intact, creating more descent into the ball and a low point further forward.

AFTER



This is excellent. The weight is the most forward and the hub is stable. The radius is intact thanks to the right wrist bend and also because the golfer did not extend too much too soon on the downswing. This allows the low point to be the most forward and the club to trace the arc.