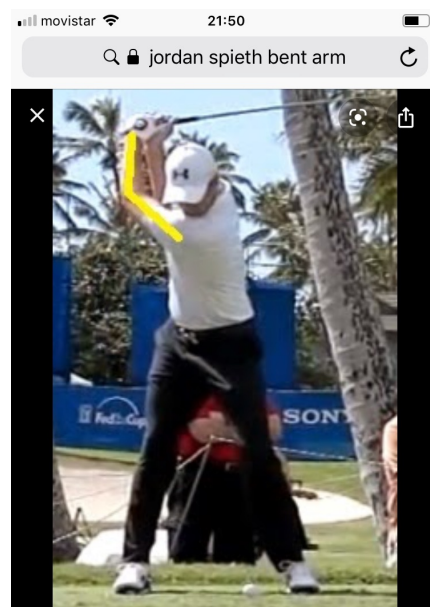




## The Myth of the Straight left arm.

These are just some of the best players of all time. Clearly the left arm is not straight.



Both Major winners.

Calvin Pete was the straightest hitter off the tee in Tour History. His left arm is bent.



John Daly the long hitter and winner of 2 Majors clearly has a bent left arm.





Perry, Angel, Watson clearly with bent left arms.

A baby does that automatically.





Watson won 8 Major titles with his bent left arm.





TIP FROM THE TOUR



BY THE SWING DOCTOR GOLF AUSTRALIA'S RESIDENT SWING THERAPIST

## THE STRAIGHT LEFT ARM MYTH

**FOR** generations, the statement "keep your left arm (for right-handers) straight" during the golf swing has been bandied around golf courses. While this position is the chosen method of some great players, trying to make it the foundation of your golf swing can lead to plenty of problems.

Most people would actually benefit from having a soft lead arm (left for the right-hander). A lot of average golfers have the perception that a straight left arm is vital and that arm then becomes too tense in their swing, particularly into their upper bodies. This can be the result of holding the club too tightly or hunching the shoulders, but it is always the case when golfers try to keep their left arm straight.

Straight creates stiff and stiff creates tension, which will limit your ability to turn your shoulders in the backswing. Try keeping the left arm relaxed and softer, even if means a slight bend in the arm at the top of your swing.

The centrifugal forces of your downswing will extend your left arm sufficiently into the impact position, although some great ball-strikers, like Rickie Fowler (pictured), Lee Westwood and, in the past, Calvin Peete, have a slight bend in their left arm at impact. This suggests you should not be obsessed with a straight lead arm ... keep it relaxed and tension-free for a good pass at the ball. ●



PHOTO: GUTTY IMAGES





Final Note. Ben Hogan specifically states in his Famous book that many consider the Bible of Golf, words to the effect of do not keep your left arm straight. It must be supple and relaxed as it must hinge and rotate and bend.