

BODY FRIENDLY GOLF by Dr. J. Darcy Dill

Book & DVD \$39.95 www.BodyFriendlyGolf.com (800) 362-4106

Clover Calvert, Media Manager
Ph (800) 362-4106 Fax (760) 897- 2145
media@bodyfriendlygolf.com

BODY FRIENDLY GOLF/ BOOK EXCERPT

“Watch Tiger Woods on TV as he sets up to the ball. Look how straight his back, neck, and head are. Notice that his spine stays that way from the time he starts his swing until his club hits the ball at impact.

The first thing to look at is the static posture in the setup. Grab a club and set up on the ball like you are about to hit it. Notice that there are three basic, static-posture setups: The Neutral, the S-shaped, and the C-shaped (Figure 5-3).”



The S and the C-shape are exaggerations in the natural curves of the spine and are going to affect the flexibility of the golfer. When the curve is too little or too much, it decreases the range of motion (mostly on the rotational plane). As a result, you will not be able to get the club back as far on the backswing without making some sort of compensation. This can have a detrimental effect on your body and compromise your swing. The neutral position gives you increased mobility in the arms, so you can swing more easily, creating a larger swing arc.