

SWINGIA ACADEMY THAILAND

Most effective way to learn a good swing - and enjoyable

FINNISH
HITECH



More information at www.swingia.com

Method Swingia

FOCUS

Method Swingia is focused in correct understanding of swing and systematic learning.

- What are correct swing movements
- What is most important for a good consistency and accuracy
- What kind of movements lead to highest club head speed and long shots

MAIN PROBLEMS IN A SWING

- Most golfers do not know exactly how to swing correctly
- Many golfers believe that they swing correctly, but in reality they have many faults in their swing, as the swing was never measured. The swing feelings always lie, only measurements tell the facts correctly.
- Without direct feed back most of the practice is wasting of time, as wrong movements are learned into muscle memory only.

MAIN PRINCIPLES OF SWINGIA SWING

- A swing must consist of few components only that must be controlled.
- Club, hands and shoulders must rotate in swing plane as accurately as possible.
- The feet are flat against the ground as long as possible. This give best fundament to control swing direction.
- Lower body is as stable as possible. No active foot movements.
- Club head speed is achieved with muscles that rotate the shoulders in relation to the spine and with a delayed release of the club.
- Club head must travel in a same "square" position long before and after the ball impact. This guarantees straight shots.
- Weight shift direction is parallel with the swing plane and straight. Weight shift continues after ball impact in the same swing plane direction.

About Laws of Physics

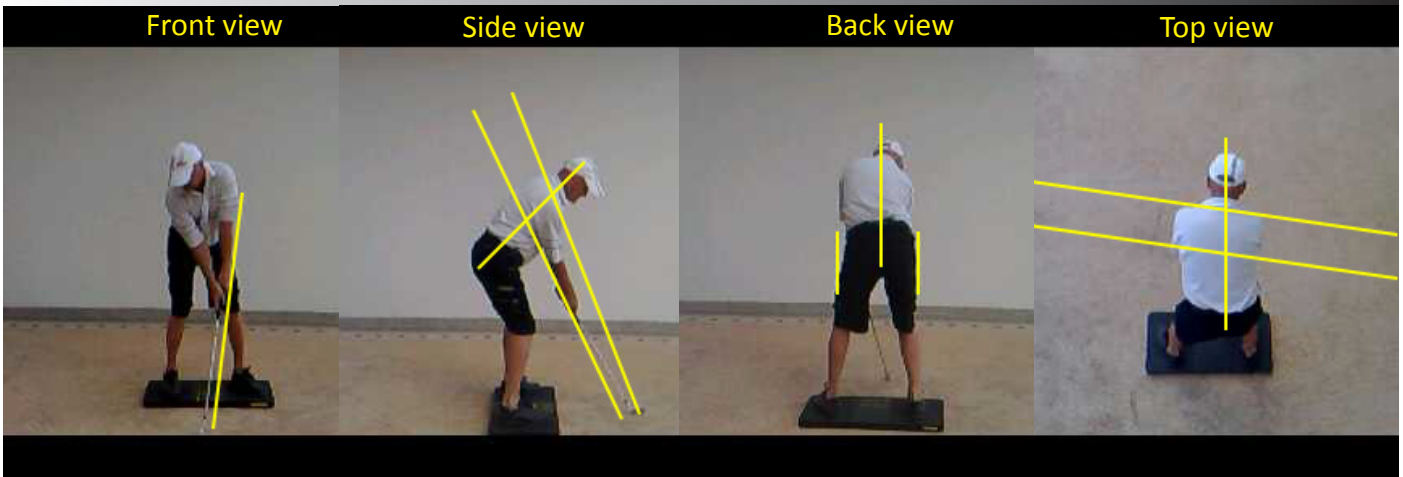
Swingia swing is based on the laws of physics. Prof. Jorma Routti, Professor of physics in University of Technics, Helsinki, Research director of EU commission and previous Director General of SITRA, Finnish Innovation Fund, said: **"First golf swing instruction book where a swing has been understood correctly in terms of Physics"**.

Learning Process - ten Steps

- 1.** Understanding Swing theory; Swing plane, rotation of shoulders, hands' movements, weight shift and timings of movements. Many theories exist of a swing - Swingia is based on measurements and analysis of best playing professionals and laws of physics.
- 2.** Learning of swing positions, one by one, watching video pictures and comparing the positions with guide lines.
- 3.** Swinging very, very slowly - from one position to another according to instructions and looking positions with replay at a computer screen. A swing should take about 10 seconds. With slow movements it is possible to observe and feel every position. The movements will be saved and analyzed.
- 4.** Position of pressure point of the weight shift is checked in every swing position. With slow movements the positions of pressure points are different than with full speed, but to same directions.
- 5.** Developing of "Swing Images". It means "All the thoughts that a golfer thinks while making a swing". In a slow swing there may be many swing thoughts - in a swing with normal speed only a few. Many swing images are needed in the learning process. It is extremely important that the thoughts are correct - focus in correct things only. If already the swing images are wrong, a swing can never develop to a perfect one. Therefore a good swing consists 90% of correct thoughts - the rest is practice and good rotation speed of shoulders.
- 6.** Correct positions are practiced so long that they succeed with slow movements. Some muscles must be stretched eventually, if they did not participate in the swing earlier.
- 7.** Transitions from position to position will be trained slowly. Saving and analyzing the actions.
- 8.** Swing speed will be increased slowly - all the time following actions with replay.
- 9.** Finally, a swing will be done and saved with full speed. Analyzing the replay until the results are satisfactory.
- 10.** Practicing on a driving range and golf course. The swing must be checked frequently.

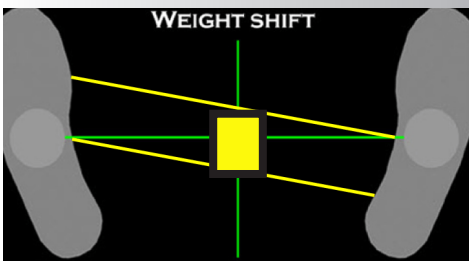
STARTING POSITION

Pictures



In starting position spine should be straight (side view) - waist rather bent downwards than upwards. The spine should be parallel with the yellow line, which runs through the ear. The arms pushed little bit forward (side view). Left arm straight and parallel with the club shaft (front view).

Weight shift



In starting position pressure point should be inside of the yellow rectangle. Pressure point may be in the front-back direction in the center or somewhat on the heels.

Others

Correct starting position is very important, especially correct position of the spine. The starting position must feel comfortable and natural. At first the proposed starting position may feel odd, but only for a short while. In starting position everything must be square and pointed to the target.

A drill for athletic starting position

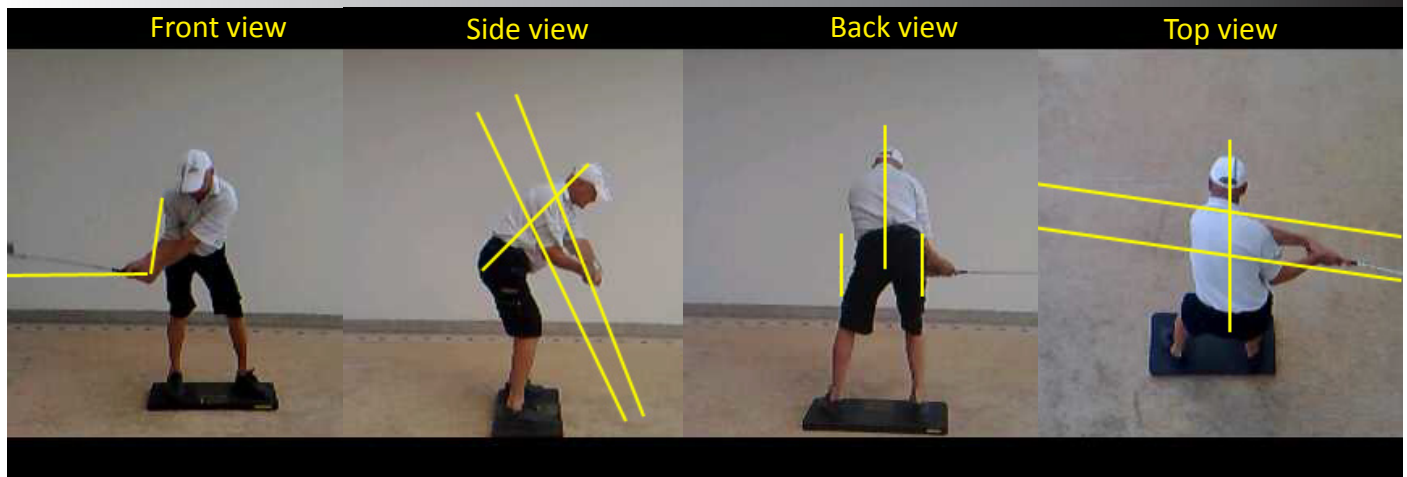
STARTING POSITION Correct position makes the swing easier

1. Good swing starts from "Athletic starting position". If you are able to touch your knees with your palms, the spine angle is correct. Weight is neutrally in the middle of the feet. Check on golf course, as well.
2. Take a position, where your knees are at the distance of your shoulders. The feet are a bit wider. This position gives a good fundament for upper body movements.

Note also straightness of the spine. It should be straight or bent downwards, not upwards.

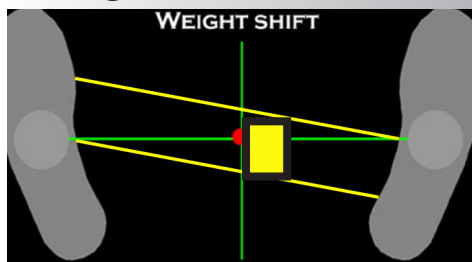
START OF BACKSWING

Positions



During back swing club and hands should travel “in a channel” between the lines. No side movement of hips at all. In the top view that has been taken from swing plane, also the hands and club travel in the “channel”. The spine is as straight as possible.

Weight shift




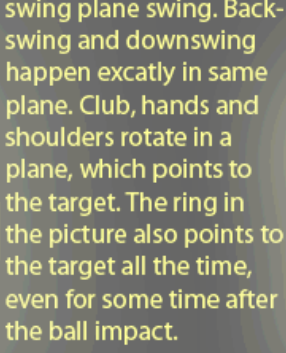
In this position the pressure point should be in the area shown with the yellow rectangular. The pressure point has moved slightly to the right and backwards.

Others

Backswing doesn't request any power, nor any other physical characteristics. In spite of that, almost all amateurs make the first faults already in the beginning of the backswing. The movements of hands and body are started wrongly and the club starts in faulty channel. This leads later to faults, that must be compensated. In a swing all compensations lead to problems.

As no power or flexibility is needed, question is only of knowhow. Everyone, who knows how backswing is done correctly, can do it and can repeat it in every swing! Therefore the backswing has to be fixed first. If backswing is wrong, there is no reason to start fixing other faults.

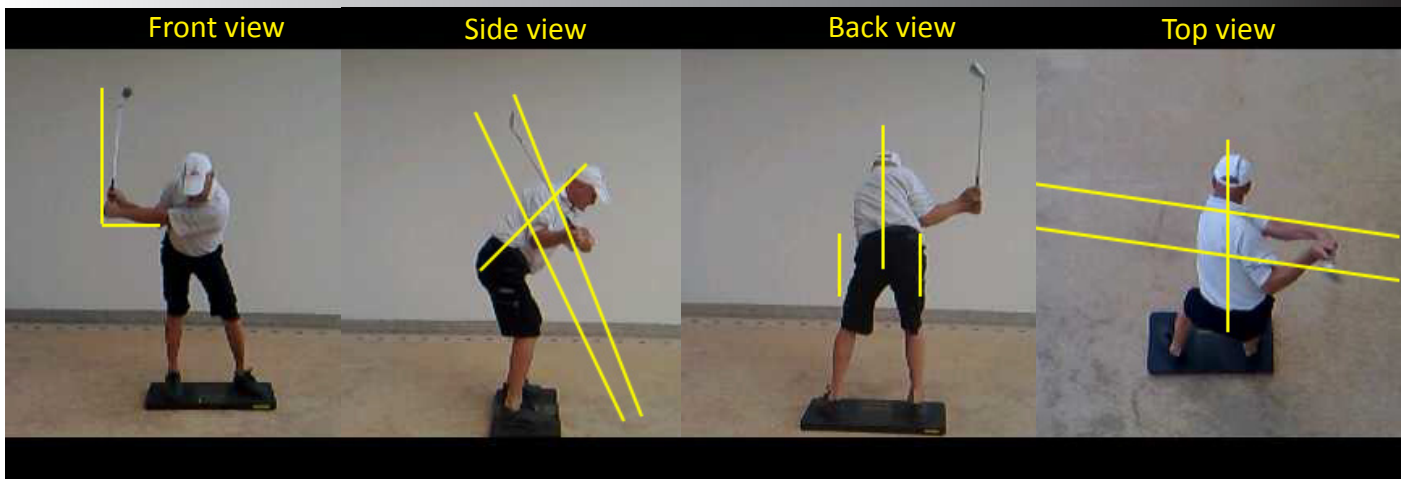
One swing plane only

SWING PLANE	SPINE
One swing plane	Spine stable
	
Swingia swing is a one swing plane swing. Backswing and downswing happen exactly in same plane. Club, hands and shoulders rotate in a plane, which points to the target. The ring in the picture also points to the target all the time, even for some time after the ball impact.	Swingia swing is a rotation swing. The upper body rotates around the spine, which is very stable during the backswing. During downswing the spine slides forward about 10 cm, but maintains its direction without slanting to sides.

Shoulder rotation is most important in a swing. When the hips move only slightly, the rotation muscles between upper and lower body make biggest work. Hands and club follow the shoulders automatically.

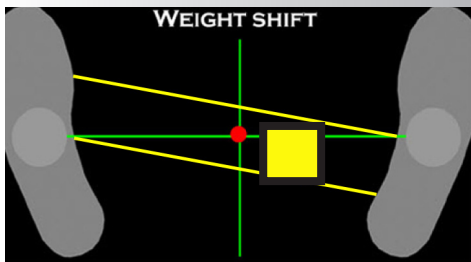
BACKSWING IN HALFWAY

Positions



In halfway of backswing, when the club is vertical, the angle between the club and left arm is about 90 degrees. Left arm is straight. Club and hands travel continuously in the "channel" (side view). Back view shows that the hips have moved a bit to the right. At optimum the hips are stable. Top view shows that the club and hands are in the channel. Spine is straight (back and top view). Side view shows that the head has even lowered, not raised as typically in amateurs swings.

Weight shift



Pressure point should be at this stage in the area shown by the yellow rectangle. Pressure point has moved right towards the right heel.

Others

During backswing it is important that the spine is stable and only the shoulders rotate around the spine. Left shoulder moves straight downwards, not moving forward. The gravity point of the body doesn't actually move to the right. Forces created by swing movements are affected the right foot and especially the right heel. The backswing even in a full swing may be so slow that it is possible to observe correct positions and feel smooth movements. Backswing cannot be too slow, if the balance is correct.

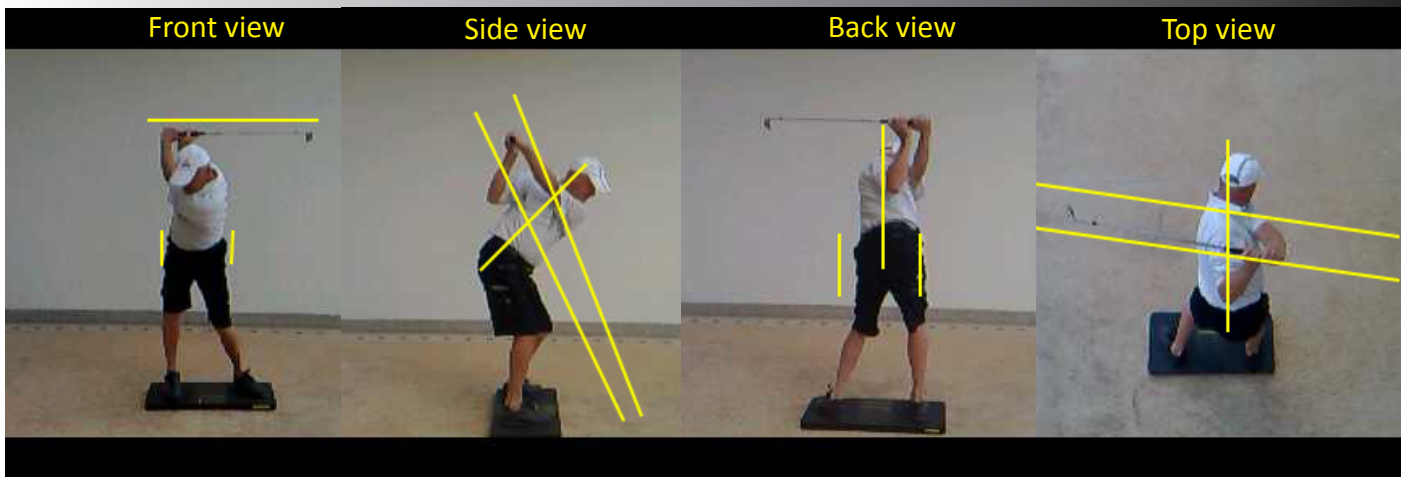
Rotation drill



It is possible to make this drill anywhere and any time. It gives effectively an image what should happen in a swing. The drill stretches and trains the rotation muscles of the upper body.

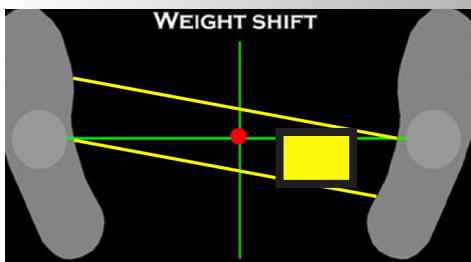
TOP POSITION OF SWING

Positions



It is very important that the club and hands are in correct position at swing top, when the downswing starts. If this is not the case, compensations are needed that do not succeed exactly in the same way every time. In views above, the club is theoretically in a good position, from where it can rotate directly to the ball without unnecessary curves. The hips have rotated slightly only and the knees are almost in starting position.

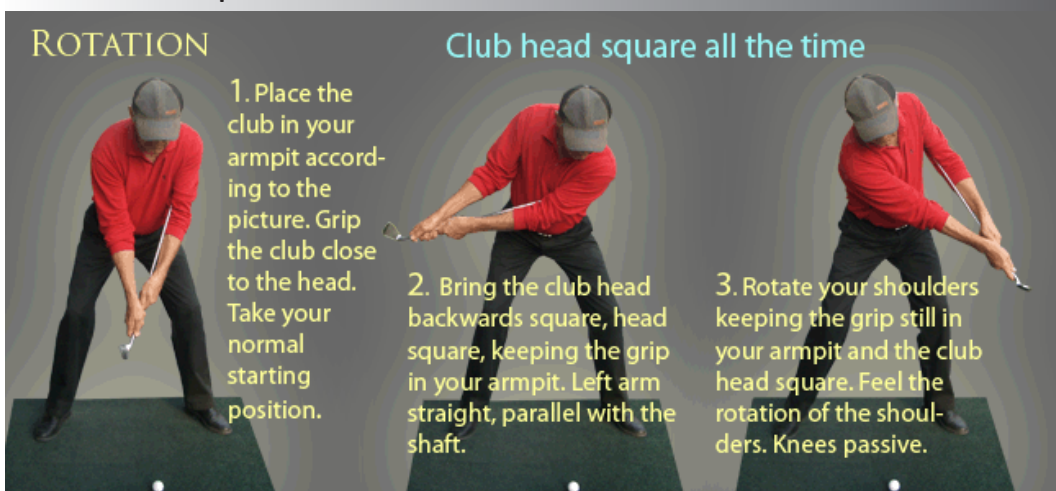
Weight shift



The pressure point should at this stage be in the area shown by the yellow rectangle. In a slow practice swing close to the center and in a fast, normal swing closer to the right heel.

Others

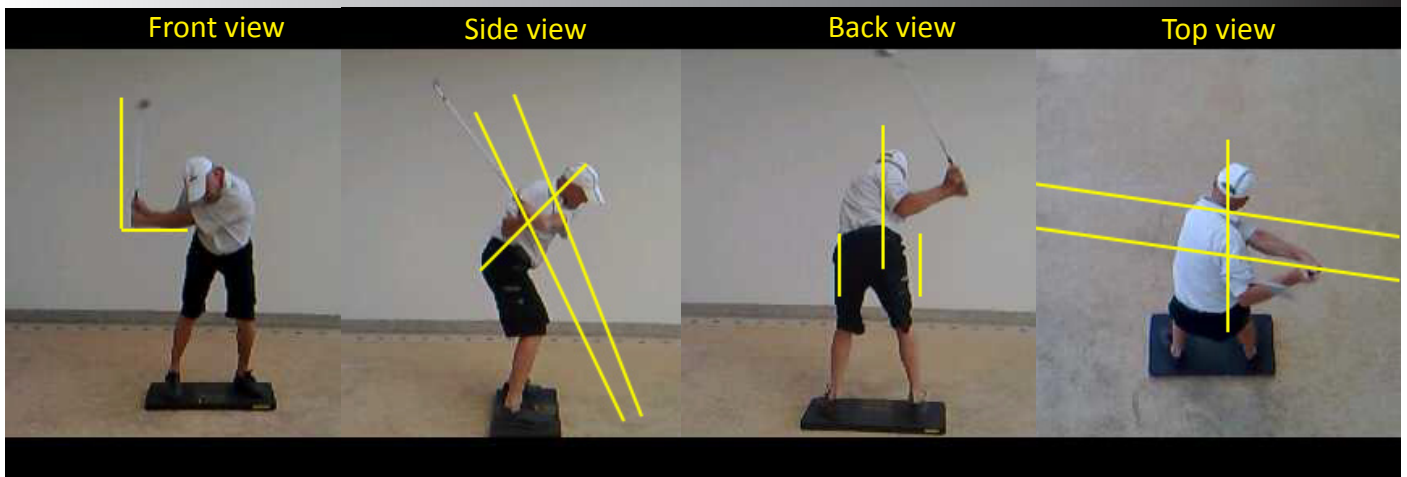
Club head position



This drill teaches to rotate the shoulders in a correct way. At the same time it shows how the club head can travel square before and after the ball impact. This is the biggest secret of straight shots.

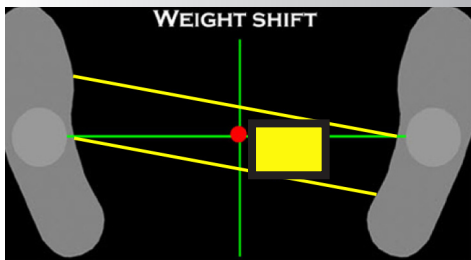
HALFWAY OF THE DOWNSWING

Positions



During downswing the club and the hands should also travel as accurately as possible in the “swing plane channel”. Left arm straight, if possible. The 90 degrees angle between the left arm and the club shaft should be maintained until close to the ball impact. That increases the club head speed and shot lengths. During downswing the spine slides about 10 cm forward maintaining it’s position. In the views above the club is a bit too much “inside”, below the lower line.

Weight shift



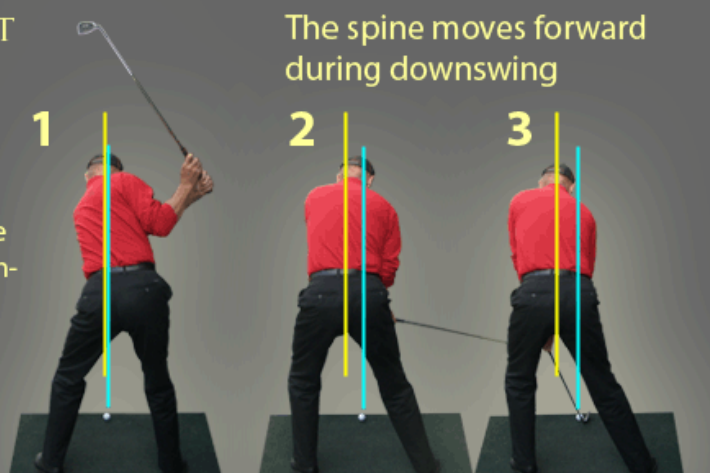
During downswing the pressure point moves fast, preferably straight towards the front part of the left foot. During the half-way of the downswing the pressure point is inside of the yellow rectangle.

Others

Slide of the spine

SPINE MOVEMENT

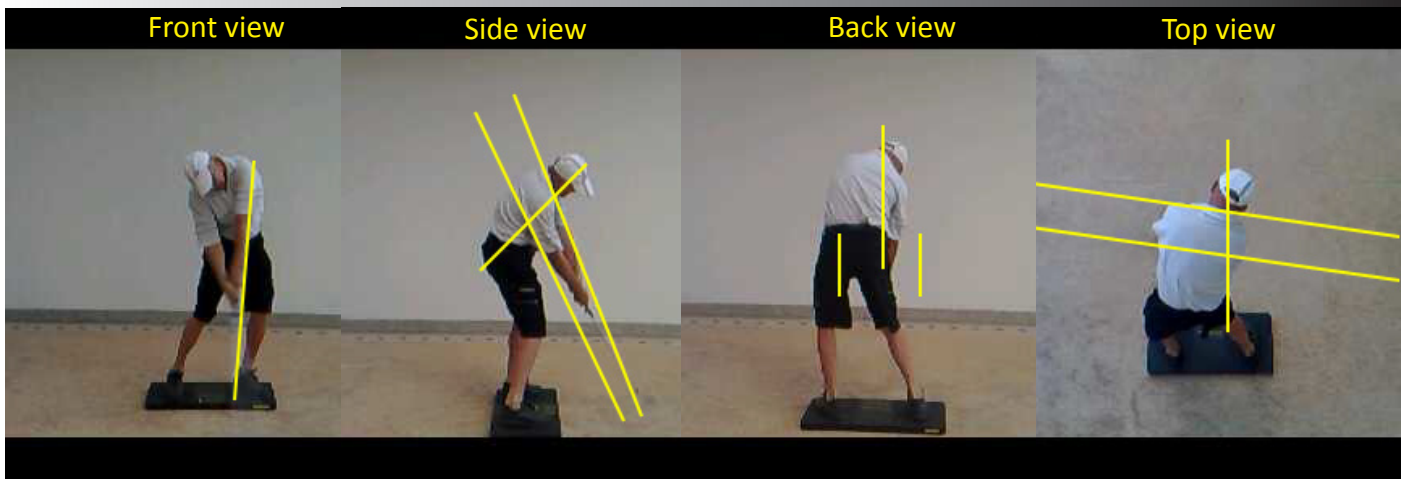
1. During backswing the spine is straight and doesn't slide at all.
2. During downswing the spine slides forward maintaining it's direction.
3. At the ball impact the spine has slid forward about 10 cm.



Keeping the spine straight and the slide forward changes the swing image. It helps to keep the right foot on the ground and to come to the ball in the direction of the swing plane. Good effect on the direction accuracy.

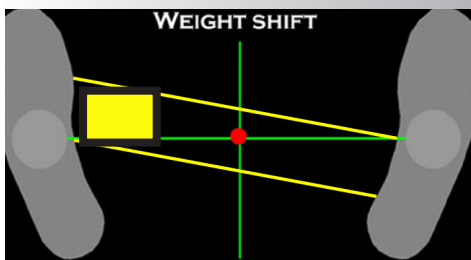
BALL IMPACT

Positions



At ball impact the hips and the knees have to be almost in the same position as at starting position. Left arm is straight and parallel with the club shaft. Side view shows how the hands and the club are in the “channel”. The spine should be straight, it has only moved forward about 10 cm. In this swing the player keeps his head slanted backwards - the best position would be to have the head straight. It is important also that the right heel is still on the ground, working as a swing rudder improving direction control.

Weight shift



The pressure point has in this position moved already to the area indicated by the rectangle. In a slow swing the pressure point is closer to the center and in a fast swing already close to the left foot. The swing force against the left foot is maximized little bit before the ball impact.

Others

Knee drill

KNEES

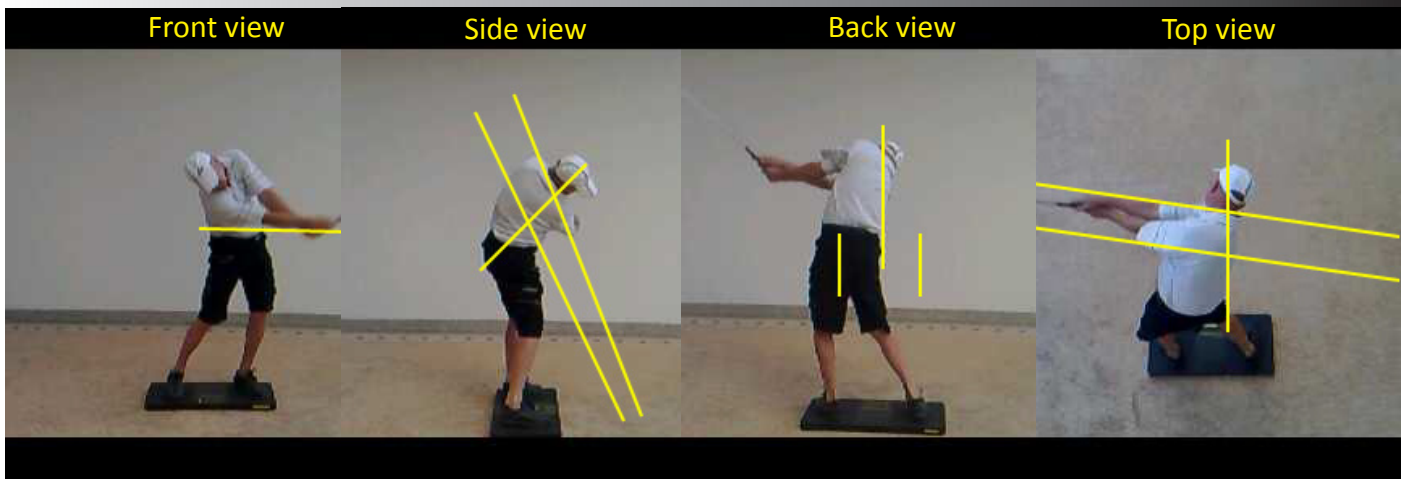
Knees follow the swing plane

1. Place your knees against some straight surface; a sofa, a bench or similar.
2. Rotate your upper body in the swing plane. Your knees should touch the surface all the time.
3. The knees should move straight in direction to the target.

The lower body should be passive during the swing giving a good fundament for upper body movements. Hip movements can be passivated by reducing knee movements.

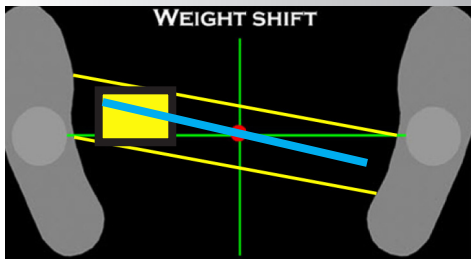
FOLLOW THROUGH

Positions



If the movements and also the timings in earlier positions were correct, the follow through happens correct automatically. The follow through is an indicator of whole swing. In follow through the hands and the club should continue in the swing plane “channel”, as the top view above shows. In amateurs swings the hands tend to continue inside, as a typical “chicken swing”. In this swing the spine has got up a little bit too early - the right heel is on the ground, however.

Weight shift



During the follow through the force directed on the left foot is reduced and the pressure point may move slightly backwards. Balance is good when the pressure point moves during a swing along a straight line between rear part of the right foot and front part of left foot during the swing.

Others

Rotation of club head

SWINGIA SWING Fault tolerant



In Swingia swing the club head is square long time before and after the ball impact. The swing is easy, as the arms do not rotate in the ball impact area. The shots are straight - no slices or hooks. The swing resembles hitting with a hammer or axe. No affect on shot length.

CLASSIC SWING Fault sensitive - nobody can control fully

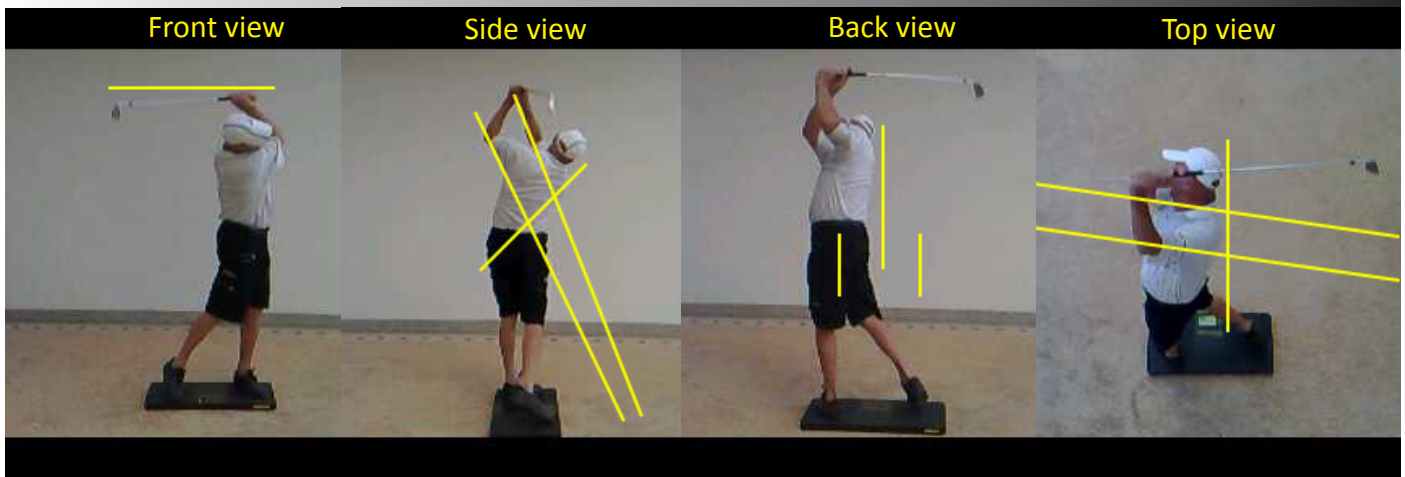


In a classic swing the club head rotates all the time near to the ball impact. An error of 0,001 second in timing means an error of about 3 meters sidewise in a 100 meters shot. Impossible to control fully. Nobody would hit with a hammer in this way.

Control of rotation of the club head close to the ball impact is extremely difficult. Top professional players cannot manage it either always after lifetime practice - hooks and slices prove that under pressure.

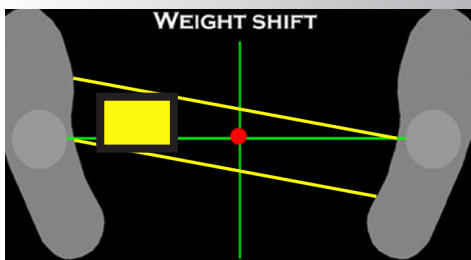
SWING TOP

Positions



In the swing top position the club is horizontal and the spine is straight, as seen in the back view. The chest points to the target, the head has turned to see the ball flight. The elbows are close to each others, hands above the left shoulder. The position is well balanced.

Weight shift



The pressure point is near to the left foot. The bottom of the left foot is completely flat against the ground, which is indicating a good balance. Right foot supports against the right big toe.

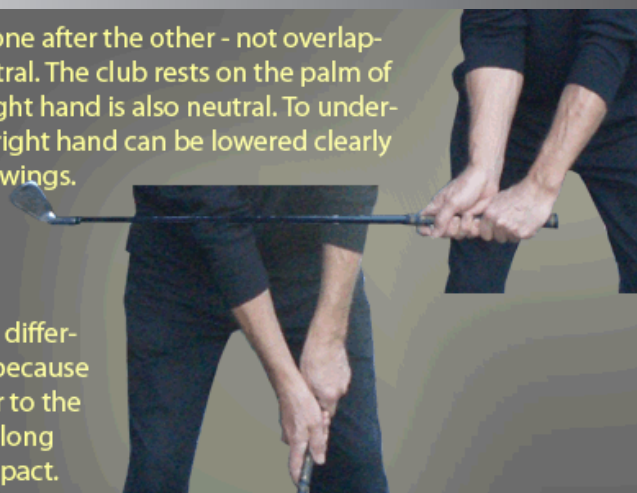
Others

Grip

In Swingia swing the hands are one after the other - not overlapping. The left hand is totally neutral. The club rests on the palm of the right hand. Position of the right hand is also neutral. To understand and practice the grip, the right hand can be lowered clearly below the left hand and making swings.

RELEASE OF THE CLUB No forearm rotation

Release of the club happens in a different way than in a classic swing, because the forearms do not rotate near to the ball impact. Club head is square long time before and after the ball impact.



Grip is different than in a classic swing. Important is that the club "rests" on the palm of the right hand. During backswing the right hand bends at the wrist backwards for achieving right angle between the right forearm and the club.