

**Antti Saleva, European Long Drive Champion 2009**

Record 413.40 meters or 452.10 yards

Dear Antti

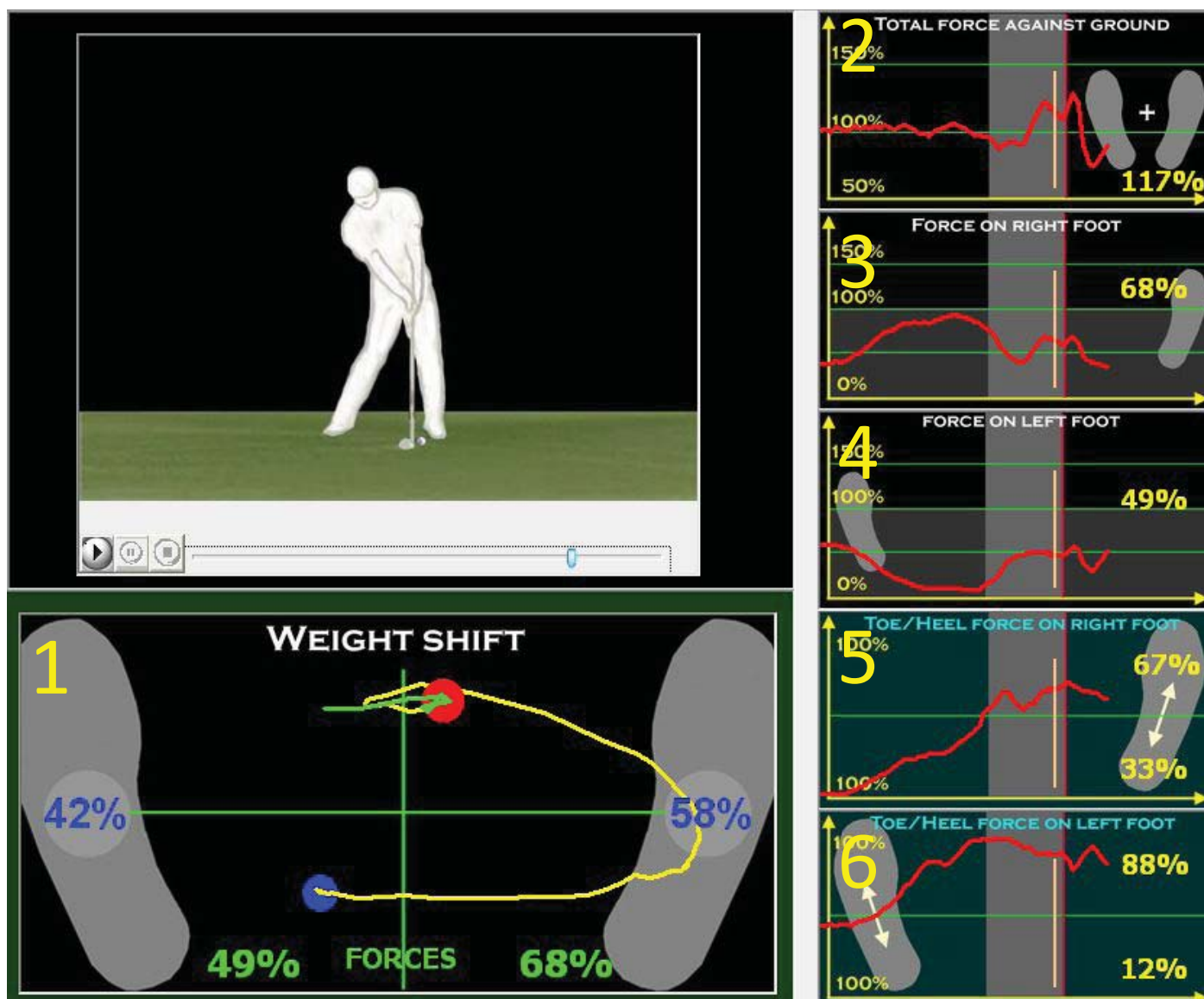
Please see below my analysis of your swing.

Your swing is very special. It is based fully on rotation of the upper body. Weight shift is minimal and happens only shortly before the ball impact. Generally this means that you do not waste your energy to unnecessary strong body movements, as most of us do. There are still some details in your swing that may improve your shot distance even more and at the same time improve the direction accuracy. That would mean more shots inside of sector.

Kindest regards

Raimo

## SWINGIA TOUR GRAPHS



In the following analysis I will refer to the numbers in graphs 1 - 6.

## WEIGHT SHIFT GRAPH 1



This graph is showing how your pressure point moves on the BalancePlate and what kind of forces you direct on the plate.

The blue figures (44/90) indicate how your weight is distributed at each point. 90% means that at turning point you have 90% of your body weight (= 100%) on the right foot. That leaves 10% to the left foot. At ball impact you have 44% on the left foot, leaving 56% to the right foot.

The green FORCE figures (48/92) are telling how much force you really direct on the plate compared to your body weight. As the ground pressure changes all the time, as seen in Graph2, the sum of the forces on right and left foot is not 100%. At indicated in Graph2 the Total Force Against Ground (Ground pressure) is 117%. Force on right foot is 68% (Graph3) and on left foot 49% (Graph4) respectively. The sum is now 117% (not 100%), as the forces are real forces, not weight distribution. The forces are telling much more of the swing than the distribution only.

Surprisingly in your swing the forces are extremely low compared to other players. I have seen 184% (yours 48%) on the left foot played by an English teaching professional. Many people interpret that the higher the force is on the left foot at ball impact, the higher is the club head speed. Your swing proves that this opinion not quite true.

At the turning point you have 90% of your weight distributed on the right foot which corresponds to 92% of force. This is much higher than in average.

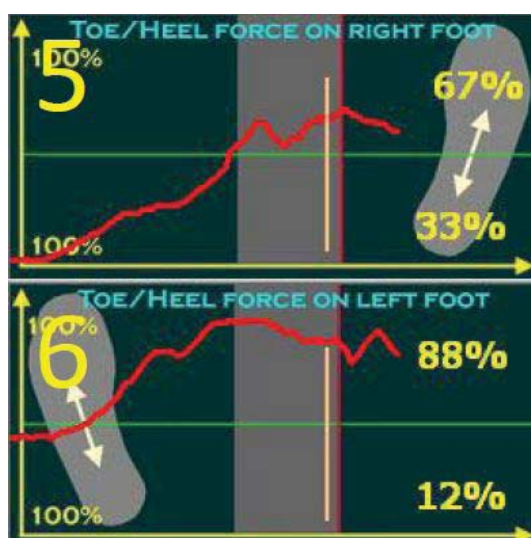
The forces in your swing on right and left foot at ball impact are very low as can be seen in Graphs 3 and 4. The reason is that your Ground Pressure (Graph2) is extremely low. I have never seen such a low figure (117%) near to ball impact. Normally they range from 130% to 170%. Your swing is very smooth in this respect, just rotation around the spine, no unnecessary kicking - creating a high club head speed.

I would say that you focus so much on the rotation of the upper body that you do not have any time to transfer your weight. In fact, in my opinion, the weight shift doesn't help to increase club head speed - it may be just the opposite.

## WEIGHT SHIFT FORWARD

I like very much your weight shift to the right and to the left - at ball impact you are back in posture position. That helps also in direction control. No wonder that you are one of the most accurate players in competitions.

However, I do not like your weight shift forward during the transition from backswing to downswing. You are leaning forward from heels to toes, as seen in the Graph above. The blue dot indicating starting point and the red dot indicating ball impact are far apart. I do not believe that it would help to create more club head speed, I believe it is the opposite - you waste your power for nothing.



The Graphs 5 and 6 show this clearly. At start you have weight on right heel, then you transfer it towards the toes during the whole swing. At impact you have 67% at the toes.

The weight on the left foot is at start about 55% on the heel, then during the backswing you shift the weight about 90% to the toes and keep it there until ball impact.

I really do not see that this leaning forward would help in any way to get more distance. It is an unnecessary move. A swing should be as simple as possible. The less components there are in a swing, the better for control and consistency.

I would like to see that the blue and the red dot are close to each other - on the same level. The graph straight back during backswing and straight forward during downswing along the same line. I tried to emulate this - please see next page.

## EMULATING YOUR SWING

In order to understand your swing better I tried to emulate it. I changed my swing image and after a short practice I managed to hit in the same way as you do. Naturally my speed was not the same, but the weight shift was similar, except that I did not lean forward.

This test shows that it is possible to do as I explained earlier. In fact, I had a very good feeling swinging this way. I felt instantly that I got more distance and my balance was good. I am so confident of your swing style that I am going to use it on the golf course. Surprisingly my driving accuracy got also much better.

## MY SWING - YOUR WAY



Please note following points in my emulation (marked with yellow highlight color) :

**Graph 1.** The weight distribution at impact. Left foot 53%, similar to yours. Turning point it is about 70 - much less than yours. The starting point (blue dot) and the ball impact point (red dot) are on the same level. No tilting forward. Downswing graph is not above the backswing graph.

**Graphs 3 and 4.** The force on the right and left foot remains constant during the backswing.

**Graphs 5 and 6.** The pressure maintains in the middle of the foot until close to the ball impact. Better direction control.

## CONCLUSION

I believe that with better balance without slanting forward, which is wasting of power, you can still increase your club head speed and achieve at the same time a better direction control - free.