



EXCLUSIVE BY  
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# THE SECRET TO A POWERFUL SWING

**REALLY** it is no secret. If you can maintain good posture from your original address position, into the takeaway and then through the transition into the downswing and into impact, you will have a powerful golf swing. It really is as simple as that.

In previous articles I have discussed the importance of keeping your arms and wrists loose to assist with building clubhead speed as well as the need to swing the club on the correct path into impact. To get these elements right you need good posture.

Your ideal postural alignment in the address position can be seen if you imagine there is a vertical line that starts at the back of your shoulders, continues down across the front of your knees and through the middle of your shoes (pic 1). I suggest you check this in a full-length mirror.

From a good posture at address, it is then vitally important to maintain that posture throughout the swing, which means as your body turns, your hips and shoulders will naturally tilt (pic 2) because the body is actually tilted forward.

Maintaining good posture also means you minimise any lateral movement and, as a result, you are able to maximise the transfer of momentum, which leads to an increase in body turn speed and also clubhead speed.

While body rotation is key, the player, in order to control the speed of pivot or rotation, can do that by applying different amounts of pressure to the ground through their feet.

For example, if I was in a squat position holding a 10kg weight, to get back to a standing position I would have to apply only a small amount of pressure to the ground. If it was a 100kg weight I would have to apply a lot more pressure to the ground. So by getting from a squat to standing up I try to push my feet into the ground.

In the golf swing, from a point about halfway in the downswing, you actually apply pressure to the ground through your feet. For example, a 100kg player at address may have 50kg on his left and right foot. At the top of the backswing, the player may

have 40kg on the left foot and 60kg on the right and by the time he gets to impact, there may be 80kg on the left and 60kg on the right! Why does this equal 140kg?

Pressure, through your feet into the ground, sets off a transfer of momentum up through your body. This allows you to increase the speed of the body turn as well as your clubhead speed.

At no stage is there any force going towards the target, it's always going away from your body so the more you push into the ground with your feet, the more momentum – without lateral body movement – you create and, therefore, the faster the clubhead will go.

This all relates back to the correct sequencing of your swing because you don't have to think about how your body is moving at different times during the swing. It also ties back into what was discussed in a previous article relating to your arms feeling like ropes. If your arms feel like ropes the whole chain reaction of the swing works well.

A good drill to experiment with applying different amounts of pressure to the ground

through your feet, as well as monitoring any lateral movement of the body, involves swinging with two shafts stuck into the ground vertically on your right and left side.

Take your address position and put shafts on the outside of both feet (pic 3). Ideally you want to swing back by rotating your body (pic 4) and avoiding any lateral movement, which will see you hit the shaft next to your back leg (pic 5).

Swing to the top of the backswing and feel the pressure down through your right foot (for right-handers) into the ground (pic 6). Swing down into impact and take note of the pressure into the ground through your left foot (pic 7).

I suggest you experiment with the feel of this pressure through your feet and the timing of the club swinging into impact.



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PHOTOS: BRENDAN JAMES X 7

