

Ladies, Get a New Address

Rabito's Corner



Carl Rabito



Photo A



Photo B



Photo C

Men and women are anatomically different. Most people do know that fact. What most women don't know, though, is that you must adjust for those anatomical differences if you want to improve your golf game.

Two anatomical differences cause most women to address the ball differently than men: the "carrying angle" of the arms and the "Q" of the hips.

The carrying angle in its simplest explanation is the angle of line that is made from the upper arms down to the forearm. Most women are able to put their arms together whereas the majority of men cannot. See *photo A*.

As a result of the carrying angle, when setting up their shots women have a tendency to put their arms too close together when taking their swing. This is the cause of one of the most

common swing problems women golfers face: the narrowing of the elbows and collapsing the wrists at the top of the backswing. *Photo B* shows the incorrect arm set-up; *photo C* shows the correct arm set-up.

The second anatomical difference is the pelvic girdle: a man's pelvis is straight up and down while a woman's curves inward. The "Q" of a woman's hips creates a natural tendency for the legs and knees to move inward. This position not only creates instability, it also leads to an improper set-up to address the ball.

To overcome these structural tendencies, it is important to remember to widen your elbows and knees at address. This will help prevent swaying and a variety of other swing mechanic issues later in the swing. *Photo C* depicts the proper set-up.

Failing to achieve a proper set-up position is very common among amateur golfers

and significantly contributes to poor performance as well as physical stress.

Another common posture mistake (for men as well as women) is bending from the stomach or mid-back (also known as spinal flexion) instead from the hips. This creates stress on the soft tissues and joints of the lumbar spine and affects your swing mechanics in two primary ways: it changes your center of gravity and it limits your ability to rotate.

When a golfer bends from the mid-back, the center of gravity moves excessively to the heels. This incorrect initial position greatly affects your balance through the entire swing. This causes difficulty in achieving the proper swing plane.

In addition, bending at mid-back limits your rotational ability. Your backswing will start with an excessive amount of leg and

hip turn. This causes a reverse pivot on the backswing, and on the downswing it causes a lateral sliding motion (swaying).

The proper address position is one that bends from the hip joint which maintains the natural curve of the lower body and has good balance.

Using this hip hinge not only will help your golf game, but also will help with sound body mechanics in everyday life.

To improve your golf game, the overall physical posture and address position must be tackled before working on the rest of the golf swing.

For more information on our lesson programs at Bolingbrook Golf Club featuring our certified male and female instructors, including beginner and women's clinics, check out the "Golf Academy" tab at www.bolingbrookgolfclub.com.

Practice the Perfect Address



Photo 1



Photo 2

Here is a simple way to get a perfect address position every time. Stand tall. Place a golf club behind your back with the grip pressed against your belt and your head against the other end of the club. Now, bend forward in such a way that the club stays pressed against your belt line. Bend forward enough for the shoulder to get in line with your toes. This will allow your arms to hang freely and ensure that you are bending from your hips. Photos 1 and 2 illustrate this exercise.

