



Technical Game, Physical Game, Mental Game



Hogan's View

A friend recently sent me a golf tip he found on the Internet which referenced Ben Hogan's Five Lessons: The Modern Fundamentals. The author used a Hogan thought regarding the muscles in the fingers and the chain reaction which ensues relative to the arms and shoulders.

On page 24 of Hogan's Five Lessons, he writes: "If you work [pinch] the tips of the thumb and forefinger together and apply any considerable amount of pressure, you automatically activate those muscles that run along the outside of the right arm and elbow to the right shoulder. These are not the muscles you want to use in the golf swing."

Obviously during a golf swing, one uses all these muscles, but Hogan was writing about the overuse of these muscles. Hogan in general had it nailed as much as the golf swing can be . . . tension in the fingers, thus hands, thus arms -- means lack of mobility. Mobility is crucial to executing a stable golf swing. Most of our bad shots are the result of our bodies reacting to the tension put upon it either directly by the muscular-skeletal system, the physics of the moving golf club, or indirectly by mental disposition.

Creating and maintaining mobility is ALWAYS important, no matter what kind of golf swing you have or technique you aspire to. Golf is a "slow" game, meaning no action happens until the player makes it happen. As a result, it's common to create too much tension in the fingers which can start a chain reaction throughout the arms, shoulders, and upper torso that will effect mobility.

The simple act of maintaining "comfortable control" of the grip of the golf club can be one of the best things you could do for your ball striking. As Mr. Hogan suggests, it begins in the fingers and specifically, the right thumb and forefinger. This act promotes mobility which can be particularly beneficial to those who slice the ball. Grabbing the club is an equal opportunity mobility killer, so if you hook the ball, this tip could help you too.

In any event, Hogan's tip can help all of us. No matter what you work on or what you believe for your golf swing, you have to be able to move as easily and comfortably as you can and success can be as close as your fingertips.

<http://www.thedyepreserve.com>

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Planning a trip to Florida? Plan to visit Randy at The Dye Preserve. The Dye Preserve is named for the designer of the club's immaculate golf course, the legendary Pete Dye.

Our golf course showcases a different side of Pete, a golf course contrasting challenge with opportunity offering enjoyment to players of all skill levels. The Dye Preserve is not "typical Florida golf" the property and design culminate in a beautiful, easy feel with quiet surrounds where every hole is framed by nature.

The clubhouse, which opened in the spring of 2005, has been well received by our membership, and we are justifiably proud. It feels more like a home than a club, elegant but comfortable, classically understated, evoking an era of simplicity and good taste. It was selected as one of the five best new clubhouses in America.