

PROPER SEQUENCE

Two recently popularized terms in the field of golf instruction are ‘The Kinetic Link’ and ‘Sequencing’. The kinetic link or sequencing has to do with how power and speed are generated by accelerating and decelerating parts of the body. On the downswing the speed is transferred from the core of the body to the arms and then to the clubhead. Top players have the timing and physical ability to efficiently deliver power at the moment of impact.

Rather than study graphs or charts there are two ways I like to demonstrate to students how the body should sequence movements to derive clubhead speed. One is to go through a series of drills that will train the body to properly sequence the downswing motions. The other method to explain and learn the sequence is to examine what happens when a person performs other athletic motions such as throwing or hitting a baseball or tennis ball. I have included pictures of a sidearm throwing motion, and the actions involved with snapping a towel to help explain the keys to sequencing.

Also included are photos of the golf swing that match the positions of the throwing motion.



Figure 1: The body is coiling around my right leg as my foot “grabs” the ground. My hips may be turning toward the target before my arm has finished moving back



Figure 2 : My hips are more open than my shoulders and the speed from my hips is transferred to the chest. My elbow and wrist are set to release the ball. The forward leg is firmly planted and my right foot has rolled in toward the target.



Figure 3 : My hips face the target and the body is coiled around the front leg. Similar to the golf swing motion the speed has moved from the lower part of the body and hips, to the shoulders, then to the arms.



Figure 4 :
The action of snapping a towel can also be related to the golf swing. My hips have moved forward and are about to decelerate so that the speed can be transferred to the upper body, then to the arm, and then to the end of the towel. A similar series of motions occurs in the golf swing with the clubhead replacing the end of the towel

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