

their downswings begin with a jerk of the club toward the ball, created by the left shoulder. These movements undermine the swing. Rather, the shoulders ought to be supporting your arms, which in turn support your hands.

It's our belief that the farther you go from your fingers and toes the more your movements are reaction rather than cause. Your shoulders, being far from your fingers, should not be treated as leaders but as followers. (The same goes for your hips.) Yet many golfers seem obsessed with "shoulder turn" (and hip turn). They work on their pivots, not realizing that how they pivot will be determined by how they swing their arms. If your arms swing the club vertically, for example, your shoulders will tilt or lift. If your arms swing the club around, your shoulders will turn. Therefore, begin this chapter by putting your shoulders in their place. As you study the arm positions and do the arm exercises, monitor the relationship between arms and shoulders. Which are leading which? By keeping your shoulders relaxed and "docile," you'll make it easier for your arms to create swing rhythm and for your hands to create swing speed.

Pick up the kerchief and penknife you swung in the Hands Chapter. Let the penknife swing back and forth on the kerchief again. Now hold the kerchief with your left hand only and let your arm hang the way it would at address. Swing your left arm back and forth so that the penknife swings at the end of the kerchief. Notice what happens when your arm motion gets too fast or arrhythmic? Swing the kerchief until it is easy to keep it taut and to keep the penknife swinging. Please don't skip over this. It may seem silly or unimportant, but this little exercise will help you grasp the freedom of movement you'll need to master the arm swing. It will help you coordinate the movement of your hands and arms. And it will teach you why swinging the club at a pace that allows you to feel and follow the clubhead's own swing will give you more clubhead speed and control.

When swinging the kerchief and penknife is second nature, pick up a club and swing it while holding the kerchief against the grip, using the last three fingers of your left hand. Swing the club hip to hip (see illustration). Make small swings at first, then add length and speed, keeping the club and the kerchief swinging together. Next, swing

### Creating arm motion

