

Which Golf Swing is Best for YOU?

by Dori O'Rourke, LPGA

When golfers are new, they ask, "How do I swing?", as if there is just one way to do it. That's when their search for a golf swing begins. Eventually, they learn there are many different ways to swing and the question changes to, "What is the 'right way' to swing?"

Then, after searching for the "right way" to swing for some time, golfers often become aware that there are many "right ways" to swing. Just notice the differences in tour players' swings and you'll have proof. That's when the question evolves to, "Which golf swing is the best for me?" And the search continues.

Whether you find yourself asking, "How do I swing?", "What is the 'right way' to swing?", or "Which golf swing is the best for me?", in this article, I'm going to show you why NONE of those questions will lead you to the golf swing you want. Most important, I'm going to show you how to finally end your search.

The first thing you need to understand is that swing methods are focused on your BODY. Because of that, they are not tied to anything solid. Therefore, they give you no surefire way to determine whether one swing method is better than another.

For example, if one famous golf instructor tells you a flat backswing is better and another tells you that an upright backswing is better, how do you know which backswing is best for you? You don't. At least not without hours and hours of painstaking practice, and even then you can't be sure there's not some other way that might be even better.

Since you don't have a solid way to determine which swing method is best, you're forced to try to figure out which source is more credible. Who are you going to believe? Will it be the instructor in the golf magazine, the local instructor you're taking lessons from, or Tiger Woods' coach? Which one, his current coach or his former coach?

That's why searching for a golf swing is a never-ending process. Swing methods come and go like clothing styles. As the popularity of the world's top coaches and players changes, the latest "best way to swing" trend changes with them.

There will always be another swing method marketing itself as the best. There will always be another best-selling book or video. As long as you continue to search for your golf swing in this ever-growing mountain of swing advice, you will forever be stuck circling from one swing method to the next.

Luckily, there's an easy way to break free. You simply have to approach golf swing improvement from a completely different direction. Instead of starting with a swing method, start with the most important aspect of your golf swing.

What is the most important aspect of the golf swing? It's the ONE thing that must happen for you to hit a good golf shot. It's the ONLY thing that directly determines the result of every shot. It's the moment of truth ... IMPACT!

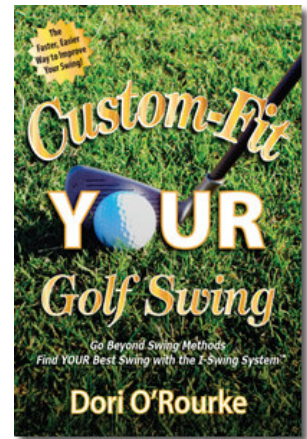
Impact is without a doubt the most important aspect of your golf swing. Everything else is secondary. That means how you get there – the swing method you use – is secondary.

As I wrote on page 31 and 32 of my book, *Custom-Fit YOUR Golf Swing* ...

“Impact isn’t just the most important aspect of your golf swing; it’s also the key that will free you from the never-ending cycle of swing methods.

“The only way you will ever stop circling from one swing method to the next is to build your swing on a rock solid foundation. You need a constant – something that won’t change over time.

“Impact is that constant. Impact is the same now as it has always been. It doesn’t vary by the season. It doesn’t change from coach to coach. It has never changed and it never will. It will always be there for you.”



So, how do you truly know, “Which golf swing is best for you?” You need to take a completely different approach. Instead of starting with a swing method and trying to force your body into compliance, you need to start with your golf club at impact and work back from there.

In other words, find your body’s easiest, most comfortable way to get your golf club where it needs to be at impact. That’s the heart of the *CUSTOM-FIT Swing Program* I developed.

In the next article, I’ll show you how to find the easiest swing for YOUR BODY. In the meantime, if you have any questions, feel free to send them to CoachDori@CoachDoriGolf.com.



LPGA Teaching Professional, Dori O’Rourke is a popular writer, teacher, and speaker. Known to many as *Coach Dori*, her talks and writings have inspired and entertained thousands of men and women golfers coast to coast for over 20 years.

Her latest book, *Custom-Fit YOUR Golf Swing*, reveals the evolutionary swing program that is transforming golf instruction worldwide.