

Get your” Ka-thwapper” working !

One of the hardest things to learn in the golf swing is how the forces are multiplied and applied to the ball. There are the obvious ways to add club head speed, weight shift from back foot to front foot, the turning of the body back and through, the torquing of the hips in relation to the shoulders, even the swaying of the body (if you're trying to hit it farther than normal).

The greatest increase in speed however is created by a simple two lever system between the arms and hands. By effectively letting the hands hinge and creating the angle, and then allowing the angle to lag and come out do to the centrifugal force at the bottom of the swing, we gain an increase or a multiplying of force three to four times what the arms alone can do. This most effectively happens when we “drag” the club through the hitting area , with the intention of swinging through the ball to the finish. Any effort on our part to use our hands and make this happen becomes a hindrance to the process. Our hands, because they come into the hitting area before the club head, simply react to the swinging motion of the club. Forearm rotation (left forearm supinates 180 degrees) also plays a key role in adding to the speed of the club. Some experts think that the rotation is more important than the lag . So to explain the title of this article, the Ka is the arms, and the thwap is the hands reacting and rotating to the swinging of the arms. Keep your “Ka-thwapper “ working!