

## 1.1 Increase Clubhead Speed w/the Power Turn

Let me recreate a scenario that you're probably familiar with. I bet you've had this happen to you before.

You're on the tee box, you're on the driving range, you feel like you're really swinging hard, you don't feel like you're getting the distance that you really want to have, and then some scrawny little kid maybe 15 years old, doesn't weigh 110 pounds, sets up beside you, rips the ball 30, 40 yards past you.

How is he doing this? How do you get so much power without a lot of muscle? It should take more muscle to hit the ball far, is what it would seem like. But with the correct technique we can all hit it with really good distance without a lot of muscular effort.

It all starts out, the very first thing you have to do is get a good, powerful turn to load up the body. It's not only in golf, but it all sports we have to rotate the body.

So if we take a look at the very best players in the world, what we're going to see with their shoulders is as they swing to the top, we're going to see at least a 90° shoulder turn.

You'll be surprised, but most of you have plenty of flexibility to get even past 90, and I'm going to show you how to do it in this series of video.

But it all starts with going at least 90° with the shoulders as you swing to the top, preferably, we can go even a little bit past 90 to really get loaded up. That's going to allow us to have a lot of power.

So we don't just have to look at golf for this. Let's actually look at other sports.

Let's imagine we're going to throw a football. Well the first thing we're going to do if we're going to throw a football this direction, we're going to load up our shoulders.

Our shoulders are going to turn back, they're going to wind up, really stretch out our core, then we're going to unwind.

If we're going to throw a baseball, almost exact same motion, we've got to really close our upper body off, then we're going to throw that forward.

If you look at a hockey player, they load the stick back, they're rotating their body, then they're coming forward.

So we have to get that load, we have to get this big shoulder turn to be able to create power in the golf swing.

So in this series of videos, I'm going to show you exactly how to do that, that's one of the first keys to getting power and we're all going to get at least a 90° turn if not more than that.

I think you'll be surprised at what you can do. So let's go ahead and get started with the next series of videos, and I'm going to show you how to get this big, powerful turn.

All right guys, so before we go let's take a look at this in action with some of the top pros.

Now here we're looking at Adam Scott, and you're going to see as he rotates to the top, good full shoulder turn, this is pretty typical of what I see with the top pros.

A little past 90, those guys are working on their flexibility so sometimes they can get to 100 or even 110°.

But everybody can do it, and I'll give you a hint, we'll go over this a lot more in detail in the future videos, but it has to do with your take away.

The take away is the most crucial part. Now we're going to go ahead and look at Rory McElroy, we're going to see the exact same thing here.

Great take away, and that leads in to the back swing and Rory's super flexible, not everybody is going to be able to get this much turn, but he's probably 115° there.

If you're 5'10", a buck 65 soaking wet and you want to hit it 340, this is crucial.

So let's go ahead and get started, let's start to learn how to incorporate these into your own game, I look forward to working with you guys, and I'll see you all in the next video.