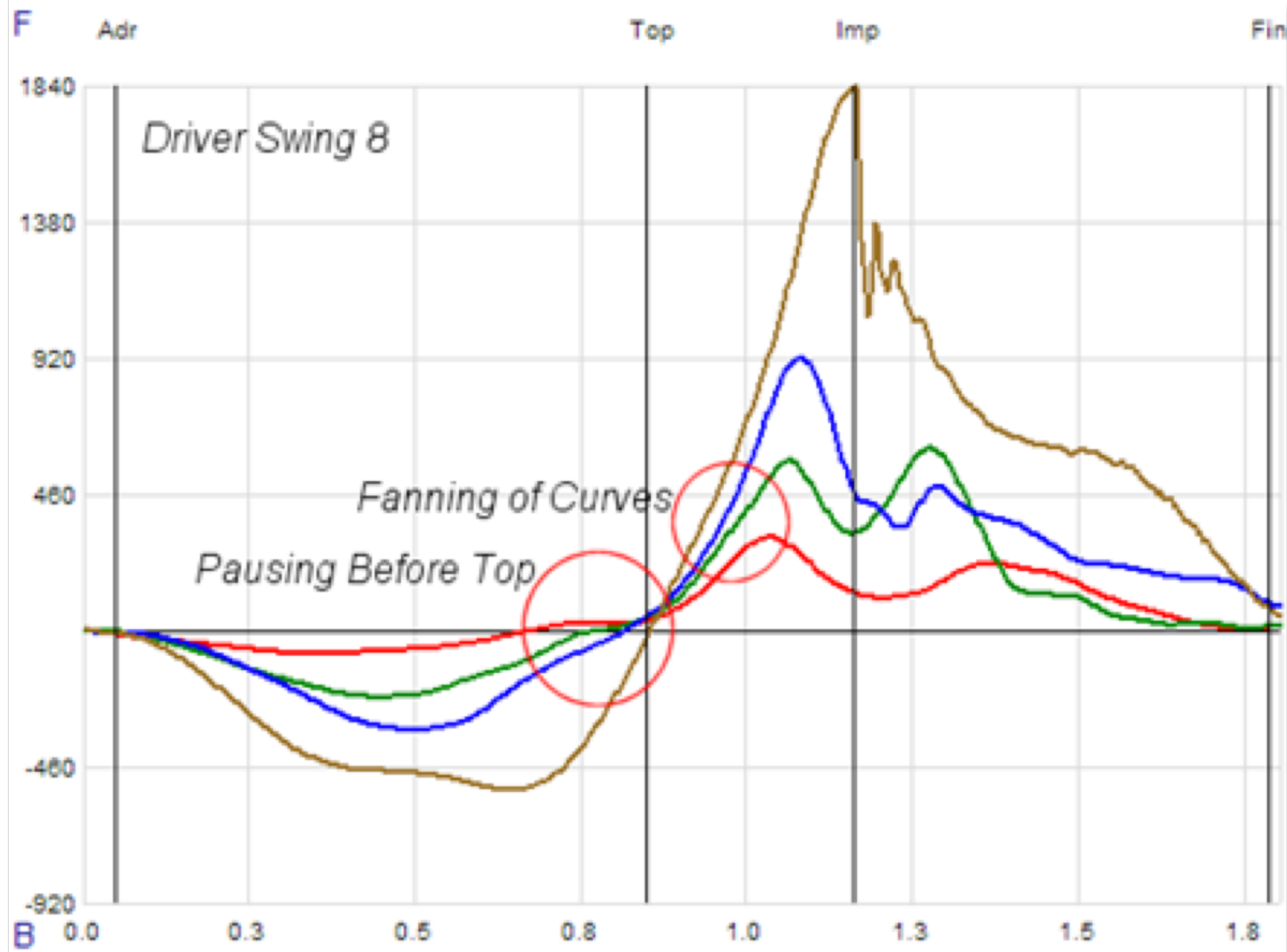
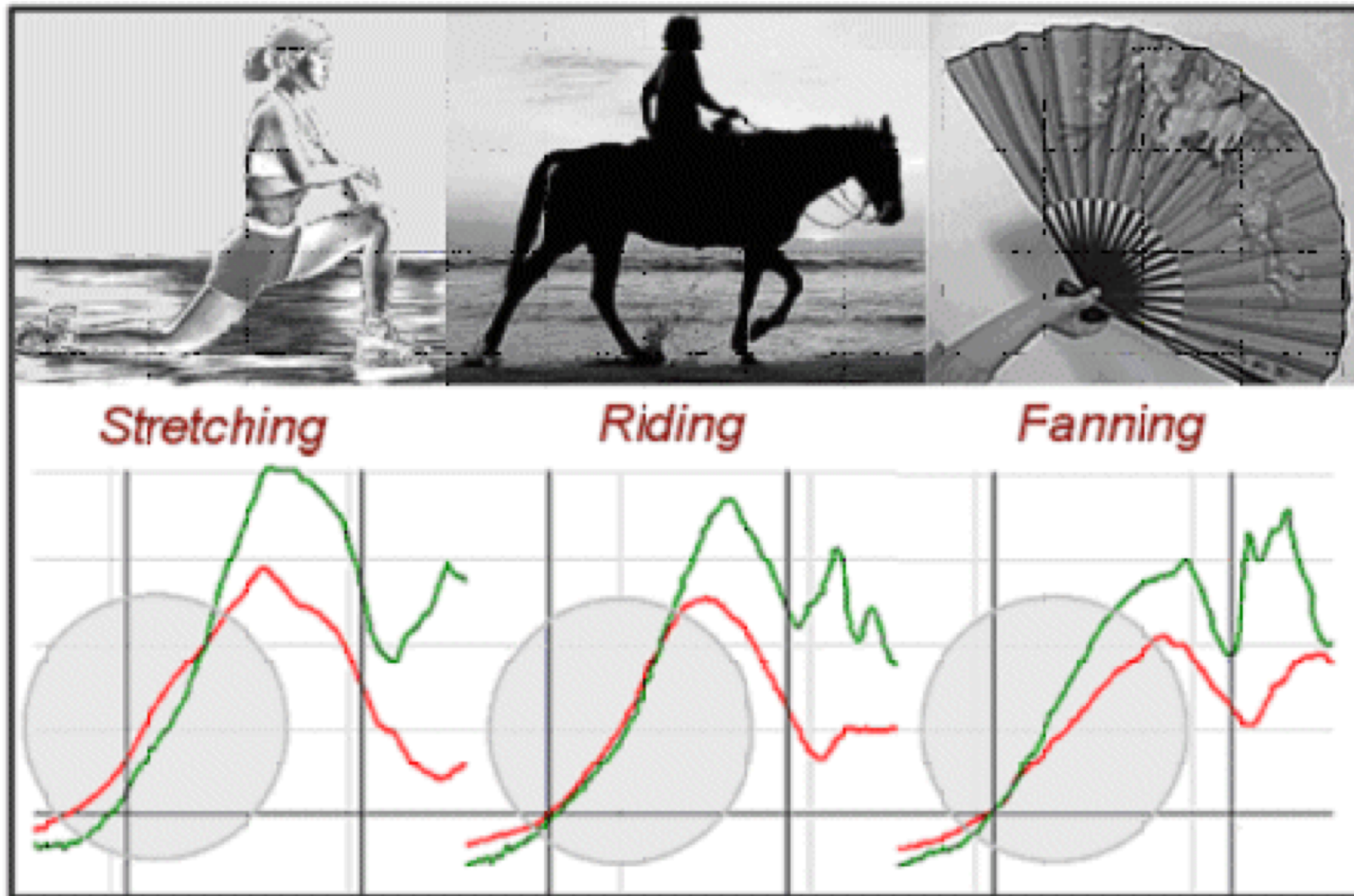


Topics

- Speed discussion
 - 3D
 - Mach 3
- Wrist anatomy
- Coaches Questions/Swing Discussions

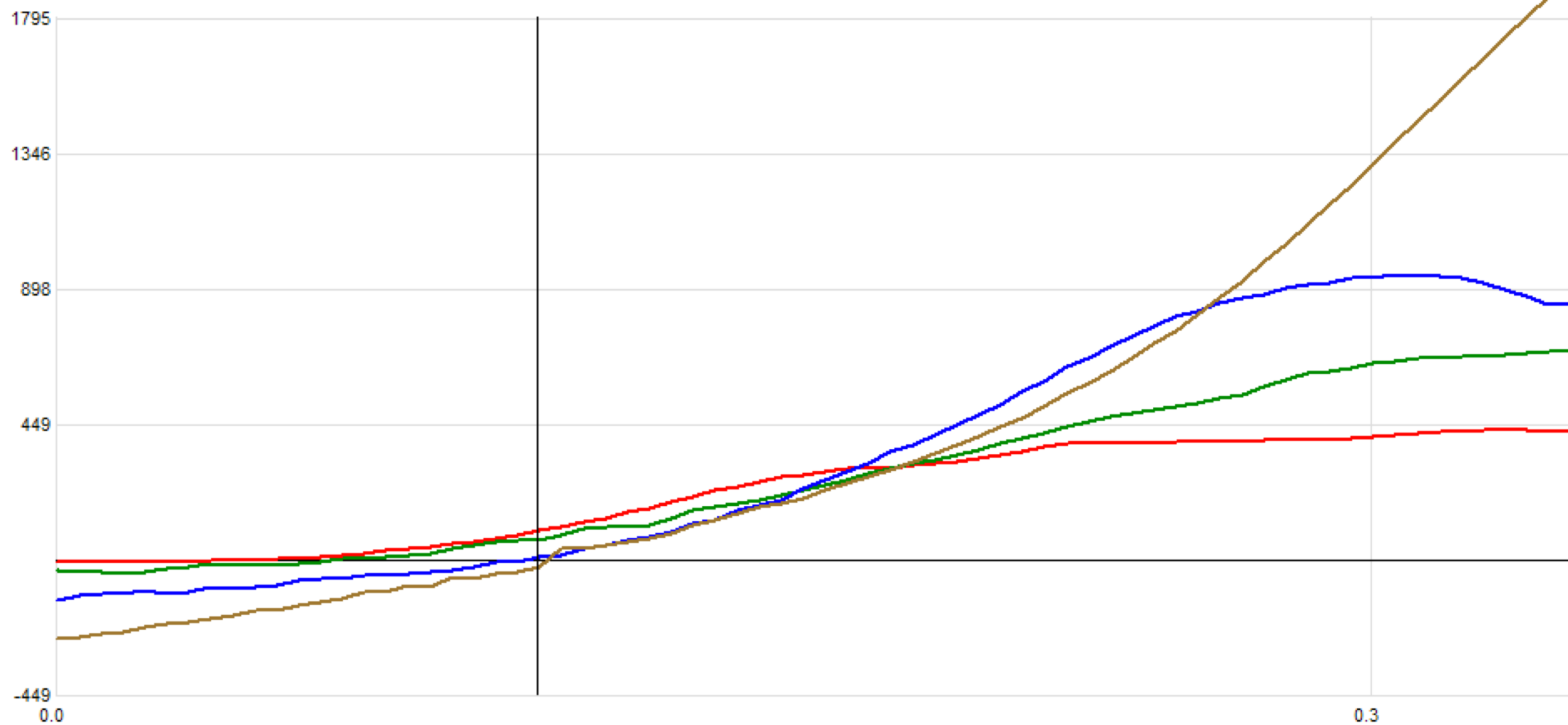


Power Integrals – Area under the curve

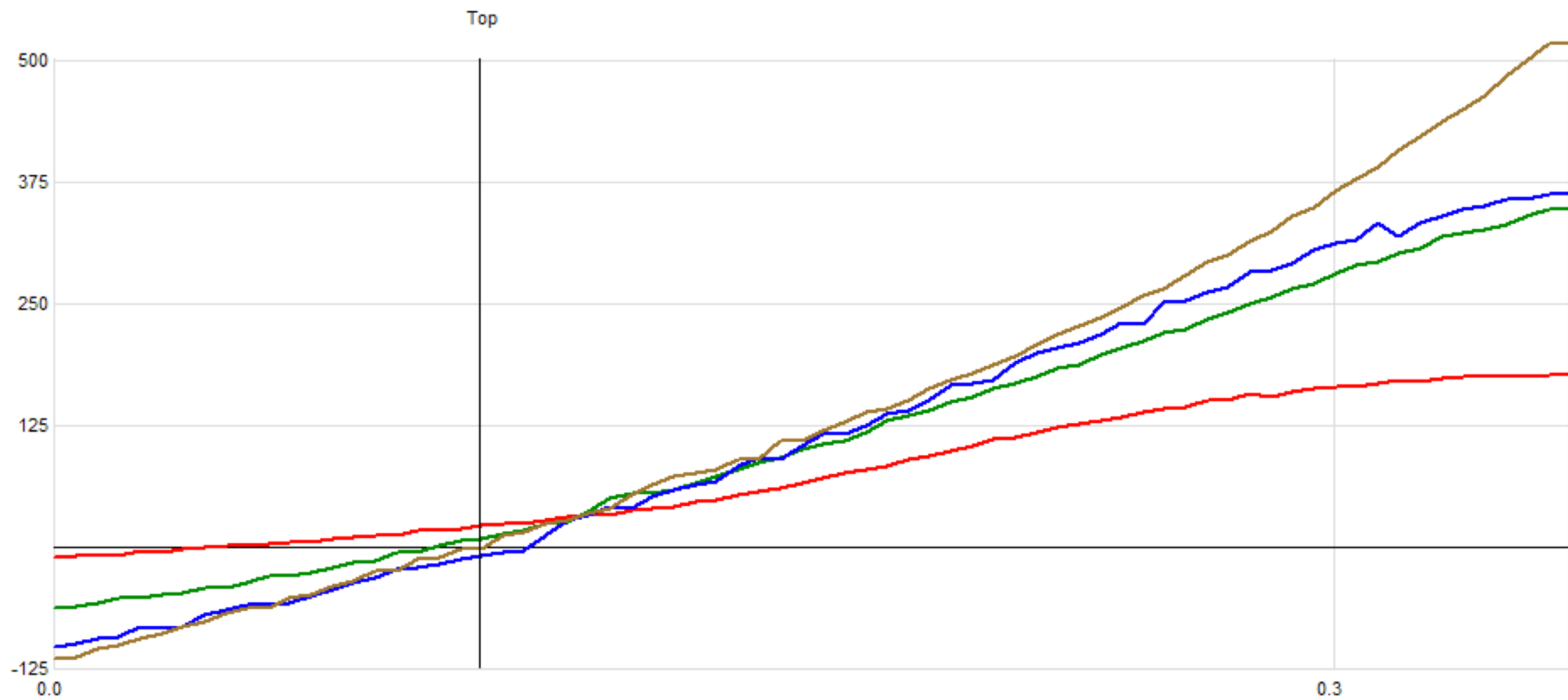


Full

Top



Pitch





PGA TOUR



Mach 3 – Mike Romatowski

- Ropes, Chains, hoses

Speed Rules

- Short sets – train fresh – maintain fatigue
- Every movement is full body
- Measure each session
- Ropes and Chains are dynamic variable resistance







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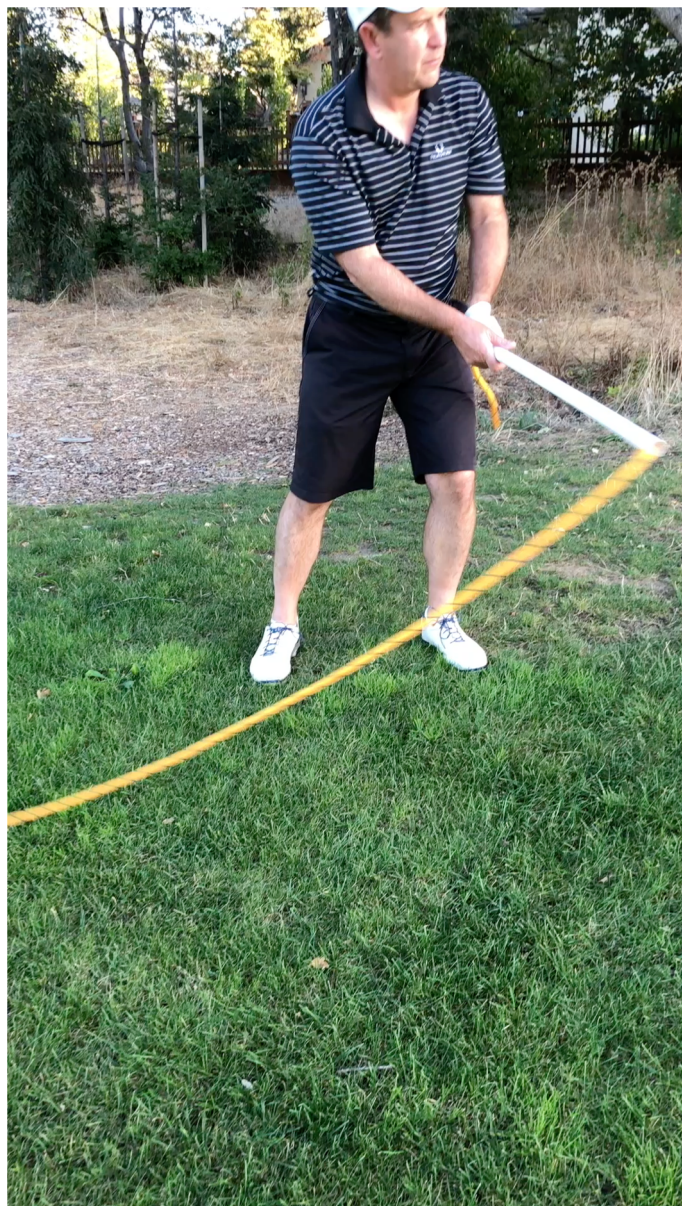




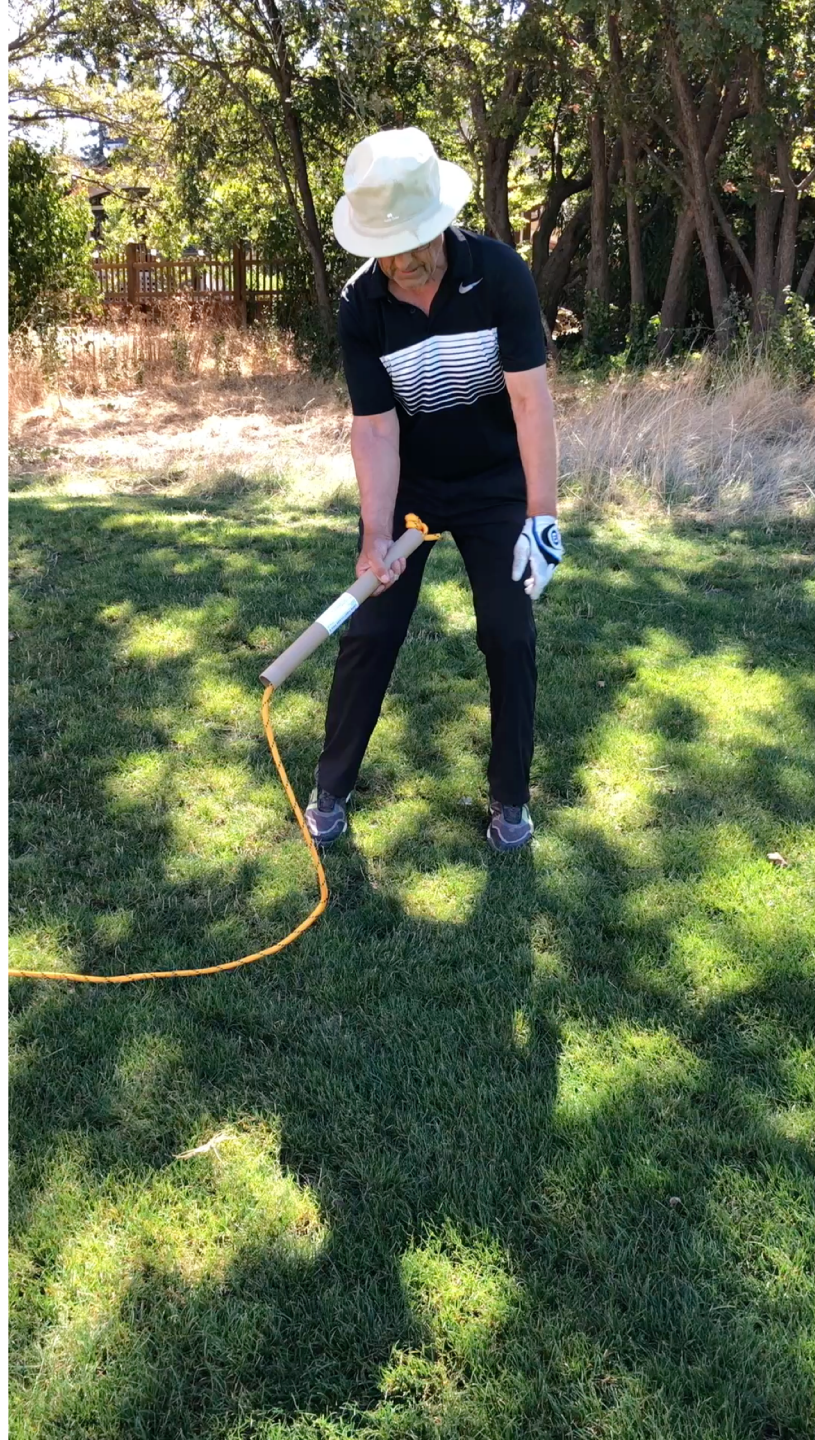




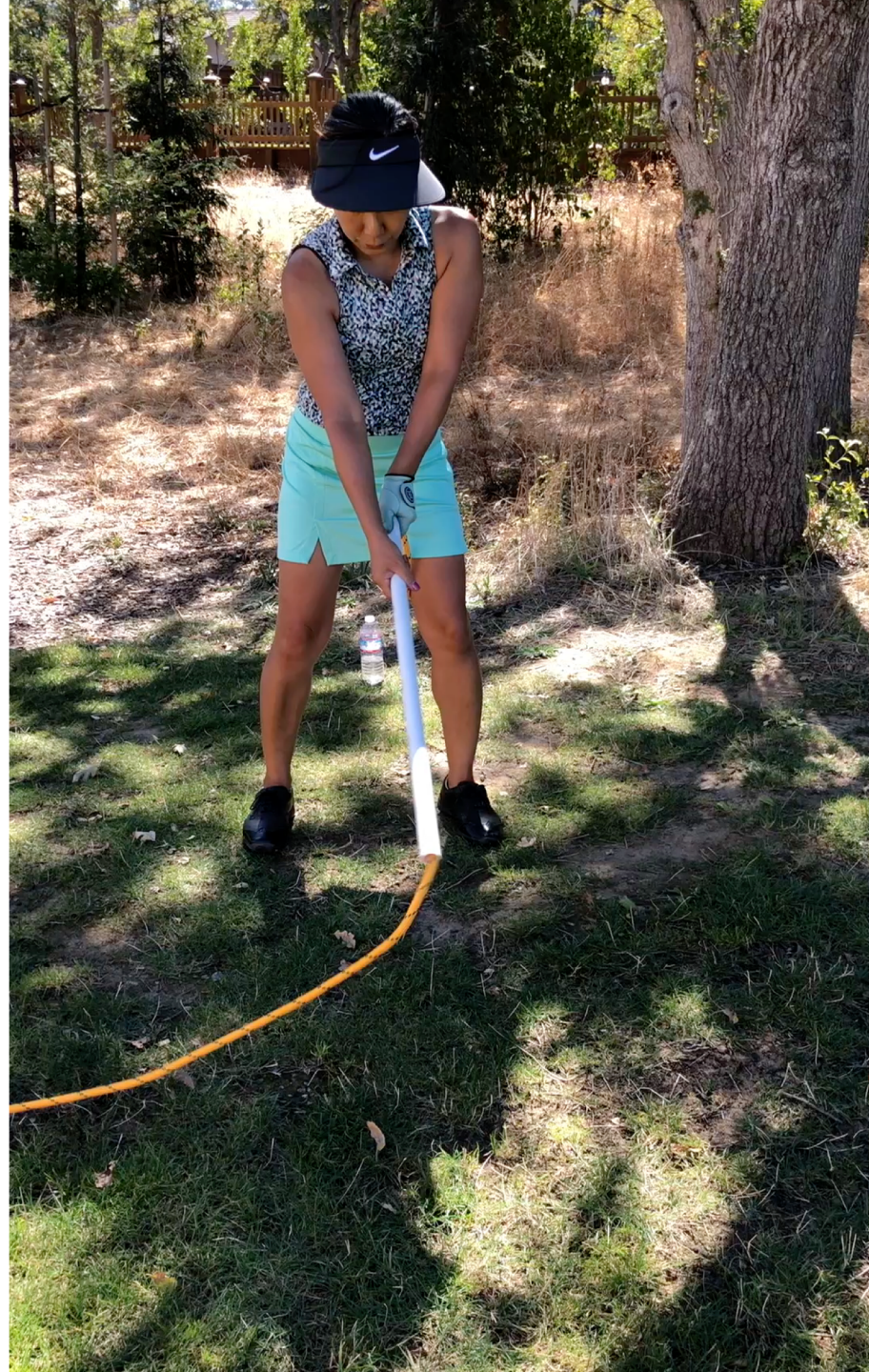


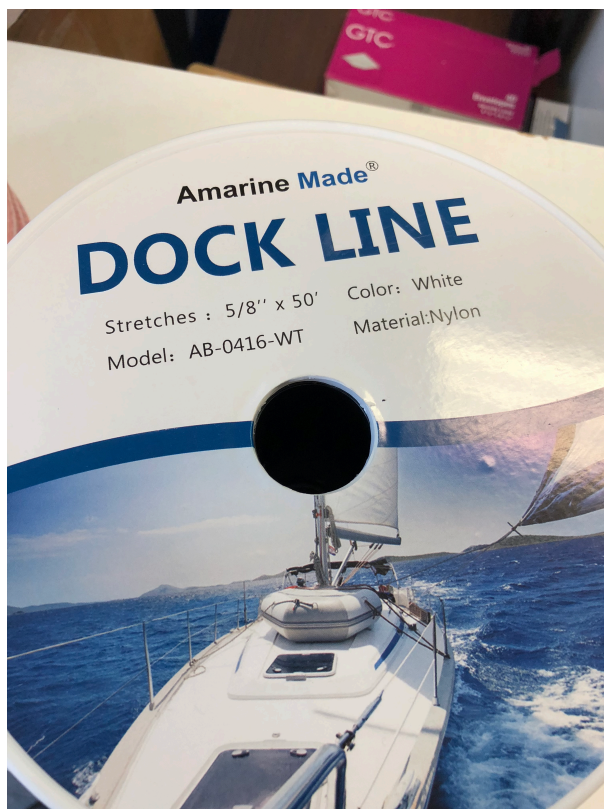












Key Breakdowns

- Handles
 - Short
 - Long
- Rope vs Chain
- Motions – speed out in front or 2 way speed

- New student as of a month ago. He is a 9 handicap. When we first started, he was hitting everything on the heel and shanking a lot of shots. He tends to move towards his toes during the swing. I have been working on butt fingerprint, back 45 and some 9 to 3 drills with him. I have also done some shank gate type drills and have used Dr. Scholls for awareness. Any other suggestions? Thank you.



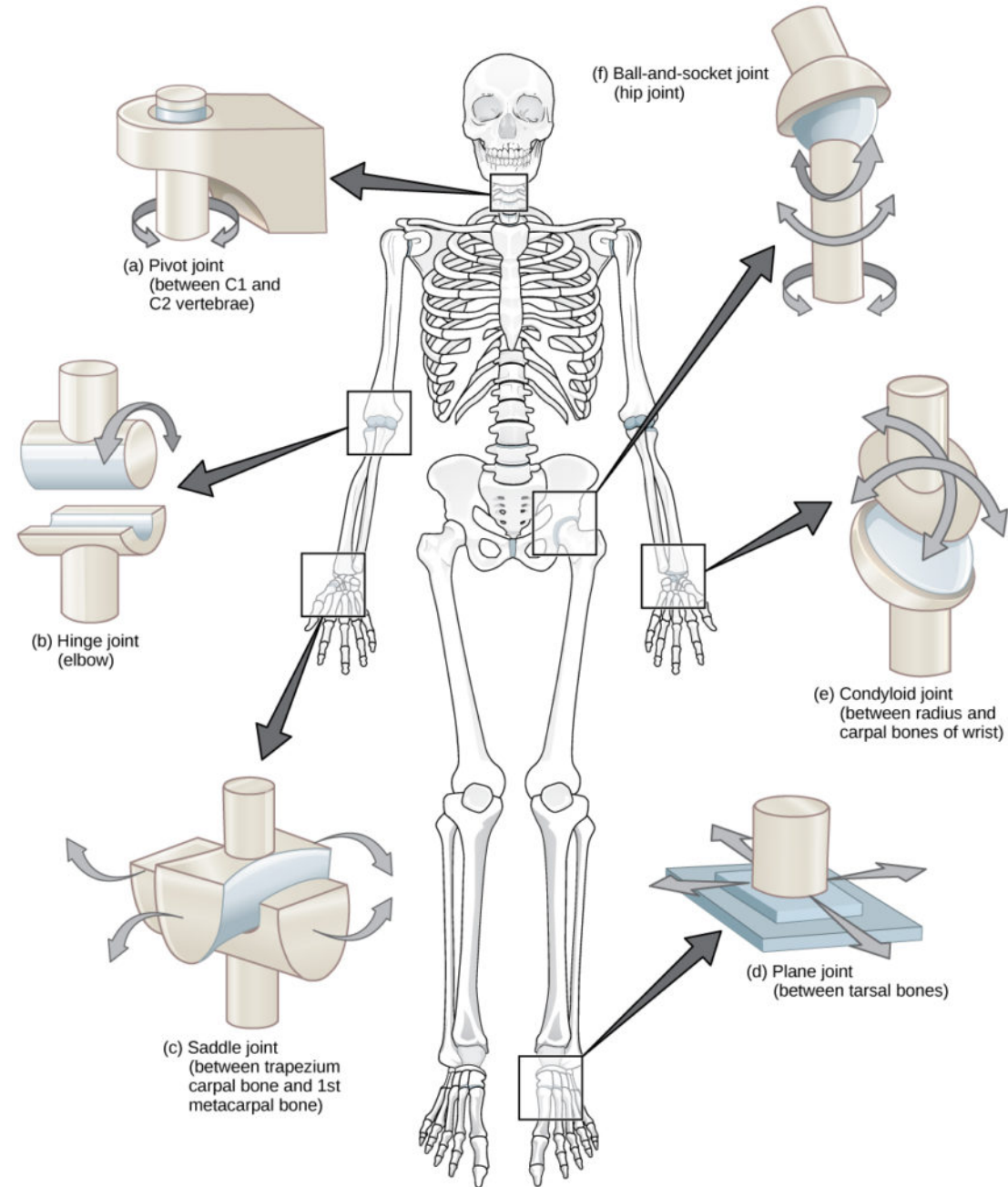
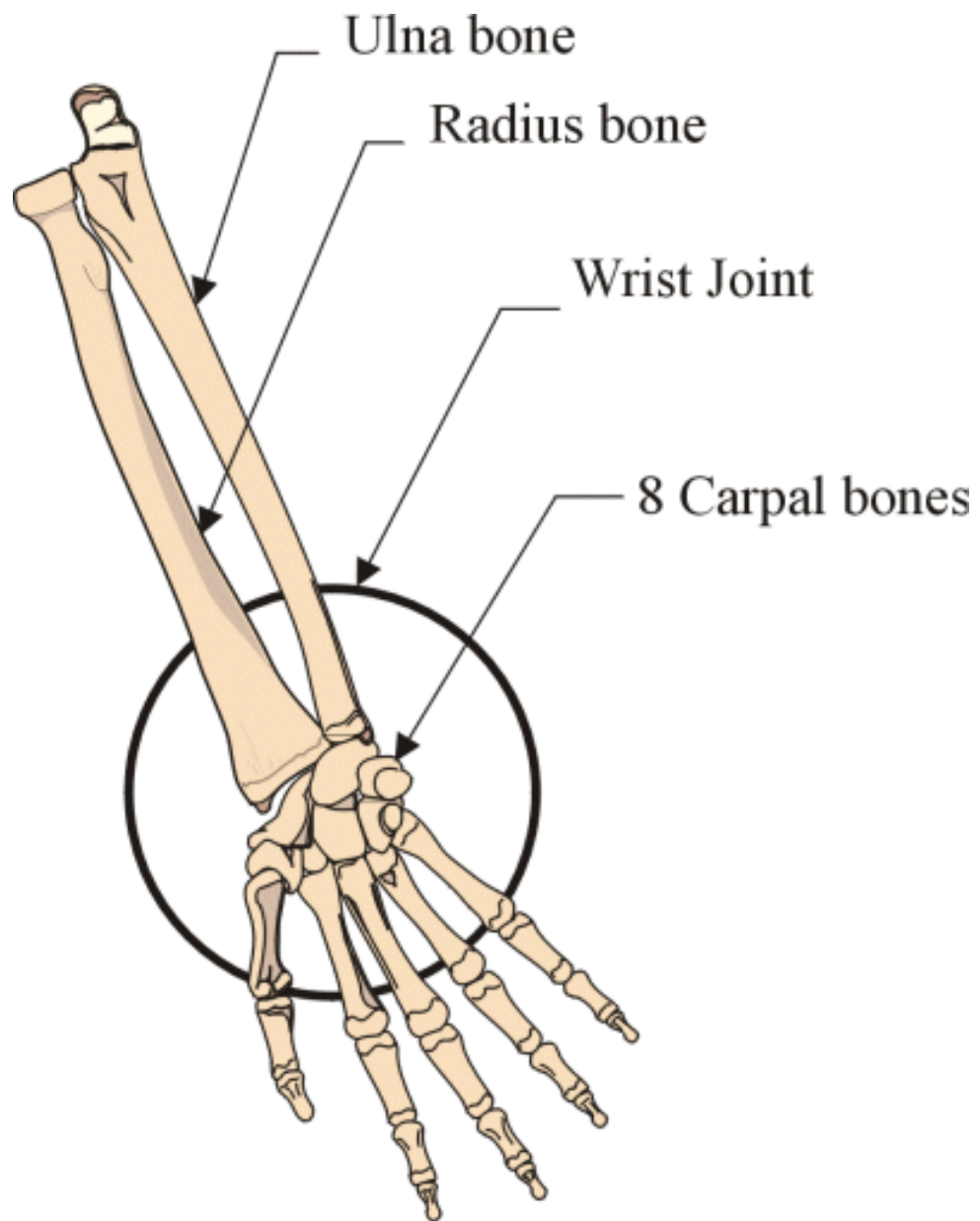
Nick

- I'm seeing this sort of pattern being promoted as the way to rotate. Here we see the instructor following the "science" by keeping the COM behind the hands. What I see is a golfer dropping their arms behind their body turn into a seriously "stuck" position. There is no "wipe" going on. I also see an underhanded swing with the right arm nearly supinating all the way to impact. This pattern looks like it can bring a shank into play and I imagine it's a power robber as well.
-



- This swing is what I feel I have to do in order to be in somewhat of a good position. For me, I have to think 9-3 with some speed. If I just swing like I did a month ago, all sorts of issues emerge.
Issue one: too much lateral shift on downswing
Issue two: right arm releases club in plane
Issue three: backing out of shot
Issue four: flipping



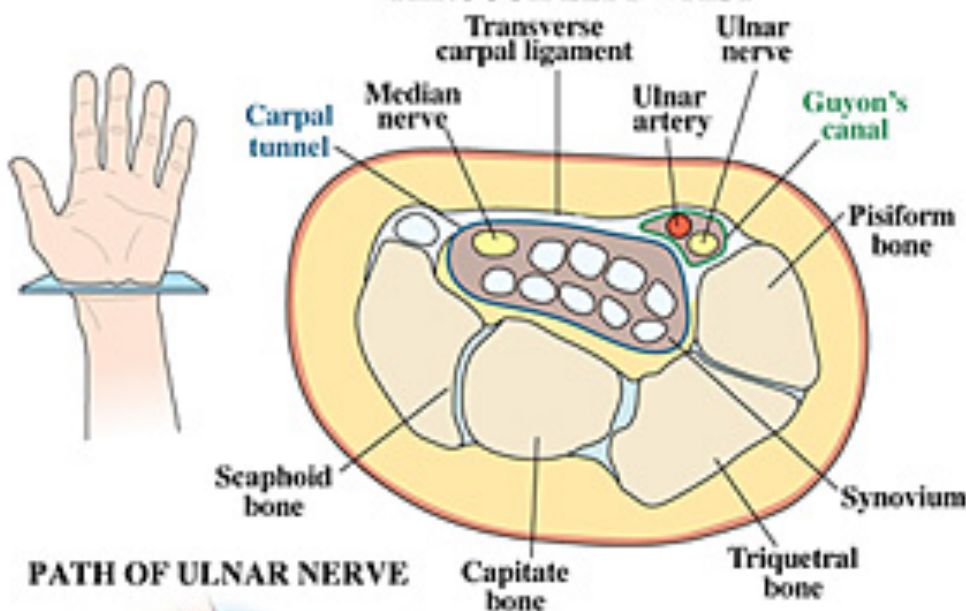


PALMAR VIEW OF HAND



ANATOMY

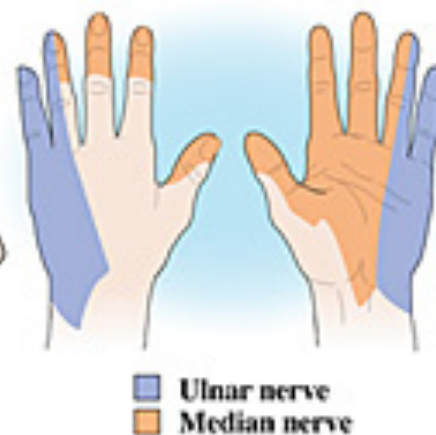
NORMAL SECTION THROUGH LEFT WRIST



PATH OF ULNAR NERVE



INNERVATION



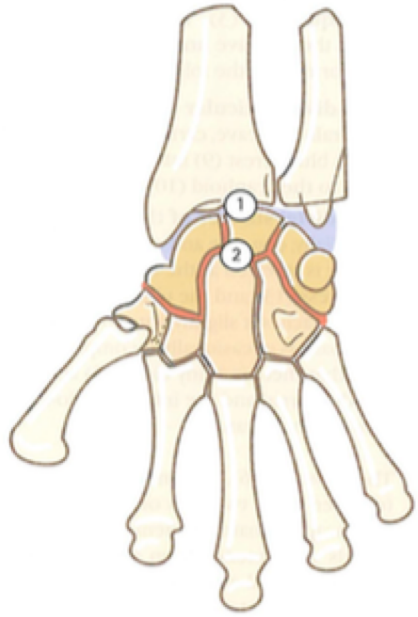


Figure 14

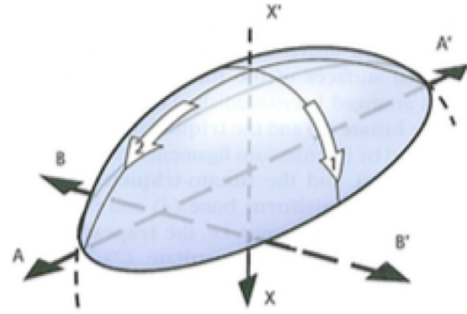


Figure 15

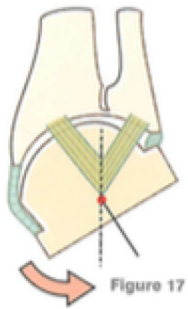


Figure 17

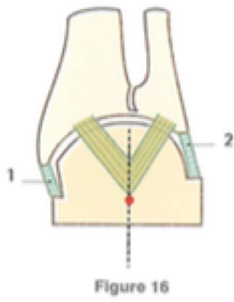


Figure 16

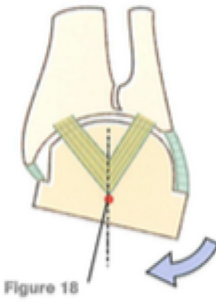


Figure 18

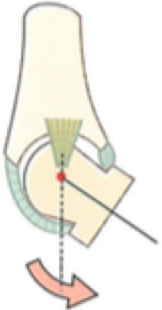


Figure 20

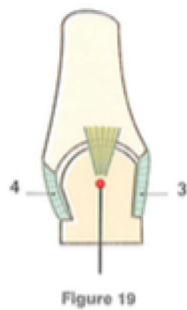
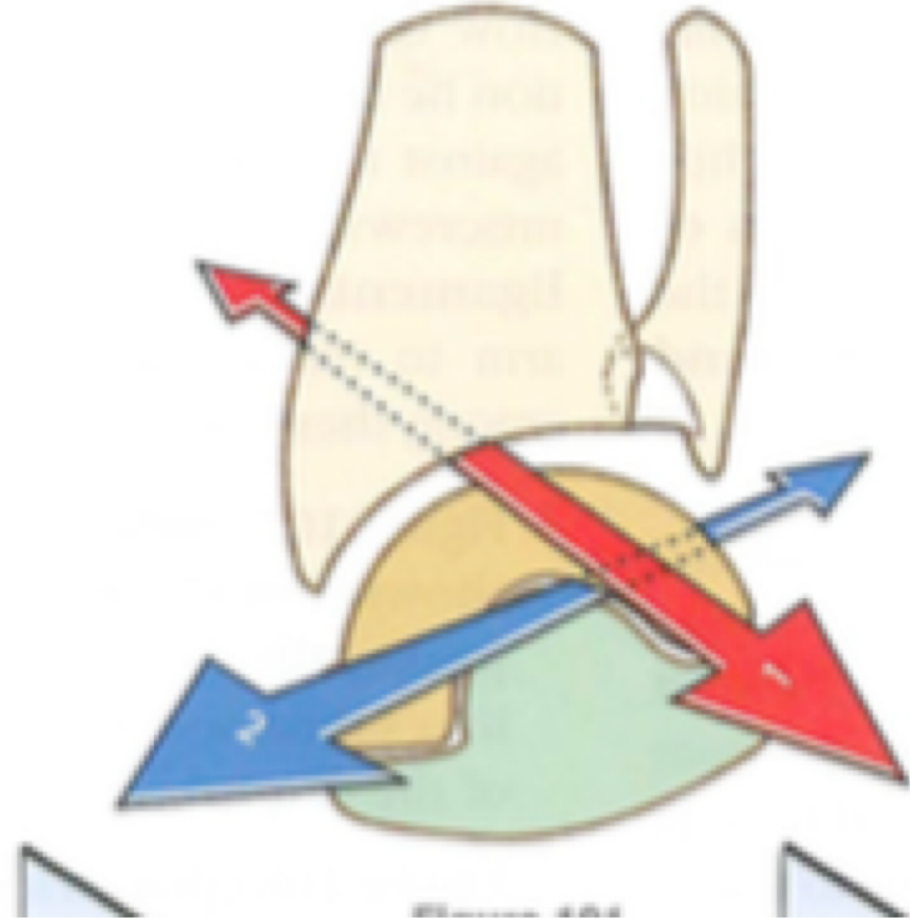


Figure 19



Figure 21



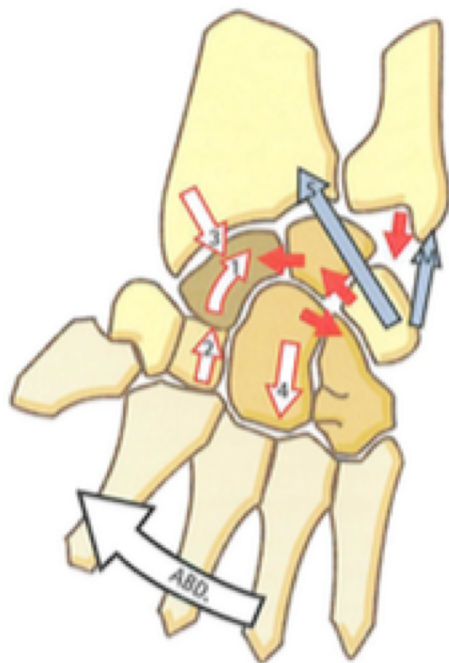


Figure 81

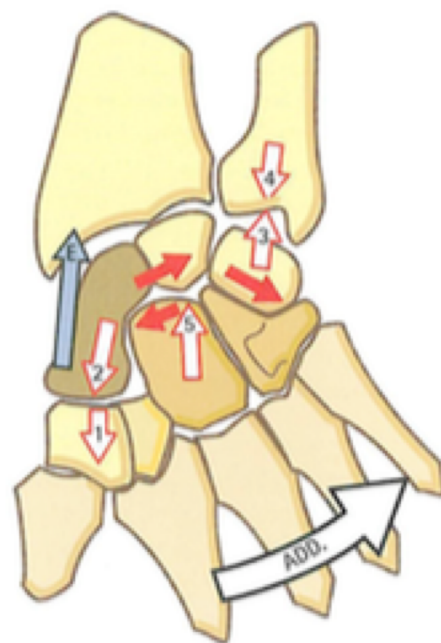
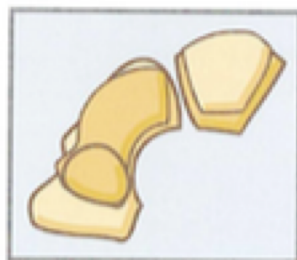


Figure 82