



SHOW ME YOUR CLEATS

Wow! What a tip: easy to see, easy to understand, and comes with guaranteed results.

"Show me your cleats" has stood the test of time, and has paid dividends among my students.

Examine your swing. Do you finish with a flat right foot (similar to pic below), almost as flat as this address position?



Are there only 2 or 3 (or possibly NO) cleats showing at the finish? If so, the problem stems from an insufficient amount of coil-to-the-groin-area into the inner muscles of your trail leg, the name given to the body part the furthest distance from the ball ex. (Right leg for a right-hander!)

This failure to coil, load or "wind the spring", so to speak, prohibits 3 body parts from functioning on the downswing. They are the "trail shoulder", the hip and the knee, which should be moving toward (and down) the target line, as illustrated with arrows in picture.

Notice also the left (lead) hip and "butt cheek" becoming visible as it turns naturally behind you also (shown in next pic).

When the swing is finished, your right knee should touch your left knee, so as to put a band around them.



SO GO AHEAD. "SHOW ME YOUR CLEATS".

Best of Luck from your "PARDS", Johnny "C".

*Footnote: Thanks to the PGA teachers at Port St. Lucie for sharing this "gem" with me while attending GPTP at this wonderful place.

Thanks also to my friend and Head Pro Jim Bogan, who makes it all possible. Matt Nowaczyk, PGA Jr. golfer and "Photo Guy", along with Johnny C

