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**EOGA**   
Golf Academy

**THANK YOU FOR YOUR UNDERSTANDING**

## EOGA Weekly Tip

Torso rotation

Do you want to deliver **consistent distance** with your golf swing?

One of the keys to a consistent golf swing is upper body rotation. If a player is limited in his upper body and can't rotate properly in the back swing, he is more likely to manipulate the swing by picking up the club, losing posture and early extend when hitting a shot. These swing faults will lead to bad ball striking and frustration on the course.

There are a few physical exercises that you can do to improve your upper body mobility and this is the fastest and easiest way to get rid of the swing faults.

1. We first need to do a test to determine if the problem is limitations in the body or bad habits in the swing.

### **Test 1: upper body disassociation**

This will test if you can disassociate the upper body from the lower body.

- Get in your 5 iron posture. Place your hands on your shoulders and see if you can rotate your upper half without moving your lower half.
- If you struggle with that, ask someone to help stabilize your lower body and try again.
  - If you can do it now, you have a stability problem.
  - If you still can't do it, you have limited mobility problem.



### **Test 2: seated trunk rotation**

- Sit on a chair with your feet crossed and hold a club on the back of your

shoulders.

- Rotate in the back swing and follow through.
- If your rotation is less than 45 degrees either way, your rotation is limited.



**2.** Here are some exercises to improve your upper body mobility

### **Open books rip cage**

- Laying on your side with legs on top of one another, put your bottom hand on your top knee and your other hand on your rip cage.
- Rotate open without moving your lower body and try to get the top shoulder on the ground. Repeat 10 times before doing the other side.



### **Reachbacks with locked lumbar spine**

- Get down with your hands and knees on a mat and lower your bum to

your heels.

- Put your one forearm on the mat right underneath your head and the other hand holding your neck. Open your chest as far as you can without lifting your spine.
- Do 10 reps each side.



### **One-leg internal rotation**

- Place your right foot in front of your left. Hold a club over your shoulders and rotate into the back swing (right handed player) by focusing on only rotating the upper body and keeping the lower body stable.
- Do 10 reps and then swap the feet before doing the other side.





*Contact us for more personalised help to get more enjoyment from your golfing journey!*

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## Is “Putt for dough” relevant?

*“You drive for show, but putt for dough”* was a saying that used to have some relevance to tour professionals and the highly competitive. It’s a lot less relevant to them now (as proven by the big-hitters at the top of the money list) but was it ever relevant to the regular golfer?



*Sure, there's an elation when a longer putt drops or even a shorter putt that allows you to mark down a birdie on your card. But, out of 18 holes, how many are ruined or made much more difficult by your tee shot? How many times did you leave yourself woefully short with a mishit, or find the red zone of "lost, out-of-bounds, or an impossible shot"?*



*Building consistency off the tee, while finding ways to go further, will open the pathway to better scores AND more holes you enjoy.*

## Change the game

When did you upgrade your game from the tee? If you're competitive, then significantly reducing the distance to the hole on your 2nd, changes the game. If you want to explore 'further'

[Contact us >](#)

## Limber for longer

*Improve your rotation.*

One of the keys to a golf swing that delivers consistent distance is upper body rotation. But as we age, rotation can become more difficult because muscles tighten. This reduces consistency and contributes to the distance dip that comes with age.





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Here's a great stretch you can do from anywhere to improve the range of motion in your upper body, hips, and lower back.



Lie on your back on a firm, cushioned surface with your arms spread at shoulder height. Bend one leg at 90 degrees and lift it over the other while keeping your shoulders in contact with the floor. Hold it there for a few seconds before bringing your leg back to the centre. Repeat on the other side.

“



*If you're unsure whether you're able to do this exercise, please ask a fitness professional first.*

## Distance is a package deal

We're here to help you hit it longer. That means everything from club fitting to swing coaching to golf fitness. Whatever aspect of your golf game you'd like to ask us about, please come chat with us. We could also,

[Start a conversation >](#)

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