



NAIL THE BASICS

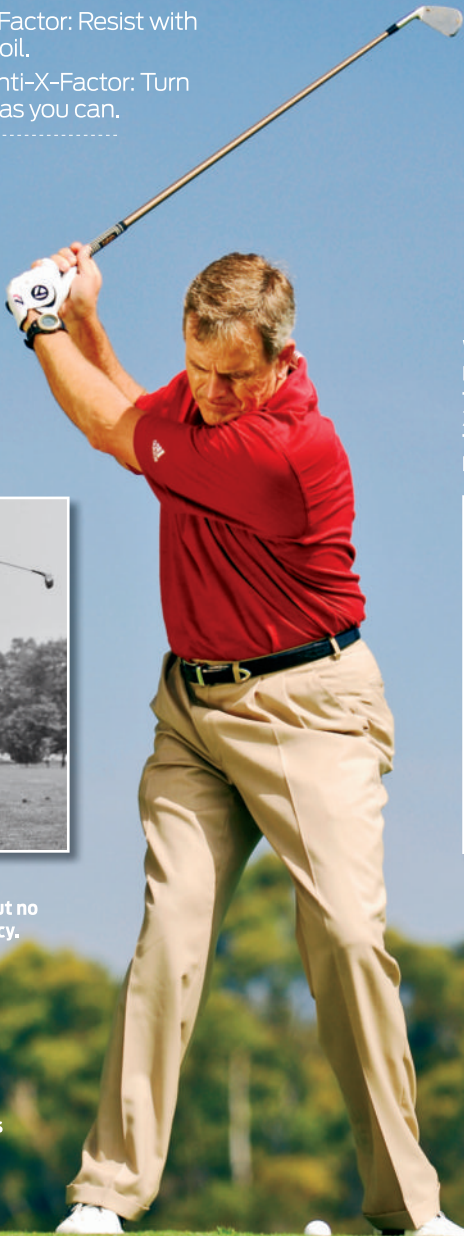
with Kip Puterbaugh, Aviara Golf Academy, Carlsbad, Calif.



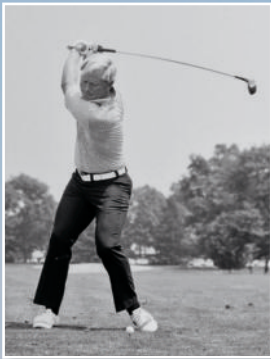
No. 1 New Backswing Move

OLD WAY: The X-Factor: Resist with your hips to build coil.

NEW WAY: The Anti-X-Factor: Turn your hips as much as you can.



WOODS—NO!
Minimal hip turn and lots of X-Factor make Tiger powerful but inconsistent.



NICKLAUS—YES!
Lots of hip turn here, but no lack of power or accuracy.

A bigger hip turn allows you to make a bigger shoulder turn, which is your true power source.



A bigger hip turn gives you the consistency you've been missing.

THE CURRENT mantra for building energy in your backswing is to turn your shoulders more and your hips less. It's basically the "X-Factor," the swing philosophy Jim McLean first published in *Golf Magazine* in 1996. Tiger Woods is the current poster child for this technique. While I would never argue that Tiger's swing can't win, I'm convinced he'd hit the ball as hard and eliminate his worst flaw—getting "stuck"—if he increased his hip turn in his backswing. And the same goes for you if you think a bigger X-Factor is good for your game.

Getting "stuck" means that your hips rotate too much and too soon in your downswing while your arms and club trail too far behind, leading to poor contact. I've been teaching since 1972, and I'd never heard about getting stuck until golfers started quieting their hips in their backswings. The "X" in X-factor could stand for "extra" likely to get stuck. Think about it. If you rotate your hips more going back, they have farther to rotate in the downswing, making it harder for them to race ahead.

I recommend that you try to turn your hips as much as you can in your backswing. It's easier on your body and can help you increase shoulder turn, which is the true source of power. Jack Nicklaus, the greatest driver of all time, had about 60 degrees of hip turn [inset, far left], compared to Tiger's 35 degrees [inset, near left], yet he generated 118 mph swing speed with only a 42-inch shaft. If Jack in his prime got his hands on today's 46-inch shafts, he would reach 125 mph, the same as Woods. And he wouldn't get stuck.