

TONY MANZONI'S SINGLE-PIVOT SWING

[The conscious part; and *the parts you need not think about.*]

Step 1 — Connection — prior to address, connect the left arm to the upper left chest, and keep it connected throughout the swing.

Step 2 — 60/40 Address — take your normal balanced address position, shoulders high, knees flexed, shoulders and hips level, weight on the insides of your feet; then shift your weight slightly (1/2"-1") forward, staying level, so that your weight is now 60(L)-40(R) with your left leg vertical, your right leg "light," and the ball centered below your nose, shirt buttons, and zipper.

Step 3 — Rotate Back — staying level and maintaining your head position, rotate your right shoulder back around your spine, behind your neck, as far as your flexibility allows.

From a 60-40 address position, rotating your right shoulder behind you accomplishes all of the following:

- *your connected left arm reaches the proper "throw" position (for you) at the top;*
- *because you are turning your right shoulder toward the target, your weight shifts a bit further left, to 70(L)-30(R) at the top;*
- *your left hip moves a few inches toward the target, to align itself with the outside of your left foot, pre-setting the so-called "Hogan bump" (the lateral move that usually starts the downswing); as a result, the need for coordination and timing to blend both lateral and rotational motion in the downswing is eliminated;*
- *your left knee moves toward your left toe;*
- *your right knee, while remaining flexed, straightens a bit.*

*You should **not**:*

- *restrict the turning of your right hip as your right shoulder rotates; both rotate together;*
- *feel any more weight on the inside of your right foot at the top than at address.*

Step 4 — Center Through the Target — rotate your chest (center) "level left" through the ball to (and through) the target.

*You should **not**:*

- *restrict your rotation by trying to keep your head behind the ball — or your eye on the ball; let your head and eyes rotate with your chest through the ball toward the target (Annika Sorenstam and David Duval-style); "good players sense where the ball is; bad players stare at it";*
- *face the ball at impact; your upper torso should have rotated past the ball before your arms and club reach the impact zone; "a good golfer's arms never pass the body."*

*You **should**:*

- *pivot around your stable left leg (like you were closing a door around a hinge);*
- *be at least 80(L)-20(R) at impact;*
- *finish with your chest facing left of the target, your right shoulder facing the target, your body erect and "posted up," and your legs together.*