

What does a golf swing look like?

The golf swing is a composite of two circular motions that come very close to being perfect circles. The circle that corresponds to the forward swing is forward of the circle that corresponds to the backswing. See Figures 15a and 15c.

When the club is swung back from the ball and then returns to the ball, the paths described are similar to the picture one would have of a quarter or half moon. See Figure 15b. The clubhead is swung back on the outer perimeter and returns to the ball on the inner perimeter. The clubhead is not returned to the ball on the same path it described on the backswing. The direction of the backswing and the forward swing should be the same so that the player is retracing the direction of the backswing on the forward swing but not the path. Those players who attempt to retrace the path of the backswing will use a casting motion in order to accomplish it.

Photographs attempting to depict the shape of the swing have been published before, but due to the angle at which the camera was placed with regard to the swing plane, the shape of the swing was distorted and appeared much more elliptical than it is.

The illustrations shown in Figure 15 were taken so that the film plane was parallel to the plane of the swing—a driver was used. By placing the film plane parallel to the swing plane, the true shape of the golf swing can be seen. It much more closely resembles a circle than an ellipse.





