



# Balance & Rhythm

Technique is not the most important thing in golf... It's just a good way to start !

**Have you ever noticed how sometimes good looking swings don't seem to produce a good shot, and how ugly looking swings on the other hand, occasionally work just fine ?**

Even though this could be discouraging many of you to endure lessons, you have to understand one fundamental fact : if the club is square at impact, at the proper height, and heading in the right direction, no matter how you got there and where you go after, you will hit a fine shot.

A good technique is only a surer way to get there, thanks to a better position, and a less complicated movement.

But more important for consistency than technique itself, are **rhythm and balance**.

They are the glue that keeps the movement together.

When one of them is wrong, even if the technique is correct, the hands tense up, and the whole sequence of the movement is disrupted, producing crooked shots.

On the other hand, when your basic fundamentals (grip, stance, posture) are correct, working on rhythm and balance is often sufficient to recover a good swing.

## Swinging is like dancing

The whole idea to keep in mind for smooth shots is that you must **dance with your club**, and not fight with it. Just like in dancing, you need to suit your rhythm to your partner's, so you both work in harmony, and not one against each other. So listen to your club by loosening your grip a bit, and give it a chance to guide you. Accelerate smoothly and fluently, all the way through the ball, and finish well balanced, with your belly facing the target and all your weight comfortably on your left foot.

## Check your finish

The finish is a result of a good throwing action. It is the momentum of the club that should lead you there. If you are not able to find a comfortable and balanced finish position, you are probably swinging too hard. **Do not hit harder than your body can handle**, you will probably not gain much more distance, but you will certainly get way too close to the „point of break“!

A good swing should feel relatively effortless.

## FEET TOGETHER DRILL :

One of the best exercises that I know to practice balance and rhythm, is to swing with your feet together.



It forces you to maintain a smooth pace, and to make a good shoulder turn, otherwise you will fall. When the tempo is good, you will find that the ball is straight, mainly because the smoother movement allows your hands to relax, which gets the club more naturally in a square position.

The other reason it works so well, is that you no longer have to worry about your weight shift. There is only one pivot, instead of two !

So practice a lot like that, especially when you feel you are starting to tense up in front of the ball, it will help you slow down and recover a better rhythm.

## You cannot dance ? Then sing !

It has often helped me to play well when I had a smooth tune in my mind that day. Something like a waltz or a ballad, helping me maintain a good tempo in my swing. **Going too slow is just as bad as going too fast**, for they both disrupt your natural feel and create tension. We each have our own inner speed, and it is important to respect it. That is why there are different kinds of shaft flexibility, to fit different swing speeds. So find your optimum rhythm, and try to stay with it. In the pressured times, it will be your most precious help.

Have fun, and enjoy the challenge of the game !

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