



Picture this... **SEE 'A-K-I' FOR A BETTER DOWNSWING**

Our mind works in images, not words, and that's why simple visual cues can be more effective than technical instruction in finding effective and repeatable swing positions. Here, you will learn how visualising three capital letters can help you improve your form from the top through to the finish. Work on each separately first, before blending them into one fluid movement.



**TOP OF THE BACKSWING:
PICTURE 'A'**

Picture yourself creating a capital A as you reach the top, your head at the apex and in the centre of your two legs. This image encourages you to rotate around a fixed central point, building powerful coil. It also helps you create a position of stability by limiting any tendency to sway (trail hip moves away from the target) or reverse pivot (head moves towards the target).

IMPACT: PICTURE REVERSE 'K'

From the top, we need to recruit the hips and torso to drive the swing forward. This move, a dynamic blend of shift and rotation, creates a stronger and straighter lead side as you would see in a reverse K. Its value is in setting up a stable and solid impact position, allowing you to preserve the radius of your action and hit with commitment, in balance.



FINISH: PICTURE 'I'

As you swing through to a finish, picture yourself creating an aligned, vertical shape like the letter I. Visualise a vertical pillar from your lead foot, up your lead leg, through your torso and into your head. Achieve that and you promote a better motion through the ball, including great weight shift and body rotation. You'll also avoid that leant-back, reverse-C position that puts a strain through your spine.