



Golf Positions

of Mac O'Grady's Swing

P1

Set-up

Stance should be closed, right knee should be flexed more than left knee, lower/mid spine should be neutral and the cervical spine and head should be angled down. Shoulders should be slightly open. The right arm should be slightly flexed and left arm should be straight.



P2

Club shaft parallel to the ground in the backswing

The clubshaft and left arm should be parallel to the target line & just outside of the tip of the left shoe. The rt. knee is beginning to lose flex while the left knee is gaining flex. He is taking the club back with his rt. wrist bending like shaking hands, and his rt. elbow flexing, and rt. forearm fanning to the rt. of the elbow while the rt. forearm traces the baseline of the plane. The torso remains inclined in its p1 inclination.



P3

Left arm parallel to the ground in backswing

The elbows should be level to the ground, the clubshaft pointing at the baseline of the plane, the clubshaft should be bisecting the bicep, the right knee should still be flexed, the left arm should be angled inside the baseline 20 degrees.



P4

The top of the backswing

The hands should be deeper than the right shoulder but the right glute should be the deepest. The right knee should have straightened but not locked-out. The left side of the torso and left thigh should almost form a 90 degree angle. The spine has gone from flexed(rounded) at p3 to extended with the back to the target by p4. This spine extension moves the left ear from 2-3" behind the ball at p3 to on the ball by p4. The center of the torso will be slightly closer to the target than the center of the hips.



P5

Left arm parallel to the ground in the downswing

The right knee is gaining flex as the left knee is swinging around to the left and losing flex. The hips/knees opening has centered the center of the torso with the center of the hips and the spine moves from extension back to forward flexion. The right tricep has lowered to the torso as the left arm lowered from the chin. The lowering of the arms retain the left wrist cock and lower the shaft below the right shoulder.



P6

Clubshaft parallel to the ground in the downswing

The hands have lowered below the zipper from the right elbow unfolding like a reverse bicep curl. The unfolding right elbow starts to uncock the left wrist while the right hand remains bent back maximum. The hips have continued rotating as the left knee has straightened and the right knee has flexed down toward the golf ball.



P7

Impact

The left knee should be straight and the left shoulder continues to go up and slightly back away from the target from p6.5 to p7 as the right shoulder goes down. The right elbow should still be flexed and the pressure points of the right humerus just inside the right seam of the shirt. The right shoulder/hip/knee will be lower than their respective joints. The left wrist will be uncocked while the right hand is still bent back.



P8

Clubshaft parallel to the ground in the follow through

The left shoulder moves up and back away from the target so that the left shoulder is behind where the ball sat. The right shoulder moves down and in front of where the ball sat. The left ear should be behind where the ball sat. The right foot should only have its heel lifted off the ground slightly with pressure in the right toes.



P9

Right arm parallel to the ground in the follow through

In famous swings like Ben Hogan & Mac O'Grady, their p8 & p9 happens at the same time and this is very true with all players that use the Swinging Method. The Hitting Method fires their trail arm off a stationary right shoulder and they will run out of right arm soon after impact and they have distinctly different p8 and p9 alignments.



P10

Finish

The left shoulder should be well behind where the ball sat and the belt buckle should be pushed forward toward the target. This will place most of the pressure in the ground on the outside edge of your left foot with your center of mass back and only supported by the tippy toe of the right shoe. The hips should be level to the ground, the right ear lower than the left ear, and the left elbow below the left shoulder. The thighs should be sealed together with no gaps.

