



HIT SOLID IRONS

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Let the Clubhead Go

This power release move is the fast track to longer and straighter shots

THIS STORY IS FOR YOU IF...

1. YOU DON'T MAKE SOLID CONTACT WITH YOUR IRONS.
2. YOU HOLD ON TO THE CLUB THROUGH IMPACT.

THE PROBLEM

You're losing distance and accuracy on your approach shots because you're holding on to the handle through impact. You'll know this is happening to you if the toe of the clubhead fails to rotate over the heel and you feel yourself trying to "muscle" the ball into the air.

THE SOLUTION

Stop strangling the club during your swing! You have to learn to "let it go" through impact and allow the clubhead to release fully. When you start doing this properly you'll get more compression on the ball through impact and hit it both longer and straighter. Your swing will also feel more natural and effortless.

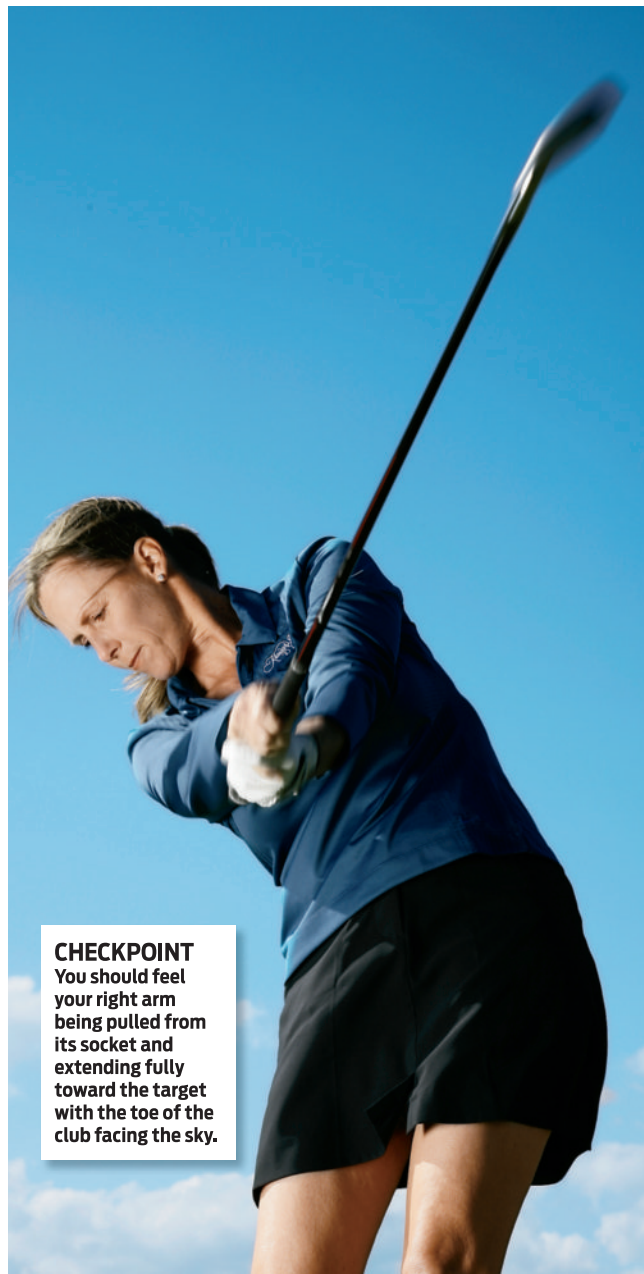
HOW TO GROOVE A FULL RELEASE

1. Take your 7-iron and place the handle at the base of the fingers on your left hand, not across your palm. If you hold it in your palm you won't be able to hinge and unhinge your wrists freely. This is key.



2. Swing back to 9 o'clock with a natural amount of wrist hinge. Don't force it—just let your wrists cock freely. The toe of the club should point at the sky at this stage of your swing.

3. Swing through impact to 3 o'clock and stop there. The toe of the club should now point up at the sky again. If you let your wrists hinge and unhinge naturally, and your forearms rotate freely, you'll experience the feel of a full release. Practice this move while hitting some practice balls—you should not only hit straighter shots but more powerful ones, as well.



CHECKPOINT

You should feel your right arm being pulled from its socket and extending fully toward the target with the toe of the club facing the sky.

PHOTOGRAPHY BY ANGUS MURRAY

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Watch a video of this lesson and learn more ways to free up your release and hit the ball with effortless power.