

Below are two excerpts from Rotary Swing Golf's *Rotary Swing Tour (RST) Level 1 Certification Manual* that use scientific facts to refute conventional golf instruction.

The book is recommended for both instructors and students and is available in either paperback or eBook version by visiting [RotarySwing.com](http://www.rotaryswing.com) and clicking "Golf Equipment" or using this direct URL: [http://www.rotaryswing.com/golf-training-aids/rotary\\_swing\\_tour\\_certification\\_manual-level\\_1](http://www.rotaryswing.com/golf-training-aids/rotary_swing_tour_certification_manual-level_1)

From "Chapter 1: What Is a Fundamental?"

"Think to yourself what you have been told regarding stance width or perhaps what you have even taught your students. The most common advice is that the feet should be shoulder width apart. When I hear this, the first thing I do is ask that instructor, "Where are my legs attached, my shoulders or my hips?" Of course, they answer the hips. So my next question is, "What does the width of my shoulders have to do with the width of my stance?" There is NO direct correlation between the two. Some golfers have very broad shoulders and very narrow hips and vice versa. This useless piece of advice is not only vague but not based on anything central or absolute. And worse yet, the instructor can't provide an answer as to "why" he wants me to do it, and that is unacceptable. Everything you do in the golf swing should have a very clear answer as to WHY it needs to be done that way and HOW to go about doing it. With RST, there is a very clear answer as to why, either based on anatomy, swing mechanics, physics or the physiology of the learning process, and a very clear pathway on how to go about doing it.

For RST Instructors, the width of the stance is a fundamental that abides by the laws of "why" and "how." First, it is determined by the width of the pelvis since that is what determines neutral joint alignment (NJA), which is vital for power and injury prevention. Second, it is determined by the fundamental in the swing of weight transfer, which is inherent in all throwing and hitting athletic movements as it creates momentum that is again, necessary for maximum power. Third, while transferring the weight, we need the head to stay centered to make clean contact more consistently. A clean strike becomes increasingly difficult with our heads moving all over the place. Finally, it is based on the need to have the left hip in neutral at impact for safe and efficient rotation. Because of these requirements, the stance width for RST is 2 inches outside of neutral. This is the type of analytical thought process that goes into understanding each piece of the RST.

The point of this chapter is for you to understand that you should question absolutely everything you've heard about the golf swing in the past and everything you hear in the future. Anytime someone gives you a piece of swing advice, see if it qualifies as a fundamental and ask them the all important question, "Why?" Why is a very scary question for many golf instructors because they don't have a clue why. They were either taught to do it that way by another instructor, read about it in a golf instruction book or found it to work in their own swing that is very likely built around a chain of compensations. In all probability, they will have no irrefutable answer for why they want someone to move the way they are asking. If they can't answer why, then you should very seriously reconsider who you're taking lessons with and how their lack of knowledge may be putting you at serious risk for injury. If you, the instructor, want to have the answer to "why" going forward, you've come to the right place."

## From "Chapter 6: Setup"

"Traditional instruction repeats to us over and over again that the weight should be on the balls of our feet. This is not the way the body is intended to bear its weight and remain balanced. In order to remain centered and balanced and fight the significant centrifugal forces occurring through impact, we must prepare ourselves to utilize our bodies' anatomical design. Having the weight centered over the ankles at address not only moves our weight back such that we can fight the inertia of the club during the downswing but also allows the two "chunkiest" muscles in the body to be fully engaged to provide stability for the rotating torso. The gluteus muscles will be engaged more effectively when the weight is back over the ankles, providing a tremendous amount of stability and power for the golf swing. As the golfer moves his weight toward the balls of the feet, the gluteus muscles begin to transfer the load to the quadriceps, or the front of the thighs. The primary role of these muscles is to move the lower leg away from the body (imagine kicking a soccer ball). They are not designed to support the hips for the rotation that is required during the downswing; however, the gluteus muscles serve this role perfectly. We establish the golfer in a truly balanced position with his weight on his ankles for this reason as well as the fact that it is necessary for rotation in the downswing, which we'll cover in more detail later...

...Excessive knee flex will shift the primary balancing joint away from the hip to the knees and the weight forward onto the balls of the feet, exactly what we are trying to prevent since the knees are not designed to rotate, and that is required in the downswing. Once the weight gets into this position, as the student initiates the backswing, the weight is generally going to continue to move forward further onto the balls of the feet. This will cause one to engage the improper muscles in the lower body, namely the quads. With the weight forward and the quads engaged, as the student transitions into the downswing, the student will be putting unnecessary and potentially harmful stress on the knee joint and not be able to properly engage the hip muscles necessary for stability. The knee joint is a hinge joint. The function of a hinge joint is to allow forward and backward movement, mainly in one plane. This means that it is designed for extension and flexion only. With the weight on the balls of the feet, we have now placed the burden of rotational movement onto the knee joint since the primary balancing joint is no longer the hip, but the knee. This is a function it is not designed to perform. Thus, we can see that it is imperative to ensure health and safety that excessive knee flex not be introduced in the setup. If your students question this, simply have them place all their weight on their left over the ball of the foot and try rotating. Then, have them shift all their weight back over the ankle and rotate again. They will be able to easily feel how much strain is placed on the knee when on the balls of the feet."