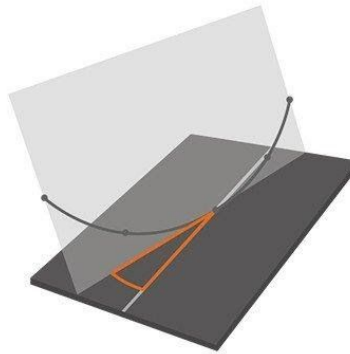


Swing Direction



Swing direction is the direction the “base of the hula hoop” is pointed relative to the target line

Swing direction is the angle between the base of the hula hoop and the target line.

When a swing is referred to as “over the top”, “underneath the plane”, or “on plane”, the person is generally referring to the swing direction. Just as with swing plane, swing direction uses the three-dimensional position of the club head from approximately knee high to knee high on the downswing.

The overall motion of the club head on the downswing and post impact can be qualified to describe a person’s swing. This generalization of the swing is often the same as the measured swing direction. It is important to understand that swing direction is not the same as club path. Club path represents the motion of the club head at one point in time (impact); whereas, swing direction uses hundreds of points from the club head during the knee high to knee high portion of the downswing.

For a right-handed golfer, a negative swing direction would be regarded as “over the top”, a positive swing direction would be regarded as “underneath the plane”, and a zero swing direction would be considered “on plane” by most instructors.

Technical Definition:

Swing Direction – The horizontal direction of the plane relative to the target line defined by the club head’s center of gravity movement prior to impacting the golf ball.