

The Plane Truth For Golfers Update December , 2008

In the summer of 2005, I saw an episode of Golf Academy Live on The Golf Channel that featured instructor Jim Hardy and professional golfer Peter Jacobsen. Jim Hardy was talking about the differences between the one plane golf swing and the two plane golf swing, which are explained in his first book , “THE PLANE TRUTH FOR GOLFERS”, published in 2005. A second book, called “THE PLANE TRUTH FOR GOLFERS, MASTER CLASS”, was released in 2007. Jim Hardy says that all golfers swing the club in one of two patterns. He describes these patterns on four DVDs, which can be purchased at www.Jimhardygolf.com for 100 dollars.

In addition to the above DVDs, Jim Hardy has released a series of DVDs called : “Secrets from the Plane Truth Vault”. Vault DVD #1 is about the most important elements in the one plane and two plane swing. Vault DVD #2 is about chipping and pitching. Vault DVD #3 is about getting the club on plane. Vault DVD #4 is about shotmaking. Vault DVD #5 is how the hips move in the golf swing and how that is related to posture. Vault DVD #6 talks about greenside sand traps. Vault DVD #7 is about address position. Vault DVD #8 is about specialty shots such as fairway bunkers, shots from the rough, and some special shots around the green. More DVDs on “Secrets from the plane truth vault” will be released in the future. I recommend that you buy Jim Hardy’s DVDs and his books. In my opinion, this is the best instructional material that has EVER been published on the golf swing ! Jim Hardy was named as the 2007 PGA Teacher of the Year !!!

In a ONE PLANE GOLF SWING , the golfer has a neutral to strong grip, has a wider stance, bends forward more at the hips, and will be standing further away from the ball. The spine is vertical as viewed from the front, and the weight is 50% on the right leg and 50% on the left leg. The club will move inside and behind the body in the backswing. The right elbow moves up, out, and behind on the backswing. The left arm will be close to the chest at the top of the backswing, and the left arm will be parallel to the shoulder line as viewed from behind the golfer. At the top of the backswing, the club will point at the target or slightly left of target, but should not point to the right of the target. At the top of the backswing, the weight is still 50% on the right leg and 50% on the left leg. During the downswing, the right elbow is NOT tucked in by the belly button, which would cause the club to approach the ball too much from the inside with a clubface that is too open. Instead, the right elbow stays up and behind while the right forearm and hand drop early in the downswing, causing the clubface to square up very early in the downswing. The right shoulder moves outward early in the downswing and the shoulders are well open at impact. The right wrist remains bent backwards through impact, and the feeling is like sweeping the right arm thru impact and to the left with the bent right wrist. With an iron shot, the ball will be struck before the ground, and it almost feels like an outside in swing path. The divot will point slightly to the left of the target. The arms and club swing to the left after impact, the left knee straightens, and the weight moves on to the left leg. Ben Hogan had a one plane golf swing. Anthony Kim has a one plane swing. Peter Jacobsen and Don Pooley had two plane golf swings, and then switched to one plane golf swings after instruction by Jim Hardy.

In a TWO PLANE GOLF SWING, the golfer has a neutral to weak grip, has a narrower stance, stands taller with less bend at the hips, and will be closer to the ball. The spine is tilted slightly to the right as viewed from the front, and the weight is 60% on the right leg and 40% on the left leg. The club will move more up and higher on the backswing, and the weight shifts more on to the right leg. At the top of the backswing, the left arm will be above the shoulder plane as viewed from behind the golfer, and the club will point at the target or slightly right of target, but not left of the target. The two plane golfer swings the club up, down, and back up on a more upright swing plane. The arms start to drop down before the right shoulder comes forward in the downswing. The shoulders and hips turn together in the two plane swing. There is more rotation of the forearms and hands through the impact area compared with the one plane swing. The arms and club do not go hard to the left after impact, as in the one plane swing. The two plane swing favors timing, tempo, rhythm, and balance. Lorena Ochoa and Tom Watson have two plane golf swings.

It is certainly possible to play golf with either a one plane swing or a two plane swing. However, if you are a one plane swinger, you should do the things that work best for a one plane swinger. If you are a two plane swinger, you should do the things that work best for a two plane swinger. As you can see, the fundamentals are really quite different for these two types of golf swing.

Jim Hardy's books and DVDs are fascinating, and I recommend that you buy his books and his DVDs. Again, www.jimhardygolf.com is the web site.

A wonderful discussion of "Hogan's Secret" can be found in the 2007 book "THE PLANE TRUTH FOR GOLFERS, MASTER CLASS", from page 69 through page 76, which describes Ben Hogan's downswing in detail.

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