



## One Plane Golf Swing or Two Plane Golf Swing.....Which one is better?

Many golfers have asked, “Which golf swing is better, the one plane swing, or the two plane swing?” There certainly are advantages and disadvantages to both types of golf swing.

- It is easier to hit a low hook with a one plane swing.
- It is harder to hit a low hook with a two plane swing.
- It is harder to hit a high fade with a one plane swing.
- It is easier to hit a high fade with a two plane swing.
- It is easier to hit a ball above the feet with a one plane swing.
- It is harder to hit a ball above the feet with a two plane swing.
- It is harder to hit a ball below the feet with a one plane swing.
- It is easier to hit a ball below the feet with a two plane swing.
- It is harder to hit a ball out of the rough with a one plane swing.
- It is easier to hit a ball out of the rough with a two plane swing.
- It is easier to be consistent thru impact with a one plane swing (the squaring up of the clubface occurs early in the downswing instead of in the impact area).
- It is harder to be consistent thru impact with a two plane swing (the squaring up of the clubface occurs in the impact area instead of early in the downswing).
- It is harder to hit the ball further with a one plane swing.
- It is easier to hit the ball further with a two plane swing (note that most of the long drive champions have been two plane swingers).

In **The Plane Truth for Golfers**, published in 2005, which was Jim Hardy’s first book, Jim wrote, “*It is, however, in my opinion, harder to hit both long and straight with the two-plane swing due to timing factors that must be considered, particularly when swinging full out. Coordinating the vertical arm swing with the horizontal shoulder turn to form a plane gets increasingly difficult as your swing spread increases.*” Later, Jim Hardy wrote, “*One reason I am an advocate of the one plane golf swing is that it has fewer moving parts*”.

Jim Hardy helped Peter Jacobsen and Don Pooley to switch from a two plane swing to a one plane swing. Having said that, there are many great one plane swingers, (such as Ben Hogan, Lee Westwood, Steve Stricker, Justin Leonard, Miguel Angel Jimenez, Scott McCarron, Tom Pernice, and Chad Campbell), and there are many great two plane swingers, (such as Jack Nicklaus, Tom Watson, David Toms, Davis Love III, Lorena Ochoa, V.J.Singh, K.J. Choi, and Stewart Cink).

I happen to be a one plane swinger. My oldest daughter is a two plane swinger, and my youngest daughter is a one plane swinger. Ultimately, you should go with the style that you are most comfortable with. The most important thing to know is that the one plane swing and the two plane swing are very different. If you are a one plane swinger, then you should use one plane fundamentals. If you are a two plane swinger, then you should use two plane fundamentals. Jim Hardy has two books, and a number of DVDs available at [Plane Truth Golf](#), his internet web site.

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