

# Key Points

## B. Swing Analysis 挥杆分析

Once the fundamentals are in position we can now look at the swing. For simple explanation we can break the swing into 5 parts: 站姿做好之后,我们来看一下挥杆的问题.简单来讲,挥杆可分为5个部分:

1. Takeaway
2. To the top
3. Down swing
4. Through to the target
5. Finishing up

# Key Points

## 1. Takeaway 上杆

The shoulders, hands and club head all move away from the ball in a synchronized movement. If completed correctly the club head will still be over the ball to target line for the first 1 meter of its journey.

肩膀,手臂及杆头应同时动.动作正确的话,  
杆头仍然会在球的上方



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## 2. To the top

The left shoulder needs to get behind the ball and the right shoulder should be behind your head. The left forearm and back of the left hand form a straight line.

左肩应在球后方,右肩应在头的后方.左前臂及左手背应呈一条直线.



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## 3. Down swing

Use the legs and torso to start the down swing move. Try and keep the hands and arms moving connected with the body throughout the entire move. 用腿部及身体移动开始下挥杆. 尽量保持手和手臂与身体同步移动.



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## 4. Through to the target

Swing the club towards the target, not across the body. Both arms should be completely straight until the hands reach the waist height position. 到达目标线

朝着目标线挥杆，不要挥过身体。双臂应保持直线直到双手到达腰部。



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## 5. Finishing up

When the swing is complete the hands should be high above the head, and the right shoulder should be lower than the left shoulder. No two golfers swing identical, so depending on your flexibility will determine exactly how you can achieve this. 当挥杆结束时，手应高于头顶，同时右肩应比左肩低。不同的球手挥杆风格都是不同的，所以你的柔韧性决定了你可以怎样实现这一点。

