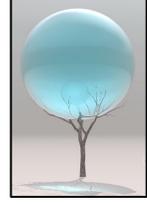




Swing Release

By Christie Johnson

Internationally Certified Alexander Technique Teacher



**“The most impressive thing in golf is when the ball goes off the club face with no effort. The swing is surprisingly effortless. The Alexander Technique allows this.”
*Charles Harder, Golf Instructor, Murrieta Golf Range, 2X Senior US Open Player.***

During the golf swing your body’s muscles may compress due to anxiety, fear of miss-hitting the ball, or simply gripping the club too tight. This muscle tension is like having an emergency brake on your movement patterns. As you read this, put your hand on top of your head and push down. Notice your neck muscles tighten. This is compression. Now release your hand and notice the release of the neck muscles. This is decompression, an absolute essential to golf. Simply asking if you are compressing and noticing where muscles release will begin to allow a more natural swing motion with less effort.

Now hold your club and address the ball. Did your muscles tighten? If so, stop, stand and ask what it would be like to allow your neck muscles to be free so that your head can delicately balance on top of your spine, similar to a golf ball sitting on a tee. There is no extra effort involved, just balance and decompression.

Golf requires the coordination of the whole body working dynamically in fluid motion. Some people get fixated with their grip, hips or feet and lose track of the whole. Another way to connect and explore muscles releasing is to visualize sand or water flowing internally from head to toe.

The back is not a hinge. Forcing the back to improperly torque is the cause of most golfers’ back problems. Learning to bend from the hip sockets is essential. Stand and raise a knee. Place your finger tips in the crease near traditional front pockets. This is where bending takes place at the ball-in-socket hip joint. Fold forward from here; let your rear (gluteus muscles) float back while allowing your knees to bend. The perfect golf stance is about halfway between standing and sitting. You will experience a resistant free swing if you let go of muscle holding patterns (decompress) and use the efficient design of your joints. The freer your whole body is, the easier your swing will be. Remember and release...

Christie Johnson specializes in improving range of motion, releasing swing resistance and achieving more consistent patterning with The Alexander Technique. She offers an intro to Transform Your Golf at Golf Etc., 27576 Ynez Rd, #H-1, in Temecula the last Tuesday of the Month at 7:00 PM. For additional workshops and lessons call 951-312-2188 or visit www.christiejohnson.net