

More myths that can paralyse your game – Maintain your Height

“The Golf Expert”

Peter Thompson

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**More myths that can paralyse your
game – Maintain your Height**

Almost without exception all great golfers allow their heads to go down in their swings. This great ebook will explain why this happens.



PGA Fellow Professional

**Peter Thompson is a Fellow of the
Professional Golfers Association**

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Maintain Your Height

RORY MCILROY, the 2011 US Open champion allows his head to drop approximately six inches from the address position to impact.

LUKE DONALD, who has been the worlds No1 golfer allows his head to drop a similar amount.

TIGER WOODS, winner of 14 Major championships allows his head to drop up to 12" inches.

BYRON NELSON one the world's greatest golfers allowed his head to drop several inches.

HENRY COTTON, winner of the Open Championship in 1934, 1937 and 1948 allowed his head to drop up to nine inches.

I have two surveys in my studio showing the average swings of 200 top professionals. On average they allow their heads to drop. Tom Leman won the Open Championship and the Masters and he allowed his head to drop by more than 12 inches.....

I could fill the whole of this Ebook, indeed the whole of all the Ebooks we this publishing, with factual references of great golfers who allow their heads to drop from the address position to impact.

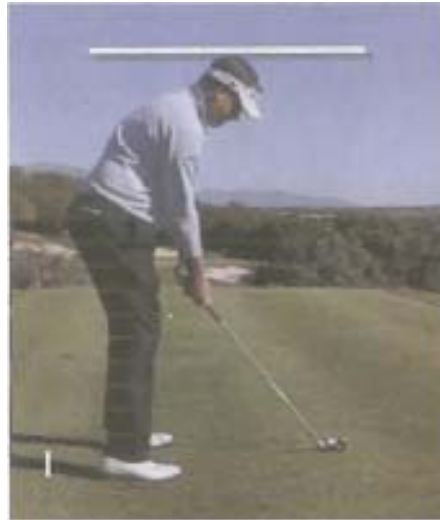
I visited Wentworth Golf Club for the last day of the BMW PGA Championships a few years ago, and whilst the vast majority of the record crowds were watching the shots, I as always, watched the golfers techniques as nothing can be learned from watching the shots but everything can be learned by watching how the shots are produced.

Everyone I studied allowed their heads to drop. Luke Donald was the eventual winner and his head always went down. Why then do I read constant reference to maintaining ones height in the swing?

It is yet another damaging myth and bears no relevance to the facts?

I heard recently that Rory McIlroy's topsy-turvy scores are caused by him losing his height. There are many factors involved but he scored 63 in the opening round of the 2010 Open and 65 in the opening round of the 2011, Masters with his head moving down, so it is ludicrous to claim this as a fault.

Picture1 shows the ever popular Lee Westwood, a recent world No1 with a line on top of his head at address.



Picture 2 shows Lee at impact with his head considerably lower than at address.



Picture 3 shows Henry Cotton at address with a line on top of his head.



Picture 4 shows Henry at impact with his head nine inches lower than at address.



This is a result of the lower body movement shifting to the left and turning simultaneously.

To improve your golf, forget about your head remaining level or still and let it move as a response to your body movements.

CONCLUSION

The next time anyone suggests that your head should remain level, ask to see someone actually doing it. If no proof is forthcoming then it must be a myth.