

The Masters Preview Issue

YOUR 47-PAGE GUIDE TO THE FIRST MAJOR OF THE YEAR

GOLF

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SPORTS
ILLUSTRATED
PUBLICATION

M A G A Z I N E

Nail
drives
with the

0-Factor

TIGER DOES IT – SO CAN YOU!

- 2 simple steps you can learn in 5 minutes
- 15 more yards of carry, 10 more yards of roll

Watch the video at GOLF.com
with Top 100 Teacher Robert Baker



APRIL 2007
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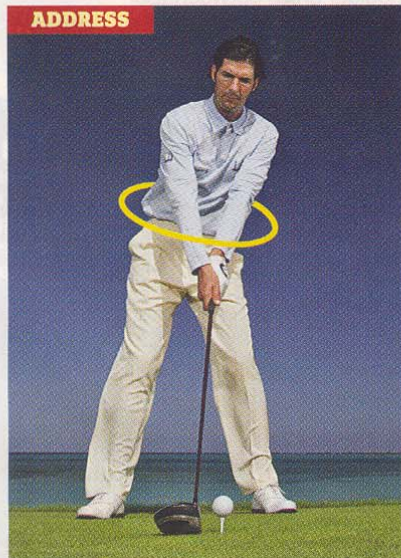
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O-Negative: The root of all errors

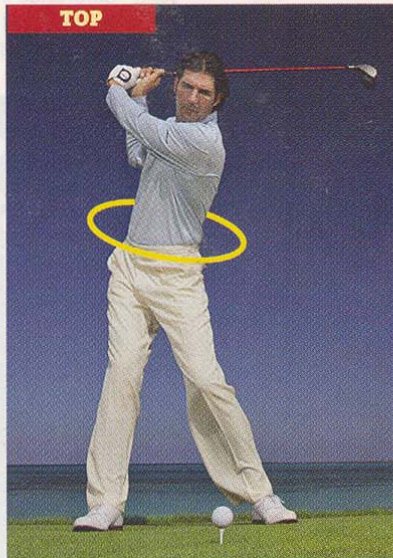
Slices, slaps and weak hits occur when you tilt your hips the wrong way

Stay positive

The power of the O-Factor works both ways: use it correctly and your shots will soar to new lengths; use it incorrectly and you'll hit every conceivable type of poor shot. Luckily, all you need to do is avoid dropping your left hip below your right at any point in your swing. If you do this, a majority of your worst shots—tops, slices and chunks—will disappear.



Address: Setting up with your weight over your front foot and your shoulders tilted left creates a Negative O-Factor and the potential for hitting a slice.



Top: If you're O-Negative at address, the act of turning your left shoulder under your chin will make you O-Negative at the top. Hello, reverse-pivot!

EXTRA LESSONS

Tilt, but also turn

Research by Bentley Kinetics using its unique K-Vest shows that **powerful swings blend the correct amount of hip tilt and hip turn at impact** to the tune of three times more turn. For example, one top Tour pro has his hips open 33° at impact with 11° of tilt [top image, below]. Of the hundreds of amateurs studied wearing the K-Vest, most spin (ample hip turn but insufficient hip tilt) or slide (good tilt but not enough rotation). Both errors severely sap power and accuracy.

DOWNSWING

1

TOPPED DRIVES, DEEP DIVOTS

Beginning your downswing with your shoulders and arms instead of your hips creates a negative hip tilt. If you top your drives or make deep divots with your irons, here's your problem.

2

POWER DRAIN

If you simply *lift* your right heel, your right knee will rise up and the energy of your swing will drop. Instead, use your right foot to push off the ground and *drive* your right knee and hip toward the target.

3

OVER THE TOP

Your left leg should brace and create a wall for your club to smash past at impact. If your left knee ever bends like this, you've leaned instead of turned (O-Negative) and you're in serious danger of coming over the top.

TOUR PRO



SLIDER



SPINNER



For information on Bentley Kinetics and the K-Vest, visit www.k-vest.com.
David DeNunzio