

SPECIAL REPORT

“How and When To Start Rolling Your Forearms”

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By Bobby Lopez, PGA

The point at which you should begin attempting to roll your

forearms, vs. when it shows up on video as having done so, are two different positions. Confusing? Please allow me explain.

While driving your car down the road, you see a ball bounce out into the street. By time you see the ball, lift your foot and step on the brake, there is a delay factor to consider.

That's why you almost have to start rotating your forearms right from the start of the downswing in order to square up the club face at



impact. Another reason is, all the weight of the golf club head is outside the axis (shaft).

Golfers see on video how the hands roll over at or during the impact area and think they have to “roll their

wrists” at the impact area. Not true! If you wait until impact, you're going to be late in squaring up the golf club face and slice the ball. The longer the golf club, and the less loft you have your golf club, (*your driver*) the earlier you have to start rotating your forearms to square up the golf club face.

Now here's the most common question. Which hand do I do it with? The fact is, there are four

players that use the right hand as well as others that use the left hand. I prefer the left hand and here's why. I believe golf is a back handed game. That's why you wear a golf glove on your back hand or left hand for right handed golfers.

Most players are fighting “flipping” or break down in the left wrist, (*again for right handers*) so it makes sense that the best way to control the back of your left hand is to use it properly. Ben Hogan describes this position perfectly in his classic book “Five Lessons on the Fundamentals of Golf.” If you have the book it's lesson four.

Maintaining a firm and bulged left wrist will de-loft the golf club slightly which is very desirable

Easy Steps Rotating Your Golf Club Properly Through Impact!

Step 1 - Make sure your left hand grip is strong enough.

Step 2 - Try using your left hand to rotate the golf club over first.

Step 3 - If you have to revert to your right hand make sure you do not “flip” or overly dominate your left hand at impact.

Step 4 - If you start to hook the ball excessively back off a little on your roll or check to see if your left hand grip is too strong.

Step 5 - If you still slice try to add some loft...tee off with the three wood.

Step 6 - Hit short punch shots with an iron and check to see if your left palm is facing skyward.

Step 7 - Make sure you're not rolling the golf club “open” on the back swing making it more difficult to roll out to square at impact.

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when hitting an iron shot. It also helps with squaring up the golf club at impact and improving distance through lesser loft.



Also check to make sure your left hand grip is “strong” enough. If you consider the top of the grip or straight down the middle of the top of the shaft as 12 o’clock, then make sure your left thumb is at least 2 o’clock. If you’re left hand grip is weak, it may make it nearly impossible for you to square up the golf club at impact.

One drill I would suggest is hitting short punch shots with a seven iron. Hold your finish position and check

to make sure your left palm is facing skyward. You may have heard, “catch a rain drop with your left palm.”

Make sure you do NOT roll your forearms clockwise (*which opens the golf club face*) on your take-a-way and/or back swing. Hinge the golf club back as you lift to the top of your back swing. This should help you be able to maintain your right palm facing the ground longer, making it easier for you to square or rotate the golf club at impact, avoiding that dreaded slice.

Allow me to offer you an opportunity to video your swing and E-mail it to us for a FREE full analysis with no obligation. We have simple easy to follow instructions on our web site at www.quickfixgolf.com

Look for the BIG box that says FREE Swing Analysis on the home page. You will be glad you did! Take advantage of the new technology all from the comfort of your own home AND your golfing buddies don’t have to know! I can’t wait to see your video, and it’s always confidential.

Bobby Lopez is a PGA professional with 44 years of experience in the golf business.

- Host of the Bobby Lopez Golf Hour on ESPN Sports Radio
- Host of Blab TV Richmond television Show “Golf Your Way”
- Toured for the USO as a trick shot show in support of our troops overseas
- PGA professional of choice in local interviews with Big Al Coleman on 950 AM ESPN radio and with WRVA Jimmy Barrett
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