

The Take Away – “the ignition sequence – ready, steady go”.



Garrick Barnard is no stranger to the lesson tee having been a member of the PGA of South Africa since 1999 in which time he has made coaching a particular focus of his career. Having completed his training as the assistant

professional at Erinvale Golf Club in the Cape, under the watchful eye of Head Professional Bruce Bain, Garrick then moved to the Wanderers Golf Club, Johannesburg, in 2002 to take up the position of teaching professional for two years. In 2004 he was appointed as the Head Professional at Belombre in Mauritius at Golf du Chateau (now the Heritage Golf Club) where he quickly gained the reputation as the best teaching professional on the island, achieving numerous successes with both top level amateurs and professionals. Currently Garrick is the teaching professional at Houghton Golf Estate in Johannesburg.

- One of the key movements in the golf swing, in fact it is the first of the swing's moving parts, is the take-away. This critical movement in your golf swing needs to be just as mouth watering as your regular favourite fast food, but for very different reasons! The triangle



formed by the arms hands and shoulders at address, when you have gripped the club, needs to be moved away from the back of the ball in 'one piece'.

- This movement should be smooth with a progressive cocking of the wrists as you start to turn into the backswing.
- As you turn your back away from the ball the take-away movement will be driven by the arms hands and shoulders with the feeling that they are moving as one unit in combination with a turn of the trunk of the body.
- The overall feeling should one of a flowing and smooth movement – no jerky flicking of the wrists, or picking up the club-head with the hands.



- As the club, hands and arms move away from the ball, the club face will feel as if it is opening up i.e. an observer standing opposite you will be able to see just about the whole of the back of the top hand on the grip and the full clubface by the time your arms reach about hip height. At this point in the backswing the observer will also be able to see that the toe of the club will be pointing almost straight up into the air.
- One of fundamental requirements in the modern game is to generate width of arc and big turn of the shoulders. A correct take-away sequence will help to achieve this **AND**, as the 'ignition' for the whole swing, if it is kept smooth it will set up



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a good balanced tempo for the rest of the entire swing.



- The feeling of a complete movement of the shoulders hands, arms and the big muscles of the trunk of the body will have the added benefit of helping to prevent a quick pick up with the hands and wrists.
- Overuse of the hands and wrists will encourage a jerky 'quick' swing and a narrow arc, as if you let them the hands and arms will tend to take over the backswing movements which will inhibit your ability to make a good full shoulder turn.

A smooth tempo is desirable in most sports and in the golf swing the ideal overall swing tempo can be set right from the start as you take the club-head away from the ball.

ABOUT THE AUTHOR:

John Cockayne is the author of 'How to Practise Less More Often'. He is a founder member of the PGA of South Africa and he has spent over 30 years coaching this frustrating game! A key current focus for John is as the Programme Director at Corporate Golf Academy and The Green Pages Golf School. The Golf Academy provides innovative tailor made clinics and golf academies for companies and The Green Pages provides coaching for individuals.