Keeping in mind the swing as a whole, let's study it at various stages. In the address position, extend your arms to form an inverted triangle with the hands as the apex (Fig. 39).

During the takeaway, the firm triangle of your hands, arms and shoulders will move the clubhead along the ground on an extended line of flight (Fig. 40).

As your swinging action expands, you will feel your upper body "coil" or "wind" as it turns away from the target. Your right elbow will begin to hinge to help maintain the plane (Fig. 41).

At the top of your backswing you will feel maximum turn of the shoulders and hips away from the target into a fully coiled position essential for power. To sustain the constant arc, your head remains relatively steady, and the left arm firmly extended, though not stiff (Fig. 42).

As the downswing begins, the first major move is in the lower body, triggering a steady uncoiling of power to accelerate clubhead speed.

To help you realize the sequential moves taking place in the swing, note the position of