the club, arms and hands in relation to the hips in figs. 43 and 44.

At the moment of impact you want to feel all body movement and energy directed toward the target. Your hips will have begun to turn and are well out of the way, allowing the arms and hands to swing freely and fully extended along the flight line toward the target. Think of swinging through the ball, not to the ball (Fig. 45).

In the follow through, strive to maintain full extension of both arms until the diminishing momentum of clubhead speed carries them to a natural resting position.

At the completion of your swing, your shoulders and hips will have completed their rotation, shifting the majority of your weight to the left foot and forcing a natural lift of the right heel from the ground. Your arms and hands should finish high (Fig. 46).

Think of the foregoing swing stages as one continuous movement governed by balance and timing that will maneuver the clubhead into position to strike the ball solidly at its greatest speed.