

Keep it comfortable to reach base of arc

15: Myth - keep your left arm straight

ANOTHER widespread golfing myths is that you must keep your left arm straight.

Like last week's myth - that you must always keep your head still - there is an element of truth in it, but what is your definition of straight? Mine is that your left arm would be locked and rigid, therefore creating lots of tension in your left arm and shoulder.

The reality is that your left arm and club shaft form the radius of the circle in your golf swing.

Therefore, if you set up with your left arm in a comfortably straight - but not locked - then maintain that same length of arm through your back-swing and down to impact, you will hit the ball at the base of your arc.

The problem occurs if the width of your arc narrows between your set up and your impact position, by means of your left arm bending.

Then, you would be unlikely to reach the base of your arc, resulting in topping the ball.

Here, the images demonstrate how you only keep your left arm 'comfortably' straight, and remaining so in the swing.

● For details on the Andy Lamb Golf Academy, visit andylambgolf.com, email info@andylambgolf.com or call 07887 422140.



● Andy Lamb demonstrates how 'keeping your left arm straight' is a golfing myth

PGA Advanced Professional Andy Lamb has more than three decades of experience in helping golfers of all ages and abilities. He has coached players from professionals to beginners, worked at tournaments including three Open Championships and written hundreds of articles for national magazines and newspapers. Now Andy, who operates the Andy Lamb Golf Academy at Elton Golf Range in Sandbach, has joined the Chronicle to bring you weekly tips



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