

It's in the Wrist

"...a major issue for golfers in playing the game is keeping their lead arm wrist from bowing or cupping during the swing."

BY JOHN WHITE
CPGA PROFESSIONAL GOLFER

You love a good golf game, you want to play well when you're out on the green, but you also want to be the one with the lowest scores. How can you improve your golf game quickly and easily? What common issues do many golfers have which affects their swing and their overall game scores? Most of all, how can you play a better game with some simple and quick techniques?

As a CPGA Professional golfer and recognized teacher for over 30 years, I have noted that a major issue for golfers in playing the game is keeping their lead arm wrist from bowing or cupping during the swing. One of the basic components of hitting the ball straight is keeping a firm straight wrist in the upper hand during the stroke. If your lead hand is bent backwards (cupped) at the top, your club face will be open, likely causing you to hit a slice or worse.

On the other hand, if your hand is bowed at the top, chances are your club face will be closed and the result could end in a hook or worse.

When the clubface is distorted by bending the wrist in the above manners, it is very difficult to get it back to the right position. The player must make to many compensations to get their clubface back on line. If your good, you might be able to get it back in line before it connects with the ball but, for most, the bent wrist is the cause of many hits deviating from their intended course.

The clubface position is even more important in the short game as the shorter the shot the more the direction is controlled by it. Many hours and different grips have been used to keep the lead wrist from breaking down.

Achieving a firm, straight lead hand wrist in your golf swing from the top of your swing through to impact adds power, accuracy and straightens out your slices and

hooks. So how can you improve your wrist position and keep it straight with little or no effort? Kiko Products Inc. offers the Wrist Rite golf tool which significantly helps the golfer achieve the wrist balance and straightening edge required to improve your golf game. The Wrist Rite provides lifetime lessons on one of the most important aspects of the golf swing, the flat upper wrist. This simple tool is designed to easily slide inside your lead hand golf glove and get you right into your game. It gives instant feedback to the player from hitting the driver right through to the putting stroke. Your wrist will instantly be kept from bending using this fabulous new tool. Whether you are a seasoned professional or just out for a fun game with a few buddies, this tool will improve your game. The Wrist Rite can be worn even while out for a fun game of golf (should not be used in competition). It slips simply into your glove and immediately you will feel how it

keeps you from bending your wrist. As a leading professional in the sport of golf, teaching people how to swing and putt properly to get the lowest scores and be an accomplished golfer on the course is important. Keeping a straight wrist is a key element in lowering scores, gaining power and improving accuracy. **H.**

John White is a CPGA Professional Golfer who has competed on both the Canadian and Australian Tours. He holds many wins and recently placed second in the 2007 Golf Supply House Pro / Pro Championship. John is the Head Professional for a popular Niagara Falls Golf Course, Beechwood Golf and Country Club and has taught golf for over 30 years. To contact John or find out more about Wrist Rite, visit kikogolf.com or call 1-866-225-8100.

-John White
CPGA Professional Golfer
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-John White
CPGA Professional Golfer

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