

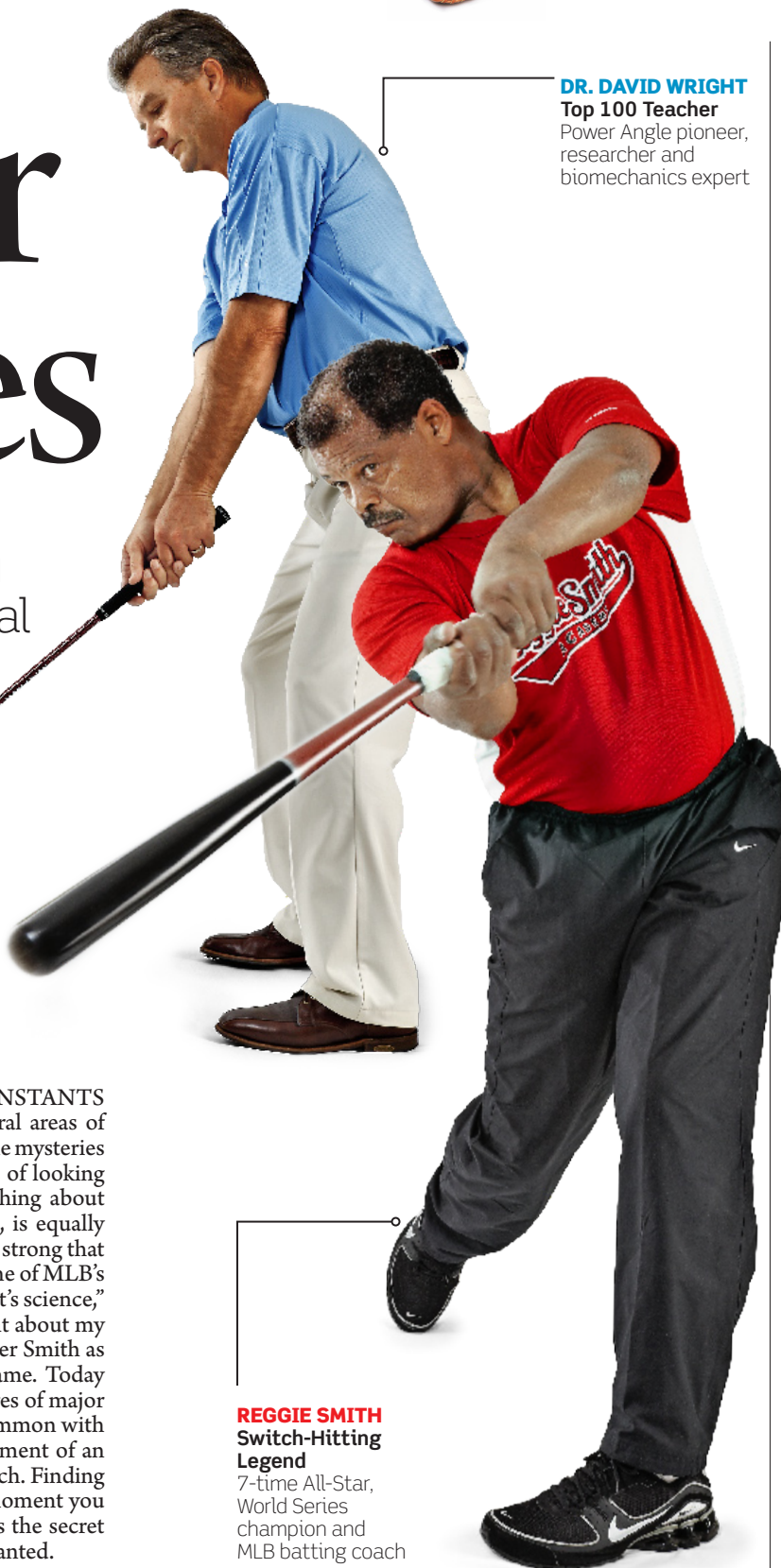


# The Power of Angles

In just a few seconds you can discover your personal key to a powerful and efficient swing

BY DR. DAVID WRIGHT  
PHOTOGRAPHY BY ANGUS MURRAY

**J**UST AS SCIENTISTS LOOK FOR CONSTANTS as part of determining laws across several areas of research, those who pursue insight into the mysteries of the golf swing search for similar ways of looking at it. Several years ago I noticed something about how we hit a golf ball that, it turns out, is equally valuable in hitting a baseball. The connection is so strong that these ideas have been unequivocally adopted by one of MLB's hottest batting coaches, Reggie Smith ("Dr. Wright's science," Smith says, "proved everything I thought was right about my swing.") Readers of a certain vintage will remember Smith as one of the best switch-hitters to ever play the game. Today he operates his own batting clinics and tutors scores of major leaguers using a swing model that has much in common with the moves you see on Tour, namely the establishment of an individual's "Power Angle"—the core of my research. Finding this Power Angle—and maintaining it from the moment you take your stance until you follow through—holds the secret to the powerful, consistent swing you've always wanted.



**DR. DAVID WRIGHT**  
Top 100 Teacher  
Power Angle pioneer,  
researcher and  
biomechanics expert

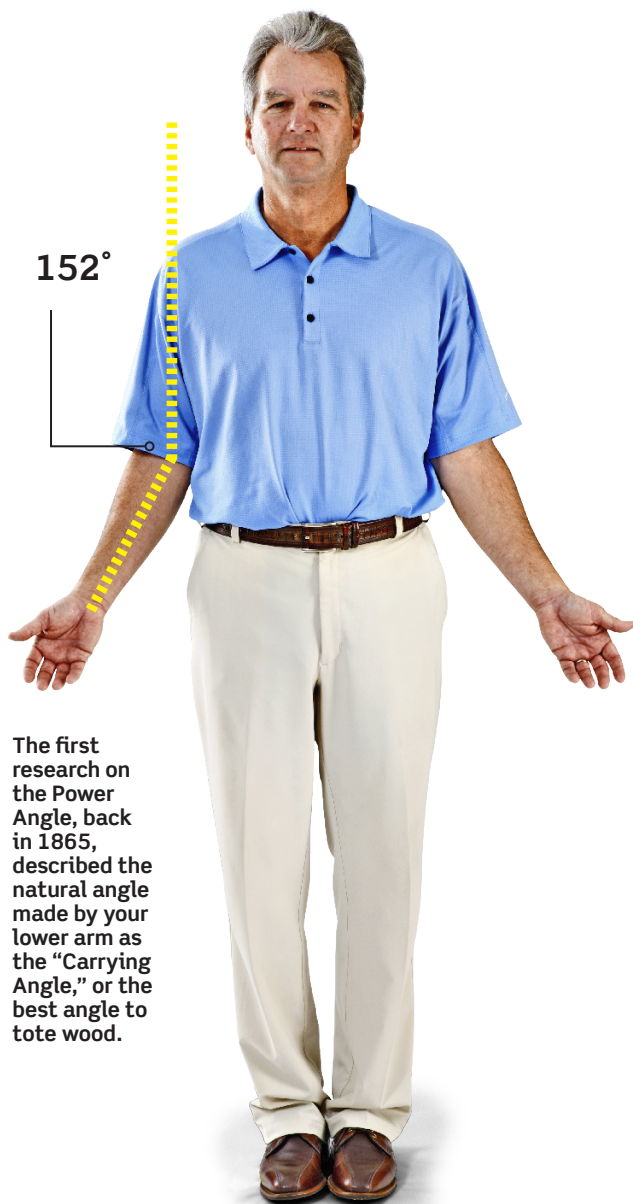
**REGGIE SMITH**  
Switch-Hitting  
Legend  
7-time All-Star,  
World Series  
champion and  
MLB batting coach



## DISCOVER YOUR POWER ANGLE

Even if your swing lacks power, you have a Power Angle. It's part of you, embedded in your DNA and in your physique. To locate it, stand with your feet together and your arms hanging freely at your sides. Now turn your palms so that they face directly away from you. Notice how this causes your forearms to angle away from vertical. This angle—as you see illustrated below—is your personal, constant Power Angle. You'll notice that Reggie and I have slight differences in our angles, based on our different bodies. That's the key—everyone has their own unique Power Angle.

I call it the Power Angle because it's the arm position that allows you to generate—you guessed it—the most power, whether you're lifting weights, carrying wood or swinging a club. It's important to understand that your Power Angle isn't a simple static measurement. It pops up all over your swing—in your arms, legs, spine and in your clubshaft. Good players have found a way to repeat their Power Angle without even knowing it existed (*for reference, see the Lee Westwood sequence on page 42*). My research puts you one step ahead, whether your goal is more home runs or longer, more accurate drives.

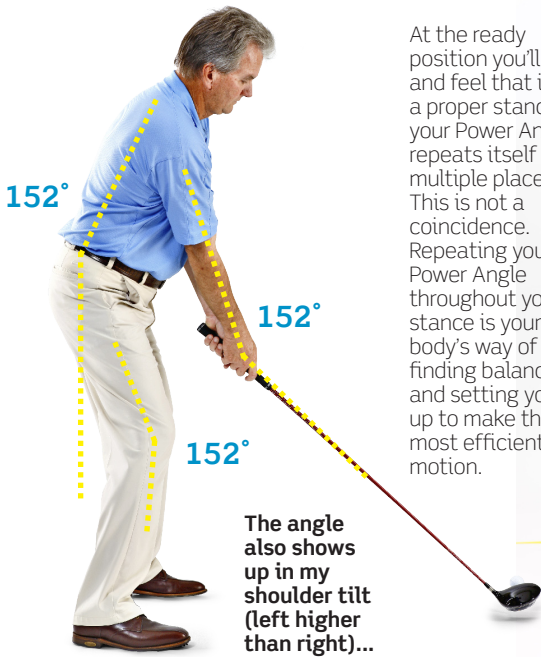


The first research on the Power Angle, back in 1865, described the natural angle made by your lower arm as the "Carrying Angle," or the best angle to tote wood.



Reggie's Power Angle is different than mine—and yours. Everyone has their own unique, constant angle.

# START POSITION

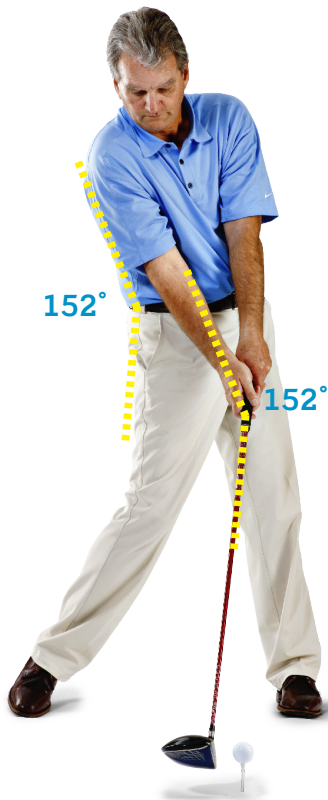


At the ready position you'll see and feel that in a proper stance your Power Angle repeats itself in multiple places. This is not a coincidence. Repeating your Power Angle throughout your stance is your body's way of finding balance and setting you up to make the most efficient motion.

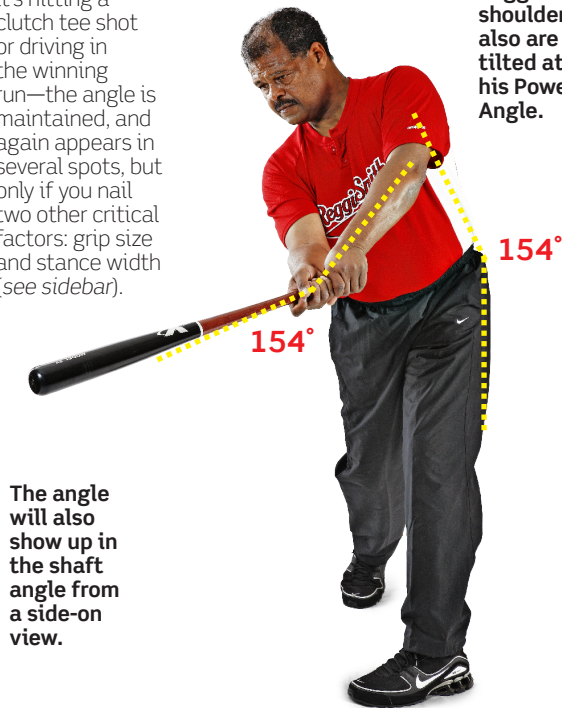


...and in Reggie's forward bend.

# IMPACT



At the moment of truth—whether it's hitting a clutch tee shot or driving in the winning run—the angle is maintained, and again appears in several spots, but only if you nail two other critical factors: grip size and stance width (see sidebar).



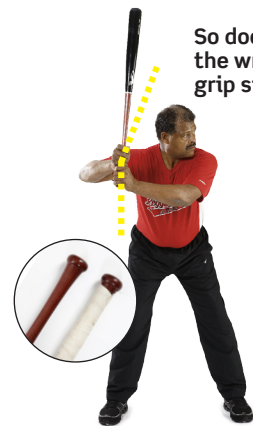
Reggie's shoulders also are tilted at his Power Angle.

## Missing Links



Improper stance width ruins your balance and Power Angle.

In the photo above I've slightly narrowed my stance (about 1 1/2 inches). In the photo below, Reggie is swinging a bat without any tape wrap (his gripped is wrapped in the photos at left). Notice how we've both lost some of our Power Angles as a result. Correct stance width and grip size are critical elements to finding and tapping the energy of your Power Angle. Without them, your Power Angle means nothing. If you don't know your correct stance width and grip size, we've developed a formula to guide you through the process. Follow the online directions and you'll be on your way to a faster, more efficient swing.



So does the wrong grip size.

For more Power Angle tips and directions to find your ideal stance width and grip size, visit [golf.com/powerangle](http://golf.com/powerangle).