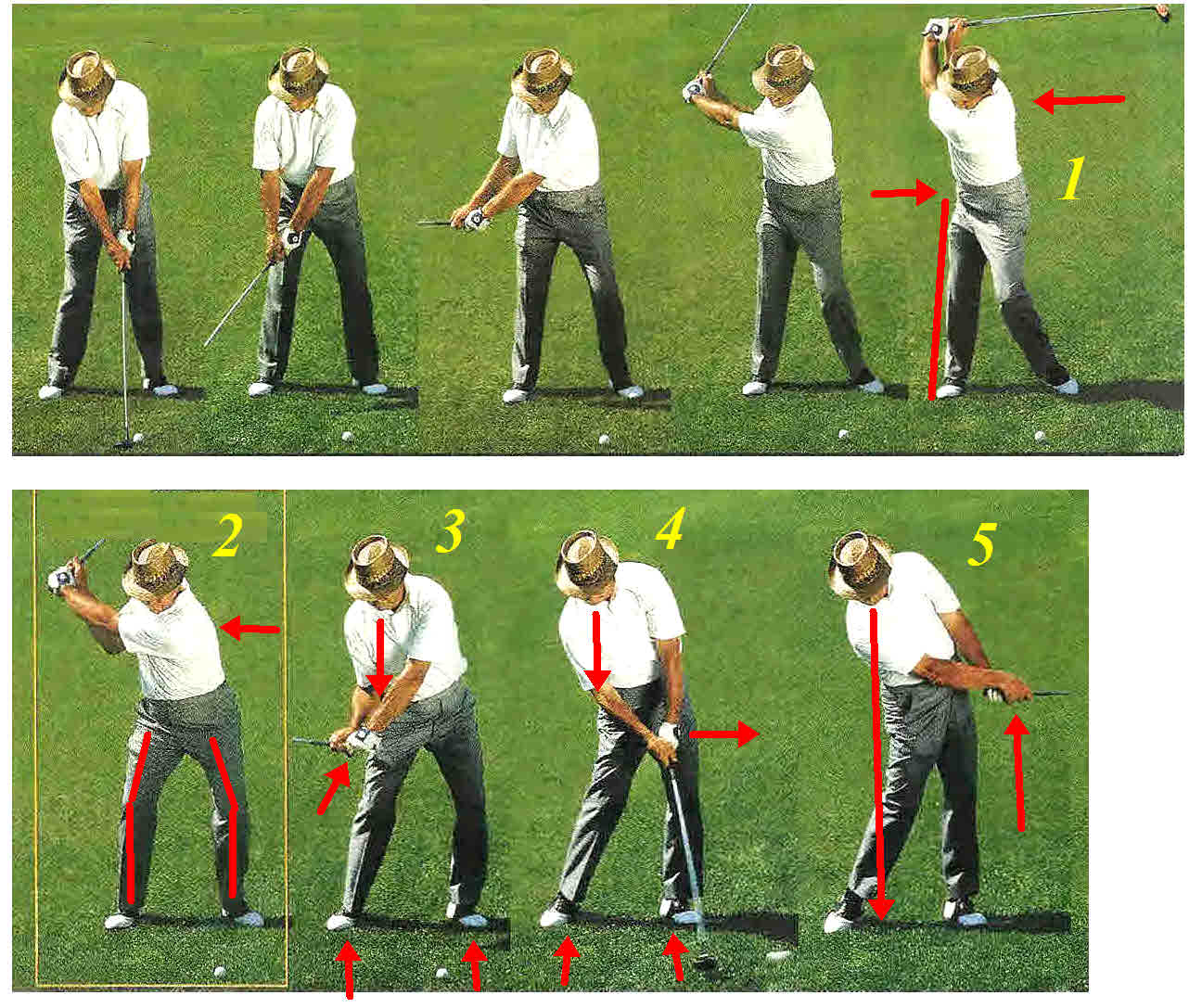
**Sam Snead – Excellent Fundamentals for Traditional Mechanics**



From the Top of the Backstroke through Impact and Release:

**Photo 1**:

* Sam is braced into his right leg.
* His back is pointed away from the target
* His hips are pointed away from the target; no torqueing the hips to the shoulders.
* His hands are at comfortable height at the top.
* His left arm is slightly bent; no straight left arm

**Photo 2:**

* Sam’s sit down move makes everything that follows just a reaction.
  + When you sit down, the shoulder and arms keep virtually the same relationship to the shoulders
  + The back remains facing away from the target.
  + His feet are flat on the ground; optimum stability
  + The hands set into a “slot” that prepares the right triceps and wrist to produce high clubhead speed.

**Photo 3:**

* His feet are still flat on the ground.
* His head is still over his right knee.
* His left knee is directly over his left big toe.
* Sam’s right triceps have moved his hands away from his right shoulder; this is a clubhead speed producer

**Photo 4:**

* Waist high in the downstroke to impact: Sam’s right triceps continue extending the right forearm and just before impact, the right wrist stretch reflex activates; producing Sam’s extremely high clubhead speed.
* His feet have not changed their orientation from photo-2; right heel has risen slightly.
* The back of his left hand faces the target line
* His head is still over his right knee.

**Photo 5:**

* Right hand continue to rotate into release
* His head is still in the same position.
* His feet have not changed their orientation from photo-2; right heel has risen slightly higher.

This mechanics was sound enough to compile the number one ranking for most wins:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Rank | Name | Birth | Died | Wins | Majors | Played | Span |
| 1 | Snead, Sam | 1912 | 2002 | 82 | 7 | 1936-1965 | 30 yrs |

If you plan to stay with traditional mechanics, you could never go wrong by copying Sam Snead’s mechanics.