



Braking the Torso

1. The Feeling of “Braking” the Torso

Lower-body lead: Your hips begin to rotate toward the target first.

Delayed torso rotation: Your chest and shoulders hold their backswing position briefly, resisting that early hip turn.

Stored torque: This separation between hip rotation and torso rotation creates tension (like winding a rubber band) that you’ll release a split-second later, delivering power more efficiently and on the correct path.

2. Step-by-Step Mechanics

At the top of your backswing, pause for a moment. Feel the coil in your torso while your weight is on your trail leg.

Initiate the downswing by clearing your trail hip toward (but not past) the target line. Imagine your belt buckle turning first.

Resist turning your upper body—keep your chest pointing back, your left shoulder “behind” your hands, and your spine tilted at address.

Build tension between hips and torso: you should feel your hips have moved 10–15° while your shoulders have moved only 2–3°.

Release the torso at the last instant, letting your shoulders snap through, uncoiling that built-up torque into the arms and club.

3. Drills to Reinforce “Braking”

Hip-Bump Drill

Take your normal address.



Make a small “bump” of the hips toward the target—about 1–2 inches—without letting your chest or shoulders move.

From that static “bump” position, swing through to impact.

Purpose: Teaches hips-first sequencing and holds torso back.

Resistance-Band Separation

Loop a light resistance band around your hips and anchor the other end behind you.

At the top of your backswing, feel the band pulling your hips back.

Start the downswing by driving your hips forward against the band, keeping your chest “behind” your hips.

Purpose: Provides tactile feedback to ensure your lower body moves before your upper body.

Pump Drill

Swing to the top, drop halfway down (feeling your hips clear), then return to the top.

Repeat this “pump” 2–3 times, each time feeling only the hips move.

After your final pump, swing all the way through.

Purpose: Grooves the lower-body-lead, upper-body-hold sequence.

Wall-Pause Drill

Stand so your trail hip lightly brushes a wall at the top of your backswing.

On the downswing, feel your lead hip turn away from the wall first, holding your chest back until after hip clearance.

Purpose: Gives instant feedback if your torso starts before your hips.



Putting It Together

Begin each practice session with 5–10 of these drills at half speed—focus on hip movement while your torso “brakes.”

Gradually build speed, maintaining that separation feel.

Record or coach-watch: confirm you’re getting a 3:1 hip-to-shoulder rotation ratio in early downswing.

Mastering the “brake” builds power, prevents over-the-top moves, and keeps your club on the proper plane for straighter, more consistent ball-striking.