

## Greatest Golf Tips of All Time



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Instructor: "Lighthorse" Harry Cooper  
Demonstrated by Top 100 Teacher  
Mike Perpich

### *The Tip*

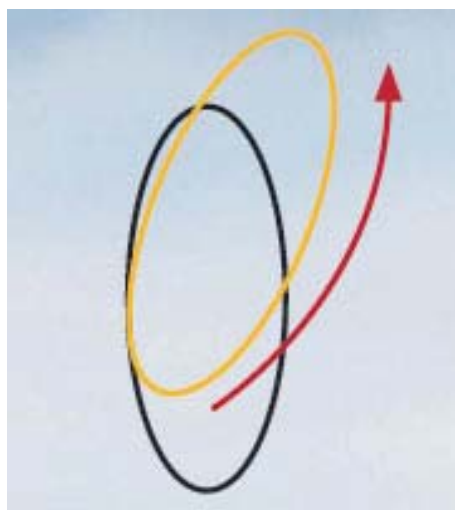
During your backswing, turn your hips laterally (or to put it a different way, parallel to your target line — like you're doing "The Twist"). On the way back down, forget this notion of lateral and turn your hips on a diagonal to your target line. A good way to think about this move is to turn your right hip back toward the target at the start of your downswing, instead of pulling your left hip directly behind you.

### *Lateral Rotation Why It Works*

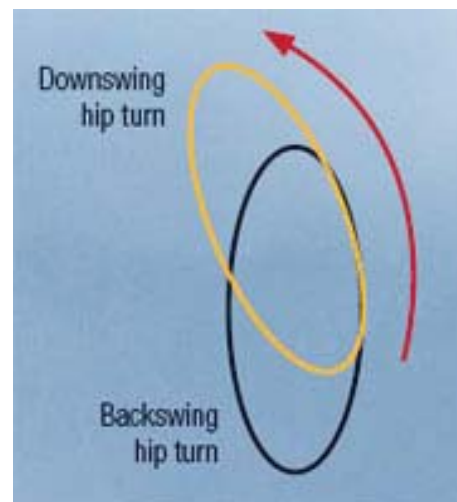
Turning your hips diagonally on your downswing — rather than turning them like you're standing in a barrel — creates separation between your upper and lower body, giving you that whip-crack action you see at impact in a powerful swing. A lateral downswing hip turn limits the speed of your swing to what you can create with your arms, and invites a tendency to cut across the ball and hit a pull or slice.

### *The Top 100 Says*

Diagonal Rotation "Cooper's tip was ahead of its time. Instructors wouldn't talk about creating torque by pitting one part of the body against the other for another 20 years. Turning your hips diagonally on the way back down allows you to keep your clubhead online longer and generate extra speed. Forget Percy Boomer's "swing-in-a-barrel" theory — that's an image that can cause spinouts. Go with Cooper's and watch the yards pile up."  
— Dr. T.J. Tomasi



**Diagonal Rotation  
(Correct Turn)**



**Lateral Rotation  
(Incorrect Turn)**