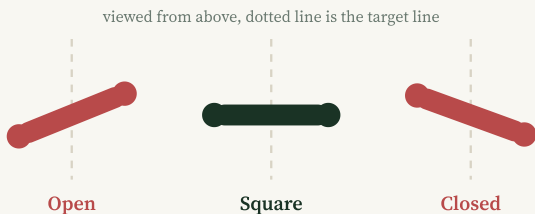


Hip Alignment

Square hips are the baseline. If the hips are off, everything downstream is a compensation.



Problem

You aim at the target and the ball still starts somewhere else. Your shape will not repeat.

Root cause

Open hips at address pull the shoulders and the path with them. You are not making a bad swing. You are making a reasonable swing from a bad starting line.

The check

- ☐ Lay an alignment stick across the front of both hip bones.
- ☐ The stick points at the target, not left of it.
- ☐ Feet, knees, hips, shoulders all report to the same line.
- ☐ Recheck after every three swings. Alignment drifts fastest when you are hitting it well.

Outcome: the ball starts where you aimed it, and the shape you are working on becomes repeatable instead of accidental.