

Core Type and Stance Width

Your body decides your stance, not the golfer on television. Match the width to how you rotate.



Type	Leads the swing	Stance width	Pivot around
Upper	Chest and shoulders	Narrow, inside the shoulders	Lead hip
Mid	Chest and hips together	About shoulder width	Center
Lower	Hips and legs	Wider than the shoulders	Trail hip, then lead

Root cause

Width feels like stability, so most golfers widen when they get uncomfortable. For an upper core golfer that kills the pivot and drops the weight into the heels.

If you are an upper core golfer: width is your nemesis. Every time the stance feels like it wants to get wider, narrow it instead, then pivot around the lead hip.