

The Bump and Run shot can save many scores!

When you look at a chip shot one of the big decisions and questions you will ask yourself is what am I confident with. What's the lie like? How far away do I need to fly the ball? What do I think about when I hit this shot? When do my wrists break in this shot? Or do they need to?

This month I am looking at a shot that can take out a lot of those moving parts. I also like this shot because you can use a wide range of clubs and use the same technique.

This shot has been around way longer than most of us and was born in the links style of golf course where undulations and tight lies were a normal. It encourages a crisp hit and solid wrist position so the club keeps the same angles as it starts in the set up.

The player that made this shot famous was a legendary touring professional called 'Paul Runyan'. He redefined the method and was pioneering in the way he gripped the club to eliminate wrist action. He also developed a posture that was very exaggerated with the angles in the back. He did this being mindful of playing in wind and allowed him to be more stable and allow his upper arms to be controlled by his upper torso.

01



02



↑ **01-02:** As you can see in the grip this has been modified from the normal full shot grip and is turned to a position that I call in the palms. Both hands have been turned under the grip which exposes your forearms up to the sky. To counter this feeling you must bend more from the waist and as you see in the posture comparison in the set-up I am much more bent over the chip shot with the 'Runyan method'.

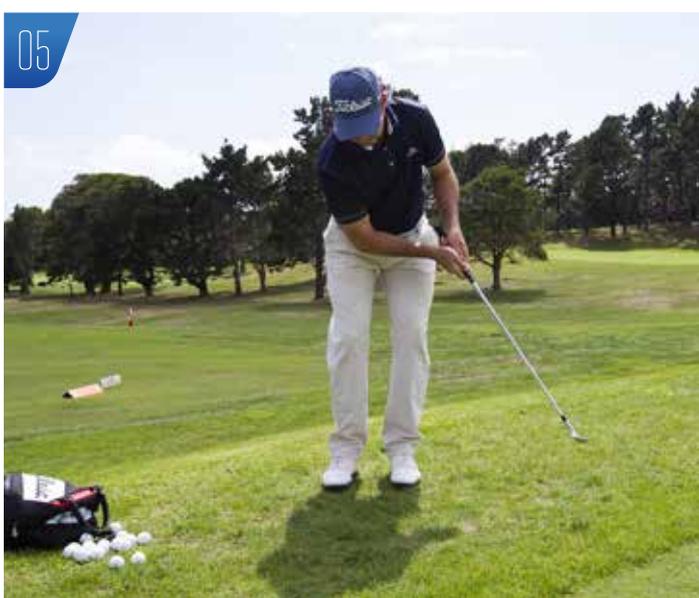
03



04



05



↑ **03-05:** The combo of this shot gives me less moving parts and more of a chance to create a consistent loft on the impact.

When you look at the stroke or the swing you have whilst hitting this shot.. the arms are in a more obvious V position. So when I say more obvious I mean wider apart. With the combination of having my grip in the palms and my body posture more over the ball I am more connected with my triceps or upper arms. My goal is to maintain this connection whilst keeping weight centralized or maybe even favoring the lead foot. If the weight goes to the trail foot I bring in the chance of hitting the ground before the ball in this action.

I think this is biggest mistake people make with chipping. The lean on the club or the angle of the shaft that they have at address is changed during the action and resulting in a different angle at impact than they think. This has a multitude of outcomes. The wedge comes out as a 8 iron or an 8 iron can come out like wedge because they have scooped the wrists or the lean has changed and you have added loft.

I think the Runyan shot goes a long way to try and eliminate a lot of this.

Try it and watch your scores go down. If you're after some short game advice why not try some of my short game clinics I run at Akarana GC. - more information is on my website or email me at info@marcuswheelhouse.com for the dates of the next clinic.

COACH



Marcus Wheelhouse

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