

Solidifying the Stance

In this illustration - the chin is pointed down the line of cue and to the aiming point. The head goes where the chin goes - the eyes are centered in the head -



As we aim at a target - we merely extend that line through the cue ball directing our chin towards the aim line.



Always remember the relationship between aiming points - moving parts - and balance points. In this photo - I have shown you the relationship between the ears (balance) and the shoulders (movement).



In the photo below- I illustrate the line between the tip of the elbow (aiming/movement) and the bridge hand (stability). Notice how this line goes from the tip of the elbow - through the shoulder - the ears - the eyes - and down to the bridge hand. If this line moves, so does your aim line. If the elbow is out of sync with the eyes/shoulders/ears - you will aiming issues - balance issues, or possibly issues with both.



In the photo below - we have outlined the line of the shoulder/elbow/forearm (movement - shooting arm). From the tip of the elbow, there is a line drawn directly down to the heel of the foot (aiming). The line extending downward from the ear shows the relationship between the ears, the shoulders, and the forward foot.



In this illustration I have added a yellow line - from elbow to heel - this line is the balance point line - the red line from the elbow to the toe - is for aiming. (Aim - Point of elbow - hip - chin - target).



The distance between the yellow and red lines represents the area of movement for your cue. Your grip hand should never go beyond the heel on the backstroke - or past the toe on the follow through. If it does - the cue will come up on the backswing - and the elbow will drop on the follow through. Think about it.



Also, the distance between the red and yellow lines should be the same distance as the cue ball is from your bridge hand. In the above photo - you can measure it - it is exactly the same.

1. Rest cue 1/4 inch away from cue ball.
2. Step in to where the hip of you shooting side hits your grip hand.
3. Get in stance and adjust the back heel with the shooting elbow.