

YOUR VISUAL SYSTEM: EYE DOMINANCE – Are you right- or left-eyed? –

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If you don't know the answer to this question, join the crowd, you aren't alone. When I ask athletes this question I usually get a blank stare.

Just as you are right- or left-handed, you are either right- or left-eyed. Just because you're right-handed doesn't mean you are right-eyed (cross-dominant). This is important to know for golf, as well as other sports.

Your dominant eye processes information 14 to 21 milliseconds faster than the non-dominant eye. You use the line of sight from your dominant eye to tell you where things are out there in your visual world, like where the ball, the target, or the hole is, or even where the golf ball is when you swing.

Most of the population, roughly 80% are same-side dominant. In other words, they are right-handed/right-eyed or left-handed/left-eyed dominant. The other 20% are cross-dominant – right-handed/left-eyed dominant or left-handed/right-eyed dominant. Knowing which you are is critical for putting consistently, reading the greens, and making square contact with the ball when you swing.²

Here are three tests to see which eye is more dominant to you:

Test One

- The dominant eye tends to be the one you use when you only want to use one eye. It is usually easier to close or wink the other eye. You tend to use this eye to look through a small hole in a fence, look into a microscope³, or sight a pistol.
- One easy test is to hold a paper-towel tube in both hands at arms length. Keep both eyes open, arms extended. Next, lift the tube in front of your eyes and sight the object far away from you. Now close one eye. If you still see the distant object in the tube, this is your dominant eye. If you don't, this is your non-dominant eye.

Test Two

- Hold your arms and hands extended forward with your palms away from you. Now bring them together to form a hole with your thumbs as shown in the above diagram.
- See which eye you use to sight an object through this hole.
- Look at a light switch and raise hands (with hole) so that you look at the switch through the hole. Now close one eye and then the other. The eye that sees the switch (or other suitable target) is your dominant eye. If you see the switch with both eyes make the hole smaller.

Test Three

- Take a 3 x 5 index card and cut a hole in it the size of a quarter.
- Look at a light switch or other target and raise the card in front of your eye so you see the switch through the hole. If you've put the hole in front of the right eye, you are right-eyed and will still see the switch if you shut your left eye. If you close the right eye, you won't see the switch and will have to move the card or your head to see it through the hole with the non-dominant eye.

¹ Original article available at: <http://www.golf.com/golfindex.fhtml?/yourgame/lampert/poll/eyedomiance.html>

² And for seeing a single field-of-view with the Gill screening reticle.

³ The Gill screening reticle should be installed in the eyepiece for your dominant eye.