Golf Shafts

What is golf shaft flex?

Shaft flex is how much a golf shaft bends during your swing, and how much club head speed is needed to bend it the intended amount. Flex terminology can vary by manufacturer.

Attached files:

Unique solution ID: #1009
Author: Club Champion
Last update: September 22, 2026

© 2026 Club Champion <dan.parks@clubchampion.com> | November 2, 2026
URL: https://clubchampion.com/faq/content/0cat=8/9/en/what-is-golf-shaft-flex.html