

DEVELOP & IMPROVE YOUR GOLF GAME —TAKE A LESSON—

GOLF FUNDAMENTALS



- Rules
- Etiquette

FULL SWING

- Grip
- Stance
- Weight Transfer
- Swing Plane
- Club Face Angle
- Alignment



SHORT GAME

- Chipping
- Putting
- Sand Shots

MENTAL GAME

- Pre-shot Routine
- Post Practicing
- Course Management



Breaking Down The Swing

By Tony Troncale, PGA

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The Set Up—Take an athletic stance. Your feet should be shoulder width apart. Make sure you bend at the waist, and that your arms form a triangle. Have a slight bend in the knees for balance.

The Grip—For a neutral grip have two knuckles on your left hand showing at address, and have the palm of your right hand facing the target while gripping the club.

Ball Position—The ball should be in the middle of your stance. Your hands should be hanging below your chin, and the end of the club shaft should point at your mid section.

Shifting Weight—Take your left shoulder and knee and shift your weight to the inside of your right leg. This move will cause the triangle that the arms have formed to move to the right along with the club. The shaft of the club is parallel to the ground and that the toe of the club is pointing to the sky. The end of the shaft still points toward your body's mid section.

Top of the Backswing—The shaft of the club should be over the top of your shoulder and pointing at the target. The toe of the club should be pointing at the ground. Your right elbow should be pointing down as your arms are still forming triangle. To set the club hinge your wrist so that you feel your left thumb supporting the club.

Returning the Club to the Plane—In returning your club to its plane, make sure it is not inside or outside the plane. At this point the club has gone to the top of the swing on line and come down on the same line, or slightly inside the line, but never outside the line.

Releasing the Club—The arms must rotate throughout the hitting area from waist high to waist high. Arm rotation should be such that the toe of the club gets ahead of the heel of the club about 1 1/2 feet before making contact with the ball.

Pose Like a Pro—To finish like the pros, end the swing with all weight on your left foot. Make sure your chest is facing the target, and that the club is up over your left shoulder, all while keeping your balance.

(For left-handed golfers, reverse positions.)

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All Instruction Provided by:

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LESSON INFORMATION

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