



The takeaway is an unhurried turn of the shoulders and hips while maintaining a straight left arm to the top of the backswing. The Weight has transferred to the inside of the right foot. The down swing starts with the weight moving back to the left foot and the upper body unwinding. At the completion of the follow-through you should be in balance with belt buckle facing target.

5. SWING

Practice is the pillar of accomplishment and the true preparation of the opportunity to produce a good effective repeatable golf swing



In a Closed Stance the right foot is about 2-3 inches back of the left foot and turned slightly to the right. Use a closed stance if you are slicing or if you want to promote a ball flight with a right to left shot pattern.



CLOSED STANCE

In a Square Stance the toes are positioned parallel to the intended target line. The Square Stance is the most common stance and used with fairway woods, long and medium irons.

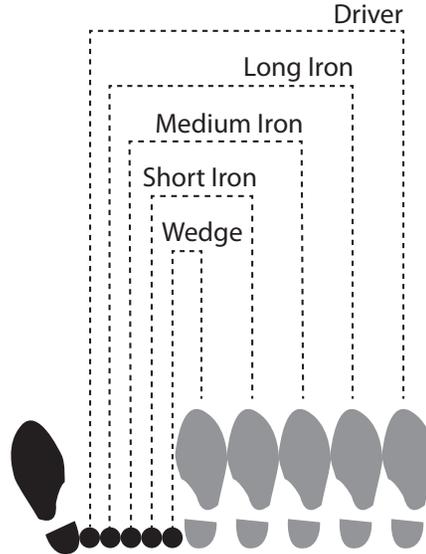


SQUARE STANCE

DIFFERENT CLUBS APPROXIMATE YARDAGE

Clubs	Beginner	Average Golfer	Good Golfer
Driver	185	215	245
3 Wood	165	205	220
5 Wood	145	190	200
3 Iron	130	165	175
4 Iron	120	155	165
5 Iron	115	150	160
6 Iron	110	140	155
7 Iron	100	135	145
8 Iron	90	125	135
9 Iron	75	110	120
Wedge	65	95	105
Sand Wedge	50	75	90
Putter	45 Strokes	36 Strokes	27 Strokes

DIFFERENT CLUB SHOTS BALL PLACEMENT



Stand up straight with feet spread. Bend over from the waist and allow your arms to hang naturally from the shoulders. Keep the back somewhat straight with flex in your knees. You should now be in an athletic position. Weight distribution for woods and long irons is 60% on the back foot and 50% for the middle and short irons.

4. POSTURE

1. BASIC GRIP

The grip is formed when the club lays in the fingers of the left hand with the thumb placed slightly to the right of center on the shaft. The V formed by the left thumb and index finger point between the chin and the right shoulder. Place the right hand on the grip by overlapping the little finger behind the left index finger with palm facing target. The V of the right hand should also point between the chin and shoulder.

