

# INSTANT PERSONAL GOLF LESSONS

## CONTENTS

	<b><u>PAGE</u></b>
<b>INTRODUCTION</b>	1
<b>CHAPTER ONE: LOWER BODY</b>	
• REVERSE WEIGHT SHIFT	3
• YOUR NATURAL WALKING MOTION IS IN THE GOLF SWING	7
• LIFTING THE HEELS	7
• KNEES	8
• HOW THE LEFT HEEL RELATES TO THE BACK SWING	9
• INITIATING YOUR BACKSWING CORRECTLY	12
• INITIATING YOUR FORWARD SWING CORRECTLY	13
• TRY THIS EXERCISE	14
• HOW THE REVERSE WEIGHT SHIFT RELATES TO THE FORWARD SWING	15
• KEY TO A SMOOTH SWING	16
• KEEP YOUR HEAD STEADY, NOT DOWN!	17
• THE MAJOR DIFFERENCE BETWEEN THE LEFT KNEE AND RIGHT KNEE	18
• THE LOWER BODY EXECUTES THE START OF THE FORWARD SWING	20
• WHY YOU WANT TO KEEP SWINGING BACK AND FORTH WITHOUT STOPPING	21
• THE PROPER WIDTH IN THE STANCE AND DISTANCE FROM THE BALL	23
• A GREAT SWING DRILL, TO PRACTICE IT A LOT	24

## INSTANT PERSONAL GOLF LESSONS

- KEEP YOUR HEAD AND SHOULDERS UP EVEN IF YOU WEAR GLASSES 29
- A PARTING SHOT ON THE LOWER BODY 31

### **CHAPTER TWO: HOW TO GRIP THE CLUB**

- PLACING THE CLUB UNDER THE HEEL OF THE LEFT HAND FOR CORRECT GRIP 32
- PLACING AND GRIPPING WITH THE RIGHT HAND 34
- PLACING THE RIGHT HAND BEHIND THE SHAFT 36

### **CHAPTER THREE: BALL POSITION, STANCE & SET UP**

- BALL POSITION 38
- THE STANCE AND ADDRESS POSITION 39
- SET UP ROUTINE 41
- NEVER PLACE YOUR LEFT FOOT FIRST 42

### **CHAPTER FOUR: UPPER BODY**

- CONSTANT SHOULDER PLANE 43
- CHECK YOUR SHOULDER PLANE 45
- NATURAL AIMING METHOD FOR THE SHOULDER PLANE 46
- HOW FAST DO YOU SWING THE GOLF CLUB IN YOUR BACKSWING? 49
- THE RIGHT ELBOW WORKS AS A LEVER IN THE FORWARD SWING 50
- THE RIGHT ARM MOVEMENT IS LIKE SKIPPING ROCKS 51
- GOLF IS A TWO-HANDED GAME 53
- THE PROPER ADDRESS POSITION AND SWING MOTIONS 54
- SWING MOMENTUM AND TOTAL EXTENSION OF THE ARMS PULLS THE HEAD UP 57

## INSTANT PERSONAL GOLF LESSONS

- THE TAKEAWAY OR START OF THE BACKSWING 58
- SWINGING IN A CIRCLE 59
- HANGING ON TOO LONG WITH THE LEFT HAND 61
- COMING OVER THE TOP AND TOO MUCH RIGHT HAND 62
- TOO MUCH HOOK 63
- TOO MUCH SLICE 63

### **CHAPTER FIVE: EQUIPMENT**

- EQUIPMENT 64

### **CHAPTER SIX: PRACTICING & PLAYING PROCEDURES**

- PRACTICING 66
- THE SUBCONSCIOUS AND THE SHORT GAME 67
- BEING IN THE ZONE 71
- NERVES, PRESSURE AND FEAR 71
- SOME PLAYING PROCEDURES & GOLF ETIQUETTE 72
- PROCEDURES OF PLAY THROUGH THE GREEN 72
- ETIQUETTE IN THE TEE AREA 73
- ETIQUETTE THROUGH THE GREEN 73
- ETIQUETTE ON THE GREEN 74
- INCREASING YOUR SPEED OF PLAY 74
- PLAYING READY GOLF 75
- PARTING SHOTS 76
- E-MAIL AND MAILING ADDRESS 77
- GLOSSARY 78