



Wayne Clark

FULL SWING

The full swing is one of the more difficult areas in golf to learn and to teach. There are many choices one has to make when deciding which club to use in different situations on the golf course. The shorter the club, the shorter and higher the shot will go when hit properly. The golf ball does not care how you swing the club. It only cares about what the golf club is doing at impact. To help you get the golf club into the proper position during impact use the following fundamentals to make this task easier:

1. GRIP - Interlocking

- ❖ Left hand first
 - >Pressure in the last 3 fingers.
 - >Top 2 knuckles should be visible.
 - >Line up **V** towards the right shoulder.
- ❖ Right hand second
 - >Very relaxed.
 - >Thumb and forefinger touch each other.
 - >Line up **V** towards the right shoulder.

2. ALIGNMENT

- ❖ Aim **feet** parallel to the ball-to-target line.
- ❖ Aim **club** perpendicular to the ball-to-target line.
- ❖ Aim the **golf ball** in the middle of the stance for the short clubs, slightly to the right of the left foot for the middle length clubs, and opposite the left foot for the longest club when on a tee.

3. POSTURE

- ❖ Be comfortable and relaxed.
- ❖ Balanced, athletic position. Weight towards toes, slight bend in the knees, bend at the hips, chin up, and arms hang naturally.

4. SWING

- ❖ Swing the club back and through with one steady, smooth motion.
- ❖ Do not Hit at the golf ball – Just Swing the club and the ball gets in the way.

5. FINISH

- ❖ Front of the body faces the target.
- ❖ All weight transfers to left foot, right toe perpendicular to the ground.

PRACTICE: (always choose a target, always use an alignment club)

1. Make 30 shots with a high lofted club (PW)
2. Make 30 shots with a mid lofted club (7 iron)
3. Make 30 shots with a variety of clubs including the driver