



TIPS TO HELP YOUR GOLF

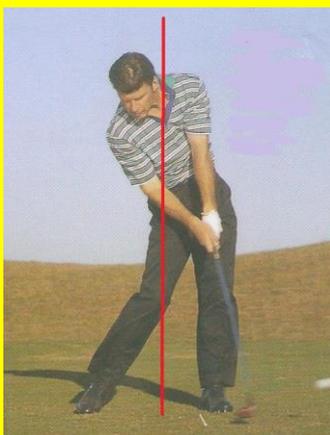
By

Chris Moore



A PGA Golf Coaching and Club Fitting Professional, here at Ivanhoe Public Golf Course.

Some of My Favourite Shapes – Revisited (December 2018)



If you can incorporate these next 2 shapes into your swing, your golfing pals might just be competing for second place.

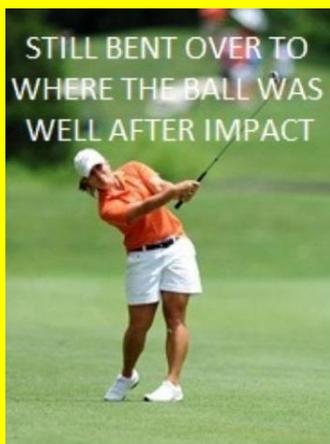
What I like about these pictures

1. At just after impact (pic 1), the arms and clubshaft are swinging through together. The club has **NOT** been flung past the arms.
2. In pic 2 Nick's head is in a very similar position to pic 1, and his arms are swinging freely and relatively extended towards the target, with no excessive tension and no sign of trying to scoop the ball up with club and wrists. To me it looks a lot like throwing a medicine ball or basketball to the side, or swinging a sword through, or cutting low in the grass with a stick. It shouldn't feel like a particularly tense or complicated movement. Now I haven't used a sword or cut grass with a stick, but I can imagine at least pretty close to how those movements would feel.
3. The picture says it all



How To Practice It

1. Stand in front of a mirror and try to mimic the shapes. There is no need for a golf club yet.
2. When you can do the shapes, swing your arms a little back and through and see if you can find the shapes again. Stop and wait and check. If you look the same, great. If not, adjust and try again until you can. It shouldn't feel like a strain.
3. Once you know the feel, try to repeat the shape with a golf club. Maybe imagine it is a Light Sabre from Star Wars. Feel the freedom in the movement.
4. Take your new swing to the Practice Range.



Good Golfing,

Chris Moore

It would be great to have the opportunity to help you develop your game.
Book in at the Pro-Shop or phone on 9499 7001 to start/continue your improvement.