



Many of you, like me take most of the winter season off, except for the occasional round down south on vacation. A round here or a round there rarely counts as keeping your game in shape. For this I recommend starting with the basics. This is a great opportunity to rid yourself of all the bad habits you may have acquired over the year(s). I like to concentrate on the mechanics of the golf swing.

Golf Swing Mechanics: (Most tips are based on the use of a 7 iron)

Address position:

It is important that we have the proper stance to help create a firm balanced base. It is vital that we maintain proper balance throughout the golf swing.

- Stand up parallel to the ball with your feet shoulder width apart.
- Your weight should be evenly distributed between your heels and the balls of your feet. The weight should feel like it rests right in the middle of your feet.
- Your weight should also be fairly balanced between your right and left feet.
- The golf ball should be resting in the middle of your stance.

Posture:

To position the upper body correctly you must have the proper stance as described above.

- Once at address you should slightly bend at the waist until the bottom of your sternum points at the ball.
- Tilt your spine slightly allowing your back shoulder to be lower than your front shoulder. (this should naturally occur when you grip the club)

I don't want to overload you, so my next email will pick up from here and I will discuss alignment and the proper grip. Once you have those four basic mechanics down, I will move into the golf swing itself.

Good Luck and Play Well!!

Justin Mack
PGA Apprentice
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If you have any questions or would like to book a golf lesson for you or anyone in your family you may do so at 231-642-6380.

If you would rather not receive these items, you can simply email or reply back to me stating the fact.