



The Swing

The swing basics have been separated into various components, but your actual swing will be *one continuous, fluid motion*.

You can hold only one thought at a time when you swing, so determine which thought works best for you. “Rounded shoulders,” “back to the target,” “left heel down,” “swing through the ball,” “hold the finish”: these are a few suggestions. Or you may want to think of nothing at all. This is something very personal. *You must decide what produces the best results for you.*

Golf is as much about feeling as it is about technique. From your set-up position you may want to take a slow practice swing stopping about 12 inches from the ball. If you feel uncomfortable, or if the club is not moving through smoothly, then you will need to make an adjustment.

From your set-up position, for example, your right foot may be twisted too far to the left and will have to be straightened. Or you may have too much of your weight on the left side of your body. Or your head may be too far left. Or your alignment may be off.

In order to utilize your acquired knowledge effectively you will also need to develop your ability to know what adjustments you have to make.