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SPECIAL BONUS

The Beginners Mini Training Course

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Special Thanks

To

1st-beginners-golf-swing-tips.com

1ST bEGINNERS

Just a Basic Easy Golf Swing!

Isn't that what you're looking for? **A consistent, reliable golf swing** that you can count on at that first tee when everyone's watching?

Ever tell yourself you'd be happy if you could just hit your driver farther than your 9-iron if the golf ball would just go straight?

That was me! I bought all the golf magazines I could get my hands on and even a book by a famous golf instructor.

For years, I studied golf swing mechanics, golf videos, golf swing instruction, sequences, the [back swing](#), and the [follow through](#). And after all that advice, I'd step up to that tee and feel like a human pretzel. *I still couldn't swing a golf club!*

So I had friends who were good golfers watch my golf swing. None of them could fix my golf swing. Maybe they couldn't help because **they'd already forgotten** those [2 or 3 little quirks](#) that screwed up their golf swing.

...I haven't forgotten!

OK! Let's get started!

Right or wrong, these are some of my thoughts about the basic golf swing.

My goal is to present **an easy golf swing at it's most basic level**. I'll also list some things that I think are [myths](#). Think of this as the KISS (Keep It Simple Stupid) golf swing.

Learn to crawl here and then you can go for the next level. Are you ready?

How's your [Golf Swing Setup](#)? [continue](#) ►

Think of your golf stance and golf club grip as the foundation or launching pad for your swing.



I bet you've already tensed up just by reading that. You're a thinking of that twisted pretzel feeling.

Relax! A good golf swing setup is just not that tough! The good news is that you probably have a **good athletic golf swing setup** and all you need is to brush it up and be more relaxed.

Golf Grip Tips and Thoughts

Please, don't get me wrong. I realize the importance of setting the golf swing stage with the appropriate grip of the golf club. However, as with the stance, I don't think this where the typical beginner's golf swing falls apart.

Golf Equipment



Regardless of which method you chose to grip the golf club, be sure your [golf club grips](#) give you something to grip. You can replace the golf club grips or, if your golf clubs have seen better days, you may want to bypass the repairs and invest that repair money in another set of golf clubs. I would suggest that you look for a bargain on [a less expensive set of clubs](#). You can always get your investment back on that less expensive set and move up to a better set of golf clubs as your golf game improves.

Be Relaxed

My golf club philosophy is simple. I believe this holds true for most golfers. The less you spend on [a set of clubs](#), the more likely you are to be happy with them.

Whatever grip you choose, just **remember to be relaxed**. A tight grip on the golf club will kill your golf swing. You probably heard it before, but grip your golf club as if you're holding a baby bird. Squeeze too tight and you kill it.

[Continue to the Golf Grip...](#) continue ►

Applying the Proper Golf Grip

Start by holding the club directly in front of you with your right hand with the club head pointing away from you at about a 45 degree angle.

Next grip the club with your **left hand**. The club will be mainly in the palm across the pads at the base of the fingers. however, the club will lie across the first section of the index finger. The thumb will be positioned straight on top of the golf club shaft. Relative to the golf club, the thumb will be in a the twelve o'clock position.

Now, with your **right hand**, grip the golf club just above your left hand with the fingers, not the palm, of your right hand. The thumb will be positioned slightly off to the left. Relative to the golf club, the thumb will be in a eleven o'clock position.

If you have gripped the golf club correctly, only the first two knuckles of your left hand will be visible. Also, your left thumb should be completely hidden under your right hand. The index finger position of the right hand will look and feel like a gun trigger finger.

Commonly Used Golf Club Grips

We'll review the **three** commonly used golf club grips: the [overlapping grip](#), the [baseball grip](#), and the [interlocking grip](#).

Which one's right for you? Well, that's something you'll have to decide. The right choice will be the grip that YOU feel comfortable using.

[Continue to the Overlapping Golf Grip...](#) continue ►





The Overlapping Grip

This is the most commonly used grip where the little finger of the right hand lies on top of or overlaps the index finger of the left hand.

The overlapping golf grip is more commonly used by:

- Most male golfers
- Golfers with strong wrists and forearms.

[Continue to the Baseball Grip...](#) continue ►

Remember, a correct golf grip doesn't guarantee a successful golf swing, however, a defective golf grip will almost always result in a failed golf swing.



The Baseball Golf Grip

The index finger of the left hand and the little finger of the right hand meet but do not overlap or interlock.

The baseball golf grip is commonly used by:

- Younger players
- Female golfers
- Senior golfers
- Golfers with weaker wrists and arms.

[Continue to the Interlocking Golf Grip...](#) continue ▶

A correct golf grip will make you feel as if you are holding the club mostly in the palm and last three fingers of your left hand. Regardless, both hands should hold the club with equal pressure.

The Interlocking Grip

The index finger of the left hand and the little finger of the right hand overlap each other and interlock.

The interlocking golf grip is most commonly used by:

- Golfers with shorter hands and fingers
- Golfers with thicker, chunkier palms
- Golfers who have difficulty with the overlapping golf grip.



[Continue to Golf Club Grips...](#) continue ▶

Is your grip too tight? If your golf grip pressure is right, the club could almost be pulled out of your hands, but not quite.



Speaking of grips...

Be sure to inspect your golf club grips. Are they becoming hard or slick or slippery?

Yes? Then spend some money and replace them. If not, you'll have to hold the club with a tighter grip which causes more tension and a bad swing.

Yep, it's worth the cost!

Do it yourself?

You'll find plenty of local golf club stores that would be glad to re-grip your clubs but you might want to consider doing it yourself!

No kidding! Re-gripping a golf club is just not that difficult and requires no special tools. I bought a [golf club grip kit](#) that included 13 grips, solvent, 2-sided tape and step-by-step instructions.

Hey, once your friends see what a good job you did, you might make some extra spending money re-gripping their clubs.

[Continue to Golf Stance...](#) continue ►

Think of your golf stance and golf club grip as the foundation or launching pad for your swing.



I bet you've already tensed up just by reading that. You're already thinking of that twisted pretzel feeling. Relax! It's not that tough! The good news is that **you probably have a good athletic setup** and all you need is to be more relaxed.



Golf Stance Thoughts

If you start with a bad golf stance, you'll probably follow with a bad golf back swing, a bad downswing, and a bad follow through. Not to worry though. It's just not that difficult!

Your golf stance may not be perfect, but you can compensate by staying **balanced and relaxed**. Your weight should be equally distributed over your left and right leg. If you can pick either of your feet off the ground, you're not balanced.

Yeah, I know I look stupid (and my friends make fun of me), but when I get into my golf stance I'll bounce up and down and wiggle my ~~butt~~ rear back and forth slightly just to be sure I'm loose and balanced.

[Continue with more Golf Stance Info...](#) continue ►

Set Up to a Balanced Golf Stance

Start by placing the inside of your front foot just ahead of the ball. Since we're using a driver or 3 wood, the front and back feet should be shoulder width or slightly more than shoulder width apart.

Next, bend **at the top of the legs** (keep your back straight) and then bend **slightly at the knees**. The kneecaps will be directly above the balls of your feet.

The angle of your back to the ground will be approximately 45 degrees. Your arms should be hanging straight down from your shoulders.

Posture - Good posture counts. Keep your back straight but don't tense up. You might think of it as pushing your back pockets higher.

Balance - Your weight should be on the balls of your feet, not on the toes or heels. Likewise, your weight should be equally distributed between your front and back foot. Now you should be more comfortable and less tense. If you're out of balance, you're falling down. That's no way to start a good golf swing.

Alignment - A line drawn across the front of your feet should point to your target. You may want to check this by first placing your club up against the toes of your feet and then step back and see if the club is really pointing to your target. This is your target line and your knees, hips, and shoulders should also be parallel to this line.

One slight adjustment will be the position of your shoulders. When you assume the proper golf stance and grip, your club and left arm will form a straight line between your shoulder and the ball. For this to happen, your **right shoulder will be slightly lower** to the ground than the left, but a line through your shoulders should still be parallel to the target line.





Be Balanced and Be Comfortable

Once you grip the club and take your stance at the ball, **find a way to relax** and loosen up before you start your swing. As I mentioned before, I bounce up and down and wiggle my ~~butt~~ rear back and forth slightly just to be sure I'm loose and balanced. Hey, it's better to have my buddies laugh at me before I hit the ball than after I hit it.

Load the Weapon

Your setup is athletic, balanced, and relaxed. Now your ready to [begin your golf back swing](#).

[Continue to Golf Back Swing...](#) continue ►

The Back Swing - It's not about your arms!

Instead of thinking about my arms and swinging my club backwards, I try to think of my back swing as **turning my back to the target**. I'm not swinging the club up in the air, instead I'm just **putting the club behind my back**. I'm just winding that spring!

The back swing works **from the top down**. The [back swing takeaway](#) starts at the top with your arms and [shoulder turn](#) and works its way down to your hips and legs.

The back swing is all about **coiling up your body** and creating the muscle tension or torque needed to release a powerful downswing. More specifically, resistance is created between the greater turning of the upper body and shoulders and the lesser turning of the hips and lower body.

Now for my back swing rule number one. **Don't get in a hurry!** A hurried back swing doesn't make the downswing any faster. I think it may be just the opposite. You've got to remember that somewhere at the top of that back swing, you've got to change and go the exact opposite direction.

The speed of your back swing should be at a **steady tempo**, not real fast or real slow. The tendency is to go too fast. Any time my golf swing begins to break down, **my first correction** is usually to slow down my back swing.



[Go to Back Swing Thoughts...](#) continue ▶

Your (Back) Swing Thoughts

I have **2 back swing thoughts** and they are very simple:

- 1.** Turn your back toward the target or, maybe better, think of turning your chest away from the target. Pick the thought that produces the greater feeling of coiling or resistance.
- 2.** Don't allow the back knee to fly outwards. Keep your weight towards the inside of that foot.

These are 2 of the 3 swing thoughts that changed my golf swing from "weak to the right" to "long and straight."



[Continue to Back Swing Takeaway...](#) continue ►

Remember: Your wrists should be completely cocked by the time your left arm is parallel to the ground. The golf club shaft should be at a 90 degree angle to your left arm.

Back Swing Takeaway

Step One - Setup

We'll start, of course, with your correct golf stance and club grip. The club head should be floating just above the ground behind the ball. I then do the little things that get me loose and relaxed (to each his own).

Step Two - Hinge arm/Cock wrists

(This is the beginning of where anyone who knows anything about golf will begin to disagree with me.)

I start my golf back swing, or golf swing takeaway, by bringing the golf club head back, however, I don't focus on the club head. Instead I think of the arm as being **hinged at my left shoulder**. Then, **like a gate that swings open** from it's hinges, the left arm hinges at the left shoulder and swings across the body until it approaches the right side at my right armpit. The left arm remains relatively straight, but could bend slightly.

My shoulder and upper body turn begin as the left arm reaches this position.

As the arms go back, two things should happen.

First, the forearms will naturally rotate clockwise slightly until the golf club head points to the sky. Opening the club face more won't seem right to you if you tend to slice, but don't resist this very natural movement.

Second, as your arms travel up and back and the golf club shaft approaches parallel to the ground, you will gradually begin cocking your wrists. Then by the time that your left arm is **parallel to the ground**, your wrists should be completely cocked at a **90 degree angle**.

(This is the last time we discuss or think about the position of your arms.)

Cocking your wrists is a very important part of creating club head speed. This was one of my big swing problems. I was so concerned about "taking the club straight back" at the beginning of my back swing that I never completely cocked my wrists. Fixing this



straightened out several of my golf swing problems.

[Go to Back Swing Shoulder Turn...](#) continue 



Step Three - Shoulder and Upper Body Turn

The left arm has swung across the body near the right armpit. The natural continuation of this motion is to begin the turning of the shoulders. **The shoulders will turn** from parallel to the target line to approximately perpendicular to the target line depending on your own flexibility. As this happens, the hips and then legs will also become involved in the turn.

Upper Body Turn

Wouldn't you like to feel more body torque build up in your golf back swing? Of course! A friend gave me this golf swing tip just the other day. Maybe you'll find it to be as helpful as I did.

Instead of trying to create body torque by turning your shoulders, **think of turning your lower chest** (Let's say about six inches above your bellybutton.) away from the target. Of course when you do it this way your shoulders will still turn but you should feel much more torque building through your body.

Don't let your back knee fly out!

Don't let the knee of your back leg turn or fly out or to the back as the back swing progresses. You'll lose part of your body torque. At the height of the back swing, you'll feel like your back is over top of your back leg. At this point your weight has shifted back over your back leg.

Myth: The head stays over the ball as at address and the body turns on an axis formed by a line traveling through the head and the backbone.

Reality: The body turns on an axis formed by a line traveling through the head and the back leg. Keep in mind that the head is moving slightly backwards. The head should stay fairly level and not bob up and down.

Top of Back Swing - Where are the arms and club at the end of the back swing? Should the golf club be parallel to the ground? Honestly, I really don't give that much thought.

As long as you don't bend the left arm more than slightly, these positions

will be determined by how far you can turn your upper body.

Foot Check - If you keep your back knee in, the back foot will feel your body weight on the inside as the shoulders turn.

Towards the end of the golf back swing, some golfers make the mistake of letting the heel of their front foot leave the ground. If the back swing coils the spring, **the feet must stay anchored** to the ground to give the body something to coil against. Better to let the front foot roll or sort or lay down on the inside of the foot (without dragging).



[Go to Golf Down Swing...](#)



Don't Get in the Way

That's right! If you start with a correct golf stance, grip, and back swing, the best advice for your down swing (*with the exception of one very important [swing thought](#)*) for the most part is to **just let it happen!**

The down swing and [follow through](#) should be the very natural result of everything that precedes it. I use the [No Arms Drill](#) to memorize the feel of the golf swing which leads me to a more comfortable, automatic golf swing. I have a [down swing trigger](#) to begin unwinding my body on the down swing.

If you're at the correct position at the top of your back swing, your body will start to unwind releasing the golf club which will strike the golf ball and lead to a balanced [follow through](#).

Let's go through a quick overview anyway.

[Go to Golf Down Swing Thoughts...](#) continue ►

Your (Down) Swing Thought

You should have **only one swing thought** during your golf down swing. That's because you really don't have time for two. Consequently, your only thought should be to **turn your belt buckle** (or bellybutton / Whatever floats your boat.) **towards the target as fast as you possibly can.**

This movement should begin about a third or half way through the golf down swing. It will end, of course, when you are pointed towards the target at which point you will have already hit the golf ball and you're into the follow through. And you should also be seeing the golf ball traveling straight down the fairway!

On the golf down swing your body will move forward and **turn on an axis** formed by a line traveling through the head and the front leg. Keep in mind that the head will be moving forward from it's position at the end of your golf back swing, however, the head should stay fairly level and not bob up and down.



[Go to Golf down swing trigger...](#) continue ►

The Down Swing Trigger

Since the golf down swing starts from the bottom and works its way up, then the feet are the place to start.

Let's see, at the end of the back swing, the front foot was rolling (almost laying down) on the inside of that foot.

Consequently, a good trigger motion would start by moving the left side towards the target and placing that foot back to being flat on the ground.

To trigger this move, I'll suggest a golf swing tip a friend shared with me a few years ago. Plant that front foot by moving the front knee towards the target. Your lower body will slide towards the target.

Since both knees are still slightly bent and flexed, this move will give you sort of a squatty look and feel. You might feel as if you're dropping down slightly.

Planting that front foot begins the chain reaction of your body uncoiling and your weight will shift back to the left (front) side.

What you do not want to do is start the down swing with your arms and shoulders. This move will cause your wrists to uncock too soon (called casting) resulting in some pretty nasty results (topped shots, slices).

The most effective golf swing tip I've found to prevent casting is also a very logical one. Begin your down swing before you finish your back swing. Makes sense! You're not likely to start your down swing with your arms and upper body if they're still winding up.

So, in summary, as you feel your upper body approaching the end of the back swing you will move your front knee towards the target. As you do



this, you'll feel that low, squatty position and know that you're starting your back swing properly with the lower body.

You can practice this until it becomes comfortable with the [No Arms Drill](#).

[Go to Golf Follow Though...](#) continue 

Follow Through

Think of it as your victory salute to a successful golf swing! Your front leg will be fairly straight and your hips will be forward forming a straight line with your front leg.



Your head may feel like it's back a bit and your back leg will be forward of the back foot which has rolled to the inside, front of the foot. Most all of your weight will be on your front foot, completing your weight shift from the back side to the front side.

In my mind, this is **like a barometer** of your entire swing. When your golf swing is balanced and smooth, you end with that nice reverse C position at the end.

On the other hand, **you could end your golf swing off balance** and catching yourself from falling down. Time to go back to the beginning of your golf swing and find where you lost that balance.

[Go to Golf Swing No Arms Drill...](#) continue ▶

No Arms Golf Swing Drill

Remember, I said you should probably be spending less time thinking about what your arms are doing and where they're going? Once my wrists are cocked, I really don't think much about my arms.

This golf swing drill, simply put, is just practicing your golf swing without using a golf club. Consequently, you'll be able to concentrate on the feeling of your muscles coiling up and releasing without being confused or distracted by the movement of your arms.

This is also a good opportunity to practice keeping your feet on the ground. Practice having your front foot roll inward on the golf back swing and memorize that feeling.

Another upside to this drill is that you can practice it anywhere or anytime.

Begin by getting into your regular golf stance. You can place a ball down in front of you or imagine where it would be if that helps. Now instead of holding a golf club, cross your arms in front of you to where your left hand is at your right shoulder and your right hand is at your left shoulder.

Try not to do this drill fast or slow, but at a steady tempo. Do this drill frequently and **memorize the movements and how they feel** so you can do them without think when you're on the golf course.

The Golf Back Swing

Again, the golf back swing **starts at the top** (your shoulders and arms) and works its way down to your hips and legs. Remember, your head will move to the back but should not bob up or down. It should stay level.

Of course, in this drill you don't use your arms, so you begin by turning your shoulders. I find it more beneficial to think of turning your midsection (Let's say about six inches above your bellybutton.) away from the target. Of course when you do it this way your shoulders will also turn. Get comfortable feeling the torque building through your body.

As your shoulders and hips turn, remember to not let your right (back) knee turn outwards (towards the back). This will have the feeling of pushing that knee inwards and/or keeping your body weight more on the inside of the back foot.

Feel the **front knee** turn inwards and the **front foot** roll towards the inside but still stay on the ground

The Golf Down Swing

Start from the bottom. This golf swing drill is a good time to practice moving your front knee towards the target as a trigger to your down swing. Don't forget to start that move before the back swing is complete. Get comfortable with that low, squatty feeling.

Turn your hips with the swing thought of **turning your belt buckle to the target**. You will feel like your hips are leading the rest of your body. The shoulders will follow as you pivot on your front leg.

Repeat, Repeat, Repeat!

Use this drill to commit to memory, or muscle memory, any movement that isn't a swing thought.

In a slight variation of this drill, you could start the golf back swing with your arms (no club). Practice hinging your arms at the shoulder and cocking your wrists as your arms cross your chest near the back arm pit triggering your shoulder turn.

[Go to Golf Swing Tips Support...](#) continue 

Time For Some Fun

I'm no expert, and everything I've done here is probably incorrect according every golf swing aficionado on the planet. But then again, if it works, do you really care?

Well, that's OK because my purpose is not to showcase the perfect golf swing. If you step up to that first tee and hit a drive that doesn't humiliate you in front of your buddies (and the 3 dozen people who seem to always be watching at that 1st tee), then we have succeeded.

Practice the golf swing drill and the golf swing over and over again. Make it as automatic as possible. It should be the same swing every time. You could almost do it in your sleep.

Go to a golf driving range. A golf course is a terrible place to fix an out of sync golf swing!

Most importantly, go out and have some fun!

[1st Beginners](#)

Contact Information

What little I know about the golf swing is already on these pages, but you're welcome to e-mail me at: support@1st-beginners-golf-swing-tips.com

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▶ Maybe you can avoid the **Golf Swing Myths** that caused me unnecessary grief.

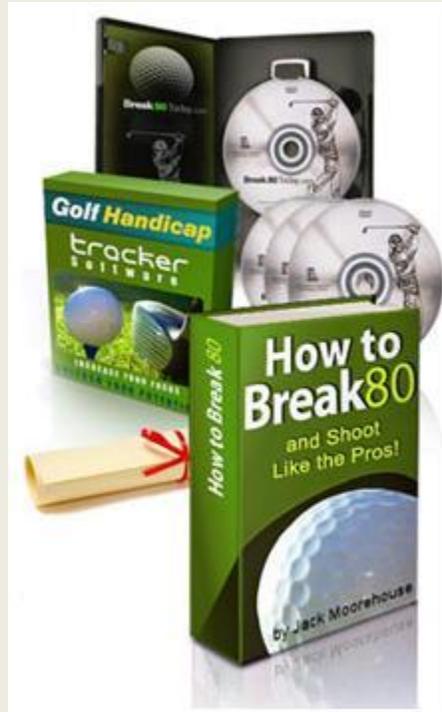
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