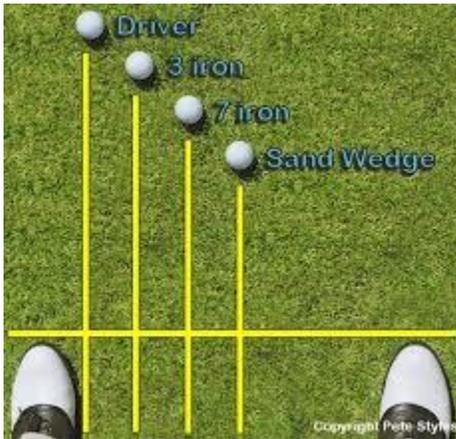


DUTCH HOLLOW CC

LADIES GOLF ACADEMY 2019-NOVICE GROUP

Week 2

Ball Position



Setup



Shoulder Turn Half Way Back



Far Right: club points down the target line at the top of the backswing. Notice the triangle between the elbows and the hands.

Right: At Impact with the ball, notice the triangle still in tact and arms still in front of sides of body.



Core Golf

Definition of “Core”: The central or most important part of something. When I think of the word “Core” as it relates to the golf swing, a huge amount of information floods my brain, recalled from both memory and experience. Like the floodgates open and the dam overflows.

A core golf swing is the pathway, the connection to successful easier to repeat golf swing fundamentals.

Core golf is not just swinging with your core muscles. If you think about it for a second or two, the fundamentals of any golf swing are the core values that drive the swing to begin with. Coupled with the action of the physical act of swinging the club with your core muscles, you then gain a new perspective on the golf swing as a whole.

I have been teaching the [Ladies Golf Academy](#) for the better part of 30 years, and have believed and still believe that teaching the fundamentals of the golf swing first and foremost is the best way to start with anyone new to the game. As a matter of fact, fundamentals are a great way enter any lesson.

In 2017 on May 3 I decided to take a new approach to my ladies instruction. I decided to jump right into the explanation of how to use the core muscles while swinging a golf club; for the first time in 30 years.

The results were astoundingly positive.

Just the one simple point of trying to keep the golf club and their arms in front of the body throughout the swing gives a radically different starting point on the journey toward becoming an accomplished golfer.

I was able to illustrate before their actual practice session by hitting 4 perfect driver shots long and straight. My driver had been in the bag for the better part of three weeks. I pulled it out and let it fly, using the very explanation and information that I just revealed to my lady golfer/students.

I could not hit a bad shot. I tried to show them what happens when the arms get away from the body but I kept catching up and hitting it with the same trajectory in the same direction. Even better than hitting it badly.

The girls were swinging like they had been playing for years. the basic premise was a success.

It can work for anybody!