

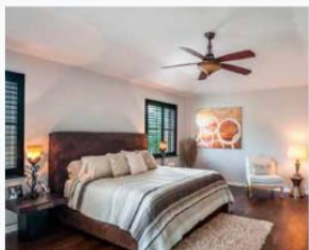


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The 3 Basic Fundamentals – Grip, Aim and Stance

BY DEAN SKLAR, PGA PROFESSIONAL

TEE TO GREEN



There are thousands of preferences that golf instructors teach in the golf swing, but there are three basic fundamentals that are most important to playing your best golf: grip, aim and stance. Here is a breakdown of these basic fundamentals to start off correctly towards improving your game for the future and to build a solid foundation to improve your game.



Grip

Your grip, especially the grip in your left hand, tells you where your club face will go. Place your hands on the club in as close to a palms facing position as you can while letting them hang as naturally as possible. Grip in the palm of your left hand and in the fingers in the right. The V's formed by your thumbs should point somewhere between your chin and your right shoulder and should point generally in the same direction, depending on your individual characteristics. Pressure should be applied with the last three fingers of the left hand (the middle fingers to the right). Apply only enough pressure with the left hand to lift the club off the ground. At address, the right hand is simply resting on the club.

Aim

Setup incorporates posture (the position of your body parts), aim (the direction in which your club face is pointing) and alignment (the relationship of your body to your club face and the intended target).

For good aim, aim at an intermediate spot a few feet down the target line of flight instead of the target itself, but always relate your spot to that intended target. For alignment, set your feet, knees, hips and shoulders, and especially your eyes, on a line perpendicular to your club face or parallel to your intended target.

Stance

With your stance, it should be narrower than your shoulders measured from inside your heels. With the driver it should be a little wider and get progressively narrower with the shorter clubs down the line. With each club you want your stance wide enough to accommodate the force of your swing so you stay in balance, but you don't want it so wide that you restrict the movement of your legs. Those should be your guidelines in finding the stance for you. You can move the ball a bit forward closer to your left heel for the driver and fairway woods, but not too far forward because you still strike those with a slightly descending arc. With a driver, with the ball on the tee, you want to catch it with a level blow or slightly on the upswing later in the circle or arc of the swing. So position the ball farther ahead, about off your inside left heel.

I don't know that any of these elements are more important than the other. All are vital. Correct grip, aim and alignment will allow you to make that great swing in the right direction, so you can strike the ball where you want it to go and also be able to shape the shot you want during play on the golf course. It's always a great idea to have your local PGA Professional check your basic fundamentals to ensure that you are correct in your golf swing.



PGA Professional Dean Sklar is a member of the Quarter Century Club of the PGA of America, an elite group of members who have served the PGA with honor and pride for 25 years. If you would like to talk to Dean about your golf game, contact him at Dean.Sklar@FloridaMoves.com or at the Rose and Dean Sklar Real Estate Group at Coldwell Banker, 1760 Bell Tower Lane in Weston, (954) 389-6197 or on Dean's cell at (954) 298-3616. Visit him online at www.WestonFloridaUSA.com.