

## A FREE GOLF LESSON

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There are some things that look very simple to the naked eye, but in reality they are very complex. Something that could be classified under that category would be the sport of golf. When most people look at the sport of golf, they say that there is no way that it is a sport since all you have to do is hit a little white ball into a small hole. This statement could not be further from the truth. Golf is one of the most complex and difficult sports to learn and master.

During my junior year in high school I had a very good season for the Appleton High School golf team. As a team we made it to the regional finals, which is two steps before the state tournament. Personally, I had many good showings at golf tournaments, including taking second place at the mid-conference, and recording a hole-in-one at the regional tournament. After the season concluded I was asked by some of my friends to give them golf lessons over the summer. This seemed like a good idea to me; I would give them a few lessons and get them going on the sport.

However, this task would not be so easy. I have been playing golf since the tender age of three, so I had long since forgotten how complex the game was as it had become an instinctive act. I had to look back on how I learned to play the game so I could teach them how. I'm right-handed, so all the lessons will be given for a right-handed player. For a left-handed golfer, simply reverse all the directions. Here now is a free beginner's golf lesson, so go get your clubs!

The most fundamental concept to the golf swing is the grip. Without a proper grip, it is absolutely impossible to hit the golf ball with any control. The most common grip is called the interlocking grip. The interlocking grip is very simple. Put the pinky finger of your right hand between the index and middle fingers of your left hand. You then bring your two thumbs together so that they cross, with the right thumb on top. The right thumb should be pointed down towards the golf club. The pressure of the grip should not be too firm, but it should be strong enough so that you do not lose control of the club when you swing. A loose grip will cause you to lose control of the club; a grip that is too tight will result in a tense swing that is very unproductive.

After you have a grip of the golf club, you have to aim towards your target. The stance has the largest role in where the golf ball will go. Your feet should be aligned parallel to the target. After your feet are aligned to the target, you should place the ball in your stance. The golf ball should be aligned with the inner heel. The distance that the ball is from the feet depends on the club that you are using. The longer the club, the further you are away from the golf ball. As long as the club head is

lying flat on the ground, you are the right distance away. Now, with a slight bend in the knees, you are ready to swing at the ball.

The swing is by far the most complex aspect of the game. The most difficult thing to achieve in the swing is consistency. You have to be able to swing the same every time; otherwise you will have no idea where the golf ball will go. While there are many types of swings, there are a few guidelines to follow when you are learning. I like to think that the golf club is a paintbrush, and that you have to paint a circle. It is very important to visualize what the golf swing looks like before you swing, as it will help to be more consistent. The type of swing that I used is called the one-piece takeaway. As the name infers, everything is done as one piece and it is very simple. When you bring the club back for the backswing, you should bring the club back until it is about parallel to the ground behind your head. Your weight should shift slightly to your right foot, as this will aid in the stability of the golf swing. You should keep your wrists locked and your elbows somewhat closed together, so that everything is in one piece. When you swing down at the ball, you should undo what you did in the backswing. Keeping everything in one piece, you transfer your weight from your right to your left foot, while accelerating the clubhead on the same path in which you brought it back. After you hit the ball you should let the club travel on the same circle until your right elbow is pointed towards the target.

If you think that all of that is a mouthful, well, it is. In fact, if you have never tried to hit a golf ball before and you tried to hit one after reading this paper, chances are that you would totally miss. The main reason for this is simple: you need a clear mind to hit a golf ball. The golf swing is so complex that when you try to play with too much on your mind, you will not be able to play to your full potential. This is the reason why many golfers say: "Golf is a sport which is ten-percent against the course and ninety-percent against your own mind."

You also have to appreciate what the sport of golf is about. It is not all about getting all stressed out about how you keep on hitting your ball into the water; it is about getting away from things for a while. Go out early in morning so that you can smell the freshly cut grass and play on the dew-covered greens. The sport is about getting out to nature, away from the city for a while, and having fun while you are out there.