

Golf for Beginners- the first 12 hours

Many a talented people would be able to pick up certain forms of play, such as golf, by themselves given the suitable environment. They are quick to imitate what they see others doing. Some practice, together with some reading, these people do play properly and may one day be somebody in the field. These are self-learners. Unfortunately, such people are rare and are indeed the minority. More often than not, people started off with all sorts of misconception and mal practices that are detrimental to not only the development of the skills to perform in the games but the health of the players themselves. The entailing sport injuries often induce irrevocable damages to the players, and the game as well.

Golf swing is one of the most elegant movements in sports, if performed well. On the other hand, it is also one of the most sophisticated movements when analyzed against the laws of physics. Fortunately, to most players, these natural laws are not the concern. On the contrary, if one follows the biological endowments and trust the muscles, one could master the golf swing within hours or even minutes. Going through the process of directing, coaching, supporting and delegating, playing a proper game of golf is within reach to all.

The golf swing, in utmost simplicity, is built on the basics of the pendulum. The putt is in fact a pendulum action of the arms and the club performed gently. Chipping is the extension of the putt. That is, a stronger version of putting performed with a short iron. Pitching can similarly be seen as the extension of a chip. That is, chipping with the cocking and uncocking of the wrist added. And thereupon the full swing is developed. Participants will, based on this fundamental concept of the pendulum, learn the full swing with the medium and long irons progressively.

The following is a 12 hour golf course designed to suit the current situations that:

- This is a mass class of 20 in size.
- Participants are provided with one short iron only.
- There is no putting green around to practice putting.
- The course is organized in four sessions of 3 hours each.

Objectives:

Participants will be able to

- perform the proper fundamentals- grip, stance, posture and alignment
- perform the swing for the short- to mid-irons
- demonstrate the basics of putting, and irregular shorts such as bunker, uphill and downhill lies
- tell the names and uses of different clubs
- tell the basic forms of play, basic rules and etiquettes of golf
- demonstrate proper aptitude towards the participation in golf

Content:

Session I

Talk – 30'

- Outline and objectives of the course
- Introduction to the game of golf (Video show)
 - Where does it come from?
 - Particulars of a golf course

- How is it played?

Skill Practice – 90'

- Putting with the 7 iron
 - The concept of a pendulum
 - The basic grip (the putting grip), stance, posture and alignment
 - The putting stroke as a pendulum action
 - The concept of a square club face for a straight putt
- Chipping with the 7 iron
 - The basic grip (interlock or overlapped), stance, posture and alignment
 - The putting movement
 - The extended putting action – a prolonged swing (keeping the “Y” shape of the arms and club)
 - Observation of the effect of a closed, open club head
 - Observation of the effect of an in-to-out hand path
 - Observation of the effect of an out-to-in hand path
 - Observation of the effect of the mid- and forward- ball positions

Session II

Talk – 30'

- Fundamentals of the basic swing (video by Wu Xiang Bing)

Skill Practice – 90'

- Revision of chipping
- Chipping with a high finish
- Pitching (from quarter swing to half swing)
 - Quarter swing to a complete finish
 - Half swing to a complete finish
- Introduction to the full swing
 - Trigger the action with the left arm
 - Send away until running out of left arm
 - Take-up with wrist cocking until left arm straight at shoulder level
 - Let the left hip shift initiate the down swing and allow the club drop to gravitational force at the lead
 - Downward thrust follows as the club comes near to the right leg and gets into the impact zone
 - Throw the club all out towards the target
 - Keep the spine angle
 - Get into the finish position and stay there for two seconds

Session III

Talk –30'

- What is in the golf bag?
- Characteristics and functions of clubs

Skill Practice – 70'

- Revision of pitching
- Full swing drills/practice with the 7 iron
 - Look for smooth flow and good tempo
 - Check the positions while address, club at top, entering the impact zone, after impact, and upon finish
 - Check the keeping of the spine angle

Video show – 20'

- Swing Fundamentals by David Leadbetter

Session IV

Talk – 30'

- Etiquettes and key rules for golf

Skill Practice – 75'

- A tour of a hole – learn the characteristics and components of a hole
- Consolidation of the full swing
- Shadow golf game

Winding up –15'

References:

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Official website of the Royal and Ancient Golf Club of St. Andrew:

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