

Golf Feature 2005

Coming to GRIPS with your game!

By Steve Halse
CGTF Professional

Our hands are the only connection we have to the golf club. Yet the grip is one component of our golf swing that is often overlooked so lets make sure we have a sound grip. Here's how to do it.

Left Hand (top hand)- The end of the club should rest under the heel pad of your left hand (right-handed golfer). The thumb should be slightly turned to the right of the centre line of the grip (say 1 o'clock).

Right Hand (bottom hand)- The lifeline of the right hand should cover the left thumb. The thumb should be turned slightly to the left of the centre line of the grip (say 11 o'clock). In this position the club should be held mostly in fingers of your right hand.

To keep your hands working as one unit you may want to interlock or overlap you pinkie of

the right hand and your index finger on the left hand. For people with smaller hands a 10-finger baseball style grip is acceptable. One more thing, don't try to strangle the golf club. Grip pressure should best be described as light to medium. Imagine you're swinging an open tube of toothpaste, squeeze too tight and you'll spray it everywhere.

If you haven't changed the grips on your clubs in a while it might be time. Slippery worn grips will make you grip the club harder, which causes tension in the arms and upper body. Tension leads to poor swings. Changing your grips are an inexpensive way to make your clubs feel new again and perhaps lead you to a lower score.

For a free grip analysis drop into PT Golf and we'll help you "Come to grips with your game". - Steve Halse, PT Golf, (905) 642-8529, www.ptgolf.ca

Be prepared for you golf season

One of the necessities to a great golf season is being prepared for it. Being "prepared", requires more effort than what most people are willing to have time for. Not preparing well falls very close to not having enough time to "warm up" before a round of golf. Well, even if you cannot afford to go the whole nine yards, here are a few tips that can help you get started.

Start Walking: This is certainly something that is low cost and simply requires time and effort. Just getting your body used to walking for longer periods of time, is a sure way to prepare your body to last all 18 holes. Not to mention, it would make getting out of bed, the next day, much less painful.

Start Swinging: For the majority of you, this is already put into practice. Whether it is into a net, or at a golf dome, beginning to spend an hour or

two a week will help your body stretch out some winter-stiffened muscles, and will surely make the first few games more enjoyable.

Tune Ups: If you have taken lessons in the previous year. This would be a great time to go back to your instructor and refresh some of your swing thoughts & techniques. Having a professional guide and observe your golf game will help you in the short and long term.

Following these tips will help you to a successful start to a most enjoyable golf season.

- Tlee Wong, Canadian PGA Associate Professional, Maples Of Ballantrae G.C.

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