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Building A Repeatable Swing Like Tiger Woods

By Jack Moorehouse

Tiger Woods hits his irons straighter and more accurately than most pros. By swinging the club

exactly the same way, he's able to repeat his golf swing again and again and again. The more he repeats his swing, the more often he generates predictable results. For Tiger, predictable results mean more tournament wins and higher earnings. For the rest of us, it means better scores and lower golf handicaps.

Building a repeatable swing is ultimately the goal of all golf instruction. The secret to producing a repeatable swing with your irons is keeping the clubface square to the swing path. Failing to do so forces you to make compensatory moves to return the clubface square to the ball.

Five other keys to building a repeatable swing are

Staying connected: One common factor among good players, in addition to low golf handicaps, is "staying connected" during the swing. In other words, good players feature a one-piece takeaway from the ball, which I often stress in my golf tips and golf lessons. Staying connected means that everything—your club hands, arms, and shoulders—moves away from the ball in unison as you start your backswing, ensuring that the clubhead travels on a wide arc away from the ball.

Set the club on the correct plane A repeatable swing sets the club on the correct plane. To do so, hinge or cock your wrists as you move into the backswing. As your arms continue to swing upward and your body to turn, the wrists point the clubhead skyward while your left shoulder replaces the right shoulder at address. The angle of the shaft to the ball stays the same and the clubhead remains square to the swing's path.

Swing into the top slot As the top of the backswing, your club moves into "the slot" position, where the club's shaft is horizontal to the ground and parallel to the target line. Also, the clubface's angle matches your arm angle. Known as square or neutral, this is the ideal position to aim for at the top of the backswing. In addition, your original spine angle and your head position remain the same as at address. Your shoulders are turned 90 degrees, while your hips are turned 45 degrees. Most of your weight is over the right foot and you feel resistance in your right knee and right thigh.

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Retain the force of the swing Settle your weight smoothly back on your left side and start to unwind the upper body, as you move into the downswing. Also, drop your right elbow (for right handers) down to your side. This flattens the swing slightly. (This is Herb Pennick's "Magic Move," which I've previously covered in my golf tips.). As you shift your weight to the left side, your right heel comes off the ground slightly. Try retaining the 90 degree angle between your left wrist and the club's shaft as long as possible. Your hands lead the club into the ball at impact.

Open your shoulders at impact It's a common belief that your shoulders should return to a square position at impact. I always address this point when giving golf lessons. In fact, your shoulders should occupy a slightly open position at impact, ensuring that the club has the room needed to travel on the correct path through the ball. In short, your body has to "get out of the way" for consistent ball striking with your irons. Finish with a balanced follow-through.

Also, important in building a repeatable swing is striking the ball cleanly and crisply. Work on this drill to improve your ballstriking. It's a staple of my golf instruction.

· Start by assuming the ideal impact position at address with one of your irons. Start by shifting your weight onto the left side (for right-handers) and lift the right heel off the ground a fraction. The hips and shoulders are slightly open with the head over the ball, creating the feeling of a good impact position. Now, move into the back swing, shifting your weight to the right side. Return your weight to the left side, swinging the club down and through at impact. Move through the swing to a balanced position, with your weight on your front foot.

Practice this drill again and again and again until you feel yourself swinging the club the same way. Building that repeatable swing produces accuracy, consistency, and a lower golf handicap. Yours may not look like Tiger's but it can produce more consistent and better results.

Jack Moorehouse is the author of the best-selling book "How To Break 80 And Shoot Like The Pros

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." He is NOT a golf pro, rather a working man that has helped thousands

of golfers from all seven continents lower their handicap immediately.

The Role Model Of Tiger Woods

By Kadence Buchanan

Earl Woods, the father of the world's top golfer Tiger Woods, died of prostate cancer in early-May 2006 at the age of 74. Most people regarded Earl with great respect for being the architect and driving force behind Tiger's awesome career. But to Tiger, his father meant something else.

"My dad was my best friend and greatest role model, and I will miss him deeply," said Tiger. "I'm

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overwhelmed when I think of all of the great things he accomplished in his life. He was an amazing dad, coach, mentor, soldier, husband and friend. I wouldn't be where I am today without him, and I'm honored to continue his legacy of sharing and caring."

"It's not often that a father of an athlete commands so much respect and attention," golfer Paul Azinger said.

Another great golfer, Jack Nicklaus, said he had long "admired and related to the close bond" shared by Tiger and Earl. Nicklaus was also 30 when his father died.

Such devotion by a son for his father deserves more than a second look. Perhaps the greatest tribute one can say about Earl Woods is not that he raised a great golfer, but that he raised a great person and a great son.

Earl Woods was more than just a golfer's dad. In college, he was a catcher for Kansas State and earned the distinction of becoming the first African-American to play baseball in the Big Eight Conference

A Green Beret for two tours in Vietnam, Earl rose to the rank of lieutenant colonel in the U.S. Army Special Forces. On his second tour, he met Kultida Punsawad, who was working as a receptionist in Thailand, and married her in 1969. He fought alongside Lt. Col. Nguyen T. Phong of the South Vietnamese army, a friend he nicknamed "Tiger" because of his courage and bravery. Woods promised Tiger Phong that he would name a son after him.

Early on, Earl felt his true purpose was to train Tiger, who had shown early signs of being a golf prodigy. "I knew Tiger was special the day he was born," Earl said. "But I made it very, very clear that my purpose in raising Tiger was not to raise a golfer. I wanted to raise a good person," Woods told Golf Digest magazine.

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