

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Fix Your Finish To Improve Your Golf Handicap

By Jack Moorehouse

How you finish often reveals what's happening during your swing. In fact, I often key on a player's

finish in my golf lessons to determine exactly how to help he or she can improve their game. You can do the same for yourself—if you know what to look for.

Below I describe four of the more common finishes I see when giving golf lessons, possible causes of the finish, and ideas on how to eliminate, the swing faults that cause them.

High Finish The high finish position is among the most common. Hands held high and a flying left elbow (for right handers) characterize the position, associated with pushes, thin shots, and shots struck toward the clubface's heel. High finishers tend to swing on an in-to-out path that's extreme, with the club traveling to the right of the target, minimizing control.

If you read my golf tips, you'll find that the in-to-out swing is my preferred approach; however, in this case, it's extreme. When the inside-out move becomes severe, you push the shot. When club comes too far inside with a closed clubface, you pull the shot. Also, swinging too far inside delivers the club below the swing plane, preventing the club from striking the ball on a descending path. The key is not to exaggerate the move too much.

Low Finish The low finish stems from an overly out-to-in swing path, caused by a downswing motion initiated by the arms instead of the body. Players developing this finish come over the top of the plane, as I've explained in my golf tips, causing the clubhead to cut across the ball through the impact zone. The position is associated with pull slices, pull hooks, and shots off the toe. Since the club is moving steeply and across the ball, none of the shots are well struck. Nor do they fly toward the intended target.

If you freeze this finish, you'll notice that the player's hands and arms seemed to be all jammed up. That's because the arms have moved earlier than the body, impeding the arm's movement and limiting their extension. To fix this problem, you obviously need to work on the body/arm synchronization, so your arms don't out race your body on the downswing.

Fix Your Finish To Improve Your Golf Handicap

Lunge Finish I don't know how popular this finish is statistically, but I often see it in my golf lessons. With this type of finish, the player's head is in front of his or her left leg, or the golfer feels himself or herself falling forward. It stems from a poor rotation of the lower body through the hitting zone, causing the upper body to get ahead of the ball. The end result: the player fails to stay behind the ball during the swing.

To correct this fault, you need to work on your hip rotation. Try leading the down swing with your hips instead of your body. Try placing a chair to your front side, with the back of the chair just touching your hips. Take a few practice swings being careful to stay in contact with the chair's back as you turn through impact. Also, try finishing with your head over your left leg.

Reverse C Finish The Reverse C Finish, in many golf instruction courses, was thought of as the perfect finish— that is, up until a few years ago. Now, it's not as highly regarded. With the reverse C, the golfer slides his legs and body laterally to the left (for right-handers) and too fast through impact.

The weight, however, remains on the back foot. A reverse pivot—which occurs when you fail to transfer your weight from the front foot to the back foot—also produces a Reverse C finish configuration.

To correct this fault, you need more hip rotation and less slide. To cure the reverse pivot, you need more weight transfer. If your problem is the reverse pivot, try making your ordinary swing while lifting your front foot of the ground on your back swing, then replant it on the downswing. This helps transfer the weight from the front foot to the back foot, as it should. If you want to build more hip rotation in the swing, try taking practice swings with a shaft placed on right side of your hips. Your hips should rotate so that they never touch the shafts. If they touch, you slid.

The reverse C finish is one of the more prominent finishes. But like the lunge, low, or high finishes, it can indicate hidden swing faults that need correcting. The sooner you start working on correcting the swing faults discussed here, the sooner you'll start lowering your golf handicap.

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

<http://www.howtobreak80.com>

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

of golfers from all seven continents lower their handicap immediately.

Golf Handicap Systems Help Even Out Scorecards For Competitive Golf Play

By George Gabriel

The golf handicap system is implemented at golf courses, for golf tournament play. Trophies and prizes are awarded at the end of golf tournaments, based on golf scores. In order to make the golf

Fix Your Finish To Improve Your Golf Handicap

game fair play, the handicap system is based on the ten lowest differentials of the last twenty games on an eighteen-hole course in one season. Some golf associations will accept fewer golf games. It can also be used for fair play outside of golf tournaments. The following is a short guide on how the golf handicap system works.

Handicap numbers are recorded for golf players numbered one through thirty-six, the number one being the lowest handicap, and the number thirty-six being the highest handicap. A scratch golfer has no handicap, better known as a scratch player.

Now lets take a look at how these numbers come into affect. If a player's handicap is ten, and another player's handicap are twenty. The difference between the two players is ten golf strokes. Therefore, to even up the match, the player with the lower handicap, which this case is the ten-handicap golf player, has to give out ten golf strokes to his opponent on eighteen holes, to make the golf game fair play. How do you identify on which golf holes they are going to be given out?

Typically on most, if not all golf scorecards, you will find numbers 1 through 18 near the bottom of the scorecard beside Men's HCP and Ladies HCP. The numbers 1 through 18, you will also find out of order. The reason for the disorder of numbers is, the number 1 being the hardest golf hole, and the number 18 being the easiest golf hole. The golf course, or architect of the golf course, determines the order of numbers on any given golf hole, by the yardage and slope rating, and or other difficulty of the golf hole.

Now that we have determined how many golf strokes are to be given out, and where they are to be taken. The higher handicap in this case, which is the twenty handicap golf player, gets ten golf strokes for eighteen holes, on holes numbered 1,2,3,4,5,6,7,8,9, and 10. This should make the match a lot closer, if both players are playing within their game. It typically works out to one golf stroke on every other golf hole in this example, depending on how the golf course is laid out. Another example would be a scratch player and a thirty-six-handicap player, the scratch player having to give out two golf strokes on every hole.

Keeping track of your handicap, and using a handicap system, will help make the game fair play in a lot of golf matches, when playing against other opponents.

Check with your local golf pro, or golf association, on an official guide for the golf handicap system, and for maintaining a legitimate handicap. If you belong to a golf course, they should have a system in place to use for tournament play, which is recognized by most golf courses and golf associations. You can also find golf handicap software on keeping track of a golf handicap.

Learned to play golf as a caddie. Now running a tee time site at

<http://www.golfanchor.net>

and a golf

site at

<http://www.golfanchor.com>



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!