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

My Golfing Life As A Hooker!

By David Barnard

Here's my warning to all wannabe golfer's, if you start on this sorry path, and do nothing to stop it, you will lead a life of pain and anguish.

All my golfing life I've been a hooker!

How or why it started I don't know. I never wanted it to happen, it just did.

When I first started hooking, it was not every shot. It just sort of creeps up on you, over days, weeks, even months, and gets gradually worse, until nearly every shot is hanging left. And I don't mean just a little bit left, these 90 degree plus benders would make a circle look tame.

Finally, it got so bad, I was spending so much time in the trees, searching for lost balls, that my friends stopped coming round, and asking me out to play.

Then came that dreaded day. I can remember this so clearly, its almost as if it happened yesterday. I ran out of golf balls during a round. It was SOooo embarrassing.

Thats what made me finally seek professional help.

After walking off the course that afternoon, I went straight to the clubhouse and spoke to The Pro. When I spoke to The Pro, he admitted that he had already heard about my little problem. It seems that a few of my so-called friends had already spoken to him, to find out if it was contagious.

What he told me, certainly made me feel better.

There is a cure. And its really quite easy. Just keep reading:

THE PROBLEM:

Hitting the ball with a closed clubface, causing shots to curve (sometimes dramatically) to the left.

THE CURE:

The first thing you should do is check your grip. When you grip the club the Vs in each hand should point over your right shoulder. If they point farther to the right, then your grip is too "strong" and could produce a closed face and a hook at impact - when the hands return to their normal position.

If your grip is good and you are still hooking, try weakening your grip by gradually moving both hands to the left.

Check your stance to make sure that your feet, knees, hips and shoulders are all parallel to your target line.

Another cause could be the ball position. If it is too far back, it could produce an excessive in-to-out swingpath.

Try gripping the club more in the palm of your hands, rather than the fingers, to reduce wrist action and premature closing of the clubface.

Make sure that your left wrist is not too relaxed at impact. If it is, your right wrist will take control and close the clubface too early.

On your downswing, make sure that the action begins with your legs and body. This will stop your wrists unhinging and closing the clubface too soon.

There, you see. I told you it was curable. Although, maybe not TOTALLY curable. To this day, many years later, occasionally it happens.

But the major difference is that, now as I'm walking towards the trees to look for that wayward shot, I'M SMILING – because I know how to fix the problem.

The Happy (occasional) Hooker

David Barnard has been playing golf for more years than he would care to remember. But he can also be found hanging around, and passing on tips at

<http://golf--swing.blogspot.com>

Golf Balls That Match Your Skills

By Robert Thatcher

Any golfer knows the role of the golf balls in their plays. No matter how good a golfer is, if he is without golf balls then his skills have no value. Every golfer knows these facts. This is why golf balls had

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become the primary commodities among golfers.

There is no general way to determine which golf ball is best for individual players. This factor is almost entirely dependent on the golfer's own preference, what he may do with the ball and how much will his pockets allow him.

For some, a single brand of golf ball says it all. They would stick to them for as long as they would want and most would never play if not playing with their particular brand of golf balls. Some people may call this insanity but this is an individual preference.

While a number of golfers may be practicing this, it is not thoroughly advisable to adopt this same attitude towards golf balls. The most ideal way of choosing balls is to use common sense, especially for beginning golfers.

A beginning golfer must never keep in mind what other people has to say about golf ball brands, may it be positive or negative. It must be pointed out that loosing balls for beginners is natural and this would mean that he need not focus yet on the quality or the brand name. What he needs is the low cost value the golf balls offer.

The best option for beginners is to buy golf balls sold in bulk, around 50 balls or so in a single bargain. These normally are balls that have been gathered from the greens and have been "recycled". What's good with these used balls is that they are commonly branded (but that doesn't matter actually) and one need not grieve for having lost any of such balls. On the average, losing a golf ball is around a hundred percent for most beginners through sessions of hit practicing.

With upgrades in the skills come the upgrades on the ball qualities. But this still don't suggest that intermediate players should rush to nearby golfing supplies and buy the most expensive balls from there. The golfer must not compromise price for his level of skill.

The golf balls he buys next will depend on his skill level. If he has great tendencies on failing on hits, he still needs to stay put with cheap balls. But this is not to the extent of using the same used balls. This time buy new inexpensive balls.

If for instance the golfer usually miss-hit the balls, then the balata-covered balls is nor the most appropriate ball to choose. Scratch players on the other hand would most likely prefer the golf balls that would offer lesser spin and more control.

As the basic theories for golfing, and most sports in that case explain, the skill improves with the frequency of playing. With improvements on the golfer's skills, he may result to trying new golf ball brands. Through this, he may determine what golf ball brands will suit him best. But this doesn't end here nor this factor decides what type of games the golfer may produce. He still have to reconsider other golfing components such as the golf clubs, the golf courses and other golfing accessories.

Robert Thatcher is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides golf ball resources on

<http://www.about-golf-balls.info>



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