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Playing The Golf Swing Punch Shot

By George Gabriel

The golf swing punch shot has always impressed me out on the golf course when it has been executed properly. It has been one of the most interesting golf shots that I learned to play and have watched others perform. It requires the art of timing and touch to master the art of a soft landing punch shot or a bump and run. This type of shot saves golfers a number of strokes from time to time, and is quite effective in a tough situation.

The punch shot is pretty much the only golf shot that you must quit on the follow through. Feeling the club head is very important in executing a good punch shot. The golf shot is lead by the left forearm (right-handed golfers) and requires little arm movement and more wrist action. To visualize this shot, imagine throwing your forearm wrist and club head at the ball and quitting the follow through at impact.

Depending on the distance of the shot needed determines the golf club selection and how far to take the club back, mainly with the wrists. Both wrists and forearm control the distance of the club going back and through as the club picks up speed coming down towards the ball with your knees and hip starting the down swing, and only to quit the golf swing punch shot after impact.

I have seen players perform and play this shot using a driver right through to a pitching wedge. The loftier clubs are needed to get the ball up quickly. The club selection is very important on accuracy on how far and how high the ball will come off of the clubface.

There are a number of reasons to quit on the follow through on this type of golf shot. One situation would be a restricted golf swing because of a tree stump ahead of your swing path and or a branch where the golfer has to keep it low for a certain distance. Another reason would be to simply control the distance of a particular golf shot. One may want to use a 3 iron for a more restricted golf swing and keeping the golf ball closer to the ground to clear the branches before it starts to rise. The 7 iron would help pick the ball up right away to go over a tree stump or clear a branch, but one would have to use the power of the forearm and wrist for distance when using loftier clubs.

Another golf swing punch shot to practice would be an uphill mound facing you with a green sloping away from you and the pin tucked closely to the front with no green to work with. Take out a 7 iron and

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close the clubface a little and punch the golf ball off of and against the slope face of the mound to make it fly straight up and land softly onto the green. The mound in front of you must have a considerable amount of slope for this golf shot to work, but it is a very impressive punch shot to perform.

Practicing and mastering this golf swing punch shot will save you strokes and help lower you handicap. There are good golf swing instruction manuals on the Internet that will help you master this punch golf shot when needed in a pinch.

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Golfing With A Confident Golf Swing Mindset

By George Gabriel

You're just about ready to make the first step up onto the tee box and you're feeling great. Golf shoes are looking good and comfortable. Freshly new pressed golf pants and shirt, and you're feeling loose and limber, then all of a sudden this big dark cloud appears out of nowhere. You look down the fairway and all you see is water and trees and your asking yourself; how am I going to get this golf ball in the fairway?

I think we have all been there before. The all-important golf shot of the day. This all important golf shot typically sets the pace for the rest of the round mentally. Nobody wants to start off with a bogey or double bogey. Par or better is so important on this first golf hole. The thoughts of anything else keep racing through your mind. The fairway becomes narrower. The trees look like the branches are reaching out into the fairway. The small running creek looks more like a lake before you. The bogeyman is near! If you stand on the tee box any longer at this point, and even in the sweltering heat you may visualize a snowman. Yikes!!! The worst possible start of a long eighteen!

How do we overcome this big shadow of fear that seems to take over our golf swing from time to time? Do you tee it up and hope for the best? Maybe your golf buddy will stand up tall and go first if he's any kind of friend? Just maybe the easy way out through this jungle would be take a 7 iron and punch it down the fairway. At least you don't have to take that big ugly swing that may put you in the thick woods of no return. With three good punch shots you might just able to get it close enough to save par?

Let's not kid ourselves. The golf swing has to happen. The golf club selection is an important one at

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this point, especially if your knees are feeling weak. You may want to take your favorite wood or long iron that you're more confident with on this important golf shot.

Walk away from this monster looking view and regain your composure by looking the other way. The most important thing to do when feeling negative is to step back off the tee box and gather your thoughts and hold onto the positive pictures, perhaps by taking some deep breaths and swinging the opposite way. I find that by swinging in the opposite direction, my mind does not pick up any negative thoughts, possibly because I know that there is no hazard in front of me, because I'm golfing the opposite direction. Make any sense?

After you have released all the horrible pictures you have visualized earlier, step back onto the tee box and take a deep breath and release it slowly standing behind the ball. Look down the middle of the fairway and look for a spot on the fairway that you want the ball to land. Visualize the ball landing on that particular spot that you picked out. Step up to the golf ball and take one more look and start the golf swing with a smooth takeaway and accelerated swing through the ball as if you're playing with a crowd watching along the sidelines.

Your mind will create the golf swing to make the golf shot happen, only if you are relaxed and focusing on the golf swing you are creating mentally. It's a phenomenon that I cannot explain, but it works.

I guess it goes with the old saying. Whatever the mind can conceive and believe. It will achieve! Positive thoughts bring positive results. Step away from the golf ball when having negative thoughts. It

could be too late, halfway through your golf swing.

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