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**Stance and swing 7 tips for better golf power**

**By Sean Dominey**

Golf is a sport that requires you to correct and change things with almost every shot in search of the perfect shot.

So many things come into the perfect shot that for one person to master them all can take a lifetime so we all need to take and find advice where we can, reading can never take the place of playing a round or two but when you are unable to get to the course then learning is the next best thing, here are a few tips that I hope will improve your power and accuracy which in turn will improve your game.

1. If you are looking at a golfer who is swaying on his downswing then you are really looking at an average golfer, Your hips should move in a slightly lateral movement and start the club down, the right arm needs to be tighter into the body, all this should remove the swaying on your downswing and increase your power.

2. Stop flipping your hands it is an annoying and bad habit that you will need to stop if you are going to take full advantage of the stored energy, keep your hands cocked you get a nice bit of lag.

3. One problem that golfers slip into are having their hands too high at the finish, this undoes a lot of good work from your good stance, robs you of power and produces a weak finish. You need to allow your body to come through naturally have your hips rotated over your left leg and allow your right heel to come off the ground.

4. If you understand how your shoulders turn then it might get you thinking about it when you take your shot and the proper shoulder turn can improve power and accuracy in your golf game. If you are thinking that it is the length of your back swing that gives you the power you are wrong, you are after a stretch in your backswing, as this will create a coil effect. The power then comes on the downswing when you release that entire muscle coil that you have created.

5. If your chin is going to rest on your chin when you are addressing the ball you are never going to be able to swing your left arm across your body during the backswing. If the natural path is blocked then you must find another way around to complete the swing and this will cause you to make other mistakes like little or no weight shift to your right hand side this in turn causes a narrow backswing. You

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will then chop through the ball rather than sweeping through it, do just one simple mistake can cause all those problems, and at least it is a simple one to cure.

6. Impact indicator this is a great product that you spray onto your golf club head that lets you see where the ball and club are meeting, then you can adjust your stance and swing until you are constantly able to find the sweet spot.

Are you too heavy handed, pushing your tee too far into the ground can cause the ball to sit too low and this means that you then tend to hit the ball to high. The good news it that this is a simple problem to solve and the improvement to your game is immediate. Raise the tee the so that half the golf ball is over the top of the driver head.

I have been involved with teaching and playing golf for over 20 years and share some helpful tips at a golf golfdust training

I hope you find it useful.

### **Some Tips To Improve Your Golf Swing**

**By Edwin Shackleford**

So, your golf swing needs improvement and you know it? Here are some tips in making better golf swings. Tip no. 1. A great golf swing does not mean you have to swing with arms.

Behind your back, put your golf club while you turn your back to your target. It is like taking your club back as you hinge your arm at your shoulder.

You could also practice the drill known as no arms.

Tip no. 2. You should not forget cocking wrists. Do not forget cocking your wrists. This might be difficult at first, but it will be natural to you with enough practice. Tip no. 3. You should let the left arm clockwise slightly when you start the back swing. It is not really something that you actually should remember. It naturally happens if you would just allow it. This just means that you should not resist this movement that is just natural. You might not notice it, but you might have been resisting this movement because this causes the head of your golf club to go open slightly when you swing it. Just allow it to happen. Tip no. 4. Plant your feet firmly on the ground. You might have copied this from baseball. That is, letting your foot heel in front to come above the ground when you swing your golf club back. Some people think that by doing this so, their back swing feels more huge.

It is something that seems lifting the front heel can easily make the body coil and for the tension to build that much harder. Letting the foot roll freely to the inside is fine. However, one should keep that foot on the ground to make golf back swing well-anchored. Tip no. 5. From the bottom golf down swing.

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Assuming that you accomplish all the drills correctly - from the golf stance, the golf grip you have, and your golf back swing. But you can still ruin everything if you begin the golf swing that you have with the shoulders. You might want to use a swing trigger to begin the golf down swing that you have with the lower part of your body. Tip no. 6. And again, on your golf down swing. You should turn the belt buckle to your target.

Try turning your hips as powerful and fast as possible when you do your golf down swing, it works.

Edwin Shackelford has been helping individuals improve thier golf game for years. Visit His Site Today

<http://www.improve-your-golf-game.com>



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