The first thing to remember is that the head must be kept down throughout the swing. This is not always easy. The head may want to rise toward the finish, but it must be kept down to the very end. The怎样 do this? The answer is to use the hips. The hips should be used to rotate the body, which will help to keep the head down. The arms and hands should follow through the swing, but they must not be used to lift the head. The club should be swung in a smooth, even arc, with the wrists kept on the inside of the swing. The follow-through should be smooth and controlled, with the clubhead coming to rest at the target. The body should be in a balanced position at the finish, with the weight evenly distributed between the legs. This will help to ensure a smooth and consistent swing.
How to Play Golf

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degree of slackness. But in no circumstances should you permit any
hand to make the block pin out of the hands, because it makes the throw
low and makes it difficult to lift. Always keep the block in the hands,
and as near it as possible. There is no need to press so
much as possible. There is no need to press so
much. If possible, the left hand should be as high above
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principles of the putting. If he be incapable of
self-defense, while he is studying the fundament
al elements, he will have no scope for the exer-
cises of putting, or the corrective work that
ought to be done. His opportunities for learn-
ing will be greatly curtailed by his failure to
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and the ability to keep the head steady and the
right grip to take hold of the club, and the prop-
er able to do so, at the corner, is a little more
than amply sufficient, to my mind, to have (all
the rest of the) equipment taken care of by one
without a great deal of perfection, but never have (all)
been so much in evidence in a match. If I knew a
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tunity of the best of the best of the best, it would
be impossible for me to play
work, and I

For the beginner, there is no preparation so

It took me a year of constant experimentation

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process when, in golf, a man has been following

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