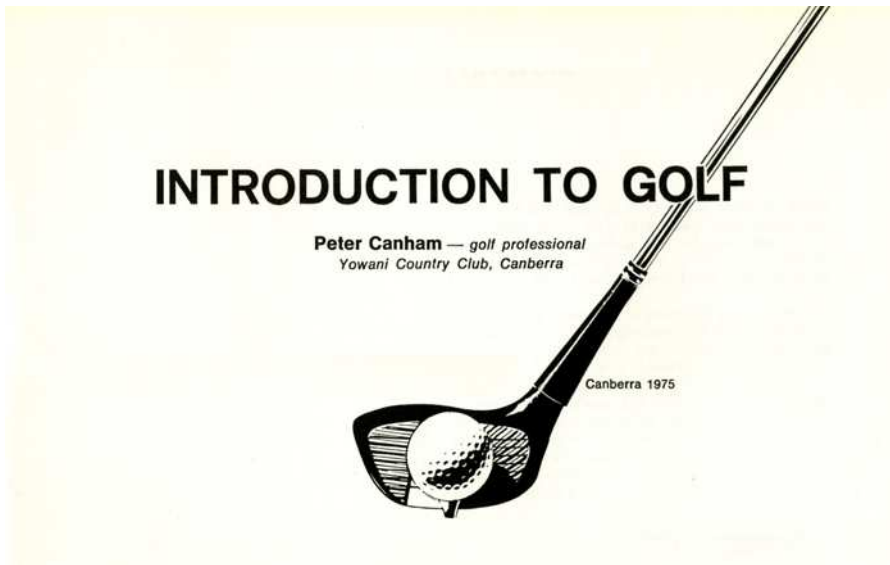


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presents:



This book was originally written in 1975 by my late Father, Peter Canham. He was a AAA rated Australian PGA Member, former Head Pro at Yowani Country Club and then owner of Mawson Driving Range. My Dad always said the fundamentals of the game never changed and what he taught then was just as relevant today.

In loving memory of Peter Canham 4/1/45 - 4/2/02

Matt Canham

The game; etiquette

The game of golf has lightheartedly been referred to as a pleasant afternoon's walk interrupted by a series of frustrations. Most of us take up golf for enjoyment, but although we enjoy our own game, we should always be mindful of the fact that other players are on the golf course at the same time as ourselves. This applies equally to those before us and those who follow.

Always remember to replace divots, smooth out bunkers and repair pitch marks on greens.

The following points of golf etiquette should be observed by all players during a round of golf.

Course Courtesy

- * Do not delay; play with a minimum of fuss and time-wasting.
- * Make sure before you tee off that players in front of you are out of your range.
- * Signal players behind you to pass whenever a ball is lost; do not make them wait while you look for it.
- * Do not dawdle on the putting green by marking cards and discussing your play; move aside to do this so that following players are not held up.
- * Do not distract other players by talking, moving or standing too close while shots are being played.
- * Groups of two players should be waved on and allowed to play through groups of three or more. A single player, however, has no right of way.
- * Players engaging in eighteen holes take precedence over those not playing a full game.
- * After playing a bunker shot always fill holes and smooth out the sand behind you; do not forget your footprints.
- * Always replace divots and repair the turf where damage has occurred to tees, green and fairways.
- * Always replace the flagstick in the hole before leaving a green; be careful not to damage the hole by walking or standing too close to the cup, or by careless replacement of the flagstick.
- * Be aware of and observe all local rules relating to your golf buggy.
- * When making a practice swing try not to take a divot; too many divots on a fairway or tee cause semi-permanent damage and are therefore extremely difficult to repair.

The swing

The swing encompasses all requirements for hitting a ball the maximum distance that a person's physical capabilities will allow. It involves at the most basic level, a winding up of the body so that the muscles of the left side (if you are left-handed read all instructions in reverse, i.e read 'right' as 'left' and vice versa) tense against muscles of the right side; while the unwinding process that follows generates the hitting power. To enable a person to be considered a good player, his or her swing must be a repeating action. That is, it should work the same way each time.

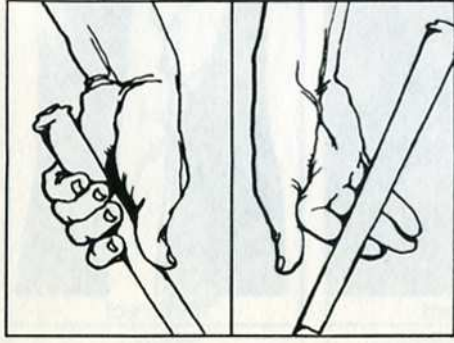
The two most important requirements for a repeating action are; a method based on sound principles and a great deal of practice. In the following chapters these basic principles will be

discussed and presented as clearly as possible, but because a book cannot provide the means for practice, this is up to you!

It is essential to remember that any personal reward or satisfaction from the game depends entirely on your own effort.

The grip

The grip most commonly taught to golf beginners is the overlapping or Vardon grip. This chapter will not deal with alternative, which are only acceptable when physical characteristics prevent a player from using it.



The overlapping grip is as follows:

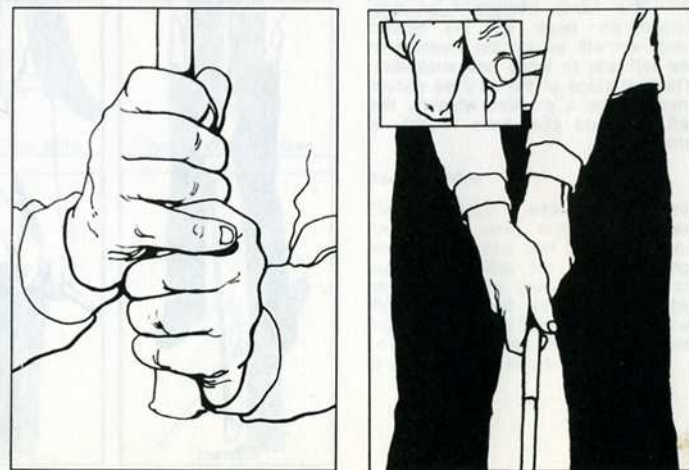
The club is held in the left hand, across the fingers and palm, and pressure is exerted downward firstly by the pad at the back of the left hand and then by the left thumb, which is positioned on top of the grip. Pressure is exerted upward by the fingers.

The club is then placed in the right hand across the second joint of the right hand fingers.

The little finger rests on the first finger of the left hand and the right thumb and right forefinger meet on the left side of the grip.

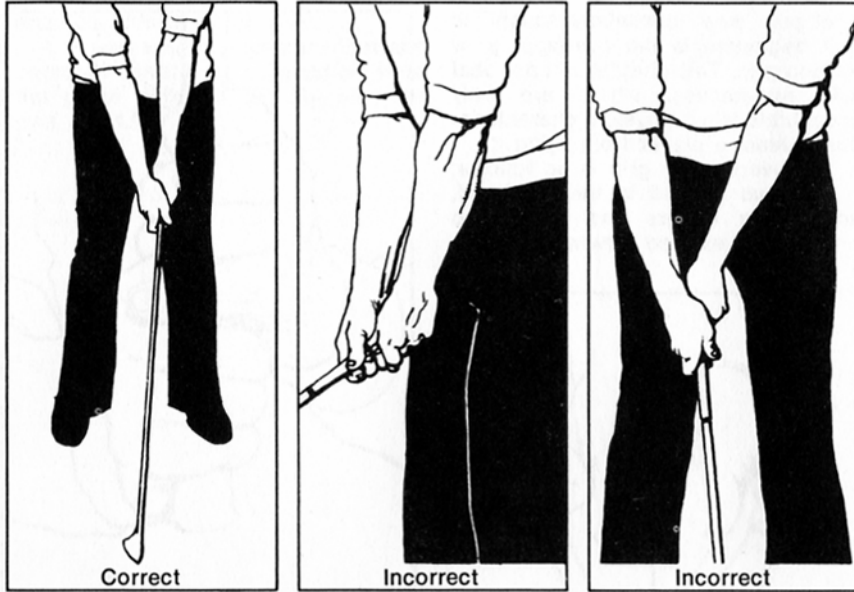
Both hands link to form a single unit.

As this is an unnatural position for the hands, only consistent practice will give any feeling of comfort.

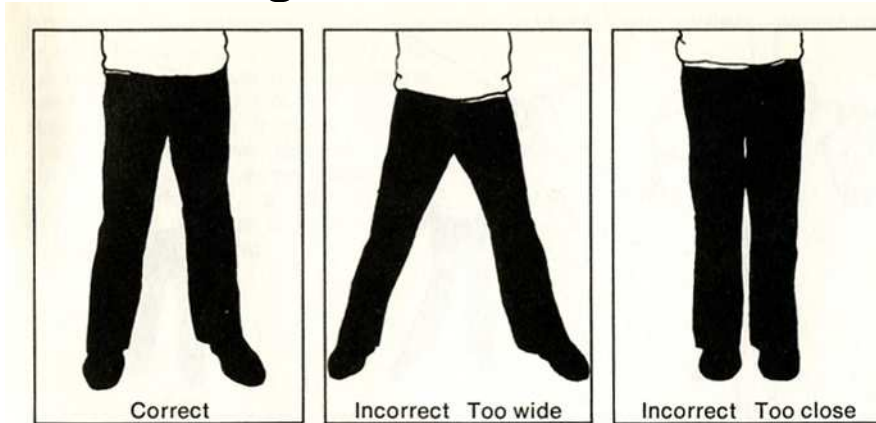


The address position

With the hands positioned as described above, the natural follow-on will be for the muscles of the left arm to tense and straighten. The first stage of the address should therefore be a position whereby the left arm and club form roughly a straight line.

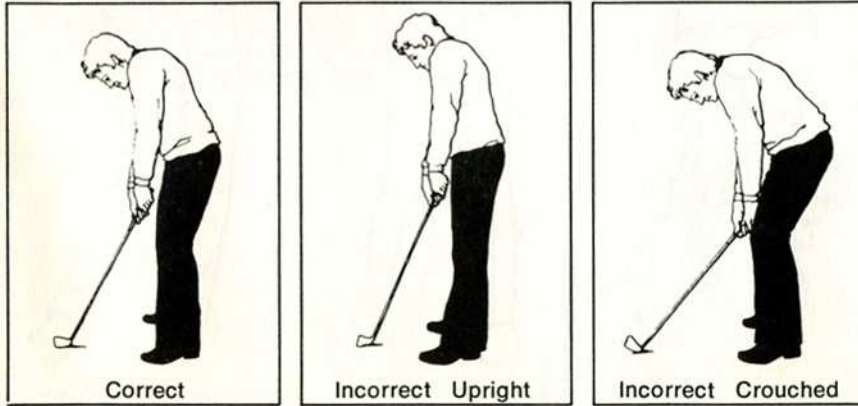


Positioning of the feet



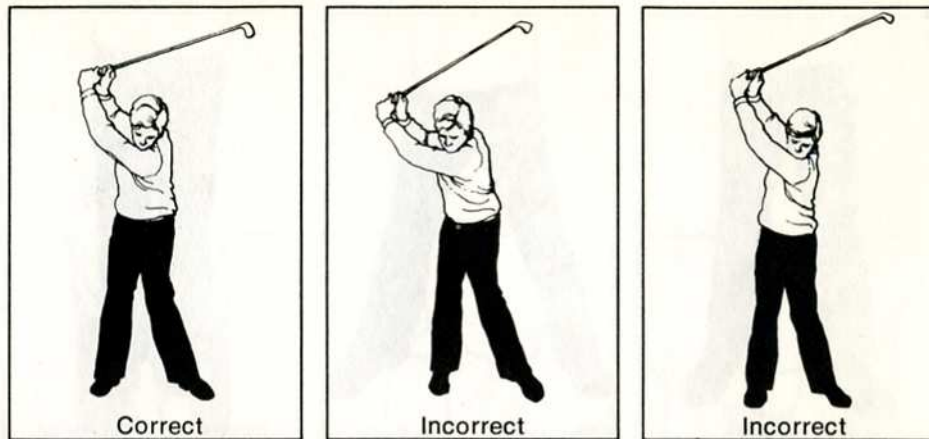
The feet are extremely important in that they are required to provide both balance and power. To achieve these aims it is essential that the feet be close to shoulder width apart. The feet should be parallel to each other and at a right angle to an imaginary target line.

Body position

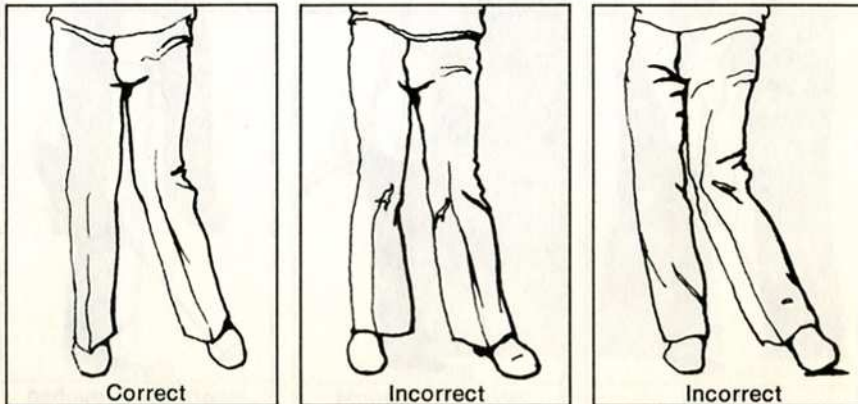


The final stage in addressing the ball involves the body angle. The knees should be flexed and the body bent forward so that the club is lying correctly on the ground. The sole of the club should lie flat along the ground. Hips and shoulders should be positioned so that they are parallel to an imaginary line to the target.

The backswing



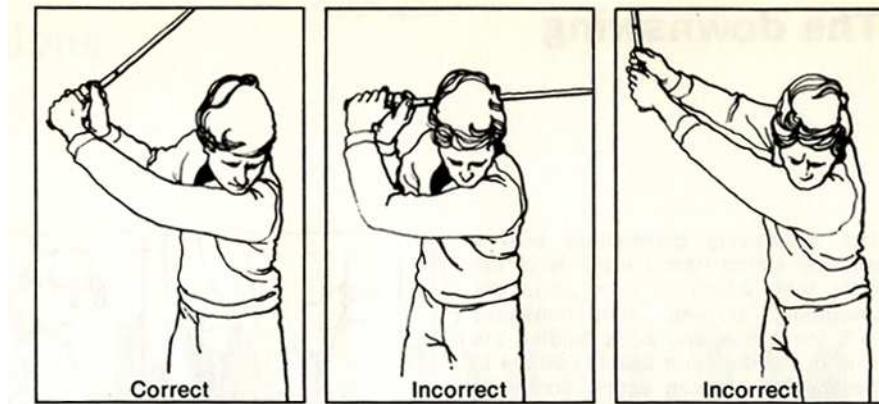
The backswing is commenced with two movements. First, the left knee and left foot roll across towards the right leg with the left heel staying on the ground. The hands and arms push the club away to initiate a left shoulder turn which continues until that shoulder is positioned under the chin and points to the ball.



The following checkpoints are important:

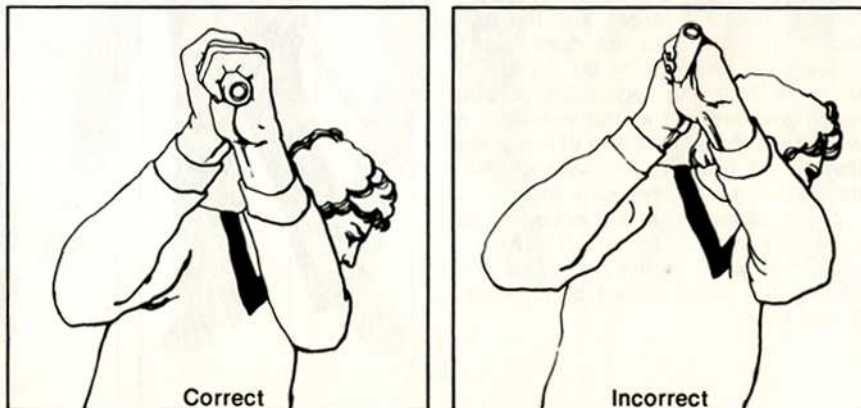
(1) The head is the center of the swing and therefore must remain stationary right throughout these movements.

(2) The right leg must be stationary during the backswing. Do not lock back the right knee or roll to the outside of the right foot.

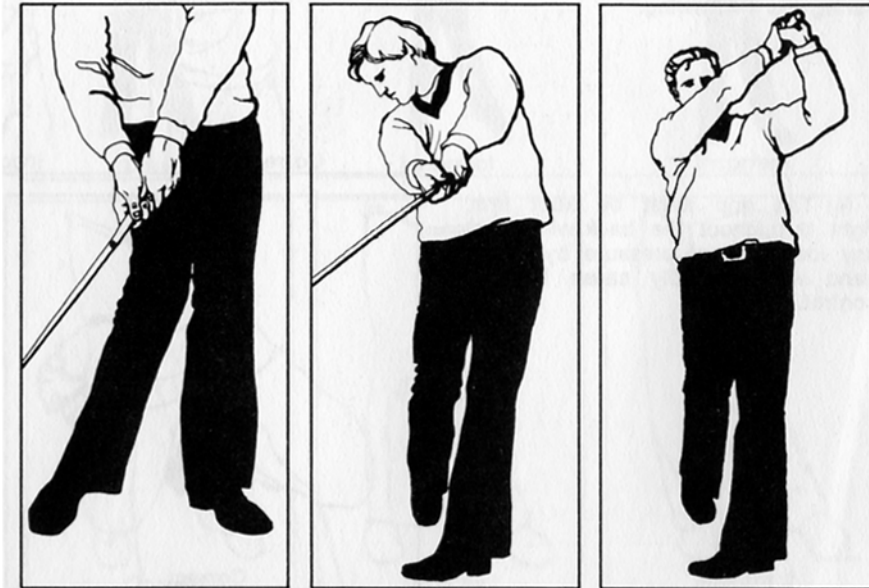


(3) The left arm at all times possible maintains the straight line formed with the club at the address position. Any bending of this arm will result in a need for it to be straightened by the same amount as a correction. By the same token, it is just as damaging to the player's action if the left arm is held too stiff during the backswing.

(4) The grip must be kept firm right throughout the backswing and any loosening of pressure by either hand will invariably cause loss of control.



The downswing



The downswing commences with a pushing action from the inside of the right foot, which in turn starts the unwinding process. This continues with the hands and arms guiding the club in the direction that the ball is to travel. The pushing action continues after impact until the body completely turns to face the target, and the right foot has turned onto the right toe.

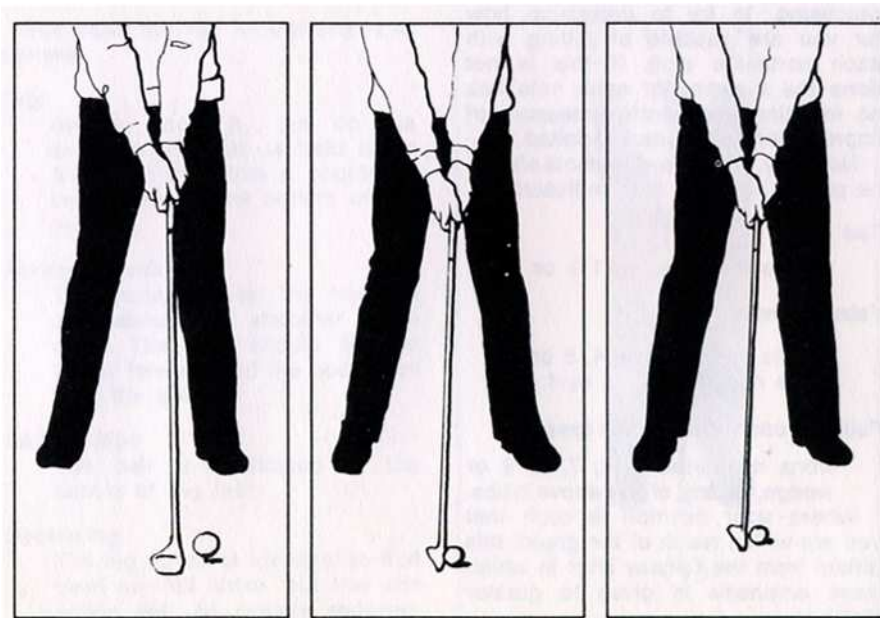
The final checkpoint on the downswing is that the leg action should have resulted in a transference of weight, so that at the end of the swing the left leg provides full support while the right leg acts only as a brace.

If the correct right leg action is not used, the most likely result will be a whirlwind slash of the shoulders producing the most feared of all shots, a bad slice.

Club and ball positions

In preceding chapters the basic method which must be used for playing full shots has been discussed. By following these pointers the situation whereby people find it difficult to use particular clubs will be all but eliminated, the only adjustments still to be made being those of ball position and the distance one stands from the ball.

Generally speaking, the following ball positions apply in good lies:



Driver

The ball should be in line with the left heel and because this club has the longest shaft of all, the ball will be positioned furthest from the body.

Long iron (No.3)

The ball is positioned about 2" (five cm) inside the left heel and about 4" (10 cm) closer to the body than with the driver.

Middle and short irons (No. 5,7 and 9)

The ball is positioned in the center of the feet and progressively closer to the body as the number of the club increases, that is, a 9 iron closer than a 7 iron and so on.

It is in your own interest when practicing, to try to determine how far you are capable of hitting with each particular club. If this is not done the distance of each hole has no meaning and another measure of improvement has been forfeited.

Tee shots

Woods numbered 1 or 3.

Fairway shots

Woods numbered 3, 4, 5 or 6. Irons numbered 2, 3, or 4.

Full approach shots to the green

Irons numbered 5, 6, 7, 8, 9 or wedge or any of the above clubs. Where your position is such that you are within reach of the green, this differs from the fairway shot in which more emphasis is

given to greater distance.

The short game



Under this heading, we shall consider pitching, chipping, putting and bunker shots, because together these areas contribute to more than fifty percent (50%) of the total shots played. Whereas with the full swing we were concerned with maximum use of body power, we are now primarily interested in accuracy. In all cases in the short game a reduced backswing is used varying from just a few inches with a putt or short chip shot, to about 75% of full power in a 75 yard (70m) pitch shot.

Pitching

If it is assumed that a basic set of golf clubs consists of a driver, 3, 5 and 7 iron and a putter, then once the distance of a full 7 iron shot is known, some adjustment will be necessary to enable that club to be hit a shorter distance than its maximum.

The basic method for pitching is as follows:

Grip

As for a full swing, but on this occasion the club is held down the shaft to within an inch of the bottom of the grip.

Address position

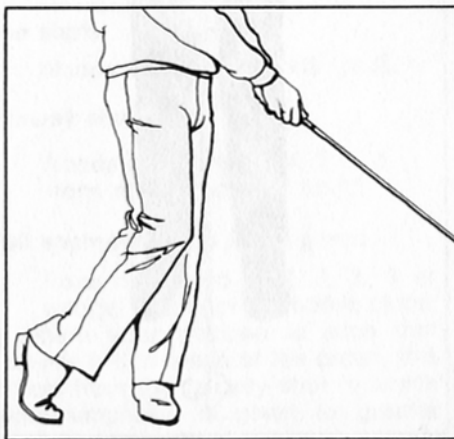
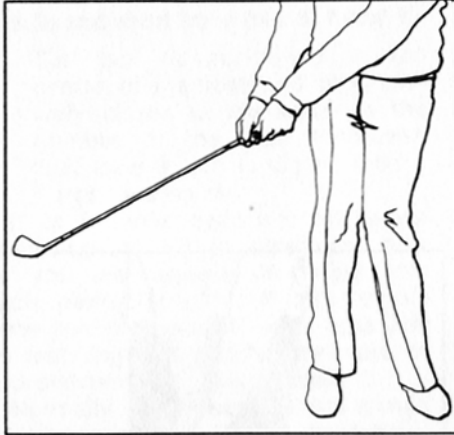
This varies in that the feet are only about half shoulder width apart. The legs should still be flexed forward and the body bent from the waist.

Ball position

The ball is positioned in the center of the feet.

Backswing

The leg action is identical to that used for full shots, but the arm action will be greatly reduced. The length of backswing for the hands and arms will vary from about knee high to shoulder high, giving a range of distance from about 40 -74 yards under normal conditions.

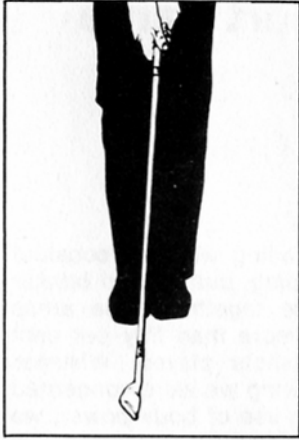


The downswing with all pitch shots is exactly the same as that used for full shots including the same leg action but the finish position will be shorter.

Given that the ball will travel higher in the air as the club is numbered higher, we must consider this in difficult approach shots to the green. Therefore, if it is necessary to carry a bunker or long grass, the most lofted club must be used. If, however, the grass is finely cut or the shot must be played under trees, then the least lofted club should be played.

Chipping

It has already been established that pitch shots range in distance from 40 to 75 yards. From 40 yards into the fringe or edge of the green we use the chip shot action.



The method to be used here is:

Grip

The overlapping or vardon grip is still used.

Address position

The address position for this shot is very different. The feet are closer together and no leg action is used at any stage during the shot. The weight is concentrated slightly more on the left leg than with other shots.

Ball position

The ball is positioned in the center of the feet.

Backswing

In a chip shot, the backswing is played with a very short and firm arm action. There is no place for a quick wrist action when consistency is the goal.

The follow-through should be approximately as long as each particular backswing. Again, the circumstances surrounding the shot (i.e. whether loft is needed or a running shot can be played) will determine if a lofted or straighter faced club should be used.

Putting

One of the oldest sayings in the game is that 'you drive for show and putt for dough,' but regardless of whether you are having a side bet or not you still need to be able to get the ball around the putting surface and average only 2 putts per hole. Unfortunately, starts are not given to bad putters, and the result of a poor display here sees the score quickly mounting to nightmare proportions.

The putt is the only stroke that can really be practiced indoors. It can become a family pastime if one of the automatic putting machines is used.

As with all other shots, a basic method must be adhered to with putting, and this is as follows:

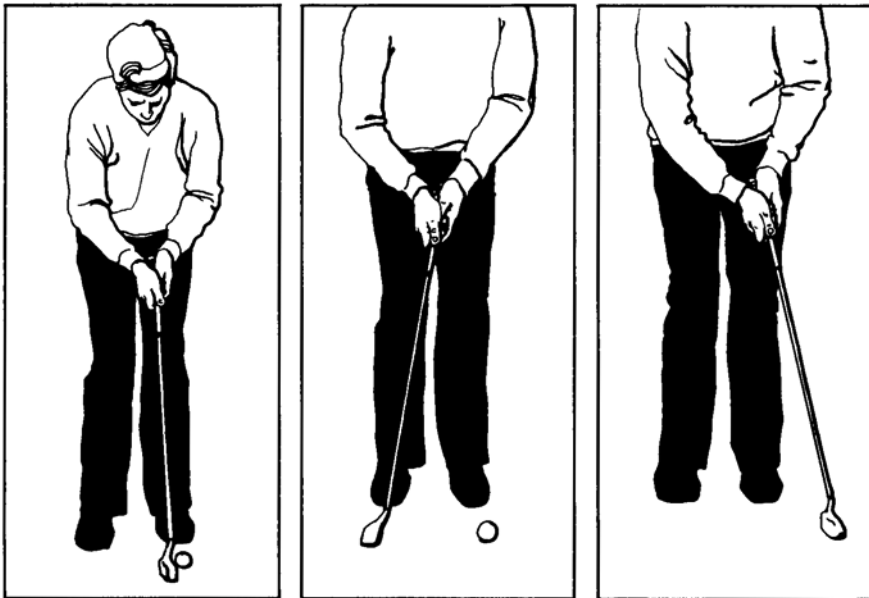
Grip

In previous chapters the overlapping grip has been suggested for all strokes. The putting grip however, is called the reverse overlapping grip; the only difference being that the index finger of the left hand overlaps the fingers of the right hand, whereas in the overlapping grip the little finger of the right hand overlapped the left index finger.



Address position

The feet should be about 4" apart with the legs flexed and body bent well forward from the waist, so that the putter is soled correctly on the green.



Ball position

The ball is positioned in line with the left toe.

Backswing

It is essential to maintain a firm stroking action with the arms. The principle of a short backswing for a short distance putt applies. The ball should be putted so that it rolls along the green and should never be hit hard enough to become airborne. All golfers must condition themselves to having only two putts per hole, or less.

Bunker shots

The method of play under discussion in this section is what is known as the 'explosion shot.' This is played from a sand bunker and the shot requires a sand iron. No substitute will do.

Grip

The grip is the overlapping or Vardon grip as used with all other shots except putting.

Address position

Again this is different. The feet are almost shoulder width apart and are firmly implanted into the sand. It is important to remember that under no circumstances may the club be grounded during the process of addressing the ball in a sand bunker. The rules of golf provide a penalty for this infringement.

Ball position

The ball is positioned in line with the left heel for an explosion shot.

Backswing

The execution of the shot involves hitting the sand approximately 2" (5cm) behind the ball, resulting in the ball coming out on a cushion of sand. The length of the backswing varies according to the length of the shot involved. A further adjustment for distance can be made by hitting the sand closer or further from the ball as the shot requires.

Difficult lies

This chapter is provided to discuss the various adjustments that need to be made when the ball is played from a position other than a level lie.

Up-hill lie

Grip

The full length overlapping grip should be used as with all full shots.

Ball position

The ball is positioned approximately 1" closer to the left foot with each club. That is, approximately 2" inside the left heel for 5 and 7 irons, in line with the left heel for the 3 iron and in line with the left toe for fairway woods.

Down-hill lie

Grip

The same applies as with the up-hill lie.

Ball position

The ball is positioned approximately 1" closer to the right foot with each club. That is, 1" to the right of center for 5 and 7 irons, about center for the 3 iron and about 1.5" inside the left heel for fairway woods.

Side-hill lie

(ball above or below the feet)

Grip

Shorten the grip by about 1.5". If the ball is above the feet. A full length grip should be used when the ball is below the feet.

Ball position

The ball should be in the normal position but care must be taken to aim slightly to the right of the target when the ball is above the feet. Where the ball is below the feet again use the normal ball position, but this time aim slightly to the left of the target.

Rules of play

All golfers, whether beginner or seasoned campaigners, should be aware of the rules of the game. Booklets containing the official rules of golf are obtainable from most golf clubs or resident professionals, and these should be sought by all who intend to play regularly.

In this chapter an attempt is made to explain some of the more commonly encountered rules, but

these should not be taken as a complete set.

Playing out of turn

There is no penalty for playing out of turn if it occurs by mistake. Players cannot, however, make mutual arrangements to waive the 'honor' rule as this renders both players liable for disqualification.

The honor

The person with the lowest handicap plays first at the first tee. If no player holds a handicap then the honor is decided by drawing lots. On the second tee and thereafter, the player with the lowest score on the previous hole takes the honor. That is, he tees off first.

Playing outside teeing ground

If a player tees off outside the teeing area he is penalized for that stroke and any others he may play after it. He should tee off again inside the teeing area, with any strokes played being added to his score. If he does not overcome the mistake prior to the completion of the hole he can be disqualified.

Ball played as it lies

A player should not touch his ball or move it from its resting position. Although the club can make contact with the ball during the address, it should not move the ball. Infringement of the rule results in a penalty of one stroke.

If a ball moves after it has come to rest because of any other reason than player interference, no penalty is imposed.

If any person other than the player accidentally moves his ball, then the player may replace the ball without penalty. If a player moves his own ball, or if any of his team do so, then he loses one stroke and must play the ball from the latter position.

Improving the lie of play

Players or their caddies cannot re-arrange the area of a shot in any way to make the shot easier. One cannot flatten grass or remove bushes.

Improving the lie

Do not pretend to make a practice swing when in fact you are only flattening the grass or improving the area by your action.

Exerting influence on the ball

A player cannot improve his position by altering the environment to overcome natural influences such as wind or overhanging bushes. For example, one cannot lay a golf bag in such a position as to protect the ball from wind deflection, or to hold back bushes.

Dropping a ball

A player shall drop his own ball by facing the hole and dropping the ball directly over his shoulder. The ball must not be thrown or dropped in front of the player. To drop the ball in the wrong manner will result in a one-stroke penalty.

If when dropping the ball it touches the player before it lands, a re-drop can be taken without penalty. If the ball when dropped, comes to rest against the player then moves when he moves, it

can be played at that point without penalty.

Ball at rest moved during search

If, while searching for a ball, a player's opponent or the caddy of the opponent accidentally moves the player's ball, the player should replace it and play on. No penalty is imposed. If, however, the player or his caddy moves the ball during a search, a one-stroke penalty is incurred.

Ball unfit for play

If, while playing a hole, a player's ball becomes so damaged that it is unfit for play, the player may in the sight of his opponent and only during play on the hole in which the ball became damaged, replace the ball with another. The replacement ball must be placed in the exact spot in which the damaged ball previously lay.

Ball lost or out of bounds

When a player loses his ball or hits it out of bounds he takes a one-stroke penalty, returns to the spot from which the ball was played, and plays another ball. The original shot, resulting in out of bounds or lost ball, is also counted.

Ball unplayable

A player must himself decide if his ball is unplayable, and this can be done anywhere on the course except for a water hazard. If he does decide it is unplayable, then the ball must be lifted from its position and dropped within the distance of two club lengths not nearer the hole. One penalty stroke must be taken.

The player may, on the other hand, drop the ball behind the point where it first lay; there being no limit to the distance behind that the ball may be dropped, except in the case of a bunker when the ball should again be dropped in that bunker not nearer the hole.

Ground under repair

When, by local rule, ground under repair has been declared, and a player's ball lands within this area, the player may drop his ball at that point on fair ground which is nearest to the spot in which the ball rested, and within two club lengths of the outside perimeter of the ground under repair, no nearer the hole.

Casual water

If a player's ball lands in casual water anywhere on the course he may drop the ball without penalty on better ground, within two club lengths of the perimeter of the casual water and at a point no nearer the hole.

Water hazards

If a ball lands in a water hazard and the player elects not to play it, he takes a one stroke penalty and either drops the ball at a point behind the place where the ball originally came to rest, or as near as possible to the original resting point.

The putting green

On the putting green, the player furthest from the hole putts first. No player may improve the line of his putt by pressing the grass with his putter or hands.

A player may elect to have his partner or opponent hold the flagstick while he lines his putt, or he may elect to have it completely removed. The person holding the flagstick should remove it as

soon as the player has putted the ball. A two-stroke penalty is imposed on the player should the ball enter the hole while the flagstick is still in position.

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