GOLF

Golf Grip

Ten-finger / Baseball Golf Grip

On this type of Golf Grip, your right hand rests next to the side of the index finger of your left hand. All your fingers are holding the club. This grip is ideal for golfers with hands that are not that strong. The grip becomes firmer with the support of all your ten fingers. This kind of grip also allows you to uncock your wrist easier in the swing to give it a little more force. This grip, however, makes it harder to control the clubhead.

To do the Baseball Grip, hold the club with your left hand. Slide your right hand, make sure all your knuckles are lined up underneath your shaft. The forefinger, middle finger, ring finger and small finger are placed on the handle.

Interlock Golf Grip

In this Type of Golf Grip, the pinkie of your right hand is intertwined with the index finger of your left hand. The Interlock Golf Grip keeps your hands connected during the swing. The fact that this grip requires less strength than the Overlapping Golf Grip makes it ideal for women golfers and other golfers with small hands or short fingers.

For the Interlocking Golf Grip, hold your club with your left hand - three of your knuckles should be visible and your left thumb should be slightly at the right of the center of the grip. Then, place your right hand. The index finger, middle finger and ring finger should touch the end of the club handle and the pinkie of your right hand should interlock with the left index finger.

Overlap Golf Grip

This grip is also called the Vardon Grip since it is popularized by Harry Vardon. In this Golf Grip, the pinkie of your right hand rests on the top of the index finger of your left hand. The ring finger of your right hand also touches the index finger of your left. This kind of grip gives you the feeling that your hands are connected and are working together during the swing. This grip is mostly used by professional golfers. This grip type requires strong hands since you will be using fewer fingers to control your club.

Doing the Overlap Golf Grip is almost the same as the Interlock Golf Grip. The main difference is that for the Overlap Golf Grip, the pinkie of your right hand should be under the index finger of your left hand.

Addressing the ball - Stance & Ball Position

- Your feet should be shoulder-width apart. The shoulder-width stance is best for mid-irons. For shorter irons, you will need to take a narrower stance; a wider stance will be required for longer clubs. The general rule is, the longer your club, the wider your stance; and, the shorter your club, the narrower your stance should be.
- The toe of the foot closest to the target should be rotated three inches towards the target
- The toe of foot the farthest from the target should be pointed to a spot perpendicular to the target
- Your knees should be slightly bent but keep your back straight.
- The sole of your golf club should rest flatly on the ground
- Your weight must rest lightly on the balls of your feet.
- Your arms should be stretched, forming a "V"-like shape.
- The clubface should be square to the target, somewhere from the middle of the stance-leftward.


Clubs

- Woods - The higher the number on the club the shorter the club is, the greater the angle on the club face, and the ball travels a shorter distance with more height.
- Irons - club face, and the ball travels a shorter distance with more height.
- Putter – last club used when on the green to put the ball into the hole

Scoring

- The term Par is used as the standard score assigned to each hole on a golf course
- Birdie is when a golfer scores 1 stroke under par and an Eagle is 2 strokes under par
- A bogey is one stroke over par and a Double Bogey is 2 strokes over par