



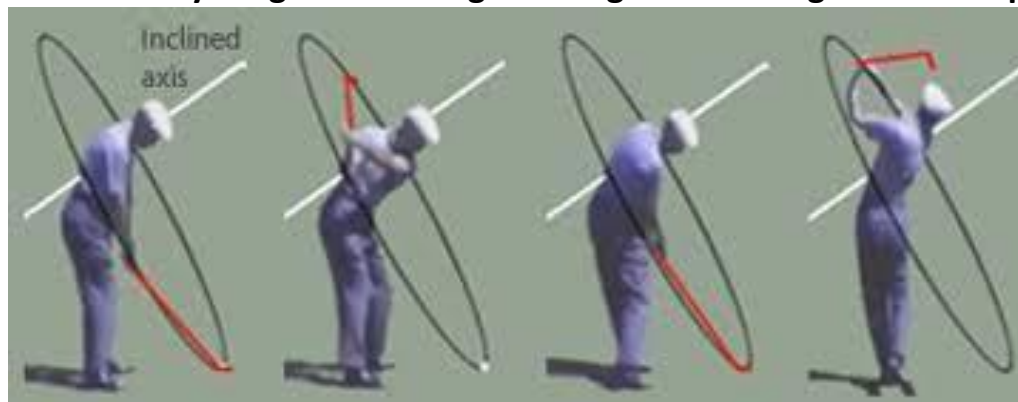
Basic Swing Principles

Club focused instruction

[The golf swing is a circle](#)

SWING THE CLUB AROUND YOUR BODY ON PLANE (square to the plane) TOWARDS THE TARGET (square to the target line)

There isn't anything new in the golf swing. It's creating club head speed



WHERE THE CLUB FACE POINTS AT IMPACT IS WHERE THE BALL GOES IS THE ONLY ABSOLUTE

**"The Hands Control The Face.
The Face Controls The Ball."**

[Tiger on trusting his hands](#) [Hands work flex and release](#)

The player must understand that swinging the club face is the key. Your body will respond to the mental imagery to get the club in the proper positions. In my experience as a player and teacher, when you know what you want to do (the TASK) and how it should feel the brain works to get the entire body in motion to swing the club.



[Train the Brain](#)

[One of my foundations to teaching the golf swing](#) Jack Nicklaus

There are no gimmicks that will improve your swing. It's all about fundamentals Mental Visualization Set-up, Grip, Posture, Stance, Ball position, Alignment, Balance, and Proper Practice.

[Swing The Club Introduction Video](#)

Jason Day visualization [video](#)

Mental Visualization and feel are paramount to a good swing. You must visualize in your mind's eye what a proper swing and impact position looks and feels like. Your entire body will respond by using the club properly to what you are visualizing (Mental direction).

Point your finger in front of you, close your eyes draw a square box. Your hands and arms moved properly to make the square that you were seeing in your mind's eye not concentrating on how you just did it.





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STONERIDGE

Target orientation is needed for every swing. Never make a swing unless you know where you want the golf club to go. This enforces the mental imagery you must have to swing the club.



Maintain balanced and centered throughout the swing. This puts you in a strong position to swing the golf club. The more consistent and accurate you'll be and with greater distance.



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Impact is the most important position along the swing plane. Where the body has responded to the mental image releasing the clubface into the ball at the impact position.



Impact Intro

it's your job to place the club face on the ball properly (square to the target line) with your entire body. You must feel the clubhead swinging on the arc



Swing to the finish, if your hands, arms and body are in the proper position at the finish it is likely that your impact position was correct, and the sequence of the swing was also correct.



9. Have fun it's just a game

