

## ATHLETIC SET-UP ROUTINE

### STEP #1: CLUB FACE ~ Aim your club face to the target

- The leading edge of the clubface makes a perpendicular line to your target line.
- The shaft of the club aligns with the inner forearm of your target-side arm and points to your lead side armpit, making one lever.



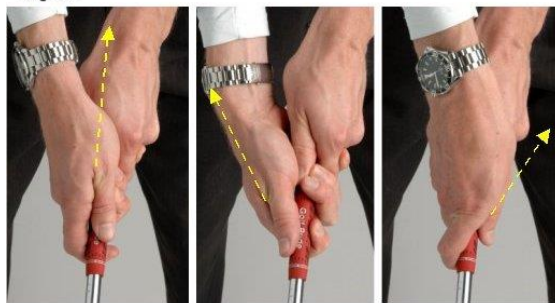
### STEP #2: HOLD ~ Place your top hand and then your bottom hand on the grip

- TOP HAND:  
Place the handle in your fingers, wrap the heel pad up and over the top of the handle and place your thumb down the shaft (Top hand pic)
- BOTTOM HAND:  
Place the handle in your fingers and wrap the palm over the top-hand thumb.
- TENSION  
Avoid the "death grip". Aim for "4 out of 10" grip pressure. In *Tension Feel Pic*, #1 = "1 out of 10" feel, and #2 = "4 out of 10".



**Top Hand**

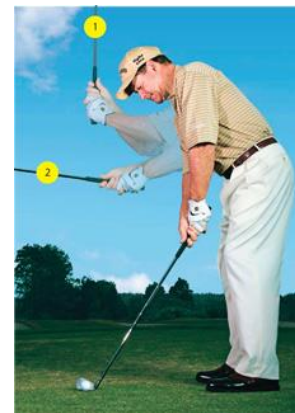
Image #4



✓ NEUTRAL

✗ TOO STRONG

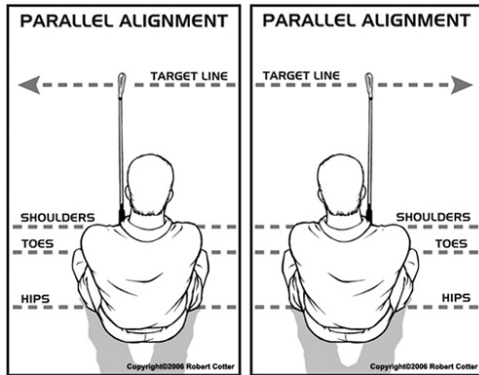
✗ TOO WEAK



**Tension Feel**

### STEP #3: AIM ~ Your club is set, now adjust your body parallel to your target line

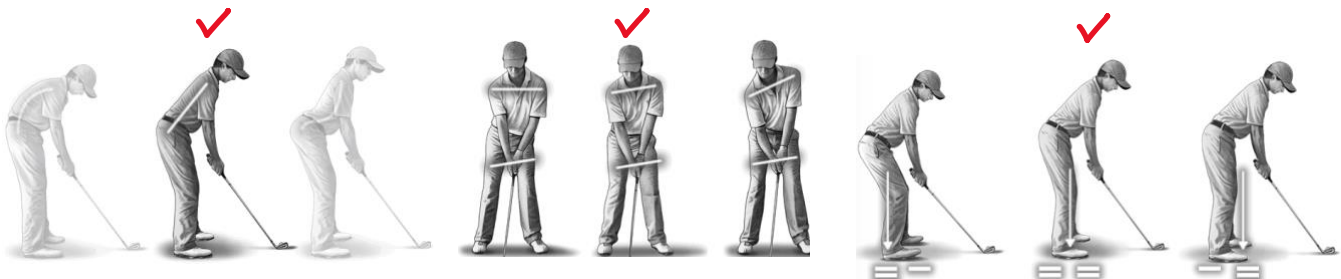
- The CLUBFACE points to your target and your BODY aims to the left (R-handed player) or right (L-handed player) of the target.
- Imagine two railway tracks, one to the target (clubface) and the other (body) to the side, each track parallel with each other.



### STEP #4: POSTURE ~ Set your spine angle, arm hang, unlock your knees and dance.

The dynamic nature of the golf swing demands BALANCE. Most often a loss of balance can be traced back to an anomaly at address or set-up.

1. Take a bow from the hip joint, keeping the back extended/long (not curved)
2. Let your arms simply hang from your shoulders, tension free
3. Ensure you have a slight torso tilt, as your trail hand is lower than your lead hand
4. With a moderate knee bend, feel your body weight rock to the balls of your feet (middle)



### BALL POSITION

This is a general overview of where to place the ball for the different clubs in your bag. The longer the club, the more it must move towards the target in your stance.

