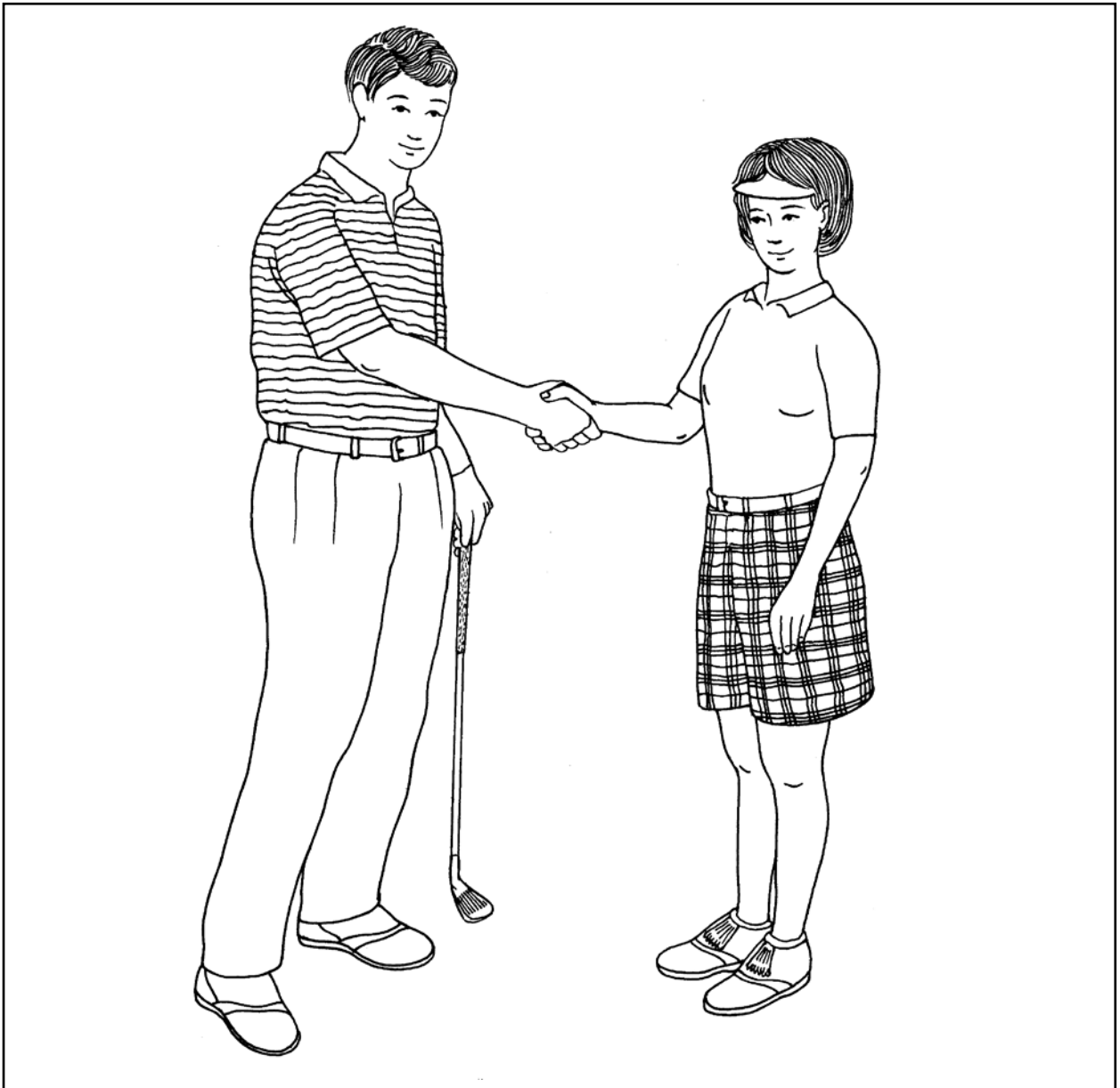


# **DIY (do-it-yourself) GOLF**

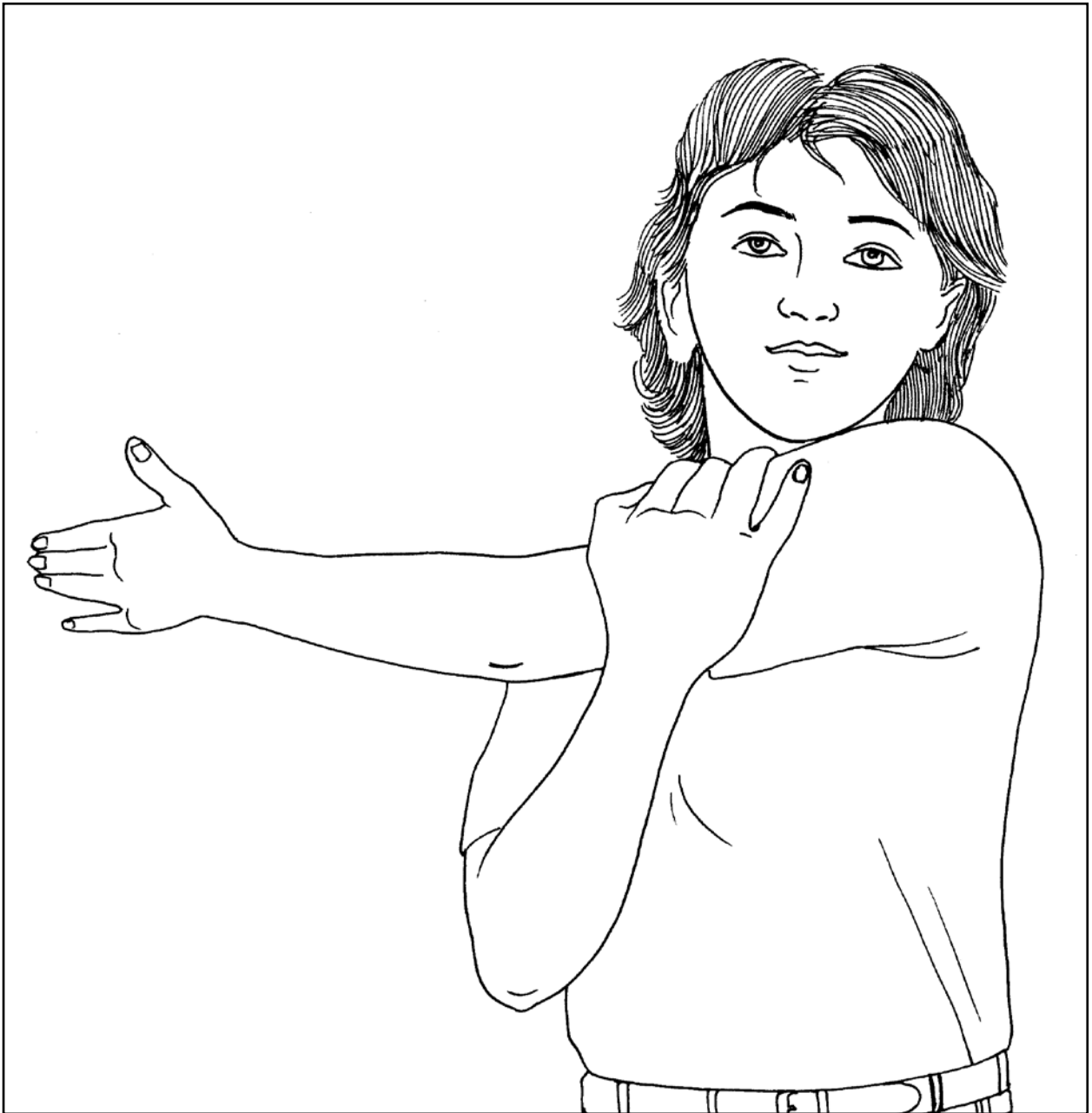
**KIRAN KANWAR**



Hello. I'm Neil,  
a golf professional.

And I'm Lara, a  
beginner golfer.

Together, we're going to  
introduce you to golf.

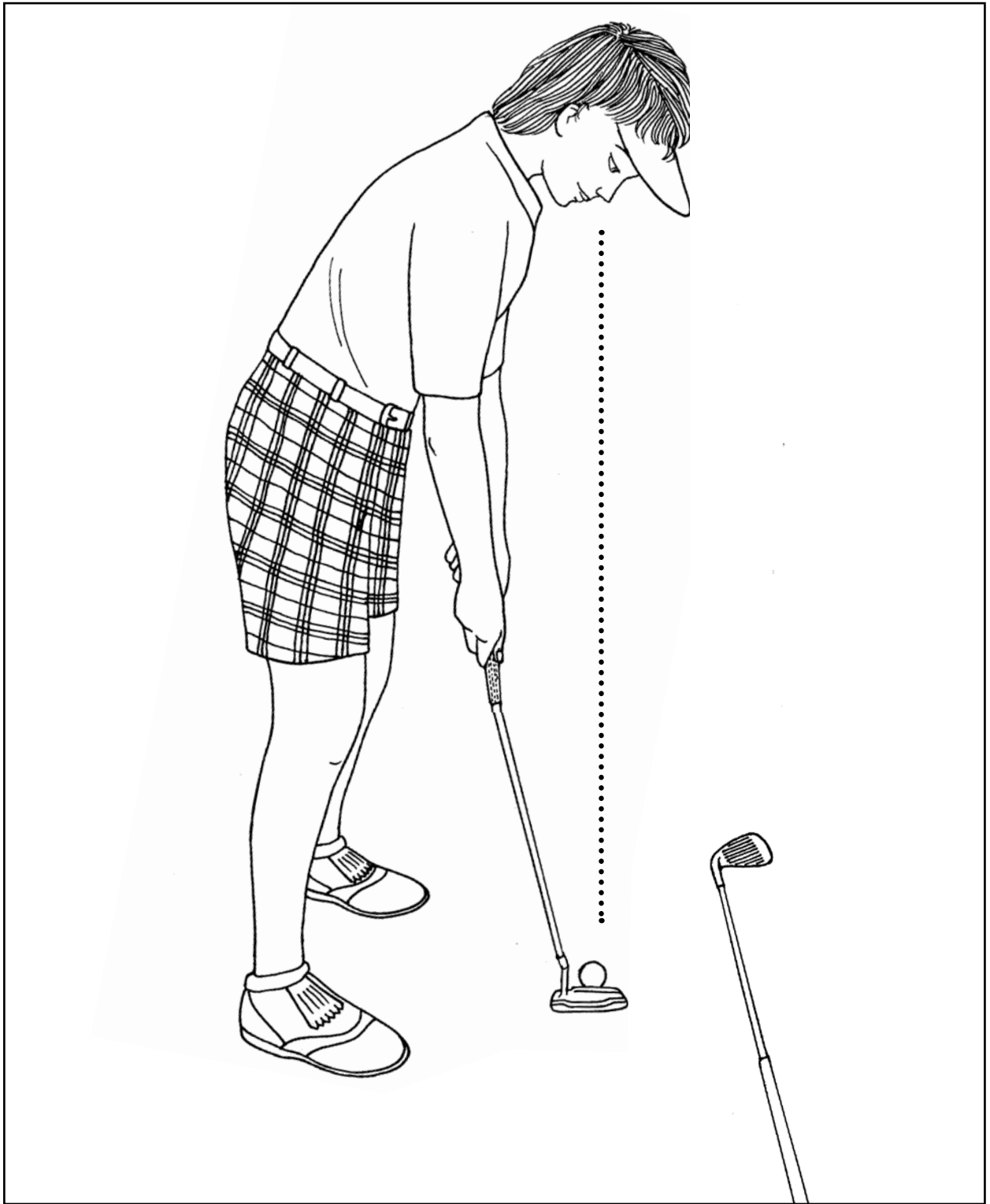


Place your left arm across your chest.

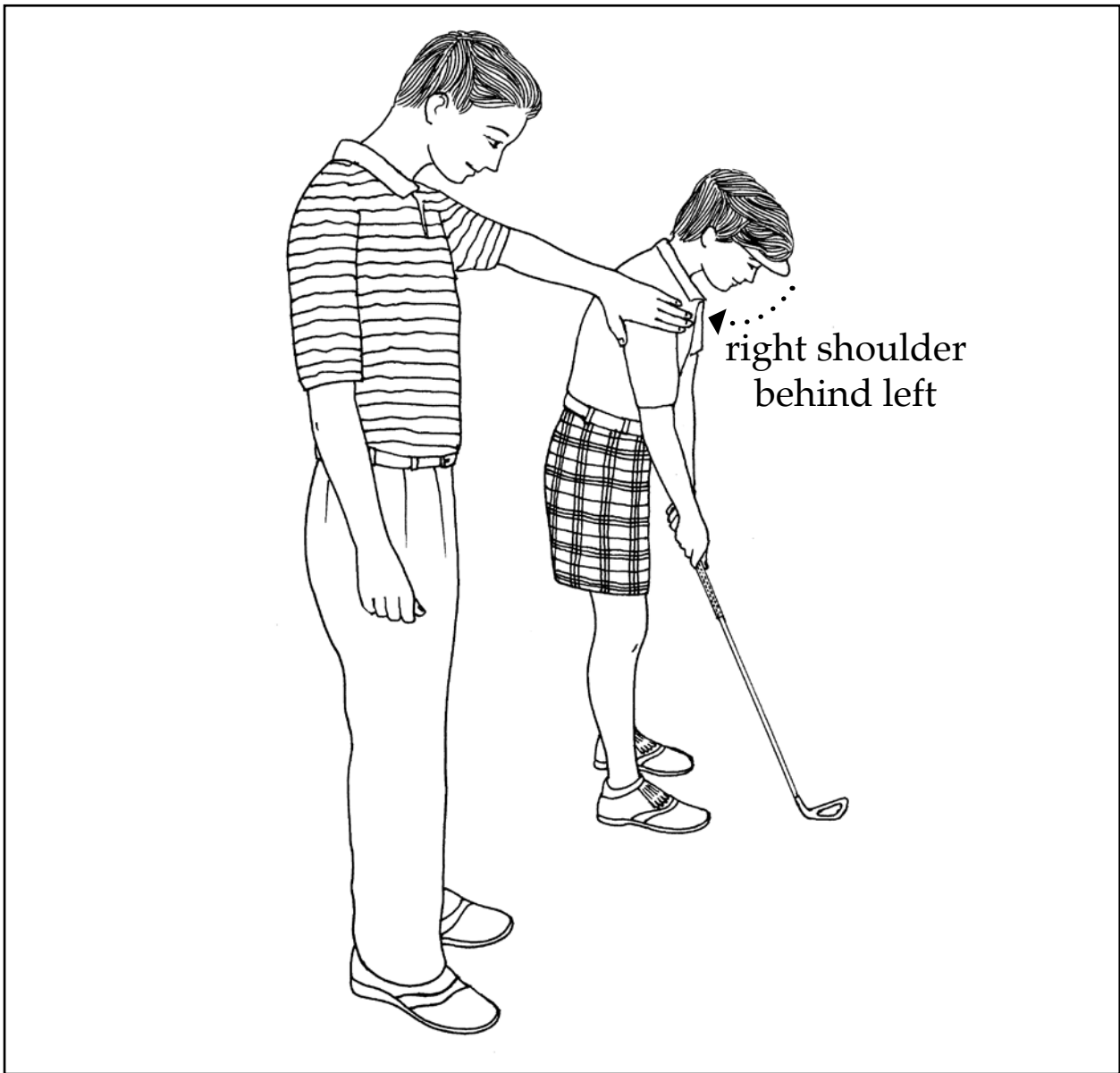
Put your right hand on the left arm, just above the elbow.

Push the left arm backwards until you feel a stretch at the back of your left shoulder.

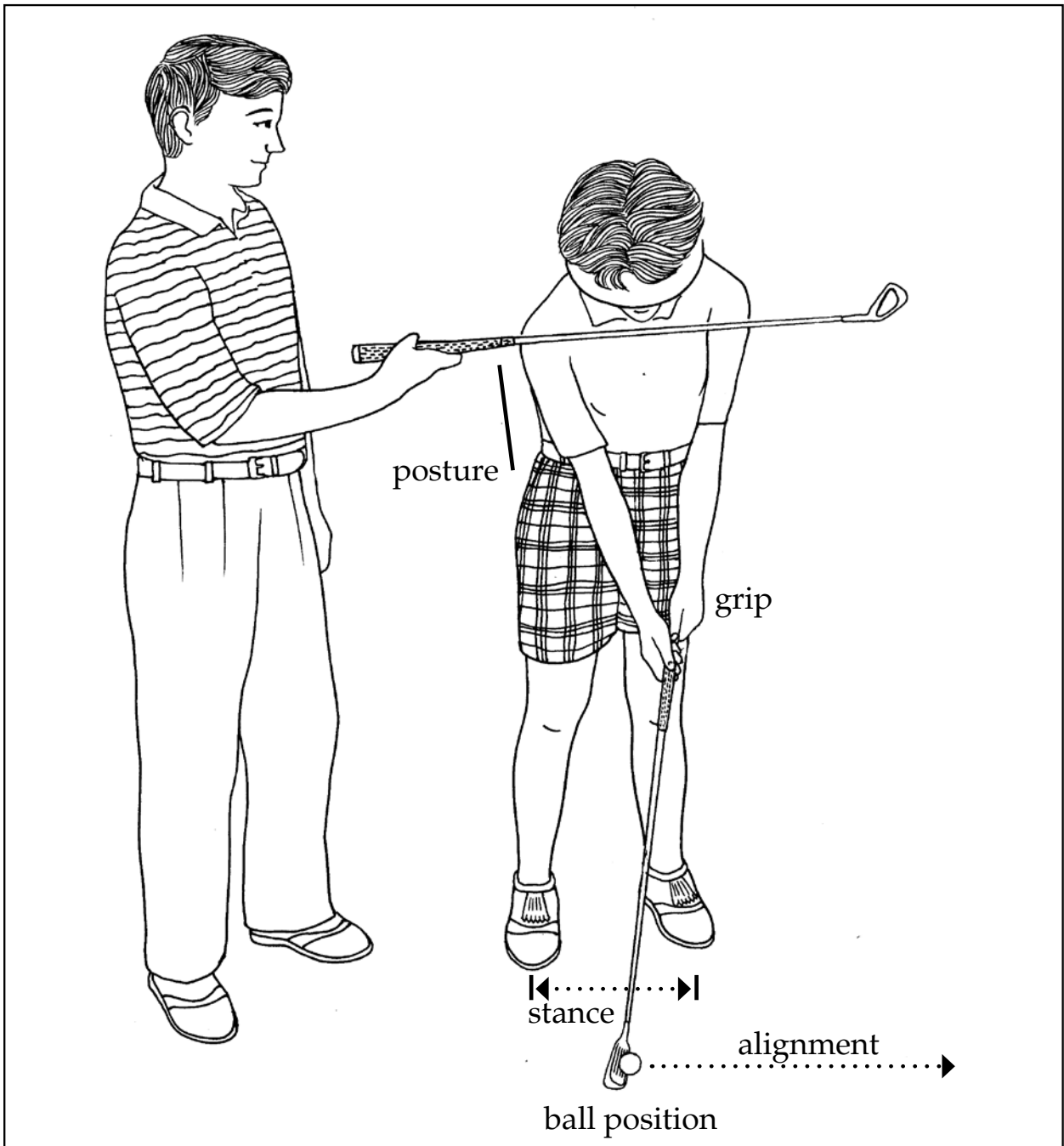
Repeat with the other arm.



(DTL) Bend from the stomach, until your eyes are directly above the ball.



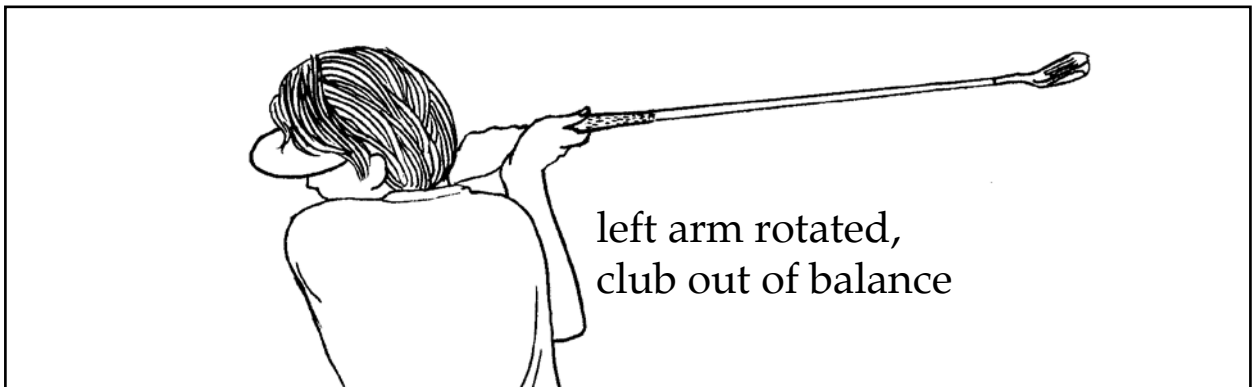
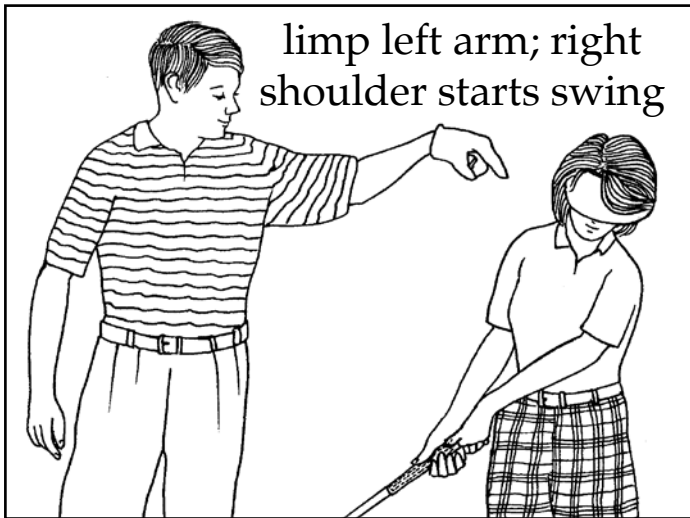
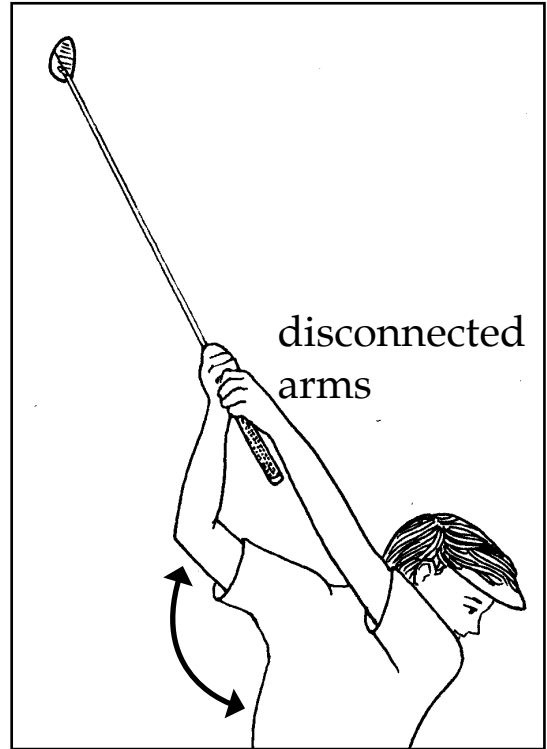
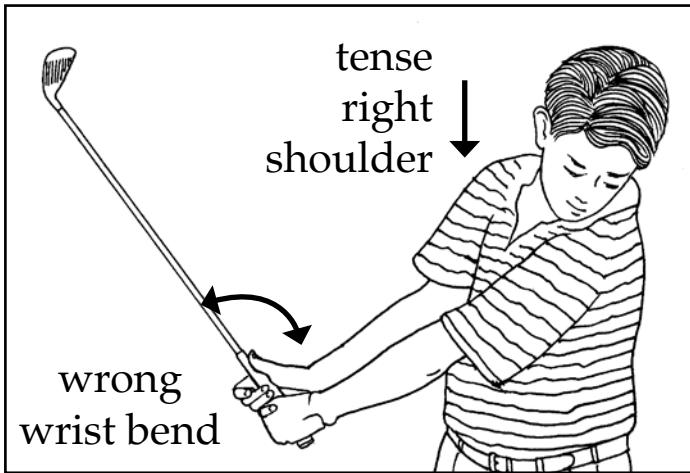
(DTL) Now attach the right hand to the club, bringing the right shoulder from behind and below the left one.



Remember: alignment, grip, posture, ball position, and stance.

When you are in this position you have 'addressed' the ball.

**ONCE AGAIN, KEEP YOUR RIGHT SHOULDER BEHIND AND BELOW THE LEFT**



Things not to do.....



Just as for the full-swing the right shoulder never rises, and the backswing begins just very slightly inside of the target line.