

I. Course Description

This course is designed for the neophyte or for the individual with limited experience in golf. The student will attempt to learn and demonstrate the grip, stance, address, backswing, downswing and follow through. Later, students will use selected clubs and engage in hitting balls with these clubs with particular attention paid to proper swing technique. Further instruction includes golf course playing management and situations, the rules of the game and terminology.

II. Text

No Text is required! Students will receive various handouts containing the information which makes up the cognitive aspect of the course.

III. Dress

Students may wear golf shoes in class but they are not required. In lieu of golf shoes, a student must wear flat soled court shoes. No other footwear is acceptable!

IV. The Golf Facility

Since there is no facility to accommodate golf classes on campus we will meet at The Golf Training Center located on the access road of I-20 (south side) just west of Almon Road.

V. Cognitive Material

Students will be responsible for understanding the following. To measure these items a mid-term exam and a final exam will be administered.

Golf Term Glossary (III)

Etiquette and Course Care (IV; M)

Course Management (IV; D, E, F, G, H, I, J, K)

The Clubs (IV; A)

Mid-Term = 200 points

Rules of Golf (VIII)

Final Exam = 200 points

VI. Physical Skills

Students will be asked to demonstrate their capacity to strike the ball by:

1. Using any club, strike the ball such that it travels a distance of 80 yards in the air.
 - a. 5 attempts
 - b. 30 points per success = 150 points
2. Using an 8, 9, wedge or sand wedge strike the ball a distance of 40 yards. There must be sufficient loft on the ball!
 - a. 5 attempts
 - b. 30 points per success = 150 points
3. Putt the ball a distance of 10 feet such that the ball stops within a 3-foot square area surrounding the hole.
 - a. 5 attempts
 - b. 15 points per success = 75 points
4. Putt the ball a distance of 4 feet into a cup.
 - a. 5 attempts
 - b. 15 points per success = 75 points

VII. Golf Play

Students must complete 9 holes of golf. A signed score card must be turned in no later than the last class day.

VIII. Evaluation

A = 90% or better of 1,000 points	(900 points plus)
B = 80% to 89%	(800-899 points)
C = 70% to 79%	(700-799 points)
D = 60% to 69%	(600-699 points)

Golf Play	= 15%
Putting	= 15%
Driving	= 15%
Chipping	= 15%
Mid-Term	= 20%
Final	= 20%

IX. Cut Policy

Students are allowed (2) two cuts in this class. Overcutting results in the loss of 50 points per cut. Students who miss exams and/or skills tests without a valid excuse will not be able to make-up these exams and/or tests.

I. INTRODUCTION

The following pages contain most of the cognitive matter the student should learn as stated in the syllabus. The material presented here is basic and should be viewed as basic. That is, there is much more which should be learned if the student ardently pursues this activity later in life but it suffices under the parameters of the course description.

Physically, the game of golf is a very complex motor endeavor. In fact the physical skill demanded may be the most difficult of any major or minor sport. Further, no other physical activity demands more mental acuity. Golf then, is a marvelous challenge to any individual, both physically and mentally.

I have no allusions concerning your ability to master this activity in thirteen weeks. As a matter of fact you will not master any of the more complex motor requirement this skill demands. The challenge for me will be to have you understand and demonstrate the bare essentials of the golf swing.

Regardless of physical differences, each individual can learn the fundamental movements required to swing a golf club such that it consistently makes contact with the ball. This is my objective and it must be your objective. Do not expect more of me and do not expect more from yourself.

The game of golf is played on man-made terrain known as a golf course. The golf course consists of eighteen (18) designed units known as "holes." Each of the eighteen holes requires that the individual propel a golf ball a specific distance, in yards, to a termination point known as a "cup," or small plastic lined circular receptacle. The distance of each hole varies. Further, the designers of each hole designate how many times the individual may strike the ball with his or her club until the golf ball is deposited in the cup. This stroke designation is called "par." One hole may require that the individual strike the ball only three times from the beginning of the hole to the end of the hole (stroking the ball into the "cup."). Specifically, on any golf course in the world, holes are designated as being "par" 3, 4, or 5. That is, a hole may require only three, four or five strokes to complete. Holes which are designated "par 3" are normally shorter distances (75 to 210 yards long). "Par four" holes are longer (210 to 450 yards long). "Par five" are usually between 450 yards long to 520 yards long.

Obviously, the goal for each individual player of this game is to only stroke the ball the designated number of times called for on each hole. If a golf course contains four par three holes, eleven par four holes and three par five holes (18 holes) then "par" for the golf course is an aggregate total of 71. "Par" for this course then is 71 strokes.

Simply put, the challenge for the individual is to complete the eighteen golf holes in the designated number of strokes mandated by the designers of that golf course. In this case the mandated number of strokes is 71. To shoot "par" for this course is to only take (make) 71 strokes (swings). To make matters worse, some golf courses are much more difficult to "play" than others. On some golf courses, the terrain is such that the individual may be challenged to propel the ball great distances, curve the stroked ball left or right, or avoid trees, creeks, lakes, ponds and other obstacles.

Each golf hole is lined with grass and is designed so that the individual hits the ball from grass and so that the ball lands on grass, given the individual is able to direct the ball (hit it accurately) from and to such areas. The beginning of each hole is known as the "Tee" area and the first shot is taken within this area. At the end of each hole is a "green" of closely mowed grass. On this green will be the "cup." Between "tee and "green" is the "Fairway" which is more grass and is the designated landing area for golf shots.

All eighteen holes are designed to allow the player two chances, once the ball is on the green, to stroke the ball into the cup. Thus, a par three (3) hole is designed so that a player should hit the first shot (the "tee" shot) on the green and then take two shots ("putts") to hole the ball (put it into the cup). A par four (4) hole requires two shots to reach the "green" (the first is a "tee" shot and the second a "fairway" shot) followed by two putts to hole the ball. Three shots are required to reach the green on par five (5) holes, followed by two putts.

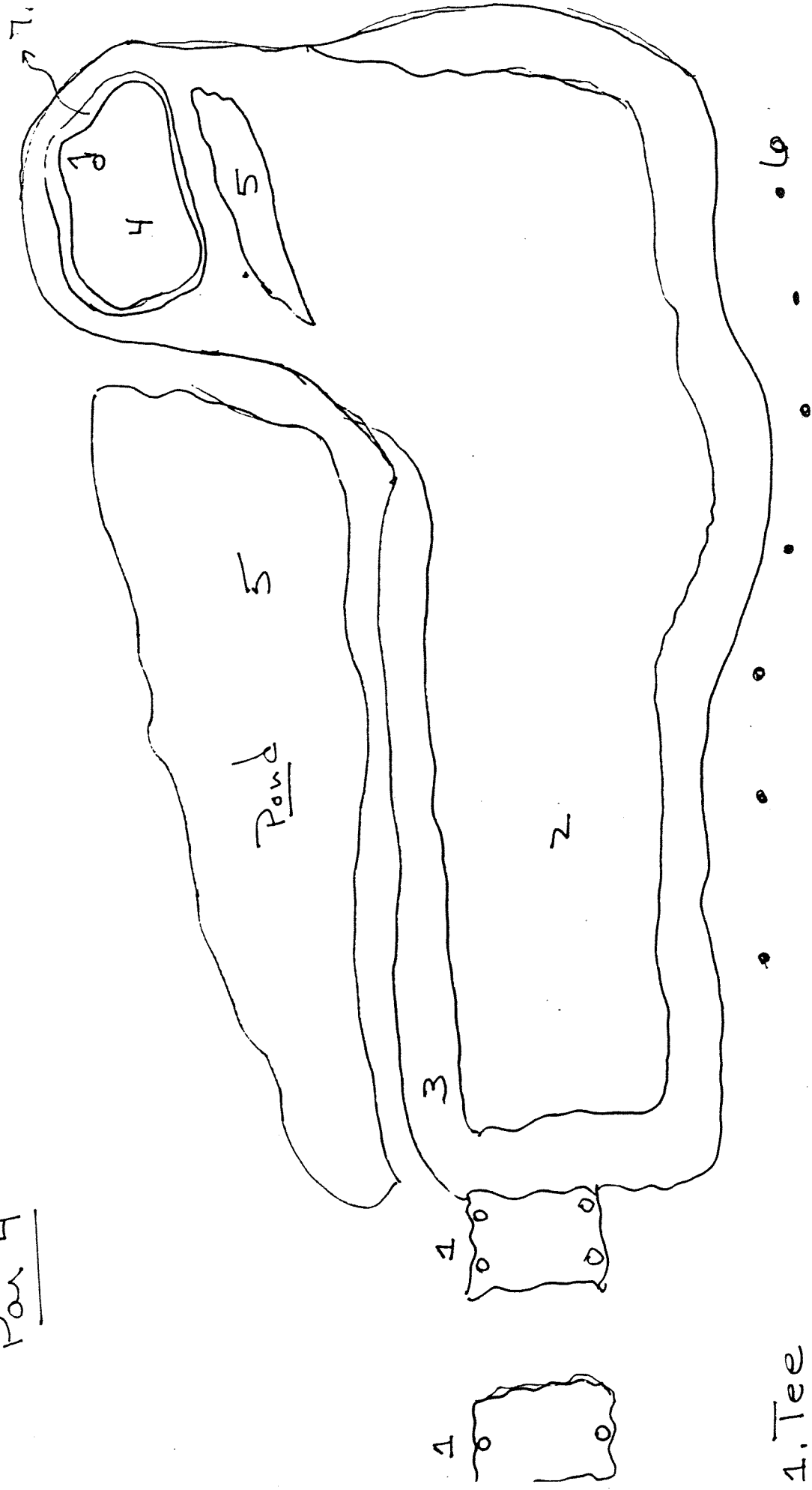
Please note that less than four (4) percent of all people who play golf ever play a course in Par. Less than one (1) percent ever shoot below Par. Therein lies the difficulty and the challenge!

II., III. A DEPICTION OF A GOLF HOLE AND THE GOLF VOCABULARY

Study the depiction of a golf hole. This depiction will be discussed along with the Golf Vocabulary.

III. A Golf Hole

Par 4



1. Tee

2. Fairway

3. Rough

4. Green

5. Hazard

6. Out of Bounds

7. Apron

III. GOLF VOCABULARY

ACE - hole in one

APPROACH - a shot to the putting surface

APRON - grass area (fringe) immediately surrounding the putting surface

AWAY - ball farthest from hole to be played first

BALL MARKER - a small coin or facsimile used to spot a ball position on the green

BIRDIE - one stroke under the designated par of a hole

BOGEY - one stroke over designated par of a hole

BUNKER - a hazard, often a depression, usually covered with sand. Grass bordering or within a bunker is not considered part of the hazard.

CASUAL WATER - a temporary water accumulation not intended as a hazard

CHIP SHOT - a short shot played up to the green from a distance under 75 yards

DIVOT - a piece of turf displaced from the fairway when making a swing

DOG LEG - a hole in which the route of play angles to right or left before reaching the putting surface

DOUBLE BOGEY - a score of two over par for a single hole

DOUBLE EAGLE - a score of three under par for a single hole

EAGLE - two strokes under the designated par for a single hole

FAIRWAY - closely mown route of play between the teeing area and the putting green

FORE - a warning cry to any person in the way of play

GREEN - the putting surface containing flag and hole

HANDICAP - a deduction from a player's gross score devised to match his or her score against par and to equate differential abilities to other players

HAZARD - a term used to designate bunkers (sand traps) or water area

HOLE OUT - putting the ball in the cup to finish the play of a hole

HONOR - the right to tee off first, earned by scoring lowest preceding hole

HOOK - a stroke made by a right-handed player which curves the ball to the left of the target. For the left-handed player, the ball will curve to the right

PAR - a numerical standard of scoring excellence per hole, based on yardage, terrain, hazards and two putts per green

PENALTY STROKE - a score of one added to a player's score for violation of certain rules

PROVISIONAL BALL - a second ball hit before a player goes to look for the original ball which apparently is out-of-bounds or lost outside a water hazard

ROUGH - areas, usually of relatively long grass, adjacent to the tee, fairway, green or hazards

SAND TRAP - a hazard containing sand, usually located close to the green

SHANKING - striking the ball at the point on the club where the shaft joins the club face, usually causing the ball to veer sharply away from the intended line of flight

STROKE - any forward motion of the club head made with intent to strike the ball

SUMMER RULES - playing the ball as it lies

WINTER RULES - when the players are permitted to improve the lie of the ball on the fairway (This is usually a local golf rule).

IV. A. Equipment

Clubs

Maximum number allowed to carry is 14. (Nine irons - four woods - 1 putter)

Irons

Lower number indicate minimum loft. Degree of loft regulates distance the ball will travel when struck.

<u>Woods</u>	<u>Loft</u>
Driver = 1 wood (220)	11
2 wood (200)	14
3 wood (180)	16
4 wood (165)	19
5 wood (150)	21

<u>Irons</u>	<u>Loft</u>
1 180	17
2 170	20
3 160	23
4 150	26
5 140	30
6 130	34
7 120	38
8 110	42
9 100	46
wedge 85	50
sandwedge 10-100	55

B. Balls:

Balls are manufactured in accordance with the "Rules Concerning Golf Balls" as stated by the governing body of golf with few exceptions. One must play the same golf ball throughout a hole.

C. The Course:

18 holes divided into 2 sets of nine each

The start of each hole is the Tee Area. Markers are placed to designate a point (behind) from which to hit.

Blue - Championship Tee (Max)
Regulation Tee (White) (Average)
Red (Women's)

At the end of each hole is a green; in between is a fairway. The edges of the fairway are designated as rough and the grass here is much higher than on the fairway.

Courses are constructed with "hazards". Hazards may be "bunkers" - depressions filled with sand or left barren (grass). Certain hazards can be natural (a lake, stream, river, the sea) or man-made. These are known as "water hazards".

Some holes are bounded with stakes (white) which indicate "out of bounds". Special rules apply to hazards and balls "out of bounds".

Courses are of varying lengths (6,800 yds.) meaning that each hole is of varying length. The length of a hole determines how many shots it should take to hole the ball out. This predetermined number of shots per hole is known as par. Par can be 3, 4 or 5 per hole.

Generally holes of a length of 220 yds. or less are par 3's (tee shot to green and two putts). Holes of from 220 yds. to 480 yds. are par 4's; holes 480 yds and up are par 5's.

Two putts, once on the green, are regarded as normal. Thus, on a par 5 hole, one needs one shot off the tee, a shot from the fairway to an area near the green and a short shot to the green, plus 2 putts.

A course of par 70 means that when pars are counted for each hole the sum equals 70.

D. Tee Shots:

The tee shot is the first shot taken on a hole. The club chosen is determined by the distance of the target area (landing area) from the tee area.

On par 3 holes an iron is generally chosen. We choose a club to use based on the distance we can hit the ball with that club.

On par 4 and par 5 holes a wood is chosen because we want maximum distance off the tee. The target area for a par 3 is usually the green. For par 4's and 5's it is a point in the fairway that affords the easiest possible second shot! Length off the tee is not always a consideration.

E. Determining Target Area:

1. Hazards - don't flirt with them!
2. Angle of approach to green - where to land tee shot to best shoot at green.
3. Lie of Ball: Level of fairway - shoot to flat area.
4. Wind-weather

F. Fairway Shots:

Woods - 3, 4, 5, wood

Irons - 85% of fairway shots are with irons. How far you hit the ball with an iron determines the iron chosen.

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L. Playing the Wind: The wind will move the ball. Adjust to it!

Crosswind: Aim left or right of target. Hit a normal shot.

Downwind: Get ball up and use wind for extra distance. There will also be extra roll. Club down if necessary.

Upwind: Add a club or two. Keep ball low (hit off back foot).

Rain: Ball will not roll! Might have to add a club if roll is necessary for distance

M. Etiquette and Course Care:

There is no penalty for improper conduct. However, this assumption suggests that each player will act such that other players may enjoy the game.

Appropriate Behavior:

1. When in a group, stand clear a striker; don't impede target area. Be still and quiet!
2. Hitting order is: player who won last hole shoots first. On the first hole "honor" is decided by a flip of a coin. After the shots, the player farthest from hole strikes first (etc.).
3. Make sure players ahead are out of range. Use "fore" if needed.
4. An 18-hole round of golf in a foursome should be accomplished in less than four hours. Do not delay! Do not practice shots on the course.
5. All players in a group should search for a lost ball.
6. If, in a foursome, a group behind you have less players and you are holding them up - let them through! (Any delay by a group should be avoided. When it occurs, let group behind play through!) (2's past 3's, 3's past 4's)
7. Replace all divots.
8. Rake sand trap after hitting. Enter trap closest to ball. Exit same way.
9. Shots hit to green often leave a ball mark (depression). Repair it and others you see.
10. Be careful of cleat marks on green.
11. Never place clubs or bag on the green. Place off apron closest to next tee. Attempt to walk around green when placing bag. Enter green at spot closest to your ball.

V. THE SWING

A. Grip

1. Interlocking - move natural, easiest to learn, automatically lock hands together
2. Overlapping
3. Ten-finger
 - a. Keep grip as natural as possible. Back of left hand and palm of right hand should be square to target.
 - b. Left hand guides the club, must hold very firmly. Should be wedged into palm. Hold club up with forefinger.
 - c. Right hand is primarily in fingers
 1. promotes maximum feel and touch
 2. allows right hand to whip clubhead through ball. Baseball pitcher
 - d. Push left thumb down for "long left thumb"
 - e. Pressure Points - check "V's" A.V to rt. eye, rt. V to chin
 - f. Hold club firmly, but don't squeeze it.
 - g. "Firm but Passive." Must not loosen grip during swing from beginning to end.
 - h. Make sure thumb (left) stays nestled in palm of right hand throughout swing.
 - i. Keep gaps between hands and fingers to an absolute minimum.

B. Stance and Address

1. Tee ball with 1/2 of ball above club head when it is grounded.
2. Step back and line up target from behind ball.
3. Grip club as indicated with left hand first.
4. Place club head behind ball with sole flat on ground, and club face square to target. Right handed grip to be completed after taking stance.
5. Stance as follows:
 - a. ball positioned opposite instep of left foot
 - b. left shoulder pointing toward target
 - c. weight equally on heels and soles of feet; right foot pointed slightly to right for fuller turn on backswing
 - d. left toe pointed out more than right foot to provide good balance on down swing
 - e. feet shoulder width apart
 - f. flex knees - "sit down to the ball" - don't crouch
 - g. bend upper body forward slightly, 30 degrees but keep back straight
 - h. left hand, arm and club shaft should form a line straight from club head to left shoulder; the hands will then be just inside of the left thigh and slightly ahead of the ball
 - i. arch wrist slightly; particularly the right and don't reach for the ball

C. The Backswing

1. Waggle club head (relieves tension)
2. Set club behind ball.
3. Slight forward press to left with hands and right knee.
4. Start back swing (low and slow) with a push from left side through left hand and arm. Club head should be dragged away from ball with left arm and club shaft forming a straight line and with club head kept low to ground for first 12-24 inches.

At the same time:

- a) Turn hips to right until most of back faces target (don't sway hips literally)
- b) Left shoulder turns to right until it drops under chin.
- c) Left knee dips to right.
- d) Weight shifts to right foot, with pressure on the inside of foot.
5. Keep arms fully extended, with left arm in line with club shaft.
6. Keep both arms straight, and don't break wrists until hands are at least hip high.
7. Continue backswing until hands reach shoulder height, or higher, depending on player's ability. Don't bend left arm.
8. Keep head still and eye on ball.
9. At top of backswing, don't loosen grip on club.
10. Keep backswing well within your physical limits. Don't stretch or strain.
11. When top of backswing is reached, start downswing automatically, start unwinding, hips first.

D. Downswing

1. Start downswing slowly. Don't turn body to left too quickly. Don't be too eager to hit.
 2. Delay complete turn of body toward target, to allow hands and arms to come through.
 3. Lead club down with left hand and arm. "Draw" arms down with left arm kept straight until completely through impact with ball.
 4. Delay uncocking of wrists until hands reach hip level.
 5. Weight shifts to left foot. Move hips first, then shoulders to left, then arms and hands. Thrust right knee to left - push off inside of right foot.
 6. Right elbow returns to side slightly in front of body.
 7. Now uncock wrists, snapping them into a straight line with the arms, bringing the club head into the ball at the right time.
 8. Right shoulder lowers naturally (down and Under) until it touches chin.
 9. Keep head still and eye on ball
- Note: Keep your swing smooth and rhythmic. Don't try to slug beyond your power. Good timing will often get more distance than a slugged shot.

E. Impact and Follow-Through

1. Just before impact with the ball, make sure the right shoulder comes down and under the chin. This shoulder moves farther to left than it positions at address. Left shoulder rises.
2. At impact, the left arm is kept straight, and right arm is slightly bent.
3. Hit "through" the ball, not at it and don't quit on the shot.
4. After impact, extend arms as far as possible - with follow-through low, and weight shifted to inside of left foot at first.
5. Finish follow-through on outside of left foot, with body turned toward target. At this point, weight must be on left foot, with right foot on toe, merely steadying the body, and right knee pointing toward target. Don't finish with weight on right foot. Note: Follow through low and completely. "Throw" club head at the target. Extend both arms as far as possible. Shift weight fully to left side. Keep eye on ball until after impact. Finish follow-through with hands high, and weight completely on left leg. Right knee faces target, with toe of right foot balancing body. Now look up to see where ball is going, not before.

F. Putting

1. hands are critical factors--left hand guides, right hand works. Each hand faces each other on grip.
2. Good balance—no lower body movement
3. Eyes over ball
4. Shaft of putter perpendicular to ball
5. Ball left of stance
6. Start putter straight back
7. Keep putter low
8. Swing through ball
9. Keep putter face square and moving toward target at least 5” after the ball is struck.
10. Swing should mimic a pendulum

G. Tips

1. Backswing length determines distance
2. Try forward press if take-away is not smooth
3. If having difficulty stroking through ball, point left elbow at hole
4. Don't open or close clubface
5. Read greens and surrounding terrain
6. From fringe—worst putt is usually as good as best chip

H. Tips on Reading Greens

1. Always putt on the practice green. It usually represents all greens on the course.
2. Fast greens are dry and mowed close. (All greens get faster in the afternoon as they dry out).
3. Slow greens are either wet or mowed high, or both. (All greens are slower in the early morning).
4. Reading Grass:
 - a. // = slow + + (grass bent toward your ball)
 - b. ////////////////////// = fast ++ ++ (grass bent away from your ball)
 - c. :::::::::::::::::::: = average +++ +++ (grass straight up)
5. Putting Down Hill: very fast. Combined with grass bent away from the ball will be extremely fast.
6. Putting Up Hill: Slow. Combined with grass bent toward your ball and the roll will be very slow.
7. Side Hill: Speed is crucial once the "read" is made. "Fast" side hill putts won't "take the break." Slow putts will "drop" off the line you chose.

Thus, before you putt you must determine the bend of the grass, whether the greens are fast, average or slow, and the slope of the green.

VI. GOLF SWING CORRECTIONS

TOPPING

1. Stand closer to ball
2. Keep eyes and head still
3. Don't straighten right knee on back swing
4. Shift weight to right leg on backswing and to left leg on downswing

SKYING

1. Tee ball lower
2. Don't lift club head on back swing (keep left arms straight)
3. Don't play ball off left toe

HITTING GROUND IN FRONT OF BALL

1. Don't bob up and down (keep horizontal plane of hips and knees)
2. Don't bend left elbow (this causes "chopping down" stroke)
3. Don't play ball too far to right of stance

SHANKING (making contact with heel of club)

1. Stand farther from ball
2. Keep right elbow close to body on back swing and downswing
3. Prevent "outside-in" swing

PUSHING (ball straight to right)

1. Don't use severe closed stance (right foot farther back than left)
2. Don't open club face (face pointing right of target)
3. Prevent "inside-out" swing

PULLING (ball straight to left)

1. Don't use severe open stance (left foot farther back than right foot)
2. Don't "spin" shoulders horizontally

SLICING (ball curves severely to right)

1. Hands too far left on grip (only two or three knuckles of left hand should show)
2. Use a square or slightly close stance
3. Keep back swing low and slow
4. Keep right elbow close to the body. This prevents "throwing" the arms "outside" the preferred club path causing one to swing across the body instead of swinging squarely at the ball

HOOKING (ball curves severely to left)

1. Hands are too far to the right on grip
2. Use a square or slightly open stance

VII. UNUSUAL SHOTS TO MASTER

SIDE HILL LIE (ball is above feet)

1. choke up on club
2. aim to right of target
3. play ball more off right foot
4. swing easier

SIDE HILL LIE (ball is below feet)

1. stand close to ball
2. play ball to left of target
3. play ball in center of stance
4. keep weight on heels

UPHILL LIE

1. choose a club with less loft
2. play ball off "high" (left) foot
3. back swing must follow slope of hill

DOWNHILL LIE

1. use a more lofted club
2. play ball off high (right) foot
3. follow slope of ground on downswing

SAND (around green)

1. set feet firmly in sand, with open stance
2. grip club low and open club face
3. play ball off left heel
4. pick up club (by breaking wrists sharply)
5. hit sand (not ball) about two inches behind ball and under it
6. follow through completely
7. restrict leg action -- keep weight left (you may not ground the club)

BALL BURIED IN SAND

1. use open stance with ball played forward right foot
2. close club head
3. swing harder, hit sand behind ball
4. stay down to the shot and you must follow through (you may not ground the club)

FAIRWAY SAND TRAP

1. same as other fairway shots
2. hit ball clearly (don't ground the club)

DEEP ROUGH

1. choose a higher lofted club
2. open club face
3. play ball to right of stance
4. hit down on ball (left club on back swing)

LOW PUNCH SHOT (to hit under branches, etc.)

1. play ball opposite right foot
2. use low lofted club (i.e. 3 errors)
3. place hands in front of ball

VIII. BASIC GOLF RULES

A. Rules Pertaining to Teeing Area

All clubs used shall conform to United States Golf Association specifications, and no more than fourteen clubs shall be used. A player may replace a club that has broken during play. Most manufacturers make their clubs in conformance with United States Golf Association specifications. The penalty for carrying more than fourteen clubs is two strokes per club for the hole on which the rule was violated in stroke play, and loss of hole in match play. However, the penalty may not exceed four strokes or the loss of two holes regardless of when the violation is discovered.

When starting play on a hole, the ball must be teed within the teeing area--that area two club lengths in depth, the front and sides of which are defined by the outside limits of two tee markers. For violation in match play, the opponent may require the player to replay the ball within the teeing ground with no penalty. In stroke play, the stroke taken outside the teeing ground is counted as well as any other stroke so made, and then the player must play within the teeing ground, with the right of teeing his ball.

Should a ball fall off the tee, or be knocked off accidentally during the address, it shall be re-teed without penalty.

B. Playing the Ball as it Lies

In the very early days, golf had only one rule. The player was not allowed to touch the ball except with a club from the time it was teed off until after it was holed out. This is still true with some exceptions: (1 Stroke)

- a. Your ball may be marked and lifted when on the putting green for the purpose of cleaning it or if it interferes with the line of another player's putt.
- b. A ball which has been damaged may be replaced.
- c. A ball may be dropped into a new spot if it lands in "ground under repair," temporary or "casual" water, or an animal hole.
- d. A ball may be moved if it lies in or on an immovable obstruction (such as a sprinkler, a path or a bench) or if the obstruction interferes with the player's stance or swing. The ball may be lifted and dropped within one club length of the nearest point of relief. (see rule #3)
- e. Some local rules allow "winter rules" or preferred lies" by which the ball may be moved to a better lie, usually within six inches. These rules are sometimes in effect because of difficult conditions on a course caused by heavy rains, spring thaws, etc. These rules are not part of The **Official Rules of Golf**.
- f. Nothing may be done to improve the lie of the ball in rough or long grass.

C. Dropping the Ball

The correct way to drop the ball is to hold the ball at shoulder height and at arm's length and drop it. You may face any direction. The ball must come to rest within one club length of where it is to land and no nearer the hole.

D. **Playing the Course As It Is**

You may not stamp down or rearrange the ground under or near your ball or move anything that is growing, such as a tree branch. You must play the course as it is, **with some exceptions:** (2 strokes)

- a. On the teeing area you may smooth out irregularities.
- b. You may move loose impediments which include natural objects (such as leaves, small rocks and twigs) from places except from bunkers and water hazards.
- c. Any place on the course you may move a movable obstruction which is interpreted to be an artificial object such as a rake, a bottle, a can, etc.

E. **Playing on the Putting Green**

- a. If your ball hits the flagstick when putted, the penalty is two strokes in stroke play and loss of hole in match play.
- b. You may not touch the putting line except to repair ball marks and move loose impediments.
- c. In stroke play if your ball which is played from the green hits a fellow competitor's ball also on the green it is a two-stroke penalty and the displaced ball is changed to its original spot. In match play there is no penalty and your opponent may either play the ball from its new position or replace it.
- d. If your ball lands on the incorrect green you may drop it off the green within one club length of the nearest point of relief and no nearer the hole. No penalty.

F. **Ball in a Hazard**

- a. A hazard is a bunker (sometimes referred to as a sand trap) or a water hazard such as a lake, a brook or a ditch and their banks.
- b. If you attempt to hit your ball out of a hazard you may not ground your club. You may not touch the ground, sand or water with the club until the forward swing is made.
- c. If your ball goes into a water hazard and you cannot play it out, you may: (1) drop a ball any distance behind the hazard in line with the hole and the point it entered the hazard, or (2) you may hit a ball again from the original place. In both situations the penalty is one stroke.
- d. If your ball enters a lateral water hazard (one which runs parallel to the line of play) you may drop a ball on either side of the hazard, within two club lengths, and opposite the point at which the ball entered the hazard, not nearer the hole. The penalty is one stroke.

G. **Hitting the Wrong Ball**

A player is responsible for the identification of his own ball. This identification includes the brand name and number. Should he play the wrong ball in stroke play, the penalty is two strokes; then he must play his own ball. In match play, he loses the hole. Any strokes made while playing the wrong ball do not count in the score.

H. **Ball out of Bounds**

- a. A ball is considered out of bounds when all of the ball is in an area usually marked by out-of-bounds stakes or a fence. In this situation you either drop a ball from the place where you hit the ball that went out of bounds or, if it was your first shot, hit another ball from the tee. The penalty is one stroke and loss of distance. (If your tee shot goes out of bounds, you are hitting "3" from the tee, so you add a penalty stroke and lose the original distance from the tee.)
- b. If you are not sure whether your ball is out of bounds, it is well to hit a provisional ball. If it is out of bounds, you continue play with the provisional ball. If not, you continue with your original ball.

I. **Lost Ball**

Follow the same procedure and apply the same penalty as for out of bounds if you cannot find your ball. You are allowed up to five minutes to look for your ball. Penalty for a lost ball is one stroke and loss of distance.

J. **Unplayable Lie**

If your ball lands in a place in which you feel you cannot hit it, you may call it an unplayable lie (except in a water hazard). You are the only one who can judge your ball unplayable. If you do so, you have the following options:

- a. You may take the original shot again.
- b. You may drop the ball within two club lengths, but not nearer the hole.
- c. You may drop the ball anywhere behind the original lie which keeps it between you and the hole.

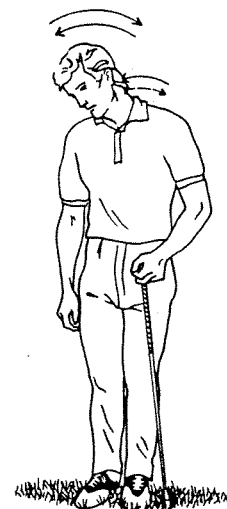
The penalty in all cases is one stroke and also loss of distance on the first option.

There are many other situations in golf for which rules exist. The general penalty for not complying with rule is loss of hole in match play and two strokes in stroke play. There are many differences in penalties, however, so as you become more serious about the game it is important that you check the official rule book. Knowing and applying the rules will help you avoid embarrassing situations, will promote good golf habits, and will often save strokes.

Phase II: Flexibility Exercises

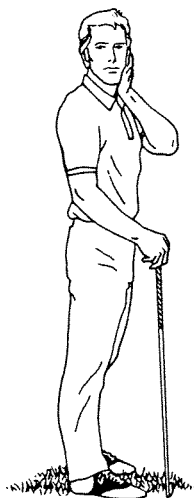
Concentrate on how your body feels as you perform the following exercises. A properly stretched muscle resists injury and allows your body to turn more during your golf swing. This increased range of motion can increase the distance you can hit a golf ball.

Start from your head and work down so that you are sure to stretch each body part. Select one exercise for each body part. Also, at the end of your practice period or round of golf, be sure to take advantage of a cool-down period. If you have been working hard, your body should be warmer and more flexible than it was at the beginning. Use this time to repeat at least one exercise for each of the body parts identified.



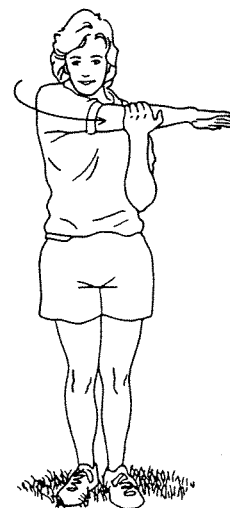
2. Standing, relax your head downward and gradually lift your chin to the right, making a complete circle around to the back, to the left, and around to your starting point. Then reverse the direction. Repeat in each direction 6 times.

Head and Neck



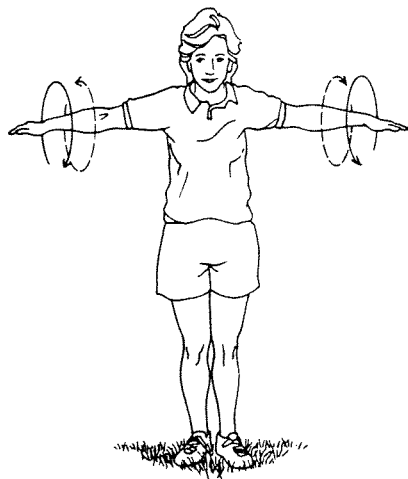
1. Standing, turn your head to the right side. With your left hand, gently push back against your jaw as if to have your chin touch your right shoulder. Hold the stretch for a count of 15. Turn your head to the left using the same procedure. Repeat in each direction 6 times.

Shoulders



1. Standing, extend your right arm at shoulder height across your chest toward your left shoulder. Place your left hand on your right elbow. Gently bring your right arm closer to your chest by applying gentle pulling pressure with your left hand. Hold this position for 10 seconds. Then reverse the direction by bringing your left arm across

your body at shoulder height and applying gentle pressure with your right hand. Repeat in each direction 6 times.



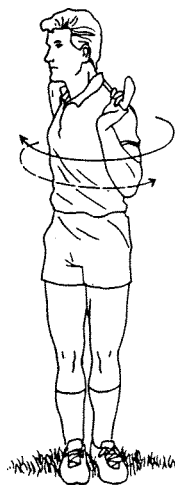
2. Standing, raise your arms to the side to shoulder height. Begin to make small circular movements with your arms. Increase the size of the circles until they are as large as possible. Then gradually begin to reduce the size of the circles. Repeat 10 times, resting briefly between sessions and alternating the direction of the circles. (Note: This exercise helps with both strength and flexibility.)

your hips, turn your shoulders to the right. Hold the stretch for a count of 15. Reverse and turn to left. Repeat each direction 6 times.

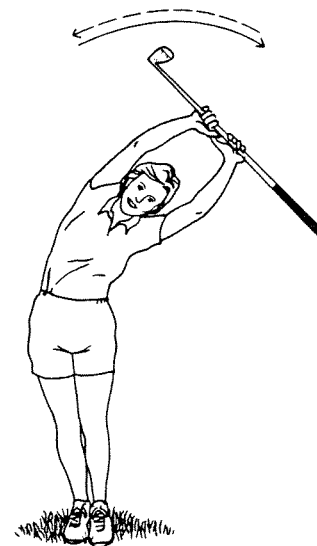


2. Sit on the floor with your legs extended in front. Bend your right leg at the knee and place your right foot on the floor on the outside of the left knee. Hold a club across the front of your shoulders, under your chin. Turn your trunk to the left as far as possible. Hold the stretch for 10 seconds. Repeat 6 times. To repeat to the right side, switch so your left leg crosses over the right and your body turns to the right.

Lower Back

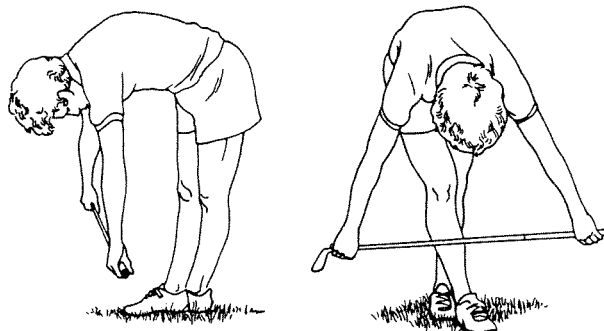


1. Standing, place a club behind your neck and across your shoulders, holding the club with a hand at each end. Without moving

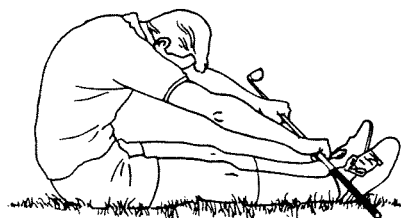


3. Standing with your arms extended overhead, hold a club at the center of its shaft with both hands. Bend your upper body to the left and hold for 10 seconds. Then bend to the right and hold. Repeat to both sides 6 times.

Legs

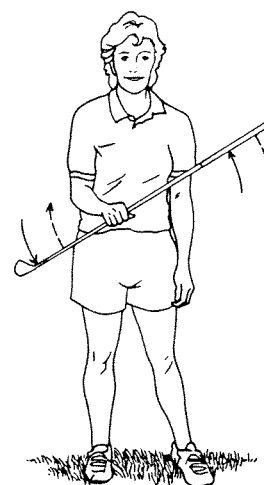


1. Standing with your feet together, hold a club with a hand at each end. Cross your right foot over the left. Slowly bend over, allowing your upper body to relax as your arms hang down toward the ground. The club should hang as close to the ground as possible. Hold for 10 seconds. Repeat 6 times. Then switch so your left foot crosses over your right foot. Hang and hold. Repeat 6 times on this side, too.

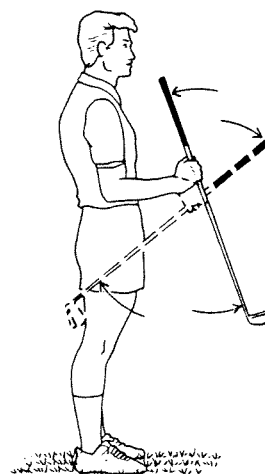


2. Sitting on the floor with your legs out straight and toes pointed, hold a club in your hands. Lean your chest out over your knees as far as possible. Reach gently toward your ankles, holding the stretch for 15 seconds. Do not bounce. Repeat 6 times, returning to the relaxed position between each repetition.

Arms and Hands



1. Hold a golf club in the center of its shaft with one hand, your arm at your side. Bend your arm at the elbow and extend your forearm horizontally, holding your elbow close to your body. Rotate your forearm, causing the club to turn clockwise; then repeat counterclockwise. The club should make a half circle as it turns around your arm as its axis. Repeat the rotation 10 times and then switch to the opposite hand. Exercise each arm 6 times. (Note: This exercise is good for both strength and flexibility.)



2. Standing, hold a golf club in the center of its shaft with one hand, your arm at your side. Bend your arm at the elbow and extend the forearm horizontally, the elbow

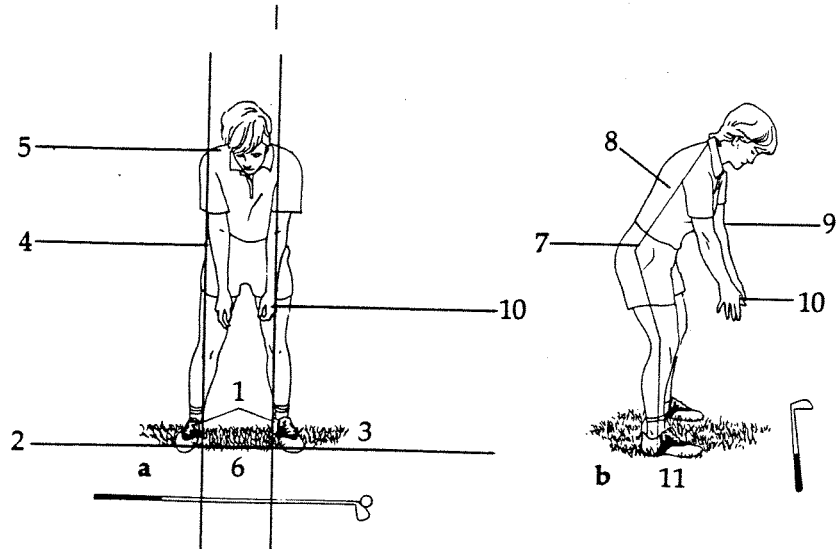
tucked close to your body. Hold the club vertically so that its ends point toward the sky and earth. Move the club so that your

thumb comes closer to your forearm, points to your shoulder, then points away from your shoulder.

Preparation Phase

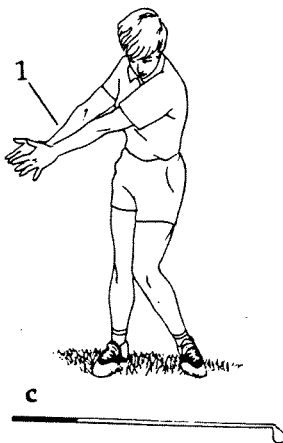
Setup

1. Feet shoulder width
2. Stand on imaginary line
3. Square foot alignment
4. Square hip alignment
5. Square shoulder alignment
6. Weight even on both feet
7. Bend from hips
8. Posture with flat back, eyes over hands
9. Arms hang relaxed
10. Palms of hands facing each other
11. Weight forward, mid-steps to balls of feet

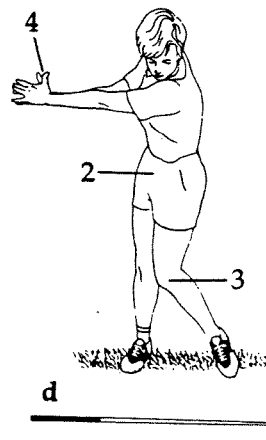


Execution Phase

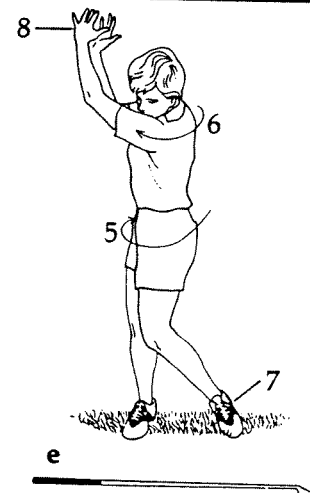
Backswing



1. Arms and hands start as unit

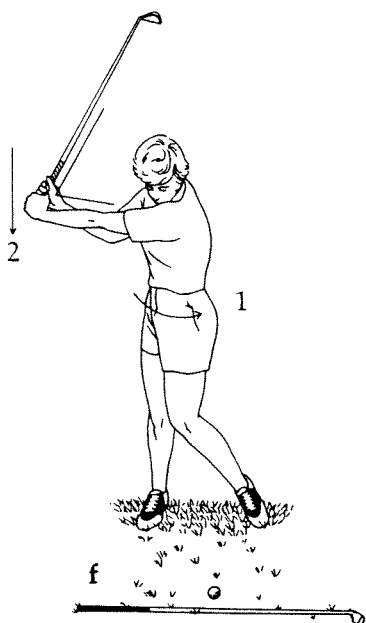


2. Weight shifts to rear
3. Target knee touches rear knee
4. Thumbs turn away from target and up

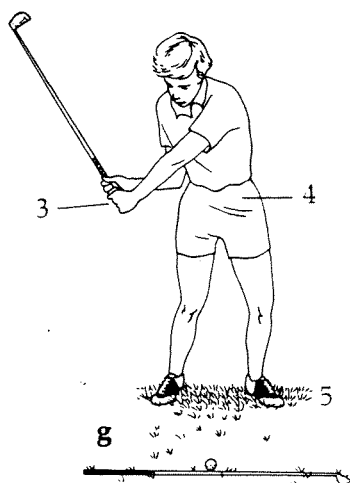


5. Hips turn to rear
6. Back to target (belt buckle to rear)
7. Target heel rises off ground slightly
8. Hands higher than rear shoulder

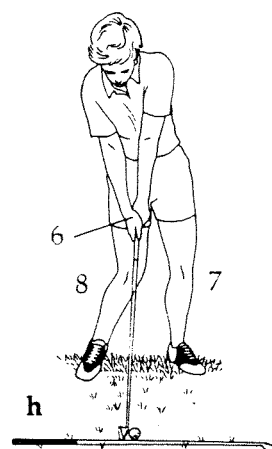
Forwardswing



1. Weight shifts to target side
2. Arms, hands, club start down as unit

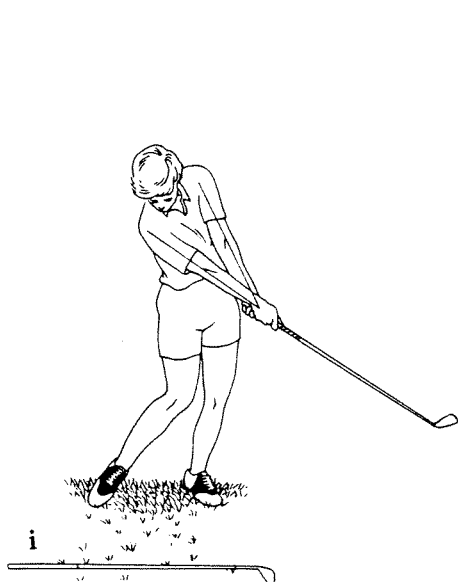


3. Wrists uncock at hip level
4. Hips return to square
5. Target heel down

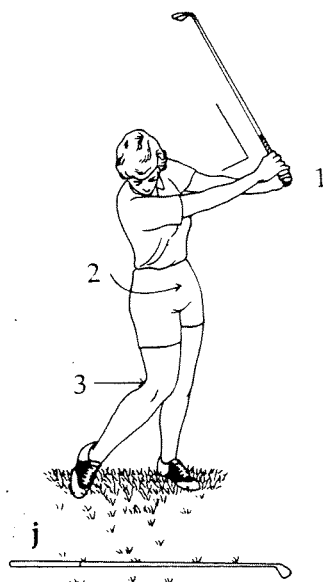


6. Arms, hands, club extended at contact
7. Target knee toward target
8. Rear knee toward target knee

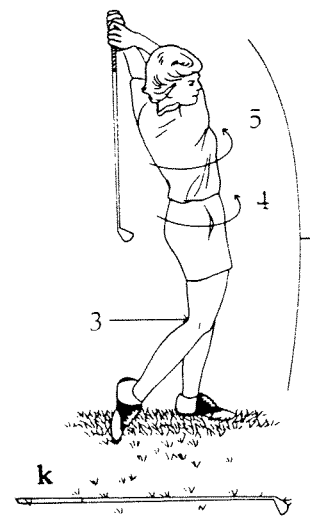
Follow-Through Phase



1. Wrists recock at target hip level
2. Hips turned to target



3. Weight on target side (rear knee touches target knee)



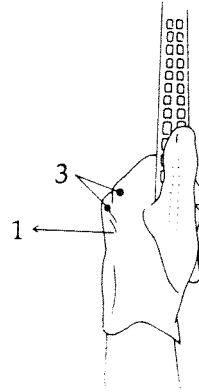
4. Hips face target
5. Chest to target
6. Balanced ending

Grip

1

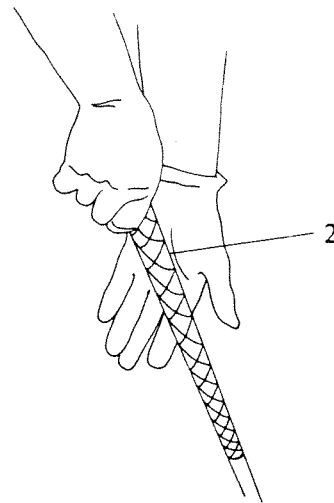
Target Hand

a



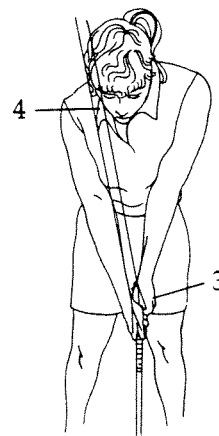
1. Back of hand to target

b



2. Club diagonally across palm and fingers

c



3. Two knuckles visible
4. V to rear side of chin