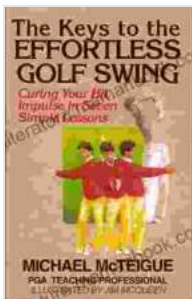


Curing Your Hit Impulse: 7 Simple Golf Instruction Lessons for Beginners

The hit impulse is a common problem for beginner golfers. It's the urge to swing the club as hard as possible as soon as the ball is teed up. This can lead to a number of problems, including:



The Keys to the Effortless Golf Swing: Curing Your Hit Impulse in Seven Simple Lessons (Golf Instruction for Beginner and Intermediate Golfers Book 1)

by Michael McTeigue

★★★★☆ 4.4 out of 5

Language : English
File size : 2947 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 114 pages
Lending : Enabled



- Inconsistent shots
- Loss of accuracy
- Increased risk of injury

If you're struggling with the hit impulse, don't worry. With a little practice and the right instruction, you can learn to control it and start hitting the ball more

consistently and accurately. Here are 7 simple golf instruction lessons to help you cure your hit impulse:

Lesson 1: Grip the Club Correctly

A proper grip is essential for controlling the club and preventing the hit impulse. The Vardon grip is a good option for beginners. To grip the club with the Vardon grip, place your left hand on the club so that the V formed by your thumb and forefinger points towards your right shoulder. Your right hand should then grip the club below your left, with your thumb resting on top of your left thumb.



Lesson 2: Address the Ball Correctly

Once you have a proper grip on the club, you need to address the ball correctly. This means standing with your feet shoulder-width apart, your knees slightly bent, and your weight evenly distributed on both feet. Your arms should hang naturally from your shoulders, and your head should be tilted slightly forward.



Correctly addressing the ball is essential for hitting the ball consistently and accurately.

Lesson 3: Take a Smooth Backswing

The backswing is the first part of the golf swing. It's important to take a smooth, controlled backswing in order to generate power and accuracy. To start the backswing, simply lift the clubhead up and away from the ball. As you lift the club, keep your arms straight and your wrists firm.



Lesson 4: Transition to the Downswing

Once you have reached the top of your backswing, it's time to transition to the downswing. The downswing is the most important part of the golf swing, so it's important to get it right. To start the downswing, simply reverse the motion of the backswing. Bring the clubhead down and through the ball, keeping your arms straight and your wrists firm.



The downswing is the most important part of the golf swing, so it's important to get it right.

Lesson 5: Follow Through

Once you have hit the ball, it's important to follow through with your swing. This will help you generate more power and accuracy. To follow through, simply continue swinging the clubhead through the ball and up into the air. Keep your arms straight and your wrists firm.



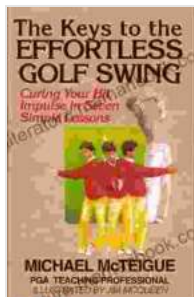
Lesson 6: Practice Regularly

The best way to cure your hit impulse is to practice regularly. The more you practice, the more comfortable you will become with the golf swing and the less likely you are to hit the ball too hard. Try to practice at least once a week, even if it's just for a short time.

Lesson 7: Be Patient

Learning to control your hit impulse takes time and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and eventually you will be able to cure your hit impulse and start hitting the ball more consistently and accurately.

If you're struggling with the hit impulse, don't worry. With a little practice and the right instruction, you can learn to control it and start hitting the ball more consistently and accurately. Just follow these 7 simple golf instruction lessons and you'll be on your way to curing your hit impulse in no time.

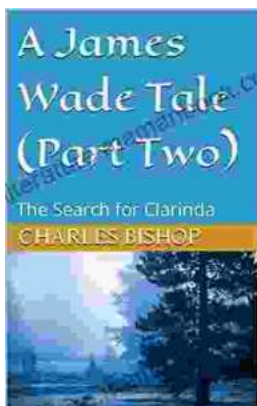


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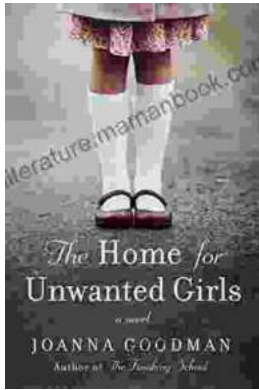
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