



AFTON GOLF CLUB

Member

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Guy Dawson
Head Professional

Posture

Proper posture in the golf swing is of utmost importance. The reason for this is that we need to have our body in a solid upright position when we address the golf ball while maintaining our balance throughout the swing, or said another way we need to stay “inside gravity” as opposed to being “outside gravity”. Hold a metal pipe straight up (vertical) in the air and feel its weight, now change its angle to 45 degrees and feel how heavy it becomes. That’s the difference between being “inside of gravity” as opposed to being “outside of gravity”.

So, how do we maintain a solid upright position “inside gravity” in the golf swing. Answer: Stand straight up (vertical) and notice how your weight is in the center of your feet, now tilt the shoulders over to hit the golf ball and notice how the weight moves from the center of your feet to the front balls of your feet (outside gravity). Now as you bend your knees stick your rear end out just enough to feel your weight come back to the center of your feet inside gravity). From this strong balanced position you will see a grant improvement in your ball striking. So remember, before swinging the club, be sure the weight is in the center of your feet, not in the front, not in the heels.

*Guy Dawson PGA
Director of Golf – Afton Golf Club*

Guy Dawson has owned and operated the Afton Golf Club for the past 21 years. He is a PGA Professional and Member of the Central New York PGA. Guy has been playing golf for 47 years and has given thousands of golf lessons. If you would like to Guy to give you a quick free of CHARGE check-up of your GPS system you can contact him @607 639-2454 or guyedawson@yahoo.com