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# Foreword

The game of golf can be quite entertaining and can provide those who know how to play it with hours of fun and joy. Golfing can also be a way for people to get rid of some of their aggression or be used as a way to relieve stress. The peace that an individual can feel while out on a beautiful golf course looking out over the greens and the lakes is truly amazing. As well, if you are looking for a way to escape all of the noises in today's busy society, golfing will be perfect for you. Golf courses are very quiet and it is actually a part of golf etiquette to not make a lot of noise while on the course.

Many business people choose to conduct some of their meetings over a round or two of golf. This allows the individuals to have fun while being able to talk about serious matters and tackle issues with their companies. Providing a surrounding that is more relaxed can actually be very beneficial when it comes to the effectiveness of a meeting.

Some people even make large amounts of money from playing golf. You have probably heard some of the names before such as the famous Tiger Woods or maybe you have even heard of Phil Nickelson. These people are professional golfers and they can win hundreds of thousands of dollars at a time while competing in gold tournaments. However, these professional golfers did not wake up one day with the amount of talent that they have. They put many years and countless amounts of effort into improving their game and that is why they are where they are now.

# Golf Guru

# Chapter 1:

*What is the Game of Golf all about?*

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## Synopsis

The following chapters of this book will shed light on some of the basics of golf and will provide you with some tips to better your game.

Golf is a physical activity that is played outdoors. The game is played on courses that are usually very large in size. These golf courses will usually feature challenging obstacles such as small ponds or lakes and sand traps.

Golfers take turns and try to make their golf ball in the hole with the least amount of strokes possible. It is important to remember that making your ball land in a hazard such as a lake is counted as an automatic stroke but we will go over the rules of golf later in this book in greater detail.

Golf has been around for a very long time. The exact date that golf was created is debated among researchers. For the most part however they can agree that golf was likely invented in Scotland during the time period of the middle ages. The game did not become popular and spread internationally for quite some time. In fact, it was not until about the nineteenth century that golf came to countries such as America and England.

The game of golf has changed a great deal since its creation in the Middle Ages. The rules of the game have been tweaked and the equipment used to play golf is much more advanced now than it was in its earlier days.

## **All about Golf**

The following chapter will go over the basics of golf and its origins. It will also discuss the different types of people who play golf and will provide you with some basic guidelines that should help you to begin improving your game.

Golf is a game that can be played by many different types of people consisting of many different ages. Anyone from a small child to an elderly individual can play golf. Golfing is actually thought of to be a healthy way for older individuals to still get some form of exercise while not making a great deal of impact on their body.

As stated before, golf is played on golf courses, hence the name golf course. Unlike baseball fields or basketball courts, no two golf courses will ever look the same. Golf courses do not have a regulation play size that they have to go by so this enable the creators of the course to use their imagination and creativity to come up with some truly awe inspiring courses. The beautiful scenery that can be taken in on these courses is part of the reason why a lot of people begin to play golf in the first place. Golf courses feature gorgeous landscaping that usually includes gorgeous trees, perfectly manicured and cared for grass, and some of the prettiest views you will ever see.

Golfing can be used as a way to spend time with your buddies and to have a blast. Other sports are fun but golf offers its own set of advantages. For example, let's say you and your buddies want to have some friendly competition but you are all planning on going out afterwards. The last thing that you would want to do is go play a game of basketball or something else

that is going to get you all sweaty. Golf is perfect for a situation like this. Although golf is challenging and is very entertaining, it does not require as much physical effort as some other sports. This actually makes the game of golf perfect for those who may not be as mobile as they were at one time, such as older people.

As stated before, golf can be enjoyed by people all of skill levels. You must not think that you need to be able to play like a pro before you go to a golf course because this is not true. The only way that you are ever going to get better at golf is if you practice as much as possible. Do not worry about others judging your swing when you first start. I can guarantee you that they were in the same position at one point so they will be understanding and will also most likely try to offer you some pointers to help you improve your swing.

Golf courses offer different tee off points for different levels of players. These tee off points are called handicaps. The way these handicaps work is they place a golfer either closer to the hole or further way from the hole depending on their skill level. For example, a professional would be at the tee off point furthest back while a novice would be at the one closest to the hole. This gives golfers a chance to keep up with those who are more skilled than them and keeps the experience enjoyable for everyone.

A lot of people are unaware of the fact that there is much more to golf than simply swinging a club at a ball. There is a large amount of technique that goes into a golf swing and the littlest mistakes can lead to some very poor strokes. There are different size clubs that are used for hitting the ball different amounts of distance. There are also different types of spins that a golfer can put on their ball. Mastering this technique can be very valuable

as it will give you the power to control which direction your ball will roll when it lands but we will go further into different clubs and swings later in this book.

If you are truly interested in learning to play the game of golf and would like to conquer the course and swing like a professional it is important that you understand some of the key concepts of golf. These concepts include your swing, golf etiquette, technique and the gear that you use. The following chapters will go further into detail with each one of these concepts to ensure that you have a proper understanding of the mechanics of a proper golfer.



# Chapter 2:

## *Get Your Golf Gear Ready*

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### Synopsis

No matter what your level of skill is when it comes to golf, if you do not have the proper gear it will almost surely have a negative effect on your game. It can be hard to choose the right gear though, especially with all of the different choices there are and all of the advancements that have been made in golf gear technology. However, there are some simple guidelines that you can follow that will surely make you more confident when you are purchasing your golf equipment.

Golf gear does not only pertain to clubs. There are many different types of gear that can greatly improve your golf game. Some examples would include different types of balls, gloves, swing analyzers and even the type of tee that you use and how deep you plant it. Some people would even swear on the fact that golf cleats are extremely important in their game.

You may not know where to begin and that is quite understandable. The important thing to remember is the fact that you will need different types of gear depending on your level of skill and how serious you are about golfing. Basically, a professional is going to need a lot more gear than a novice who is just trying to fill idle time.

The following chapter will go over the importance of choosing the right gear and will provide you with some basic guidelines that will help you to make sure that you get the right gear.

## Selecting the Right Golf Gear

There is one thing that is certain about purchasing golfing gear, it is not cheap. You can find gear that will not break your bank but that still does not mean that you want to buy the wrong gear and waste your money. There is a lot that goes into making decisions when purchasing your gear, it is not just buying what you think looks the coolest.

The following are some guidelines that you should follow when you are purchasing golf gear:

- **Purchase for Your Level of Skill**

It is very important that you know your level of skill when you are planning on purchasing golf gear. A lot of people would think that a beginner would need more gear in order to have a good golf experience. This is not the case, in fact beginners actually need much less gear than those with higher levels of skill. This is due to the fact that beginners are still getting a feel for the game and have not mastered their swing yet. There is no point in buying all kinds of gear if you do not have the basics down yet. It is advised that beginners start with a set that includes about two or three woods and a handful of drivers. You will also want to make sure that you have a pitching and a sand wedge as well as a putter. This will take care of the golfer's basic needs to play the game. Once the golfer is able to use these clubs correctly it is time to start adding to the set. One thing that a beginner golfer should consider purchasing is a golf swing analyzer. This analyzer will tell you where you can improve on your swing and offer you the option to instantly review your swings.

- **Try Custom Gear**

There are many people who choose to buy standardized sets when purchasing golf gear. This may not be the best option for you. Custom gear may be a better approach for you, In fact, many people who use custom gear say that it drastically improved their golf game. This is due to the fact that standardized sets are made for an average size person whereas custom made gear is built specifically for you. If you are serious about getting into golf you should seriously consider getting custom gear. However, if you don't plan on spending that much time playing golf you may want to stick to the standard sets. Custom gear can be very expensive since it is measured and cut to your request so it should really only be purchased by those who plan on golfing a lot.

- **Try Bigger Drivers**

Have you ever noticed how the drivers that you see in commercials and in magazines by the professionals look enormous? Well the reason for this is the fact that they are actually quite large in size. Having a larger driver head offers more room for forgiveness. Basically this means that if you do not swing correctly and miss your shot your ball has a better chance of at least staying in bounds. While bigger can be better when it comes to drivers, at a certain point the forgiveness level starts to level out and will not make much of a difference. Some people prefer slightly smaller heads on their drivers while some choose to go for the slightly larger heads. You will need to try both and see what style you like best.

- **Choose the Right Balls**

While choosing the right type of golf ball for your play style is very important it is also important to remember not to spend too much money when purchasing golf balls. It does not matter how expensive your golf balls are, if you do not have the skill to back it up you will see no improvement in your game. As well, many people would agree with the fact that if you know how to properly swing your club, you will not really notice all that much of an improvement. Basically, do not go overboard on golf balls but stay away from the cheapest ones on the shelf.

- **Take Lessons**

Believe it or not, taking lessons is actually part of your golf gear. Lessons will help you just as much as the rest of your gear, if not more! Do not be shy or embarrassed to take lessons, everyone has to start somewhere. You can find lessons at decent prices and in some cases even free.

# Chapter 3:

## *All the Rules of the Game*

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### Synopsis

As with anything else in life, it is important that you are following the rules why you are playing golf. Following the rules will provide you with a pleasant experience and will likely lead to you making a few new golf friends. On the other hand, not following the rules will likely lead to a negative experience and will definitely not lead to you making any new friends at a golf course.

Golf course rules and golf rules in general are extremely important to follow. These rules have been set in place for a reason. Some of these rules have been created in order to ensure that you remain safe during your golfing experience. Other rules are in place to make sure that the game is played fairly and correctly. Some rules are even designed to ensure that everyone else on the course has a good time along with you and that your game does not interfere with theirs.

The following chapter will go over some of the basic rules of golfing. Remember, it is important that you are familiar with these rules before you choose to go hit a course.

## **Basic Rules of Golfing**

Just like with any other sport, there are a lot of rules that go along with playing a round of golf. However, if we were to discuss every rule of golf we would be here for days! Most of the rules of golf can be learned while playing the game. The basic rules are the ones that are most important to learn first. These are the rules that ensure proper gameplay and safety as well as proper etiquette.

The following are some examples of the basic rules of golfing. You will be provided with some do's and don'ts on what to do while you are playing golf. Remember, following these rules will make your golfing experience much more safe and entertaining.

- **Be on Time**

Almost all golf courses will require you to schedule a tee off time before playing a round of golf. Make sure that you schedule this time for a time that you will be available and leave yourself about thirty minutes of extra time in case something comes up. The golf course staff will not wait long before skipping you on the tee off list if you are not there on time since other golfers will be waiting to play. In most cases, you have to pay green fees when you schedule your tee off time so not being there will result in a waste of money. This can be especially frustrating for a group when one person does not show as it can ruin all of their plans of having a fun day golfing.

- **Keep a Steady Pace**

It is important to keep in mind that other golfers are likely waiting for you to finish your hole so that they may tee off. For this reason it is important that you do not take too much time on a hole. If you are having difficulty finishing a hole and golfers are waiting for you it is the courteous thing to do to move off to the side and let them play through before you continue. One way to avoid this situation is to try and schedule your tee off time for a time that you know that they course is not busy until you better your golf game. This is probably the better option for beginner golfers anyways.

- **Know Who's Turn it is**

Each player has to take turns while playing golf. In other words, no two players should ever be swinging on the same hole at the same time. The order in which the shots are taken is simple. The player who is farthest away from the hole is the one who swings. Even if this person goes more than once they will continue to swing until their ball is no longer the furthest from the pin.

- **Check Rules and Regulations**

It is important that you check the posted rules and regulations for the course that you are golfing at. The reason for this is the fact that certain courses may have different rules and regulations than other courses.

- **Turn in All Scores**

It is important that you turn in all score cards after you are done with your rounds of golf. Even if it is just a friendly game between you and

your buddies it is still important. The scores from these cards are used to regulate the handicaps on the courses so therefore they are extremely important, even if you don't think they are.

### **Clean After Yourself**

When playing golf, you need to make sure that you repair any damages that you may make to the course during play. This includes ruts and divots. Ruts and divots should be filled so that the next golfer in line may have a pleasant experience. As well, if you happen to land in the sand trap it is the courteous thing to do to rake out the chip marks you made when using your sand wedge.

The previous were some examples of things that you should do while playing golf at a course. The following will be some examples of things that you should never do at a golf course.

- **Never Play in Lightning**

People who really love to golf will tell you that it is hard to keep them from golfing, no matter what the weather conditions are except for one thing, lightning. Playing in lightning is extremely dangerous and has a high chance of leading to you being injured severely or fatally. Think about it, does it seem like a good idea to stand on wet grass holding a metal club while there is electricity shooting down from the sky?

- **No Talking!**

Silence is golden when someone is taking a golf swing. That is why it is important that you never speak while someone is setting up for a swing or while they are in the process of a swing.

### **Never Swing Towards a Person**

You must never take your swing in the direction of another person. When doing your rounds and advancing from hole to hole you must always make sure that the hole is clear and that the group ahead of you has already moved on. People can be badly hurt when playing golf if rules such as these are not followed. However, complying with this rule will surely provide you with a safe golfing experience.

- **Never Interrupt a Put**

Making a good put requires a great deal of concentration and skill. It is highly important that you never do anything to distract someone or interrupt them while they are putting. This may include trying to speak to them, your phone going off. The worst thing you could do while on a golf course is walk directly in front of someone while they are putting.

- **Never Hold Up Players**

As mentioned before, games of golf are scheduled by tee off times. Just as you do, other golfers have to pay fee in order to play and many of them likely have other things to do later on in the day. For this reason it is highly important that you do not take too much time to progress through the holes and that you never hold up other golfers.

# Chapter 4:

## *The Important of Building Your Swing*

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### Synopsis

Once you have a basic understanding of what type of gear to get and the basic rules of golf it is time for you to start working on and improving your golf swing. Many people make the mistake of trying to swing a golf club like it is a baseball bat and this never works in their favor. There is a certain level of power that must be applied by the golfer but in all honesty the club and your body creates much of the power, not your arms.

If you want to be able to impress people and conquer the course with impressive skills it is important that you work on your swing until it is nearly flawless. As mentioned before in this book, no matter what type of gear you have your game will still be off without a proper golf swing.

The following chapter will go over the basics of a golf swing and will provide you with some pointers that should help you improve your golf swing.

## **Improve Your Swing**

Your golf swing is very important when it comes to your golf game, especially if you want to ever be good at the game. Your golf swing can be thought of kind of like your foundation for your golf game. Your skill level will never improve if you do not improve your foundation, or your swing. Perfecting a golf swing is not something that you will likely be able to do overnight. It will likely take a great deal of time and you will have to continue to work on it even after it is mastered to make sure it stays up to par. If you look you will notice that many golfers who are good at the game are constantly out on driving ranges working on their golf swings.

The following are some simple tips that you may want to consider trying in order to improve your golf swing.

- **Keep Your Hands Low**

You want to try and keep your hands in a lower position while performing a golf swing. The reason for this is the fact that keeping your hands lower will result in the golf ball flying further in distance instead of higher into the air. Keep in mind, some situations will require you to pop the ball up high for a short amount of distance. But in most cases you want to be able to launch the ball far, especially when teeing off.

- **Use Your Body**

As mentioned before, the power that you use to hit the golf ball should come from your body and not from your arms. Using your

arms to generate the force for the swing will lead to decreased accuracy and low control of the golf ball.

- **Proper Body Stance**

It is very important that you have the proper stance while you are trying to execute a golf swing. You should have your knees, feet, hips, shoulders, forearms as well as your eyes parallel to your target or the hole. You need to stand with your knees at least shoulder width apart to allow smooth body motions. You then want to flare your target foot about twenty to forty degrees to allow your body to rotate toward your target during your downswing. You want to make sure that your back foot is squared or ninety degrees to the target. Make sure that this foot is slightly open in order to ensure that your body can perform the proper hip turn during your downswing. People will have differences in how open their foot is because this will be determined by how flexible you are as well as how fast you are able to turn your body.

- **Ball Position**

It is very important that you know where to place your ball before swinging. Different clubs call for different placements, either closer to or further away from the target foot. For example, drivers will be placed closer to the target foot while wedges will be further from the target foot and closer to the center of the body. Short irons should be played in the center portion of your stance and should not be closer to either one of your feet. These types of clubs must be swung with a steep angle and are good for when balls have a divot in front of them. Target irons should be placed one ball toward the target foot away

from the center. These clubs have a shorter pop and do not need to be used to steeply. When using long irons you want to have the ball positioned two balls toward the target foot from center. The ball should also be hit on the bottom of the swing arc and there should be very little divot.

- **Place Your Weight on the Balls of Your Feet**

To have a proper golf swing you will need to learn how to distribute your weight to the balls of your feet and off of your heels and your toes. When using short irons you want sixty percent of your weight to be on your target foot. You want to have your knees slightly bent and all weight on the balls of your feet as this will strengthen your balance and will result in a much better golf swing.

A lot of your golf swing is going to come down to hitting the driving ranges and practicing. However, if you apply a few of these tips you will surely begin to see improvements in no time at all.

# Wrapping Up

Golfing can be a very fun experience. It offers something for everyone from those who are looking for an activity to do with their spare time or for those who just love to enjoy beautiful scenery. Those who enjoy other sports will surely enjoy golf for its beauty as well as its challenge. It can be quite fun to have a friendly competition between you and your buddies out on the golf course. If you practice enough you will surely impress them the next time you are out. Your golf buddies will truly be surprised when you go out on the course and dominate them and completely conquer the course.

You have to practice as much as you can. If you ask any of the greats they will all surely agree that their talent did not just appear overnight. They will surely tell you that it took years of blood, sweat and tears and they will also likely tell you that they themselves are still learning. The game of golf can never be truly mastered because there is always somewhere else a person can improve certain aspects of their gameplay. This is especially true due to all of the new types of clubs that are coming out on the shelves which allow balls to be hit further and with more control. Along with new golf club technology comes new and more challenging courses and holes.

You must never get frustrated and give up. At times it may seem as if there is not point and it may feel like you will never be any good at golfing. You must immediately push these thoughts out of your head because you are capable of doing anything, you just have to think positively and set your mind to it. I'm sure that there are many other things in life that you once had difficulty with but now can do with no problem. For example, there

were probably times when you were a baby that you felt you would never walk, but you walk just fine now right?

With enough practice and determination you will be golfing like a pro and conquering the course in no time at all. I wish you the best of luck and thank you for your time. Now get out there and golf!

