

## Good Posture = Good Start

One of the most under-stressed aspects of the golf swing is your posture at address. Good posture establishes the proper spine angle and axis for your swing, allows you to stay in better balance, makes it easier for you to rotate your shoulders and hips, and reduces the tension in your arms for a freer swing. Establishing good posture is simple and here's one way you can do it:

1. Take a golf club, preferably a driver, and stand erect;
2. Place the club along your back holding the grip in one hand on your tailbone and the other behind your head (i.e. create a straight line from the back of your head to your tailbone). This normally feels like you're arching your back slightly and sticking out your chest;
3. Holding the club on your back and keeping the club in contact with your tailbone and back of head, bend forward to the point where your arms can hang limp over the tips of your shoes;
4. Now bend your knees to where they're directly over the balls of your feet and *bingo!* you have the correct posture!

The next time you watch the tour players on television, notice how many of the players have good posture. It's something everyone can do, it's really easy and it will help you swing and play much better.