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Learning golf: 学习高尔夫

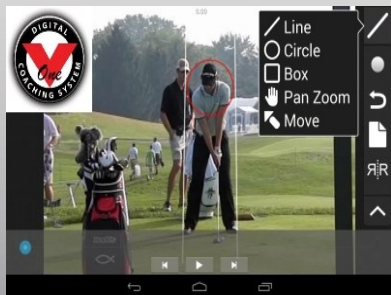
Perfect Golf Swing: 完美的高尔夫挥杆

Setup	✓	✗	Posture: Keep right leg flexed during motion.	Drill #
Right leg is always flexed during setup and swing.	1		 ✓  ✗  ✓ <p>Hold your finish position for 5 seconds. (Building muscles memory)</p>	64

Setup	✓	✗	90 degree angle - Spine Angle	Drill #
Posture: Keep your spine angle during motion.	2		 ✓  ✗  ✓ <p>Hold your finish position for 5 seconds. (Building muscles memory)</p>	64

Setup	✓	✗	Arm Extension	Drill #
Posture: Keep arms extended during motion.	3		 ✓  ✗  ✓ <p>Hold your finish position for 5 seconds. (Building muscles memory)</p>	64

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