

**Learning golf: 学习高尔夫**

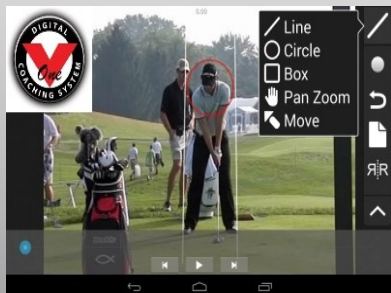
**Perfect Golf Swing: 完美的高尔夫挥杆**

<b>Setup</b>	<span style="color: green;">✓</span>	<span style="color: red;">✗</span>	<b>Posture: How far should you be from the ball</b>	<b>Drill #</b>
Leave your right arm hand, bring your left hand where it meets your right to form your grip.  <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">1</div>			<p>How far should the ball be from your body? 1. Setup properly. 2. Drop your right arm vertically. (Let it hang naturally) 3. Adjust your left hand to meet your right hand. 4. You should be at the right distance.</p> <p>這時候手該與握住握把處對齊 換句話就是這樣的對齊</p> <p>你看右手該懸在它在球上的位置的右方?</p> <p>你看他的右手就懸在左手的正右方</p>	<b>10</b>

<b>The Swing</b>	<span style="color: green;">✓</span>	<span style="color: red;">✗</span>	<b>Backswing - 45 degrees</b>	<b>Drill #</b>
Arm & Shoulder Turn 45 degrees with irons  <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">2</div>				<b>25</b>

<b>EXERCISE</b>	<span style="color: green;">✓</span>	<span style="color: red;">✗</span>	<b>Muscle Memory - 收杆</b>	<b>Drill #</b>
Work on your finish position. When hitting the ball properly, hold your finish position for 5 seconds. (Building muscles memory)  <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">3</div>			<p>COACHING Train it &amp; Trust it</p> <p>Integration (Muscle Memory) Unconscious Competence</p> <p>Skill Practice (Mental Rehearsal) Conscious Competence</p> <p>In-Class Training Conscious Incompetence</p> <p>No Training Unconscious Incompetence</p> <p>©2004 Mia Doucet Training. All rights reserved.</p> <p>MuscleMemory Hold finish position for 5 seconds</p> <p>1-2-3-4-5</p>	<b>62</b>

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