



Learning golf: 学习高尔夫

Perfect Golf Swing: 完美的高尔夫挥杆

EXERCISE	✓	✗	Muscle Memory - 收杆	Drill #
<p>Work on any aspects of your game. When executing a proper motion, hold that position for 5 seconds.</p> <p>(Building muscles memory)</p> <p>在你的游戏的任何方面工作。当执行正确的运动时，按住该位置5秒钟。</p>				

EXERCISE			Muscle Memory - 收杆	Drill #
<p>Work on your finish position. When hitting the ball properly, hold your finish position for 5 seconds.</p> <p>(Building muscles memory)</p> <p>保持这个位置5秒钟，并建立肌肉记忆。</p>				

EXERCISE			Muscle Memory - 收杆	Drill #
<p>Work on any aspects of your game. When executing a proper motion, hold that position for 5 seconds.</p> <p>(Building muscles memory)</p> <p>在你的游戏的任何方面工作。当执行正确的运动时，按住该位置5秒钟。</p>			<div><h3>Muscle Memory</h3><ul style="list-style-type: none">Muscle memory is the concept that once you learn to do something, when you do it again, it becomes easier. Your muscles “remember” how to do that movement.<div><p>保持这个位置5秒钟，并建立肌肉记忆。</p></div></div>	



Junior Program, Private and Group Lessons:

青少年培训体系，私教一对一课程以及团体课程