



**SANTA ROSA**  
**GOLF & BEACH CLUB**  
ESTABLISHED 1969

## **SANTA ROSA GOLF & BEACH CLUB**

### **Golf Academy**

#### **Tips by PGA Director, Carter Murchison**

- **POSTURE** (picture of the address position): Correct set up positions are based on angles of the body & balance points on your feet. The amount of upper body tilt (from the hips) should be balanced by a similar amount of knee flex...match the angles. Feet should be shoulder width apart (a guideline) with the weight evenly balanced from left to right and from toe to heel. Once you create the posture & balance positions, allow your arms to hang from your shoulders, grip the club and then set to the golf ball...the posture positions and the length of the club dictates your distance from the ball at address.
- **FINISH POSITION**: A good/balanced finish position will be based on relaxation & freedom of motion of the hands & arms and good foot work during the swing. At the finish position, the majority of the weight should be on your front foot/leg and your trailing foot heel should be up & turned. By improving your foot movement during the swing and to the finish, your body will be allowed to be involved in the overall swing motion. Additionally, by following the above guidelines, a player can begin to create good rhythm during the swing.
- **GRIP**: Although, there are general guidelines for a grip position, each player should match their grip positions to their swing tendencies and golf ball flight. However, all players should work on and constantly monitor their grip pressure. The grip pressure should be enough to just hold onto the club during the swing without the club moving around in the hands. In addition to the proper grip pressure, make sure you allow your wrists to be free & flexible during the swing. The overall goal is to create a balance between proper grip pressure and flexibility of the wrists at address & during the swing.