

Detailed Fundamentals OF The **GOLF SWING**



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Detailed Fundamentals of the Golf Swing

Table of Contents

CHAPTER 2. SWING ACTION FUNDAMENTALS2

Definition of “Baird’s Way”2

Methodology of the Nationwide Golf Schools4

THE CHIP SHOT:.....8

Students Comments.....10

VISUALS FOR THE CHIP SHOT11

THE PITCH SHOT.....17

VISUALS FOR THE PITCH SHOT18

CHAPTER 2. SWING ACTION FUNDAMENTALS

Definition of “Baird’s Way”

The golf swing is similar to many other athletic movements. It is a rotation of the shoulders and hips with the arms following on both the backswing and downswing. It is the rotation of the shoulders and the hips that creates a weight shift. A basic theme of most instruction centers on the large muscles (shoulders, hips, legs) leading the smaller muscles of the hands and arms.

If the large muscles are used in the golf swing, it gives the golfer the ability to deliver a square clubface down a straight path with maximum speed while maintaining balance. This is the goal of any good golf swing. The best way to achieve this goal is to use the body as it was designed to function. The body was designed to work in a rotational fashion.

We call this program “The Short Swing”, not “The Short Game”. Welcome to Bruce Baird’s short game academy. The academy is the culmination of my golf career. 30 years ago when I was “digging my golf swing from the dirt”, I discovered an old secret. It is this-The golf swing fundamentals are better learned from the green out, not from the tee in. This insight led me to practice by the hour from varying distances of 10-80 yards. Somewhere during this process, I discovered that the swing started to make sense not just intellectually, but a newly developed sense of the rhythm and timing (left brain) was merging with the (right brain) mechanics. The process of integration was taking place! Amazing!

Most amateur golfers never achieve an integrated golf swing. I believe it is because the swing fundamentals are taught from a mechanistic perspective with emphasis on the full swing. The Nationwide Golf School I created is based on the belief that small discrete movements are more easily assimilated by most people. The "feel" of the actions is much better attained because things are moving at a slow motion pace. From understanding and feel comes a more profound knowledge of the basic fundamentals of the golf swing.

The curriculum which was developed around these principles is designed to enable the student in a simple, doable set of lessons to focus on the fundamentals which make up the complete swing. As a student moves farther away from the green, he learns other swing characteristics. But Harry Obitz, said it simply almost 70 years ago "All swing methods are glorified pitch shots."

By the end of the second day, the novice student will have an exceptional acquaintance with the fundamentals of a proper swing. It is not unusual for the more experienced golfer to have discovered a sense of mechanics and feel that he never knew existed.

Additional and significant benefits of this method are simply amazing ---a student now has a short-game, and a long-game swing!

Welcome aboard!

Bruce Baird

Methodology of the Nationwide Golf Schools

At the California Golf School we teach the golfer the proper fundamentals of the golf swing by small increments. The golfer is taught to chip and pitch first and then carry the fundamentals of chipping and pitching into the full swing. By using properly their hands, arms, legs, shoulders and hips on the small swings, they are better able to execute the full swing with greater ease.

Welcome to the California Golf Schools SHORT GAME ACADEMY. This will introduce you to our program called Baird's Way, a specially crafted program designed to integrate the golf fundamentals into your existing swing without the pain and anxiety of normal lessons. California Golf Schools has developed a unique approach to the "how" of teaching the golf fundamentals. Unlike most golf instruction today, this program teaches from the "green out" and not from the "tee in" The result is an easier, more productive learning situation which develops confidence and effectiveness sooner than conventional methods.

From the first teaching hour, our golf instructors teach the fundamentals through the "short swing". This is a natural progression to the longer more difficult clubs. This series of 2 compact four-hour instruction sessions allow golfers to select a very specific golf area where they need the greatest help. Each segment is organized to focus on the fundamentals of the complete golf swing- but these fundamentals are taught and reinforced from the green out.

Most traditional golf teaching is done from the tee in. Here at CGS we do the opposite. There are no gimmicks or quick fix issues here. The essential philosophy of California Golf School is that the golf swing is simpler than it is made to appear, but a golfer must know certain fundamentals and practice them, or progress is slow or non-existent. There is one golf swing with all the clubs, not different swings for the short clubs and one for the long shots.

The fundamentally correct golf swing contains certain basic moves, which can be taught “from the ground up.” From the smallest (simplest) swing to the largest (complex) we teach those swing fundamentals which are appropriate for all the golf clubs (The driver swing contains the same fundamentals as the nine-iron swing even though the nine-iron swing does not include all the fundamentals of the driver swing.)

We follow this simple to complex swing progression to aid the student in understanding his personal golf swing. The mini-schools are instructional alternatives to our normal 2 or 3 day 15 hours school programs. The 8 hour sessions are designed to be complete in themselves, easily adaptable to varying student skill levels.

Each segment illustrates the appropriate swing patterns while providing the drills and practice programs to be used in changing the students swing faults.

In practice the first day, the student will hit few full shots but, but rather will work on achieving club face contact, proper grip tension and physical positioning. The takeaway, the most critical part of the golf swing, is particularly emphasized by use of the “toe up to toe up” drills. These skills/fundamentals are taught in a “mini-swing” (short-swing, ½ swing, ¾ swing) context.

The reason? A golfer can easily feel the swing parts, since the clubhead is moving slower-back and forward with less brute strength and force. A player at all levels, can feel the timing of the legs and the upper body. He or she can even see the parts of their swing in real time. Advance skills such as visualization can be taught to the moderately skilled golfer.

When a student has reached a success level from a 30-40 yard pitch shot distance with most fundamentals in order, then he is ready to move to the 50-80 yard shot, and as the day progresses, the clubs change from PW to 7 iron to 5 iron etc. No drivers! The instructional process develops from the short swing to the full swing and leaves few fundamentals behind.

The outstanding result part of this process, is that at some level even the moderate player has success, and he knows what he must work on. The more advanced player moves rapidly, but not unless the fundamentals are clear to him.

One reason golfers do not improve is that the relationship between distance and consistency is not ingrained as habit. Most handicap golfers have multiple swings, depending on the club in hand, or the day's efforts. This golfer lacks integration and security about his golf basics.

Baird's Way will help immensely in creating this integration in the shortest period of time.

Let's get right to it!

Bruce Baird, Founder

THE CHIP SHOT:

The chip shot is a shot that is played from just off the edge of the green. The golfer should keep the ball very low to the ground with the majority of the shot's distance covered with the ball rolling to the target (the hole). The fundamentals of the chip shot are as follows:

The role of the hands in the chip shot

The club is held in the hands with a normal grip.

The grip pressure is very light, with only enough pressure to maintain control of the club.

Place the hands slightly ahead of the ball at address. A good rule of thumb is to have the hands placed even with the inside of the left thigh.

The set up for the chip shot

At address, the stance should be narrow and slightly open to the target line.

The weight is placed on the left leg at address.

Position the ball just inside the golfer's right foot.

Place the club close to the body and choke down on the grip of the club for better control.

Aim the clubface at the target with the shoulders aimed parallel to the clubface.

The chipping stroke

The stroke is much like a putt using mostly arms and shoulders together as a unit.

Play the shot with a sand wedge, pitching wedge, 9 iron, 8 iron, 7 iron, or 6 iron.

The stroke is played by moving the arms and shoulders back and through with the club brushing the ground at impact.

Do not move the weight off the left foot throughout the stroke.

The hands and wrists should remain tension free throughout the entire stroke.

Students Comments

VISUALS FOR THE CHIP SHOT



The ball is back toward the right foot in the stance and the feet are close together.

The hands are well forward and the weight is on the left foot.



The weight stays on the left foot as the arms and shoulders swing the club away.

Trajectory and roll of the ball

Aim to keep the ball as close to the ground as possible with the chip

When chipping, the ball will fly highest with a sand wedge and lowest with a 6 iron.

Land the golf ball on the edge of the green and allow it to roll to the hole as if it were a putt.

The distance that the ball travels is a result of the length of the swing and the momentum of the clubhead.

The ball will roll short with a sand wedge and longer with a 6 iron.

Drills for practicing the chip shot

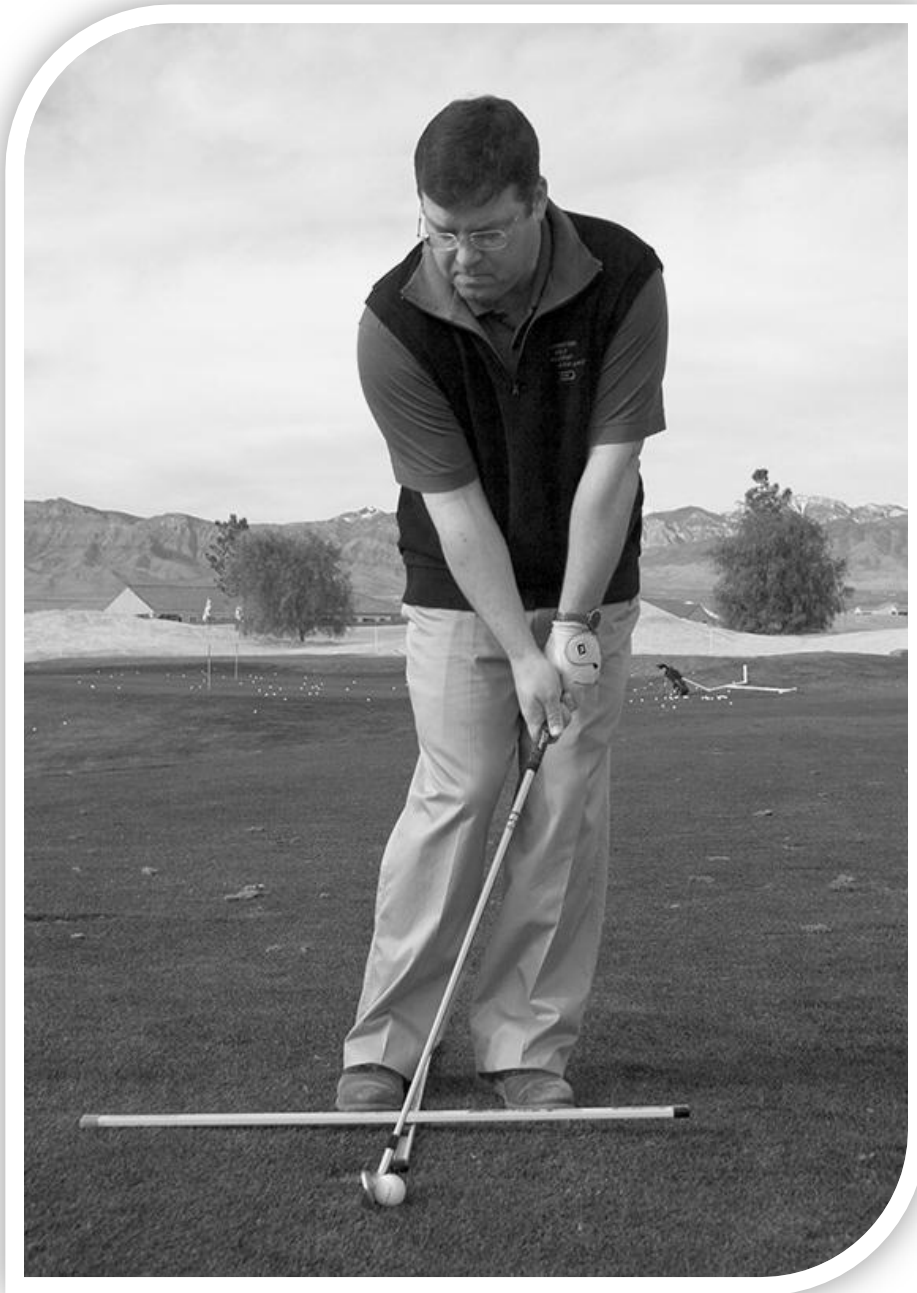
Swing the club back with the arms and shoulders forming a triangle and brush the grass each time on the down swing. The club should feel as if it is just sweeping along the top of the grass.

Set up to the ball with the right heel off the ground about 1 inch. Then make a stroke without allowing the right heel to touch the ground.

Draw a line with a marking pen down the center of the face of the golf club, make a stroke and point that line to the hole. Keep the left wrist as firm and straight as possible.

Students Comments

VISUALS FOR THE CHIP SHOT



At impact the weight and hands are well forward and the left wrist remains flat.

The left arm is very straight.



On the follow through, the arms and shoulders swing the club through and the left arm remains very straight. The left wrist is still flat.

THE PITCH SHOT

The pitch shot is a shot that is generally played from 20-50 yards away from the target. The pitch differs from the chip in that the ball travels more in the air and stops faster when it hits the green. The shot may be played with a pitching wedge or a sand wedge. The pitch shot is a mini-swing, which means that there will be some wrist hinging and body rotation.

The pitch shot setup

Play the ball in the center of the stance.

Adjust the hands even with the inside of the left thigh.

Keep the feet fairly close together with the knees flexed slightly.

Stand up to the ball and choke down on the club for better control.

Open the stance slightly with the weight centered over the left foot at address.

The pitch shot swing

On the backswing, swing the arms and turn the chest while cocking the wrists. The arm swing will reach waist high.

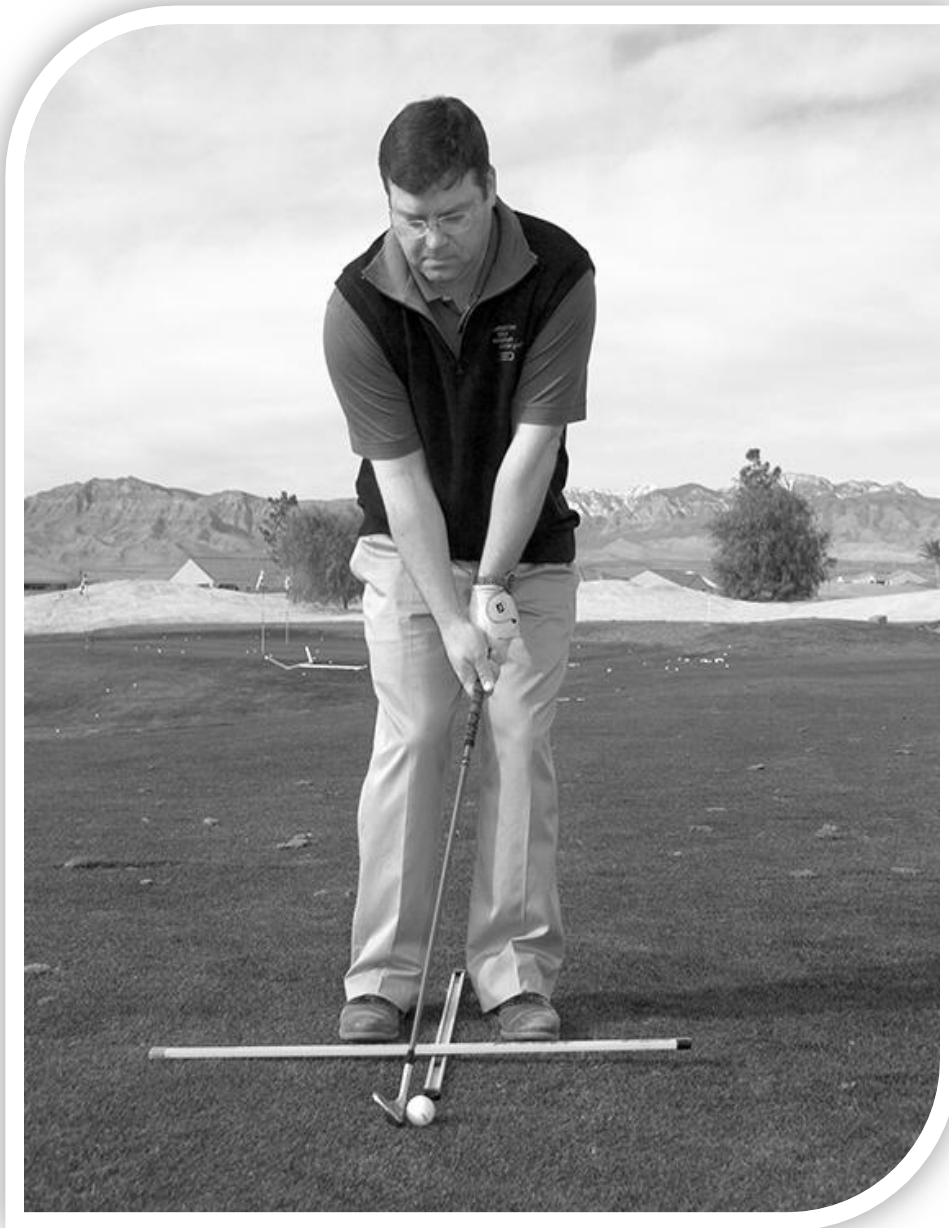
During the backswing, the legs turn slightly from the hips but they will not become very active. They will in essence be there to support the turning of the shoulders.

On the downswing, the hips and knees start the forward motion. The rotation of the hips and the forward motion of the knees insure that all the weight gets shifted to the left leg and foot.

On the downswing, the golfer strikes down and through the ball while the body is turning to the left.

Finish the swing with all the weight on the left leg and the club head pointing to the flag with the butt of the grip pointing to the golfer's belly button.

VISUALS FOR THE PITCH SHOT



**At address, the ball is in the middle of the stance with the weight slightly on the left foot.
The hands are positioned off the inside of the left thigh.**



On the backswing, the hips and shoulders turn and the wrists fully hinge.

VISUALS FOR THE PITCH SHOT



At impact, the hips are turned out of the way and the hands are in front of the ball.

The chest here is also starting to open to the target.



**On the follow through, the hips and chest are fully rotated and
the weight is all on the left foot.**

The arms are fully extended and the wrists are hinged.

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