

GCDU

From: Editor, [gcdu1@inet.net.au]
Sent: Sunday, 7 February 2010 8:47 PM
To: Mark.Driver@riotinto.com
Subject: Golfing with GCDU - February



February 2010

Streuth!

It's the 7th of the month and I haven't written a word. I'd better knuckle down

How good is your swing?

Been watching TV golf lately? Envious of the effortless swing style of the Pros and the way they consistently strike the ball? Who isn't? You know you can develop a Dream Swing which is similar to the swing of the touring pros and which guides you to strike the ball consistently well. I'm talking about the Dream Swing training system which coaches you to swing like a pro. Yeah! You've heard it all before but, fair dinkum, this one works. It's some what similar to the massive and expensive Explanar swing trainer ... in reverse; a lot, lot more convenient to use and a lot less money too! Dream Swing makes swing practice productive; instead of re-inforcing the same old mistakes you will develop a swing which will make your playing partners envious. [DreamSwing - find out more](#)

Rules Quiz

It's Tom this time who has a problem, or has he? His approach overshot the green and is laying clear but in light rough. The only option is to chip on. Tom sets up and like so often happens strikes the ground 40-50 mm behind the ball not coming into contact with the ball. However, the ground is struck with sufficient force to cause the ball to move. Tom's club continues moving forward and strikes the ball while it is moving. What's the ruling?

1. It was a single stroke and the ball was only struck once – no penalty.
2. Tom must count his stroke and add a penalty stroke.

Alignment to the Target when addressing the ball.

Some people believe you should put a golf club down on the ground, making sure that it is pointing towards your target and then lining your feet up along the shaft before hitting the ball. (Pick the club up before you hit). Other people stand as they usually would when addressing the golf ball and try to visually align their feet at right angle to the club head set behind the ball. The there's those who stand behind the ball, pick a spot a metre or so in front of the ball then set-up to play their shot over that spot.

A 6-step routine that works for me; 1. Standing behind the ball, looking at the target and with your left arm (lefties right hand) hanging by your side, take the club in your hand with the blade on the ground pointing at the target, thumb on top.

2. Lift the club up in front of you and place your right hand in position.
3. Moving around to beside the ball place your right foot in the middle of your stance, weight forward and with your left foot behind the right foot. You should be standing at right angle to the line between the ball and the target with the golf ball directly in front of your toe.
4. With your arms hanging straight down from your shoulders place the club head behind the ball. You may need to shuffle the right foot closer or further away to be comfortable.
5. Now comes the most important step of the whole routine and where the amazing power of your brain comes into play. Staying in the same position as you were, one foot behind the other, club head behind the ball, stand up slightly straighter and look at your target. Then, without taking your eyes off the target (**Not down at the ball**), bring your left foot forward and move your feet, shoulder width apart into a golf stance position until you feel comfortable, **still looking at the target**. Your brain will balance and line-up your body perfectly towards your target. It will automatically take all your surrounding circumstances into account and make the necessary adjustments to put your body in a balanced position and align your feet properly towards the target while, simultaneously, programming your swing.
6. Return your eyes to the ball and commence your back swing.

(Thanks to Darren Golsby -Author of The A To Z Of Golf Swing Training for reminding me to tell others what works for me)

It's the law

The wind is agin yer for 16 of the 18 holes. T'other 2 it's across yer.

New Clubs

In anticipation of the American season Acer have released two new irons that are very interesting: The [Acer XK Ti-Ceptional](#) (corny name) – a stainless steel shell with a titanium face insert. The weight saving in the face, 25grams, is employed elsewhere to make the club even more forgiving while the titanium face adds zip to the ball strike. The [Acer XDS Cabriolet](#) – named after a drop-head coupè ... because they've taken the hybrid concept and removed the heavy crown, then placed the weight saving where it counts. They're not over pretty to look at but reports are that they really work. Third on the scene is the [Dynacraft Prophet Tour Blade](#) – designed for the low handicapper. It is a blade with subtle differences – a shortened hosel to help you hit the ball in the true centre of the club face and, what Dynacraft call a Stability Slot, a slot cut into the muscle back to save weight which can be used to improve the MOI. Finish is a very attractive, hard wearing black PVD. If you've always wanted to play a blade, this could be the club head for you. [See all 24 irons that we offer](#)

The Power Turn

So you're getting older – aren't we all, but you still want your drives to go as far as they did yesterday. Here's an exercise which can help you retain or even improve your flexibility: Hold a club behind your back across your shoulders. Bend forward with knees bent into an address position. Start a backswing motion. Turn in a 90 degree angle left and then right. Hold each position for 20-30 seconds. Begin with just one or two repetitions. Don't force it. Keep both knees bent slightly as you would when addressing the ball. *Stop immediately if you feel any pain.* Make sure the angle of your spine remains constant throughout the turn. This drill can add distance to your shots and is a useful warm-up exercise as well. As you become free-er with the exercise start to follow through with your legs to a full finish.

Loud Mouth

Have you had a look at our latest pattern range? They're getting even better and LM have added a Jeans style trouser which are quite acceptable on course but, Oh so trendy on a night out. There's Ladies Skorts and Ladies Shorts too! [CLICK HERE](#)

How honourable are you?

Have you ever been guilty of any of the following actions on the golf course, without declaring a penalty on yourself?

- Moved a ball while searching for it in the rough?
- Touched a ball in play, perhaps to identify it, without marking it first and asking a fellow competitor to witness the lift?
- Finished out a hole with a ball that you are not absolutely certain was the one that you were playing with?
- Discontinued play during a competition while a heavy rain shower passes over?
- Given advice to a fellow competitor on his grip, swing or which option to take, during a round?
- Moved your ball fractionally while removing a leaf, twig or stone that was lying close to your ball?
- Played a ball from the fairway, or on the putting green, that moved just as you were starting your downstroke?
- Improved your intended area of swing by knocking down a small branch of an overhanging tree with a practice swing?
- Placed a ball when preferred lies are in operation and then placed it again because it rolled of the original spot?
- Moved something growing (e.g. a bramble), thinking that it was a loose impediment?

Well, all of the above instances incur a penalty under the Rules of Golf. Who among you will cast the first stone?_ (Thanks to Barry Rhodes, author of "999 Questions on the Rules of Golf")

Memorable Quote:

"When you lose (your) ability to play the game, you lose your vehicle to compete. Competition is my big deal. Competition is what I love," Jack Niklaus on his 70th birthday bemoaning his loss of club head speed and ball striking ability.

'Till next time.

Keep 'em, down the middle.



Cliff Nunn

Rules Quiz:

Answer: . Even though the club itself did not initially strike the ball the ball was put into motion due to the stroke therefore Tom must count his stroke and add a penalty stroke under Rule 14-4.

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