



## GAMBLING WITH YOUR GOLF TIPS?

**Las Vegas's Most Patient LPGA Professional Reveals 4 Keys  
To Consistently Winning On The Golf Course.  
Luck Optional.**

Are you like most golfers, wanting to be more consistent with your game? You try the latest swing tip you saw on TV or a golf buddy suggested, hoping, pleading... no, more like falling on your knees praying that will be the miracle you are looking for.

You take the tip to the range and by George, it actually works a few times. You stride to the first tee feeling pretty good about yourself. You double the bets as you peg up your first tee shot and peer down the middle of the fairway, giving it the "Babe Ruth" call your shot motion. This is going to be your day.

*“And then it happens. You  
return to spraying the ball in  
every direction imaginable. “*



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If this sounds like you, then it's time to get back to the basics and focus on establishing a consistent foundation with your set-up before you try the latest quick fix. This is the first in a series of articles highlighting the 4 keys to consistency including...  
Accurately Aiming for golf shots as straight as you can point -  
Grip secrets for nearly robotic like ball control -  
Using your feet for Fred Astaire like balance -  
Posture tricks for powerful tee shots that soar past your buddies.

### GRIP

Let's talk about a consistent (not necessarily good) grip. "Wait a minute Kristin! Are you telling me I don't have to have a good Grip?" Exactly. Isn't that a relief? There are professional players who do not have textbook stance, posture, aim and grip. However they make it work by tweaking (not twerking) their set-up to match their ball flight tendencies and in a way that produces solid contact.

How you hold onto the golf club affects your direction and also distance. Just by adjusting your hand placement, you could immediately begin to see straighter shots down the middle of the fairway and save yourself the embarrassment of hitting a window in one of those beautiful golf course homes! Most golfers have a "weak" grip. Not physically weak per say, it's golf lingo for a lead

hand position (left hand for a right handed player) that is not turned enough toward their right shoulder. This type of grip position makes it difficult to have the clubface square at impact.



Another common fault is that many golfers hold the grip in their palm, like a putter with their thumbs straight down the shaft. You want to hold onto the grip, in your fingers. This will allow you to have more consistent grip pressure, decrease the discomfort in your palm and as an extra bonus, your golf gloves will last longer.

Lastly, Grip pressure can affect the direction of the ball and create poor swings. Too firm or too light can create inconsistencies and most importantly, the grip pressure you choose should remain relatively consistent through the backswing and transition into the forward swing.

As a starting point for grip pressure, on a scale from 1 to 10, with a 1 pressure allowing the club to fall out of your hand, and a 10 pressure so bloody tight the shaft starts begging for air, use a grip pressure at or near 5. A great way to check this is to raise the club in front of you and create the letter L between the shaft and forearm, keeping the Heel Pad, by your pinky, on the club, the entire time. This will give you the ability to create a hinge with your wrists. And we all know hinge = more POWER! If you are holding onto the club too tightly, and also holding it in your palm and not in the fingers, you will have a challenge creating the hinge



In the upcoming issues we will highlight Accurately Aiming for golf shots as straight as you can point - Using your feet for Fred Astaire like balance - Posture tricks for powerful tee shots that soar past your buddies.

Until next time... Keep it off the desert, out of my pool and in the fairway!