

# GOLF STUDY GUIDE

## TERMINOLOGY

**Birdie** – One stroke under par for a hole.

**Bogey** – A score of one over par for a hole.

**Eagle** – Two strokes under par for a hole.

**Par** – The number of strokes that it would take an expert golfer to complete a particular hole, under ordinary weather conditions.

**Hook** – (For a right-handed player), the result of a stroke which gives the ball a counter-clockwise spin that arcs its flight to the left (or the player's non-dominant side).

**Slice** – (For a right-handed player), the result of a stroke which gives the ball a clockwise spin that arcs its flight to the right (or the player's dominant side).

**Match play** – Play in which each hole is a separate contest, with the winner being the player or side winning the most holes.

**Stroke play** – Play in which total strokes for the round or rounds determines the winner (also called medal play).

**Fairway** – The specially prepared, closely cropped area between the teeing ground and green, excluding hazards.

**Green** – A smooth, closely mowed grass area surrounding the hole toward which the ball is played.

**Lie** – The position of a ball that has come to rest after a stroke.

**Fore** – The traditional warning to golfers who might be playing ahead, that a shot has been taken and might be heading their way.

**Handicap** – A specified number of strokes an amateur player is permitted to subtract from his/her score in order to be able to compete fairly against better players

## Top three priorities in preparing to hit the golf ball.

1. The Grip: 10 finger, interlock, or overlap
2. The position of the golf ball in the stance.
3. The club take-away.

## Golf Grip and Swing Analogies

1. The grip (example is for a right handed golfer): The thumb of the left hand is placed just slightly right of center on the grip of the club. This thumb represents a small baby bird. This baby bird is placed in the nest or palm of the of the right hand.

The thumb of the right hand is placed just slightly left of center on the grip of the club; it should touch the index finger, which is underneath the grip. **Do not squeeze the little birdie too tight as this will cause you to have a poor club take away.**

2. Addressing the golf ball is the beginning of placing the ball correctly in your stance. Stand behind the golf ball and grip the club. Pick your target. (Remember to make a nest for the thumb or little birdie of your left hand.)
3. Move to the side of the golf ball. Start with your feet together. Move the left foot slightly (2-3 inches) to the left. Move the right foot the remaining distance so that the feet are shoulder width apart. The ball should be in the front of the stance.
4. Bend knees slightly as if attempting to catch the edge of a tall stool with your butt. In other words “butt out.”
5. Head position for the swing is very important. Look straight ahead, draw an imaginary line to the ball with your eyes; as soon as you see the ball, stop your head from moving down any further. Your head is now in the correct position to swing the club. This technique puts a person’s head in a position that allows the shoulders to pass underneath the chin.
6. The club take away follows a straight line for approximately 2 feet, until the hip turn begins. The hip turn is as easy as turning to say “hello.” Before beginning the club take-away, a player should waggle the club a little and make sure their weight is evenly distributed.

#### **Quarter Swing Questions:**

1. Is the toe of the club up
2. Is the weight on my back foot?
3. Can I pull my hands into my waist?

#### **Half Swing Questions:**

1. Is the wrist cocked?
2. Is the club straight up and down?
3. Is the toe of the club pointing over my head?

#### **Full Swing Questions:**

1. Is the left shoulder underneath your chin?
2. Is the weight on your back foot?

#### **How does a person initiate the down swing?**

The legs initiate the downswing. The club will pass through the half and quarter swing positions and the follow through will pass through a quarter, half and full swing progression.

#### **COURSE MAINTENANCE**

1. Replace divots
2. Repair ball marks on the green
3. Rake sand traps after you have hit a shot from there
4. Do not place your bag on the green or pull your cart across it
5. Motorized carts should NEVER be driven over the tee box area or putting green
6. Walk carefully across the green to prevent shoe/spike marks

## **SAFETY**

1. Yell "FORE" when the ball is in flight if anyone is in danger
2. Stand behind or off to the side of players who are hitting (never in front)
3. Stay away from players who are swinging; always check before you swing
4. Do not hit if there is a possibility that you may hit the group ahead of you
5. Do not recklessly throw equipment when angry
6. Check equipment to make sure nothing is loose or broken
7. Place rakes with teeth down in the sand trap after use

## **ETIQUETTE**

1. Stand motionless and quiet while others hit. Stand a safe distance away and out of a direct line behind or in front of the player when the ball is being addressed or hit.
2. Do not hit until the group in front of you is out of range. Should your ball go in the direction of other players, shout the familiar warning cry "FORE."
3. Be ready to play when it is your turn. Play without delay. Club selection should be made as you walk to your ball or while others are hitting.
4. Place golf bags /carts off the green but on the side near the next tee box.
5. When play is complete, move directly to the next teeing area before marking your score card.
6. Replace all divots
7. Repair ball marks on the green.
8. Before leaving a sand trap, smooth sand and leave rake on the side of the trap.
9. The player farthest from the flagstick plays first.
10. Exercise caution so as not to walk in the line of another players putt or cast a shadow across the hole as the player is addressing their putt.
11. A player with the lowest score on the previous hole is given "honors" and should be first to tee off at the next hole.
12. Keep an eye on your golf ball and your playing partners golf ball. This will eliminate slow play that results from having to search for a "lost ball."
13. One practice swing only.