

Five Step Setup

Run this before the first ball of every session and before every shot that matters.

1 Grip first

Left hand in the base knuckles, then the right hand joins it. Never the other way around.

2 Hinge from the hips

Chest forward, back long, arms hanging under the shoulders.

3 Bounce the knees

A small bounce loads the weight into the balls of your feet. Not the heels.

4 Set the width

Match the stance to your core type, then check the ball position for the club in hand.

5 Square the hips

Stick across the hip bones, pointing at the target. Then start the swing.

Outcome: you stop practicing from a different starting position every ball. Same setup, same feedback, real progress from the same number of swings.

Weight check: if you cannot hold your finish for three seconds, the weight was in your heels at address.