

Learn to play golf with the right basic techniques for beginners

In recent years, golf is becoming more popular, making the number of people who want to learn basic golf technique increasing.

In the past, in Vietnam, golf was always considered a 'rich' sport when only those with conditions could learn to play golf. However, in recent years, economic development has made this subject gradually closer, the number of people who want to learn golf more and more.

Things to keep in mind before learning to play golf



Golfing, like any other sport, requires physical, mental and financial power. Therefore, when you start playing this course, you also need to learn some basic issues to keep in mind to avoid giving yourself the trouble arising during the course of golf. Here are some things to keep in mind for beginners:

1. Should use polite clothes, comfortable training. It is best to use sports clothes with cool material, good elasticity, comfort when exercising. In addition, you also need to pay attention to the quality of other accessories such as shoes, gloves . to create maximum comfort when learning to play golf.



1. Should understand and understand thoroughly the rules of the game and the behavioral culture before starting. Golf is considered an aristocratic discipline because it has its own rules of conduct, etiquette, showing the difference. Simple actions such as not talking while you play the ball, avoiding standing on the ball will move or on the opponent's pushing area . are actions that you should know well to express your writing. professional chemistry while playing golf.
2. To play golf, you need a golf club, golf bag and Stick bars to align. The maximum number of strokes a person can bring when playing golf is 14 (according to golf rules). But if you're new to playing, there's no need to buy a full set of golf clubs. You only need a basic set of clubs including a few iron clubs 7, 8, 9, a tee or woods (Woods) or Hybrids, but must have a putter (Putter). and technical sticks (Wedge).



1. When starting out, you should focus on the technique instead of paying attention to the force or the number of balls you can concentrate. This is a factor that will help you have a solid foundation for long-term training. When focusing on technology, you will not pay attention to where the ball is going and this

is a basic element of a good swing habit.

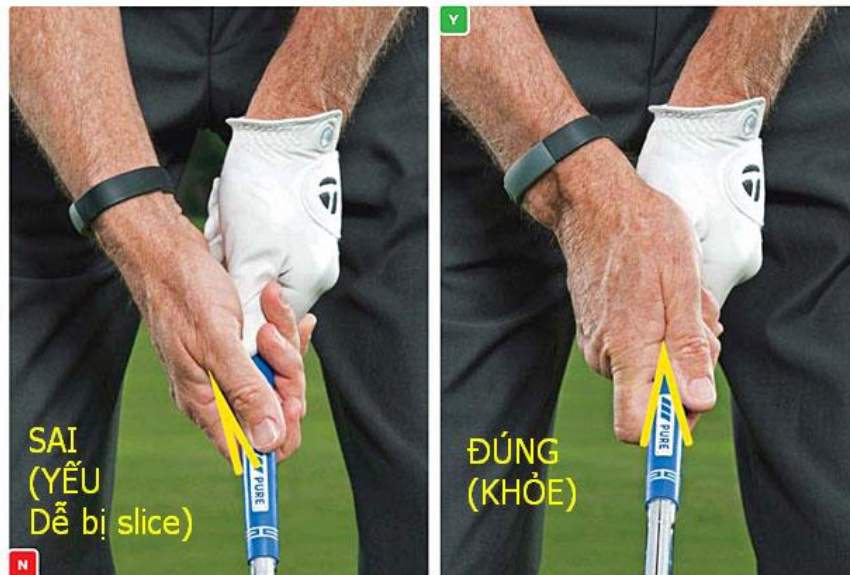
To help readers better prepare for the course of playing golf, here are some basic golfing techniques for beginners.

Basic golf technique for beginners

Golf is a subject that needs a lot of use of the arm strength and the waist, hips, wrists. If you practice playing golf incorrectly the technique will easily lead to dangerous injuries in the spine, hip ligaments, waist, wrists .

Therefore, new players should have proper standing posture and how to hold the golf club. For a good shot, we will start from the right way to hold the club. This may seem simple, but many people still hold the golf club in a forced and improper way.

1. **Pose posture:** First, start by placing the cross stick on the fingers of your left hand. Your hand should naturally hang around the stick, the thumb and forefinger should form a V shape. The letter V is aligned with the left shoulder, the logo is printed on the stick and the clubface - your right hand is also set exactly the same way but on the opposite side. When you're done holding the stick, you should check the following: Holding the stick naturally, the V is held by both hands so it has a pointed point pointing down the stick, when looking down the left hand, 2 finger joint emerging. Holding the club properly will make it easier for you to rotate the clubface perpendicular to the ball and hit the ball correctly.



1. **Preparing posture:** Place the ball opposite the big toe of your left leg, your legs spread wide enough, your upper body tilted backwards to form a line with the left leg. Put the ball on the tee and, best of all, feel like you're trying to hit it straight up into the sky.
2. **Stops:** For a powerful driver stroke, shift your weight back to your feet after lifting the club. As your hips and shoulders move in a club, you will see the weight move to your right foot.



1. **Downswing:** A process of accumulating energy and using power for a stroke. You have to put your weight from your right foot to your left heel, you can move your hips while keeping your head in the same position. This is very important for a proper driver strike. When the weight is put on the left leg and the right elbow hits the hip, it is time to put all the energy stored for the shot. However, you should not swing the club too early until the elbow touches the hip, which saves you a lot of energy.
2. **Polishing:** In this process you need to stretch your elbows and relax your wrists. The shot will almost completely release the energy from your arms. When touching the ball, pay attention to keep the head facing back to make sure the shot is directed high and far. Once you've kept the right angle, you can exert all your reserve energy when lowering the club, you will have a precise driver stroke. Mastering the driver club means you already have a basic golf technique.

Above are our basic guidelines to help you learn more about golf. In addition, you can get more knowledge through the **Golf Handbook (Par Edition)** of Education Publishing House. This is a golf handbook, summarizing the knowledge of golf to help you better understand the rules and rules of this aristocratic discipline.



Golf handbook is suitable for new players, helping you fully equipped with basic to advanced knowledge, so that you will easily practice and practice. The book contains a lot of easy-to-understand and vivid illustrations, in addition to a visual exercise with video and an exclusive software to help players find the nearest service and utility using GPS satellite navigation.

Reference price: 320,000 VND

When playing sports in general and golf in particular, the injury is very likely to occur, especially in the wrists, spine, waist, hips. Therefore, you should seek the help of coaches. Professional for instructions and correct posture more accurate offline. Wish you will soon practice playing this sport proficient.

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