

Golf Guide Book

Table of Contents

1. Introduction-----	p.2
2. Basic preparation to play golf	
- What do you need to play golf?-----	p.2
- The approximate cost of playing golf-----	p.3
- Types of golf clubs and how to use them-----	p.4
3. The beginning of golf	
- Types of grips and how to hold your club-----	p.6
- Golf posture-----	p.7
- How to swing a golf club-----	p.8
4. Tips on golf (bunker shot, rough shot, approach shot)	
- How to get out of bunkers-----	p.11
- How to get out of rough zones-----	p.12
- How to do approach shots-----	p.13
5. Green Struggles	
- The basic position of putting-----	p.14
- How to do long putt?-----	p.14
- How to do short putt?-----	p.14
6. Tips about Golf-----	p.15
7. Works Cited-----	p.16

1. Introduction

Most amateur golfers are only ahead of their desire to play well but are not ready to play well or learn.

In order to learn the basic swing of golf and learn various shot skills, you must first change your mind. To change your mind is to abandon you so far. If you abandon yourself and meet golf, you can quickly get close to golf. In other words, if you doubt and build a wall and misunderstand it alone, golf will only get farther away. Therefore, you should abandon the preconceived notion about golf that you have thought of so far.

Are you ready to learn golf now? Then, from now on, let's enjoy learning knowledge and methods of golf with me.

2. Basic preparation to play golf (What do you need to play golf?)

What do you need to enjoy golf for the rest of your life? Think about it before reading this book. Have you thought about it?

One of the three most important factors when it comes to playing golf is money.

Golf is one of the more expensive sports than other sports. Many countries enjoy the sport called golf, and in Korea, the green fee (the cost a person needs to pay to play golf) is 170 to 210 dollars, including shade houses, caddy fees, cart fees, and meal costs, which eventually add up to about 210 to 250 dollars for one round. In other words, I think that a round of golf once a month may not be an easy financial justification for people with ordinary jobs. In addition, golf requires you to spend money on other aspects, such as practice ranges, lesson fees, and golf clubs, which makes money a very important factor of golf. This is why I think that you need to be financially stable to enjoy golf.



What do you need if you have money now? You can't play golf if you don't have time, right? A golf round usually takes about four hours, but it takes about three hours at the earliest and up to six hours at the

latest. In addition, ordinary office workers rarely play golf on weekdays unless they take time off on weekdays. And if you practice in the practice range, it takes even more time. As such, the factor of time will be one of the very important factors in golf. Also, most golf courses take a lot of time to go because they are far away, so it is common to use up the entire day to play a game of golf. However, if you get older and settle down to some extent, or if you retire well and prepare well as you are young, time might not be a big factor.



Now, if you have money and time, what is the final important factor when it comes to playing golf? I think it's a person that accompanies you when you play. You could play golf alone at any given time, but when you go to a golf course without lots of people, you could theoretically play a quicker game, as there aren't many parties. In most cases, golf is one of the sports that you don't play alone and play with your companions. Perhaps the biggest reason is because golf is a typical social sport, with a slow tempo, long travel time, and a low population density in the area unless it is a competition, so it is perfect for private or business talks. In other words, there is a strong perception that golf is a noble sport, and since it is a social sport. Most golfers prefer to golf with their companions, rather than going alone.



Taking Korea as an example, the reality is that almost all golf courses in Korea have to make a team of four or at least three without members. Therefore, if your relationship with your members is not respectful, people may not call you again, despite there being a spot. Therefore, you should try to be a golfer who is always respectful yet entertaining.

Are you able to relate to what I'm saying? If so, then you're doing a good job.

In order to play golf for the rest of your life, you need to prepare little by little. It's not possible to skip any steps, as it could affect your skills and never recover from it. Even if you have the wealth or the time to play golf, you can never pay to gain golf experience. Even more, you can't pay to get a team where everyone is respectful. Even if you have the money and time, you need to make sure no step is skipped; this includes socializing with fellow players.

2. Basic preparation to play golf (The approximate cost of playing golf)

When playing golf for the first time, many people usually think about what equipment to buy. But there is no need to buy equipment unless you want to dedicate your time and efforts to play golf.

The reason is that when you are a beginner, you can borrow golf equipment. The reason why is because when you begin to play, you don't know which type of equipment best suits you, and in the worst-case scenario, you've basically wasted money. That is if you don't mind borrowing golf equipment.

There are people who buy golf clubs by looking at the aesthetics, and they should not choose their golfing equipment just because it's pretty. My recommendation is to buy equipment that best fits your playing style. For example, swing style, swing speed, club head type, shaft type, strength, grip type, and material.

And these days, there are always practice clubs at golf practice ranges. When you first start to play, it's much more efficient to rent only the seventh iron. The reason why I rent the seventh iron and practice is

that it is a medium-length one among many clubs. The seventh iron is known as the basic of the basics, and that it is the club that you need to know how to use in order to play golf at its fullest.



Although I mentioned that golf clubs aren't a necessity during your early years of playing golf. But, gloves and golf shoes are the first equipment to buy when you start playing golf.

When you are a beginner, you grab the grip with more grip than you need, so you could potentially end up with blisters and wounds on your hands. A golf glove is one of the essentials, since it plays a role in protecting your hands while helping you hold the clubs.

Golf shoes allow for a better grip on the ground and since it has a harder tip compared to normal shoes, it makes it easy to use rotational force. Since golf shoes excel at ground gripping, it allows the player to use the ground as a gripping platform, and since the tips of the shoes are harder, it allows you to raise your right foot in finishing movements when swinging. Therefore, gloves and golf shoes are essential equipment to make the correct swing when you are a beginner.



3. The beginning of golf (Types of grips and how to hold your club)

If you start playing golf, you will have to know the grip first. But everyone has their own physical conditions. So let's figure out exactly what kind of grip it is and find the right grip for you!

There are about three typical grips. They are overlapping grips, interlocking grips, and baseball grips.

1. First, the overlapping grip is the most common grip and is one of the grips that many people use because of its excellent sense of unity.
2. Next is the interlocking grips. This grip is advantageous for people with small hands or short fingers, but you should be careful with slices (When the ball goes to the right on the point of impact, it is called a slice in golf.) because your left hand can have a weak grip.
3. The final grip, called the baseball grip, is good for people with stiff wrists due to weak hand strength or lack of flexibility and is advantageous for left-handed golfers.

Overlapping grip



Interlocking grips



Baseball grip



3. The beginning of golf (Golf posture)

Now you know what kind of grip exists and how to hold the grip. The next step is to learn about golf posture. Good swing and impact can come out only when the golf posture is correct, and people want to create a wonderful golf posture like a professional golfer. Then, how can you make the right golf posture?

First of all, in order to create a proper golf posture, you should only spread the width of your feet as wide as your shoulder, but those with a developed upper body should stand wider than the basic stance. What you want to do is make the knee, hip, and shoulder lines parallel.

If your left shoulder is in a golf posture that comes forward, a hook (a hook is when the ball goes to the left in golf) occurs because the swing trajectory of the out is created on the inside.

On the contrary, when the right shoulder comes forward, the swing trajectory enters from the outside into the inside, resulting in a slice.

To prevent these problems, let's be familiar with the methods mentioned above and make a great golf posture like a professional golfer.



3. The beginning of golf (How to swing a golf club)

This time, we will find out how to swing your golf club. First, what will be the starting motion in the swing? It is called "takeaway" in golf. If the starting motion goes wrong in golf, it is impossible to make the right swing trajectory.

The takeaway is a swing to the height of the pelvis at the starting motion of the backswing. In order to make a good swing, the head, grip, and shoulder must move as one until the grip reaches pelvic height. If the clubface (part of the club head that hits the ball) sees the ball too much and goes up, it can cause a hook or lower ball trajectory, so be careful. In addition, if you bend your wrist too fast, the width of the backswing narrows and the wrist loosens quickly during the downswing, so you should be careful because the exact impact does not come out because the ball does not fit accurately hitting the distance and direction may alter.



Now that we know what the takeaway is, let's find out how to perform a backswing. Everyone has different bodies, so there are various methods of backswings. It cannot be said that either of the many ways is right or not. The important thing is to understand the basics of the backswing and find a backswing that best fits your body.

Swings cannot be made in a short time. If the tempo of the fast swing is not right, the right impact and shot do not have enough time to do their thing. In golf posture mentioned on page 7, a good swing is made only when the upper body's strength falls to the sole of the foot. In other words, you should relax your body and move your weight toward your right foot during a backswing. Make sure you have to relax your shoulders during this process.

Things to take into consideration is when you backswing, your weight remains on your one foot, and if the top frame is in a position to go over to the left, you will not be able to move your weight. This means that your upper body will either fall, hook, or hit under the ball, resulting in a highball. None of those is what you want.



Many people who play golf for the first time are really good at practice swings. However, when you start swinging in a golf posture, the tempo increases, and the desire to hit the ball becomes stronger. So no matter how good you are at back swinging, you can't get good results if you downswing with the idea of hitting the ball. Therefore, it can be said that downswing is one of the most important parts of the golf swing.

Most people try to start the downswing with their hands. However, the start of the downswing is not the hand, but rather the weight distribution throughout the body. Move your weight from your right foot to your left foot. In other words, when weight movement occurs, the golf club naturally follows through, so don't use your hands, but try to use your pelvis for more power. Another tip is to make an impact while maintaining the wrist as much as possible to increase the ball's distance.



4. Tips on golf (How to get out of bunkers)

Bunkers are holes in the ground filled with sand or similar materials in golf and differ in size, shape, and depth. One of the factors that many beginner golfers are afraid of is the bunker. In most cases, swinging in a bunker with such fear puts strength on the body and might result in a bad swing. So confidence is the most important thing to escape the bunker.

In order to escape a bunker shot, you have to take advantage of the explosive power of your body and the traits of sand. What I mean by this is that what you want to do is escape with the explosive power of sand using the “bounce” trait of sand. Unlike grass, sand is more “flexible” than grass. It can scoop, unlike grass.

The most important part of escaping a bunker is still to abandon your fear and not think about anything. And open the clubface a little bit, hold the club shorter than usual, and bury your feet in the sand to firmly fix it. Place the ball in the center and stand to the left in the target direction. Relax your wrist as much as possible, swing down your head weight, and be careful not to hit the ball too much.



4. Tips on golf (How to get out of rough zones)

In a deep rough (parts of the field where the grass is taller), you unknowingly put strength into your shots. Most people think they have to take a strong shot to overcome the resistance of the grass, so they put in more strength than they need to. Of course, that is the biggest reason why beginners fail to escape the rough zone. Now, how do we escape the rough?

When swinging in the rough zone or any type of long grass, you should choose one club shorter than the original club you want to use. In other words, if the distance is perfect for your seventh iron, you would want to use your eighth iron.. Because in long grass, the grass is stuck between the ball and the clubhead during impact, so the ball flies far away, and runs (When the ball falls and rolls, it is called "run") occur a lot. That's why you have to choose club shorts.

When standing, place the clubface so that it is the closest to the grass behind the ball. Then hold the three fingers of your left hand firmly and relax your wrist. In other words, you should not put strength on your shoulders and hands. And you have to hit the back of the ball. However, people think that hitting the back of the ball will not make a distance, but rather, the distance is more, since the ball does not spin.



4. Tips on golf (How to do approach shots)

Approach shots are shots mainly used near the green. Accurate approach shots are essential for reducing your total number of strokes. The shot that professional golfers practice the most is the approach shot. In some cases, a single approach shot rather than a 300-yard driver shot determines the outcome. Therefore, approach shots are considered to be one of the most important shots in golf.

You can do well if you can float and roll an approach shot. The most important thing is weight movement. The head is slightly ahead of the ball and the golf posture is narrower than usual. That way, you can move your weight comfortably. Most clubs use SW, AW, and PW, but if they have to roll, they use PW and if they need spin, they use SW. Also, if you go low during the backswing, you should be careful because mistakes can occur. A typical mistake is that the clubhead cannot come down steeply during impact and the head sounds high, so you can tap or hit the background.



5. Green Struggles

Putting is one of the most important things to pay attention to if you want to reduce your strokes in golf. If you didn't know, the lower the strokes, the better. Then, what is the basic position of putting?

Stand in a basic golf posture and drop the ball from your eye and place the ball at that point. In fact, you can adjust the width of the putting stand, it should be comfortable to you. When you do a backswing, you should try to do a low backswing and takeaway straight. Putting your right elbow attached to your body allows you to putt accurately. Upon impact, I recommend you impact the ball with the head weight.

It is important to know the sense of distance in order to do long putting well. There is no way to do this well. You'll need ample experience to get better. In particular, putting is recommended every day because practicing for even 10 minutes every day helps improve your skills. When making a long putt, it is important to hit the ball with force using your wrist. If you don't use your wrist, you'll hit the ball with force, so you can't predict the distance.

In the case of short putting, it can be easier if you know the sense of distance like the long putts. Therefore, when practicing putting, it is efficient to practice a long putt first. And it's most important to hit the ball at the exact impact point because the distance is close, so accuracy is required.



6. Tips about Golf

1. About 10 minutes before starting golf, they gather at the start hall to say hello to people who play games together. This is a way to show respect to your fellow players.
2. Check the necessities in advance before starting golf. It is recommended to carry one or two balls and keep them in your bag. Caddies will not carry tees or balls for you; make sure to keep this in mind.
3. In the case of men, even if it is hot, it is better to avoid wearing shorts as much as possible, and not wear clothes that loosen buttons. In the case of women, it is also recommended to avoid sleeveless or over-exposed clothes. Sunscreen can only do so much when playing golf.
4. It's a good idea to check each other's golf balls before starting to prevent situations where neither you or your partner(s) have any balls.
5. When the other person takes a shot, you should always watch quietly. It is not polite to make a fuss, such as making loud noises or talking on the phone. This is another way to show respect to your players.
6. When swinging a practice swing, you should never swing toward a person, you shouldn't do it recklessly anywhere, and it's rude to practice next to the opponent while swinging.
7. When taking a shot, you should prepare to hit in advance in preparation for your turn and not delay too long. Especially when there's players behind you.
8. You should not get angry or show displeasure because your play is not good. It is also against manners to laugh at or enjoy the opponent's poor play.
9. You have to clean up your footprints when you enter the bunker. This is very overlooked amongst players, but it is still important to do this.
10. Never run on the green. This is because the green is sensitive, so there should be no marks and no damage.
11. If the ball flies near any player or staff, shout "fore" and warn that the ball is potentially flying towards them.
12. If the opponent played well, it is polite to congratulate him like a "nice shot." You should never taunt players even if they played well.

7. Works Cited

Works Cited

Golfdigest.com. “Golf For Beginners: So You Want To Play Golf.” *GolfDigest*, 1 May 2018,

www.golfdigest.com/gallery/golf-beginners-tips. Accessed 22 Jan. 2022.

GolfDigest. “10 Rules for Good Golf Etiquette.” *Golf Digest*, 28 July 2008,

www.golfdigest.com/story/arniesrules. Accessed 22 Jan. 2022.

“Golf Shots - My Online Golf Club.” *My Online Golf Club*,

www.myonlinegolfclub.com/Information/TypesOfGolfShot. Accessed 22 Jan. 2022.

The photos on pages 2, 3, 4, 5, and 6 are from Google. The rest of the photos were all taken by me.