From:	Paul Wilson
To:	Larm, Doug
Subject:	Golf Tip - Remember Series â€“ Hold and Turn
Date:	Tuesday, March 24, 2015 4:55:57 PM

Hi Doug,

Here is today's golf tip:

Tip

Remember Series – Hold and Turn

(You can also view this tip after you log in on the members page and homepage)

Description

In this tip I talk about holding the top of your backswing and using your lower body to start the golf downswing. If you keep remembering to use your lower body to hit the golf ball then you will slowly start to stop using your hands and arms. By doing the drill, you keep getting the right sequence to hit the golf ball. By doing this more you will gain power, consistency and a great golf swing. This is a great way of getting rid of a major swing flaw.

Until next time,

Paul Wilson

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