

## Posture / Set-up Position / Address

Posture, Set-up Position and Address are all words that mean the same thing, how we position ourselves successfully to make a good swing. Posture is very important, we want to feel athletic, balanced, and confident.

"Addressing the ball" can also mean that we are all set-up, and ready to begin our backswing.

Below is a 4 step process to get into a good Set-up position at address.



1. Take your grip and stand with arms straight out in front of you
2. Bend at the hips, keep lower back straight, bend your knees, get knees over shoelaces
3. Lower your arms until the club is parallel with the ground
4. Simply lower the club to the ground.

The pictures on the lower left and right are examples of good posture.

The back is straight, knees over shoelaces, hands under chin, athletic and balanced.

