



February 21, 2007

## Learn from the Pros

The game of golf has a fairly simple premise. Hit a still, little white ball into the designated hole in as few strokes as possible. Opponents are not trying to block your shot or distract you. Yet that process of moving your body to hit that ball, with the precision that you want, is more challenging than you might have thought.

Most golfers seek professional assistance in learning how to swing their club to hit the ball. I recommend taking lessons from a person who teaches the golf swing for a living, rather than say a well-intended spouse or friend who is a good golfer. Golfers who score well, or know how to hit the golf ball far, don't necessarily have the skills to teach the golf swing. Remember the saying that a spouse shouldn't teach another spouse how to drive? The same principle applies to the golf swing.

Where do you go to learn the golf swing? The most common place is at a golf course where instructors have designated teaching stalls at the driving range – here you'll see golfers practice by hitting balls at targets set out at varying distances, such as 75, 100, 150, 175, and 200 yards. The other type of facility is an indoor learning center. You will hit balls into nets, so you can't see how your ball flies in the air, but at least you can take full swings.

The latest in teaching the golf swing is computer- and video-aided analysis of a student's golf swing. For most golfers it is hard for them to feel how their bodies are moving during the swing. For example, how far do they swing the club behind their head? Is the club too far back or not enough?

With the help of video and/or computer analysis of their swing, golfers can see what part of their swing is not in what is considered the correct position. For visual learners, if they can see their swing compared to a professional golfer with a similar swing, they can then learn more quickly how they should swing properly their club.

You can enroll as a student for individual lessons or group lessons. If you like the personal attention and feedback from your instructor, then individual lessons are for you. On the other hand, if you don't mind learning with others in a small group, with less focus on you, then group lessons will work for you and are usually less expensive than individual lessons.

Whether you select a male or female instructor, it's your preference. Some women believe a female instructor will understand their physical build and limitations better than a male instructor. If a man is a good instructor, he's likely seen every body type and shape, and can adjust his teaching method, one can learn the swing from him as well.

How should you go about finding a golf instructor? I suggest you ask golfers that you know and ask for referrals. Call and interview those instructors. How many women do they teach in a given day? If you have a preexisting injury, let them know, and ask if they've had students with a similar problem. Are they willing to answer your questions? Do you understand what they're saying? If you're feeling rushed or not able to understand what they're saying, keep searching until you find the instructor that you have good rapport with.

Take the time to learn the fundamentals of the golf swing, so you'll be able to enjoy the game!

---

**Suzanne Woo, Esq.** is a business golf speaker and author. She founded **BizGolf Dynamics** in 1996 to help business professionals, especially women, leverage the game of golf for their professional and personal success. She is the author of *On Course for Business – Women and Golf* (Wiley) and *72 Secrets for Successful Business Golf*. Suzanne has been featured in USA Today, Wall Street Journal, Golf for Women, and a host of other national publications. Clients include corporations like Merrill Lynch, Bank of America, National Car Rental, Harris Nesbitt, and a host of trade associations.

To learn more about how BizGolf Dynamics can help you *Drive Your Business Success with Golf*,™ call Suzanne at **800.722.8909** or visit [www.bizgolf.biz](http://www.bizgolf.biz) and sign up for BizGolf E-Tips, which is sent bi-monthly on Tuesdays.

© copyright 2007 HookedonGolf.com | Powered by  
our [E-Newsletter](#)



| [Recommended Links](#) | Questions? [email us](#) > | [Signup for](#)