

Posture, Grip and Aim (PGA)

Posture:

- **Bend** from the waist
- **Flex** the knees
- **Arms hang** freely relaxed
- Maintain **spine angle** through impact

Grip:

- **Knuckles** on the **left** hand (Opposite for lefty's)
- **Nails** on the **right** hand (Opposite for lefty's)
- **“V's”** pointing to right shoulder (Opposite for lefty's)
- Club in **“fingers”** not palm of hand
- **Back “Pad”** on top of the club
- Feel **light not tight** pressure

Aim:

- **Pre-shot routine**
- **Club face** at the **target**
- **Body parallel** (railroad tracks)
- Shoulders in line with feet

Notes:
