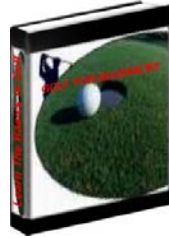


THE AMATEURS GOLF LESSON FOR BEGINNERS

[Written for right handed golfers]



We do hope you enjoy these simple Golf Techniques.

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I'VE BROKEN THIS BOOK DOWN INTO 22 CHAPTERS

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The Idea behind this Book:

Quite simply there are many golf books out there by golf guru's, and professional golfers. They tell us how to play golf like the professionals, They tell us it's a game of the mind. Then there's the correct swing, or the correct stance. I'VE heard the suggestion, that you should hold a towel wedged between each arm and your sides and as you swing the club, the towels should remain in that position... Don't get me wrong, there are great books out there, with loads of information but,

TO BE HONEST,
WHEN I TOOK UP GOLF,
I JUST WANTED TO BE ABLE TO HIT THE BALL!!!
I JUST WANTED TO GET IT UP IN THE AIR!!
I JUST WANTED TO LOOK LIKE A GOLFER AND NOT A HACKER!!
I JUST WANTED TO WAN'T TO PLAY AGAIN!!!!

About The Author



I'm an amateur golfer, my handicap is 11, nowadays I play to about 14, which was my original handicap, but unfortunately, I entered the club's CAPTAIN'S PRIZE. 2 yrs ago, played the round of my life, and duly got slashed to 11.

Whether you've never held a club before, or you've just started, would like some lessons, but can't afford them, this little book will enable you to achieve the status of calling yourself A GOLFER.

You may not win THE MASTERS, but you'll be able to hold your own with your friends. If you're planning on practicing 4 hours a day every day, then this is probably not the book for you. I believe every player has his own natural swing, [it's built in] before we even lift a club, mine is a very fast wing, and even though I've been told many times, to slow down, I've compensated by buying stiff shafts, and I'm still able to play to 14 handicap. I'm 45 yrs old. , 6ft 6, and not the fittest of guys, BUT!!!

**I love golf,
I enjoy golf,
I keep coming back for more,**

**IN ANY 18 HOLES, I CAN HIT A TRUE PROFESSIONAL GOLF SHOT,
WE ARE ALL CAPABLE OF HITTING 1 PROFESSIONAL GOLFSHOT IN A
ROUND OF GOLF,
AND IT'S THIS ONE SHOT THAT HAS ME COMING BACK FOR MORE.**

Remember you're out to enjoy yourself,
It's not meant to be work, so relax, enjoy your friends company and try to play your own game rather than other peoples.
Don't be daunted,
It's not rocket science,
It's simply "SIMPLE" instructions with pictures to show you how to play golf, and little tricks to improve your all round game. There may be some of you who buy this book, who can already hit the ball, but want to improve in certain areas of your game, well this can be of benefit to you too.

The Stance:



My best way of describing to you my golf stance, is to imagine [boys] that you are standing in the gents relieving your self, I stand well balanced, feet apart, my back fairly straight, [relaxed, not rigid], basically I like to be in control, cause we all know what happens if we're not. Stand tall, shoulders up, ladies, to understand this, please consult with your b/f, brother, etc., I'm sure he'd be happy to instruct you.

The Position of the Grip:

Literally, continuing in the above position, imagine the club is an extension of your manhood, and hold the club so, as per the diagram above, At all times, remember who the boss is, and remain in control,

Arnold Palmer, related how you hold the club, to holding a small bird in your cupped hands,

If you hold it too tightly, you'll squeeze it to death,
If you hold it too loosely, it'll fly away,
Find that halfway, not too tight, but also not to lose.

PLEASE NOTE:

IF YOU HOLD THE CLUB TOO TIGHT, THEN ALL YOUR MUSCLES IN YOUR ARMS AND BACK WILL TIGHTEN UP, AND IN TURN YOU WONT BE ABLE TO SWING, WHICH IN TURN CAN LEAD TO BACK TROUBLE.

The Swing:



(Diagram 1)



(Diagram 2)



(Diagram 3)

Every person has a natural swing, and the more you stick with your natural swing, the better you'll play, as you'll be more comfortable.

The pros [for the most part] have realized it's better to have a shorter back swing, in turn will lengthen their follow-throughs. The original swing arc was the imaginary BELL PULL.

A great tip for this arc, is to stand with your back against a wall/fence/bush, and complete a full swing, without hitting the chosen barrier behind you,

[See picture of yours truly] .

By practicing this, you will get a straight swing, which will mean a straight hit.

Also, please remember the professionals practice up to 5 hrs a day, now, I don't know about you, but I'm lucky if I get to a driving range once a month, I just enjoy playing [hopefully] 2 times a week, my swing is quite fast, so I invested in stiff shafts; also I shortened my back swing, which allows me to use my fast power in the follow through. [The best place for it].

The Swing Tempo

The speed of your swing is vitally important,

There are literally 2 swings to contend with and in turn 2 swing speeds.

The Back Swing:

This is the most important part of your swing,

If you get this right, you'll be 'away in a hack' the back swing needs to be slower than the follow through,

You lead with the club pulling the hands which in turn pull the shoulders around.

The Follow Through:

This is where you use your power, once you have reached the height of your desired back swing, You can literally let loose, the professionals aside from the like of **John Daly**, have 1 even speed throughout, but taking me for example, I want to murder the ball, I want to hit the longest drive every time, or achieve crazy distances with my irons, so the fact that I restrain myself on my back swing, gives me 'carte blanche' to literally murder it!

[once ,I remember of course to keep my weight on my left side ,swing through my mark, don't lift my head too soon , and maintain my balance.]

The Address:

I created a routine for myself, it certainly wasn't all my own work, I liked the way **Nick Faldo** would address the ball, and so I imagine I'm him and copy his routine

It works!!

I stand on the tee facing the fairway, pick the part of the fairway I want my ball to land, look back along that line to the tee, and pick a mark[normally an old divot] and place my ball behind this 'mark' and this is now my new target.

IT'S MUCH EASIER TO HIT A TARGET 6 INCHES AWAY RATHER THAN ONE 250YDS AWAY.



(The Arrow is the Marker)

I place my clubface behind the ball aiming at my 'mark'.

I put my feet together and make certain the gap between my feet is parallel to the club face. [See Diagram A].

I then stand out, moving my left foot so than the ball is in line with the inside of my left foot, I then move my right foot back, keeping my feet apart [the width of my shoulders]. [See Diagram B].



(Diagram A)



(Diagram B)

This is a simple routine, but very effective, and has greatly enhanced my confidence and game. It's thought me to play within my game,

BUT MOST IMPORTANTLY, I LOOK THE PART.

This works for all golf shots, whether on the tee, fairway or a short chip from off the green.

PLEASE NOTE;

FOR IRONS, YOUR FEET SHOULD BE THE WIDTH OF YOUR SHOULDERS.

FOR WOODS, TAKE IN TO ACCOUNT THE EXTRA LENGTH OF THE CLUB, AND WIDEN YOUR STANCE TO GIVE YOURSELF A TALLER ARC.

Weight Distribution:



(Diagram 1)



(Diagram 2)

The idea of transferring my weight whilst attempting to remember everything else and also swing the club was too much for me.

I learnt that on striking the ball, the weight should be on my left side, so I decided to

“CUT OUT THE MIDDLE MAN”.

This basically means, that from start to finish of my swing, my weight is firmly on my left side, this helped to shorten my back swing and was one less thing to have to remember.

[A GOOD PRACITCE ROUTINE IS TO TRANSFER ALL YOUR BODY WEIGHT TO YOUR LEFT SIDE, BY RAISING YOUR RIGHT HEEL OFF THE GROUND, TAKE A SHORT BACK SWING, AND SWING THE CLUB THROUGH THE BALL, YOU'LL BE AMAZED AT HOW WELL YOU HIT THE BALL]

[See picture's above]

The Grip



(Picture 1)



(Picture 2)



(Picture 3)

There are many grips out there,
The most common and popular are the 3 above.

Picture 1:

The interlocking, [VERY POPULAR WITH MOST GOLFERS]

Picture 2:

The Hurley grip [an Irish invention] [used also by old hockey players]

Picture 3:

My own personal preference, known as the **VARDEN GRIP**

Whatever grip you decide on;

PICK ONE THAT YOU'LL BE COMFORTABLE WITH.

The Strike/Hit:

When I first started to play golf,
I tried to scoop the ball,
to help it up into the air,
When it was suggested to me to hit down on the ball, I thought they were crazy,
But I found out it works!!

Imagine throwing a ball hard against the wall,
it comes back a lot faster
and hitting down on the ball uses the power of the ground's resistance to enable you to
generate more power.

When I had finished my address, I would mentally tell myself, than I was going to strike
through the ball and take an almighty divot and the power I got was awesome,
By keeping your left arm/wrists unbroken, through the striking of the ball, you will hit a
TRUE GOLF SHOT!!

Remember, your target is the divot 6 inches in front of the ball, so MAKE SURE your
follow through goes through your target MARK.

THE TRICK WITH YOUR BREATHING IS TO EXHALE BEFORE YOU START
YOUR SWING; THIS STOPS YOUR BODY MUSCLES FROM SEIZING UP AND IN
TURN ENABLES YOU TO COMPLETE A FLUID SWING RATHER THAN A
SNATCHED SHOT.

The Clubs:

The Irons:

There are many brands of clubs on the market,
Blades are what the pro's use,
It gives them tremendous control and the ability to gain spin with the ball,
For high handicappers, steer clear of blades, most golf clubs are designed so that on
striking the ball, having a heavy iron head, enables the ball to take flight all that much
easier,
Everyone will have their own preference; it may be down to which club their favorite pro
uses,
It doesn't really matter, except to get a set that you 'FEEL' comfortable with.
I first started playing golf with PING irons, I found them to be the most forgiving, and
they have a huge range of lengths of shafts,
So much so, that on getting to 11 handicaps, I ordered a set of the new PING I3, which
are custom made,
I got mine made 2 ½ inches longer with extra stiff shafts,
I also decided to push myself, so from sand wedge to 6 iron, I ordered blades and my 3,
4, and 5 irons are regular irons.

The Woods:

If you purchase a complete set, then everything will be matching,
My personal preference is to choose the irons I wanted to use first,
Then select the woods,
They had to have stiff shafts, and I prefer a l/s headed club.
For my driver I wanted no more than a 10.5% loft,
I wasn't bothered with a 3 wood,
For fairways and light rough, I went for a s/s headed 5 wood,

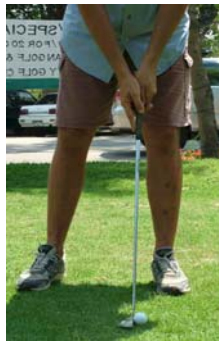
A 7 wood is a great club to have in your bag, it can get you out of a lot of trouble, it's great if you find yourself in light rough off the fairway and very popular on pa 3's where you might need a low iron to reach the green.

NOWADAYS, A LOT OF GOLFERS CHOOSE A 3 WOOD OVER A DRIVER, IT'S MORE FORGIVING, AND YOU DON'T LOSE A HELLUVA LOT OF DISTANCE, SO ONCE AGAIN IT'S DOWN TO YOUR PERSONAL PREFERENCE.

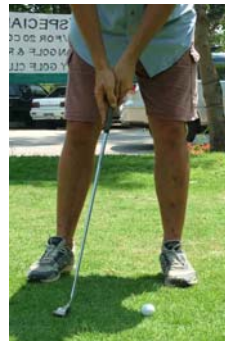
The Putter:



(Stance 1)



(Stance 2)



(Stance 3)



(Stance 4)

I've given the putter its own chapter as this is going to be your main weapon in your armory, so get it right,
They say:

“DRIVING FOR SHOW AND PUTTING FOR DOUGH”!!!

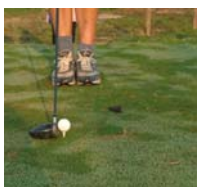
NEVER A TRUER WORD SPOKEN!!

My own personal reference is an odyssey putter, with the ½ moon club head,
I like the club to do the work,
And it has a lovely feel to it.

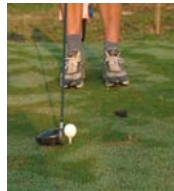
THE PUTTING STANCE:

Putting is all about feel,
The idea is to stroke the ball to the hole,
This not a hitting stroke, but a pushing [with the right hand] stroke
The left hand's job is to hold the putter only; your right hand does all the work.
Line the ball up in line with the big toe of your left foot,
Stand with your feet no wider than the width of your shoulders.
Your back swing should go back no further than the width of your stance and as close to the ground as possible throughout the stroke.
Keep your left wrist unbroken,
Your hands should be over or ahead of the ball.
Using your right hand push the ball towards the target.
You're pushing the ball rather than hitting it.
Different distances require different lengths of 'follow through' pushes.
A good trick I've found is to place the forefinger of my right hand down the side of the shaft; this psychologically helps me to feel my right hand pushing the ball towards the hole.
[Remember, as with all your golf shots, to stand tall]

The Driver:



(Diagram 1)



(Diagram 2)



(Diagram 3)



(Diagram 4)



(Diagram 5)

Now I've mentioned '**driving for show and putting for dough**', but to be honest, you got to put the ball in play, and from anything other than most pars 3's, this is where your woods come in.

There are 2 camps when it comes to driving; some go for the driver, while the others go for a 3 wood.

Personally, I use the driver, as an amateur, I like to hit the ball, I want to drive like **John Daly**, and luckily I'm able to hit a driver.

The 3 wood is an easier club to hit and a lot more forgiving.

With the driver, you tee the ball up high, with the 3 wood you tee the ball up lower.

A good idea of how high to tee the ball is to have no more than two thirds of the ball showing above the wood chosen.

Play the ball in line with your big toe of your left foot; try not to use a complete back swing, rather save the extra swing for your follow through.

Woods are big lumpy heads and if you let them, they'll do all the work for you, all you have to do is complete your swing.

As with all other shots, keep your weight on your left side, don't break the wrists at any time, take the club back as close to the ground on your back swing and on your follow through swing the club through your chosen mark.

With the woods especially it's vitally important not to hold the club tightly.

[Remember the bird cupped in your hands]

You're Grip & Swing:

They're yours and no-one else's, it doesn't matter what they look like if you're comfortable with them, then stick with them, **Eamonn Darcy** had a terrible looking swing, yet he played Ryder cup

Ronan Rafferty had the worst grip seen on the professional circuit, yet he was European number 1 two yrs running.

The Shot Savers:

There are a few shot savers that will help your game no end,

We've all seen the professionals chipping onto a green with a sand wedge and sticking the ball at the pin,

THEY PRACTICE 4-5 HRS A DAY,

THEY MAKE IT LOOK EASIER THAN IT IS,

BUT WE CAN CHEAT!!

A great weapon to use from up to 60 yards out is a 6 or 7 iron,

Play this as a putting stroke,

Tell yourself it's a long putt, and duly putt.

With practice, you'll find this to be a great weapon at your disposal,

Close to the green, I'll use a 9 iron for very short distances, an 8 for 20-40 yards on average,

If you have a bunker in front of you and need to use a pitching wedge to get over, play it as a putting stroke,

It's basically the same stroke, for all these shots,
Remember to keep your shoulders up, your left wrist straight, a short slow back swing like the putting stroke and putt through the ball towards the target.

A GREAT TRICK TO IMPROVE YOUR GAME AND YOUR CONFIDENCE IS TO GET YOUR CADDY [OR YOUR PLAYING PARTNER] TO REMOVE THE FLAG AND ATTEMPT TO CHIP [PUTTING STROKE] INTO THE HOLE.

The Bunker Shot:



(For greenside bunker shots)



(For long Fairway bunker shots)

This is probably the most threatening and feared shot for us amateurs,
This will require a lot of practice, and to be honest, our main priority is just to get the ball out of the bunker in [hopefully] 1 shot,

FOR LONG FAIRWAY BUNKER SHOTS

Open your stance,
Place the ball back in your stance inside your right foot.
Hold the club softly
Keep your hands ahead of the ball
Keep your weight on your left side at all times
Bring the club back slowly on the swing path of your open stance
Work on a $\frac{3}{4}$ back swing
And strike down and through the ball.
Remember to follow through!![Completing your full swing].

REMEMBER TO KEEP YOUR SHOULDERS UP

[We have a tendency to drop the shoulders, thinking we might help scoop the ball out].
This shot can do with out our aid, if we stay through to the routine. This is of course on the short greenside chips, where you can see the hole].

GREENSIDE BUNKER SHOTS

Open your stance

Open the face of your club

The pin should be half way between the open clubface and open stance

Keep your weight on your left side at all times

Use a slow short back swing [1/2 swing]

Swing on the natural arc of your open stance [That is away from the body to the right]

Keep your shoulders up at all times,

Hold the club softly [i.e. soft hands]

Keep your hands ahead of the ball.

Remember to complete your follow through.

You will take sand, that's the idea, don't let it put you off, imagine it's a fairway divot, it's a part of the bunker shot.

To be honest, this will always remain one of the most feared golf shots of us high handicappers,

A good trick is to tell yourself on hitting a bunker...

"I LOVE BUNKERS, I LOVE BUNKER SHOTS"

This shot is definitely all in the mind,
so get your subconscious to believe you love them
and you'll be surprised by the results.

I tell my caddies this,
they think I'm mad,
but I've gotten to the stage, where "I KNOW" I can get out of any bunker.
I may not stick it at the pin but I'll definitely get out in 1 shot and for me that's my main criteria.

The Score Card:

This is a great tip that was suggested to me by old pro SEAMUS GREENE, back in Ireland, when I first took up membership of a club, and wanted to improve my scoring. He suggested to me to keep a card privately and to change the pars to match my handicap.

(i.e.) My original handicap was 16, so on the 16 hardest holes, I had a shot [indexes 1-16], so on these holes, I change the pars to match my handicap,

Example;

Lets say the 1st hole is a par 3, with an index of 14[being the 14th hardest hole], on my private scorecard, I would change this from a par3 to a par4, knowing that if I shot a 4, I would automatically have a net par.

If you're playing a par 3, and there's a big bloody bunker in front of you, well, you have the option of either laying up or playing a way from the trouble, and if you still manage to get on with your 2nd shot, you'll still have 2 putts for a net par.

By doing this on all the relevant indexed holes from 1-16, it made the challenge of scoring that much easier, it meant I didn't have to reach a par 4 in 2 shots, I could take 3shots to get up, and if I proceeded to get down in 2 putts, I'd have a net par.

There is great software available to help **YOU** record and analyze your score, to go to this website: [Click Here](#) (right click on link then left click on open web link in browser)

I FOUND THIS EXERCISE INVALUABLE,

I HOPE YOU DO TOO.

MAKE RECORDS OF YOUR CLUB DISTANCES

If you know how far you can hit each club, you will be able to manage the course much better.

I've worked out that I can hit

An 8 iron - 150yds

A 5 iron - 200yds

A wedge - 125yds

A driver - 310yds

Basically, if you're on the golf course and not at the driving range, walk the distance from your strike to where the ball finishes and record that distance, the more times you do this, the better idea you'll get of what length you can achieve with each club.

[On average you add or subtract 15 yards for each club-example: my 8iron =150yards, therefore my 7 iron, will achieve approx 165 yards.

The Exercise Regime:

Now I'm not the fittest by any means, far from it, but I learnt some very good exercises that have given me extra yardage.

People talk about buying special clubs in order to gain extra yardage, but truth be told, a couple of simple exercises can do this for you.

There are 3 basic exercises, which will strengthen your shoulders, upper back, and your turn.

When breathing, inhale through your nose and exhale through your mouth. Use the strength of your exhale, to push your stretch.
With the aid of a bamboo pipe [or some such pipe], the length of your arms from hand to hand,

#1



(Stage 1)



(Stage2)



(Stage 3)

Place your pipe across your shoulders, with your arms outstretched.
Bend your knees slightly,
Keep your back straight in an upright position
Have your feet the width of your shoulders
Turn your shoulders from left to right [almost as a flat back swing]
Don't overdo it to begin with,
Repeat the exercise in the opposite direction.
This is one complete move of 10 to start with,
Over a period of time work up to 50 complete rotations.
[See diagram above]

THIS WILL ENABLE YOU TO HAVE A MUCH BETTER SWING ARC, AND IN TURN BETTER DISTANCE.

#2



(Stage 1)



(Stage2)



(Stage 3)

Once more place the pipe across your shoulders,
Repeat the same stance,
Using your hands pull down with your left hand, as you push up with your right hand.
Once more, start with 10, and over a period of time, work your routine up to 50
Try to keep your back as upright as possible,
This is to work the muscles around your shoulders and upper sides.
[See diagram above]

#3



(Stage 1)



(Stage2)



(Stage 3)

This is probably the most difficult, but great for upper arm strength, increasing your neck muscles, and works in tandem with the previous exercises.

Remember to maintain the same stance for all 3 exercises.
Remember to breathe in the same manner for all these exercises.

Holding your piping above your head, with outstretched arms
Slowly lower the piping without bending your arms forward till it touches your stomach.
Return the piping to the starting position above your head, and on taking a big breath exhale as you lower the piping over your shoulders, and to your lower back.

Continue this lower back-start position [above head] - to frontal position is one complete exercise,
Give yourself a target of approx. 10 to begin with, and slowly work up to the target of 50.

If you are not the fittest or most flexible, set your own targets.

For more on Great Exercise and Training Techniques [Click Here](#) (right click on link then left click on open web link in browser)

If you're anything like me, and unused to exercise, you will find this quite a challenge, but if you stick with this, you will find, you will reach the target of 50 within a month or so,

And more to the point, with regular practice of these exercises, you'll be surprised by the difference to your game.

Left Handed Golfers:

Although I'm left handed, as a youngster, I was given right handed clubs, so to all you left handed golfers, this book will work for yee too, just reverse the above instructions accordingly.

For more Information Please [Click Here](#) (right click on link then left click on open web link in browser)

Lady Golfers:

The most important suggestion I have for you ladies out there, is to choose light clubs, with shorter shafts,

These can be ordered from any golf store in your locality or over the web.

a good place to look is here. [Click Here](#) (right click on link then left click on open web link in browser)

A Goodbye Note:

Fellow golfers, I do hope you have gotten some help from this book and think as I do, that it's value for your money, it's been both a great pleasure and challenging to write this book, as an amateur like yourself, I was thinking ,who am I to be giving lessons, but I was shown these tips by others, and in turn I've had the opportunity to pass them on to new golfers that I've met ,with great success and I see no reason why you can't do the same.

I hope this has gone in some way to helping you improve you're all round game, And like me, you have stepped up from being a "HACKER" to a "GOLFER".

My father [god rest him] had some valuable advice for me, that I'd like to pass onto you [at no extra charge].

TAKE WHAT YOU WANT AND LEAVE THE REST

MY ADVICE TO YOU, IS TO DO WHAT EVER YOU THINK BEST YOURSELF

WHEN IN TROUBLE,
TAKE YOUR PUNISHMENT AND JUST PUT IT BACK ON THE FAIRWAY,

Links

These are some great [golf] websites I take great pleasure in recommending.

**When Clicking on links please right click on link then left click
(open web link in browser)**

One of the leading UK online golf retailers, 118Golf stocks all the major golf brands including Callaway, Ping, Powakaddy, TaylorMade, Titleist, and Srixon.

www.118golf.co.uk

The Oldest and most respected name in Golf retailing. They carry all the major brands. They offer free shipping for orders over \$100.

www.austads.com

Golf smith International, the world's largest direct marketer and superstore retailer of golf equipment!

www.golfsmith.com

Golfalot.com is the UK's leading consumer golf website offering everything a golfer would need to pay and play, this site also contains all the course contact details, maps and course reviews to help golfers find the best course at the best discount

www.2for1.gofalot.com

Golfing Elite is the key that gives you easy access to over 100 of the most prestigious golf clubs around the world. Also about great service and providing members with extra

savings and benefits when playing golf, on holiday or on business, with friends and family.

www.golfingelite.com

Golf accessories & clothing

www.thesportshq.com

This is a golf Training Program's and will give you tips and tricks on how to hit the ball better

www.golf-trainer.com

Game Account is the fastest growing skill game site with players from over 130 countries competing against one another for big cash prizes. They offer 22 different games such as Tournament Blackjack, Gin Rummy, Backgammon and Hi-Lo Solitaire. Their backers include some of the leading names and investment institutions in the industry

www.gameaccount.com

Featured products include clubs, balls, training aids, apparel, and accessories. Brand recognition is high – as they regularly advertise quarter page ads in USA TODAY and the Wall Street Journal

www.ngcgolf.com

DVD's to improve your game

www.swingmachinegolf.com

This is a training website, covering all aspects of the game, well worth a look.

www.golfswingguru.com

This is a great website for buying golf equipment; also you can trade in your old clubs to buy new clubs

www.CallawayGolfPreowned.com

Hot Links:

www.jazkids.co.uk (children/infants clothing manufacturers)

www.tierneyscorporate.com (Business in Corporate gifts and exports anywhere in the world)

www.king-mobclothing.com (punk wear)

www.planet-e-books.co.uk (E-book specialists)

www.foxybingo.com (A Premier international eGaming service provider)

[Boldbaba](http://www.Boldbaba.com) (Seller of E-Books excellent products)

www.1and1.co.uk (for domain names and web hosting)

www.totalvid.com (Download videos and movies and games free 30day trial)

www.play65.com (Is the largest and most professional Backgammon server on the net)