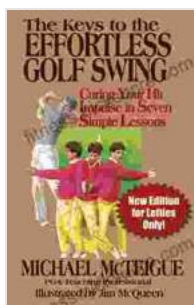


New Edition For Lefties Only: Curing Your Hit Impulse In Seven Simple Lessons

Are you a left-handed golfer who struggles with the dreaded hit impulse? If so, you're not alone. The hit impulse is a common problem among left-handed golfers, and it can be a major barrier to improving your game.

The hit impulse is the tendency to swing the club too quickly and aggressively in an attempt to hit the ball hard. This can lead to a number of problems, including:



The Keys to the Effortless Golf Swing: New Edition for Lefties Only! Curing Your Hit Impulse in Seven Simple Lessons (Golf Instruction for Beginner and Intermediate Golfers Book 3) by Michael McTeigue

★★★★☆ 4.1 out of 5

Language	: English
File size	: 2180 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 88 pages
Lending	: Enabled
Screen Reader	: Supported



- Inconsistent ball striking
-
- Loss of distance

-
- Increased risk of injury
-

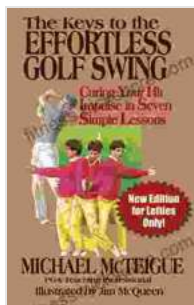
If you're struggling with the hit impulse, there's no need to despair. With the right instruction, you can overcome this problem and start playing better golf.

Seven Simple Lessons to Cure Your Hit Impulse

1. **Focus on your takeaway.** The first step to curing your hit impulse is to focus on your takeaway. Your takeaway is the first part of your swing, and it sets the tone for the rest of the swing. If you start your swing too quickly or aggressively, you're more likely to hit the ball too hard. Instead, focus on taking the club back slowly and smoothly. Let your arms and shoulders do the work, and don't try to force the club back.
2. **Keep your head down.** One of the most common mistakes that left-handed golfers make is lifting their head up during the swing. This can cause you to lose sight of the ball and hit it inconsistently. Instead, keep your head down and focused on the ball throughout the swing.
3. **Stay balanced.** It's important to stay balanced throughout your swing. If you start to lose your balance, you're more likely to hit the ball off-center. Instead, keep your weight centered and your feet planted firmly on the ground.
4. **Swing through the ball.** One of the biggest mistakes that left-handed golfers make is hitting at the ball. This can cause you to thin the ball or hit it off-center. Instead, focus on swinging through the ball. Let your arms and shoulders do the work, and don't try to force the ball.

5. **Finish your swing.** It's important to finish your swing all the way through. This will help you generate more power and control. Instead, finish your swing by extending your arms and shoulders and rotating your hips through.
6. **Practice, practice, practice.** The best way to cure your hit impulse is to practice. The more you practice, the more comfortable you will become with your swing and the less likely you will be to hit the ball too hard. So get out there and start practicing!

If you're a left-handed golfer who struggles with the hit impulse, don't despair. With the right instruction, you can overcome this problem and start playing better golf. Just follow these seven simple lessons and you'll be on your way to curing your hit impulse for good.



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