

## Your 2019 golf resolutions

Amongst the resolutions people will have made for 2019, many will fall under the categories of "Health & well-being"; "Social engagement"; and "Time for yourself". Guess what? Golf delivers on all of those.

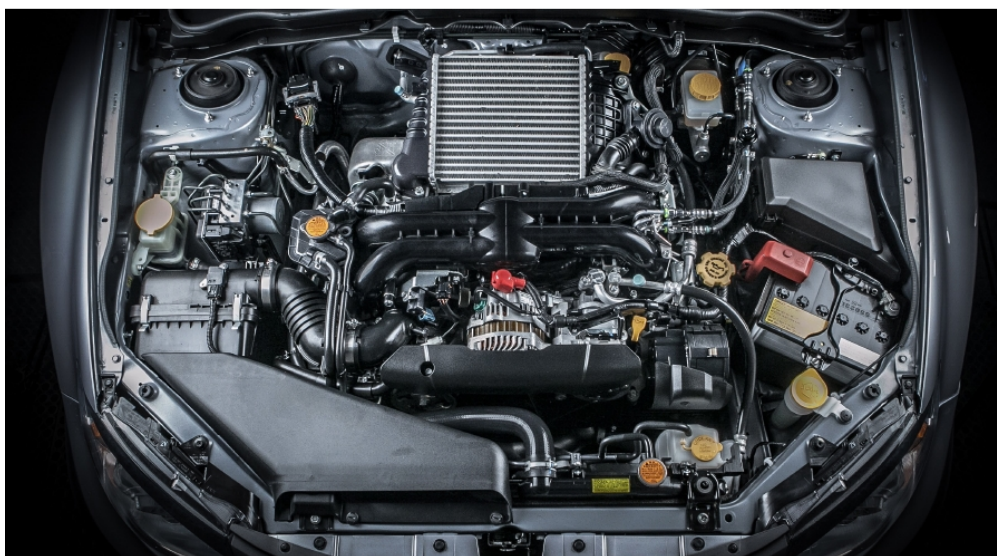
Some of you will be reading this from warmer climates. Get out. Walk. Play golf. It's good for your whole well-being.

Those of you who can't fly south should still find the time to get outside. Keep walking. Stay fit and healthy. The good weather will come again.

## Shafts and myths

### Let's bust some myths and misunderstandings

You may have read or heard some say that "the shaft is the engine of the golf club".



That metaphor isn't right. If there's an engine, then it's you.  
You create the energy. The shaft controls and channels that energy.  
The shaft is more the transmission; allowing the shaft to return the clubhead square  
to the target at impact. The shaft transfers the energy you create to the clubhead.



One of the questions you have to ask yourself is: do you have the right transmission for your engine and vehicle?  
Are you maximizing the return on the energy you're creating; and are you returning the clubhead square to  
target at impact?



*"If you're losing distance as you get each year older, then it's really  
worth while looking at options to create faster clubhead speed  
and a better energy transfer."*

**Now let's check**

Ready for your transmission to be checked over? We have examples of shaft changes that have added as much as 30 yards to tee shots. With irons we find big improvements in shot dispersion..

[Book your check-up >](#)

## Strengthen your core

### Not the shoulders and hands

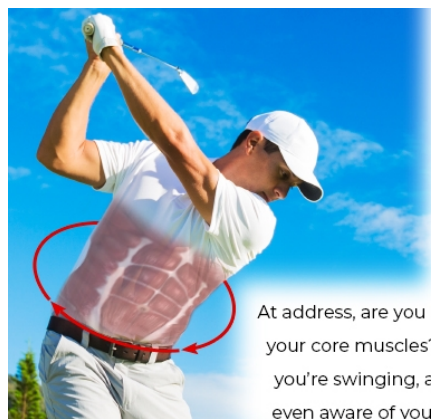
If you're going to have a better golfing summer then the first step for most is to simplify the golf swing starting with rule #1.

The hands hold the golf club. That's it. It's that simple. They don't initiate either the backswing or downswing. They grip the golf club



The hands hold the golf club.  
That's it. It's that simple.  
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the backswing or downswing.  
They grip the golf club.

Your core controls your upper body rotation. Not your arms or shoulders. It's your core.



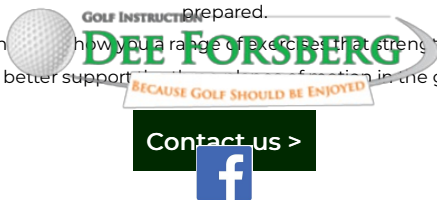
At address, are you aware of  
your core muscles? When  
you're swinging, are you  
even aware of your core?



## Start now – at home

Don't wait for the season to start. Don't wait to visit us to make the adjustments, putting your core in charge. Get prepared.

Visit a fitness trainer and get them to show you a range of exercises that strengthen all of your core muscles so they can better support your rotation in the golf swing.



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