

# A GOLFERS GUIDE TO GOLF IMPROVEMENT'S NEWSLETTER



We're working on your game

## JUNE ISSUE OF BY TOM FIELDING

### How to choose the right flex for your golf clubs

All low handicappers and golfers who are serious about shooting the lowest scores possible consider flex in their clubs. It makes the science of hitting the ball so much easier, which translates to more enjoyment on the course. Now, when I say "flex", I am referring to the ability of a golf shaft to bend as forces are applied to it during the golf swing. Just go ahead and "waggle" your club a little and see how much the shaft bends and you will get an idea of what "flex" is.

#### There are five basic categories or types of shaft flex:

1. Extra Stiff
2. Stiff
3. Regular
4. Senior
5. Ladies

Why is the flex in your shaft important? Well, when you have a flex that doesn't match the needs of your swing, the result is the clubface being misaligned at impact, causing your shots to go

off-target. Not good. To be more specific, your flex will impact how straight you hit the ball, how high or low it goes and how long or short it travels.

Keep in mind one very important thing about the shaft of your club and its flex. As the shaft flexes throughout the swing, the position of the club-head will change. This means you need a shaft that will properly match your swing type and speed so that it can deliver the clubface back to a square position at impact.

For example, if the flex of your clubs is too stiff, the clubface will tend to be open, sending the ball in a slicing direction. Or, if you have clubs with a shaft flex that is not very stiff, the club-head will be tend to be closed at impact, resulting in a hook.

#### Choose Your Flex Type

I always am experimenting with different shafts and flex types because I know that if my swing is on plane and accurate, my shaft flex type can be adversely affecting my results. Here's what I do:

- Your driver will be your best

### GOLF IMPROVEMENT NEWS UPDATE

#### REGULAR SCHEDULE.

PRIVATE AND SMALL GROUP LESSONS WILL BE HELD AT

1. TOKYO AMERICAN CLUB
2. SEIJO GOLF RANGE IN SEIJOUAKUENMAE, SETAGAYAKU.

FOR ALL INFORMATION REGARDING THE ABOVE LESSON PROGRAMS, PLEASE CONTACT TOM AT EMAIL: [AGOLFERSGUIDE@GMAIL.COM](mailto:AGOLFERSGUIDE@GMAIL.COM) OR CALL DIRECT ON 090 6709 1728



gauge on which flex you need. Not 100% accurate but the best club to use for this purpose. If you can carry your driver 250 yards or more, go with Stiff; 230-250 yards, Regular; 200-230 yards, Senior; less than 200 yards, Ladies. What about Extra Stiff? I can count the number of people on one hand that actually need or use an Extra Stiff shaft. Only guys like John Daily and Long Drive Champions need that type.

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## Choose Your Flex Type

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- If shots with your driver tend to go left, you might benefit from a stiffer flex; if your drives go right, you might benefit from a softer flex.

- If you know (or have been told) you have a very smooth swing, you might benefit from a softer flex even if you swing very fast. Further, if you have a swing that gets jerky at the top, especially starting the downswing, you'll probably need a stiffer shaft.

## The Best (and most accurate) way to Choose Flex Type

If you are not comfortable determining which flex you should choose on your own, go see your local pro at the course you play at or your driving range. This will take a lot of the guesswork out of the equation.

A good pro will take a lot of measurements, watch your swing, measure your swing speed, watch your ball flight and be able to tell you with certainty which flex is right for you.

What you want to do is to experiment by hitting lots of different clubs and watching the effects on your shots of changing shaft flex.

If you find a flex that feels good and produces a good ball flight, there's a good chance that's the right flex for you.

And lastly, here's the best advice I can give on choosing flex. Most high-handicappers (especially men) tend to over-swing. If this describes you (and you know who you are), you should consider a softer flex to help you slow your swing down. Slowing down the swing will certainly produce more accurate shots and better distance control.

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## GOLF JOKES & HUMOUR

### A New Golf Book

You may not know it, but there is a new golf book. This book is the result of many years of struggle and experience. I believe this new book on GOLF gives the reader valuable playing tips and insider information I'm hopeful you find this a useful tool to help you enjoy your game that much more as you enjoy the great outdoors.

The cost is only \$9.95 and can be ordered by simply replying to this email. Don't wait until they're all gone.

**Chapter 1** - How to Properly Line Up Your Fourth Putt

**Chapter 2** - How to Hit a Nike from the Rough, when You Hit a Titelist from the Tee

**Chapter 3** - How to Avoid the Water When You Lie 8 in a Bunker

**Chapter 4** - How to Get More Distance off the Shank (My

favorite chapter)

**Chapter 5** - When to Give the Ranger the Finger

**Chapter 6** - Using Your Shadow on the Greens to Maximize Earnings

**Chapter 7** - When to Implement Handicap Management

**Chapter 8** - Proper Excuses for Drinking Beer Before 9:00 a.m.

**Chapter 9** - How to Rationalize a 6 Hour Round

**Chapter 10** - When Does A Divot become classified as Sod

**Chapter 11** - How to Find That Ball That Everyone Else Saw Go in the Water

**Chapter 12** - Why your Spouse Doesn't Care That You Birdied the 5th...

**Chapter 13** - Using Curse words Creatively to Control Ball Flight

**Chapter 14** - When to Let a Foursome Play through Your Twosome

**Chapter 15** - How to Relax When You Are Hitting five off the Tee

**Chapter 16** - When to Suggest Major Swing Corrections to Your Opponent

**Chapter 17** - God and the Meaning of the Birdie-to-Bogey Three Putt

**Chapter 18** - When to Regrip Your Ball Retriever

**Chapter 19** - Throwing Your Clubs: An Effective Stress-Reduction Technique

**Chapter 20** - Can You Purchase a Better Golf Game?

**Chapter 21** - Why Male Golfers Will Pay \$5.00 a Beer from the Cart Girl and give her a \$3 Tip , but will balk at \$4.50 at the 19th Hole and Stiff the Bartender.

Thanking you in advance for your order.

## GOLF TRIVIA

### Q. Has there ever been a Hole-in-One on a Par 5?

Most holes-in-one come on par-3 holes, obviously. A few have even been scored on longer par-4 holes (making them double-eagles as well as aces). But has anyone ever aced a par-5 hole?

**A. Yes, it's happened at least several times.**

Since almost nobody - even with today's supercharged equipment - can hit a 500-yard drive, the best place to look for par-5 aces are on those par-5 holes that are severe doglegs, or are even a bit horseshoe-shaped. On such holes, an intrepid long-hitter can attempt to cut a corner or clear trees or other hazards in order to go straight at the green, rather than playing around the dogleg in a normal fashion.

Holes-in-one on two such par-5s are known to have happened. One was even recorded with a 3-iron! That one was made by Shaun Lynch, playing at Teign Valley Golf Club in Christow, England, in 1995, on the 496-yard No. 17. According to a 2004 article in *Golf World* magazine, Lynch aimed straight toward the green on a horseshoe par-5, clearing a 20-foot-high hedge, then hitting a downslope on the other side. The downslope carried his ball to the green and into the cup.

The first-known ace of this nature occurred in 1962, according to the *Golf World* article. "Larry Bruce took his drive over a stand of scrawny pines on the 480-yard dogleg right par-5 fifth hole at Hope Country Club" in Arkansas, and found the cup.

But there's also one hole-in-one known to have occurred on a

straightaway par-5. This monster drive was achieved at altitude on the No. 9 hole at Green Valley Ranch Golf Club in Denver in 2002. The shot was 517 yards in length, and the golfer who got the ace was Mike Crean. This ace is believed to be the longest ever recorded.

(See a diagram of the hole [here](#).)



What is a hole-in-one on a par-5 called? **The answer is "Condor"** "Condor" is generally recognized as the "proper" term, but triple-eagle and double-albatross are also correct.

**Tom Fielding**

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### Golf related products



One Size fits all gloves & Titleist Pro V1 & V1x Golf balls

### Golf related products

