

LONG GAME EXERCISE

Bow and Bounce

Skill:
Category:

Long Game
Posture

To encourage the pupil to achieve the posture - critical for good balance.

Encourage the pupil to start erect with the back straight and club supported at waist height. The pupil should bend at the hip joints “bowing” until the club touches the ground, then bounce the knees to give them a gentle flex. Some individuals relate to a rhyme: ‘Stand to attention, stand at ease, bend from the hips and flex the knees’.

