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Natural Golf Address

Single-Plane, Straight-Line Setup: OK, here is a disclaimer. The Natural Golf setup looks odd and awkward! Golf purists may find it too "amateurish" to consider trying. I'd point out the same might be said for putting "croquet" style (which Sam Sneed did quite well for a while until it was prohibited by the USGA). In any case, you need to accept that the Natural Golf technique won't make you look anything like a Tour player.

Start by holding club with grip pointing at your left hip and the shaft parallel to ground. Bend over at the hips, keeping the right shoulder below left and the arms relatively straight, and place the club head on the ground just ahead of your belt buckle.

Maintain a spine angle of about 15 degrees away from your belt buckle.

Maintain a straight-line relationship between club head, club shaft, left arm and armpit. Don't let hands drop below swing plane as in the conventional swing setup. One key principle of NG is that the address position is identical to the impact position. This is another significant difference from conventional golf where the goal is to return the club head to the address position on impact but your body must rotate, including opening the hips and twisting just the right degree to return the clubface to a square position. Not easy to do unless you have exceptional body control.

Viewed from either in front or in back of the golfer, the left arm should be above right.

While the arms should be relatively straight, they should not be "locked" or tense. They need to be somewhat relaxed to generate club head speed.

