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Natural Golf Stance

The NG stance is wider than the conventional golf stance. The wider stance encourages a single plane swing with minimal hip rotation and lateral sway. I think the hip rotation is one of the most difficult factors to control in the conventional golf swing. One of the best attributes on the NG technique is the minimal hip rotation needed to hit quality shots.

Place feet about 24" inches apart (from the instep) for all irons. Your shoulders should fit within the inside of your feet as you take your stance.

Increase the width of stance to about 26" apart for woods.

Tilt right shoulder below left; just like conventional golf.

Keep head angled away from and behind ball.

Left foot angled about 45 degrees open to target line, right foot perpendicular to target line (can be open if you don't have enough flexibility for this to be comfortable).

Check your stance with the club shaft laying across your feet. Align feet, knees, and shoulders with the target line. Make sure you are not OPEN !

Bend at the hip, keep your back straight, stomach in, rear out and reach for the ball. Maintain ROD position with shaft and left arm.

