

content^{+0.0}

chapter one **page 016–029**

at the pro shop

- golf bag | 018
- balls | 020
- gloves | 022
- tees etc | 024
- bad weather equipment | 026
- shoes | 028

chapter two **page 030–043**

golf clubs

- wedge system and irons | 034
- hybrids | 036
- fairway woods | 037
- driver | 038
- putter | 039
- blade or cavity | 040
- club combos | 042

chapter three **page 044–055**

club fitting

- grips | 046
- shaft | 047
- shafts/shaft flex | 048
- club lie | 050
- direction | 054

chapter four **page 056–075**

set-up

- the right grip | 058
- hand position/shaft position | 065
- ball position | 066
- how high to tee off? | 067
- foot position/foot angle | 068
- arm position | 071
- body angle/hip | 072
- focusing | 075

chapter five **page 076–089**

the golf swing

- shaft position | 078
- swing level | 080
- club face | 082
- close or open face | 084
- from the outside or inside? | 086
- wrong swing levels | 088

chapter six **page 092–109**

release & finish

- release | 094
- hitting and target line | 099
- balance | 100
- end position | 102
- radius & power | 104
- fade | 106
- draw | 107
- slice | 108
- hook | 109

chapter seven **page 110–125**

short game

- the pitch | 112
- the three basic movements | 114
- angle – a myth | 117
- ball position/altitude | 118
- pitch with and without release | 120
- judging your backswing | 122
- mb-wedgesystem (SW) | 124

chapter eight **page 126–139**

in the bunker

- in the bunker | 128
- set-up | 129
- the right grip in the bunker | 130
- sand first | 131
- swing curve | 132
- bounce | 134
- deep in the sand | 135
- measuring your distance | 137
- fairway bunker | 138

chapter nine **page 140–149**

the chip

- the chip | 142
- basic movement of chip | 143
- ball position/shaft position | 144
- center of gravity | 146
- foot position | 147
- end position | 149



+0.0

chapter ten **page 150–157**

chip system

- the MB-chipsystem | 152
- club formula | 154
- flying distance/roll distance | 156

chapter eleven **page 158–179**

putting

- putting | 160
- the ball must roll | 161
- setting-up | 162
- your eyes over the ball | 164
- choosing the right putter | 165
- lie & length of the putter | 166
- the three movements of putting | 167
 - wrist | 169
 - movement of arms | 170
 - movement of shoulders | 171
 - putter movement | 172
- the four facts of putting | 174
 - systematic practice | 175
 - helping your practice | 176
 - safety zone | 178

chapter twelve **page 180–193**

bad lie

- rough | 182
- downhill | 184
- uphill | 185
- above the ball | 186
- under the ball | 187
- hitting flat | 188
- around hazards | 190
- over hazards | 192
- over water | 193

chapter thirteen **page 194–199**

bad weather

- against the wind | 196
- sidewind | 197
- game in the rain | 198

chapter fourteen **page 200–207**

tactics

- tactics for Par 5 | 202
- tactics for Par 4 | 204
- tactics for Par 3 | 206

chapter fifteen **page 208–213**

psychology

- psychology: teeing off | 210
- psychology: short putts | 211
- set-up routine | 213

chapter sixteen **page 214–217**

types of games

- handicap, types of game | 216
- competitions – some examples | 217

chapter seventeen **page 218–227**

rules

- golf – game of honour/safety | 220
- game pace | 221
- dropping | 222
- out of bounds | 223
- bunker rules | 224
- colored markings | 225
- grey areas | 226
- marking the ball/pitchmarks | 227

chapter eighteen **page 228–397**

swing analysis

chapter nineteen **page 398–400**

glossary

