



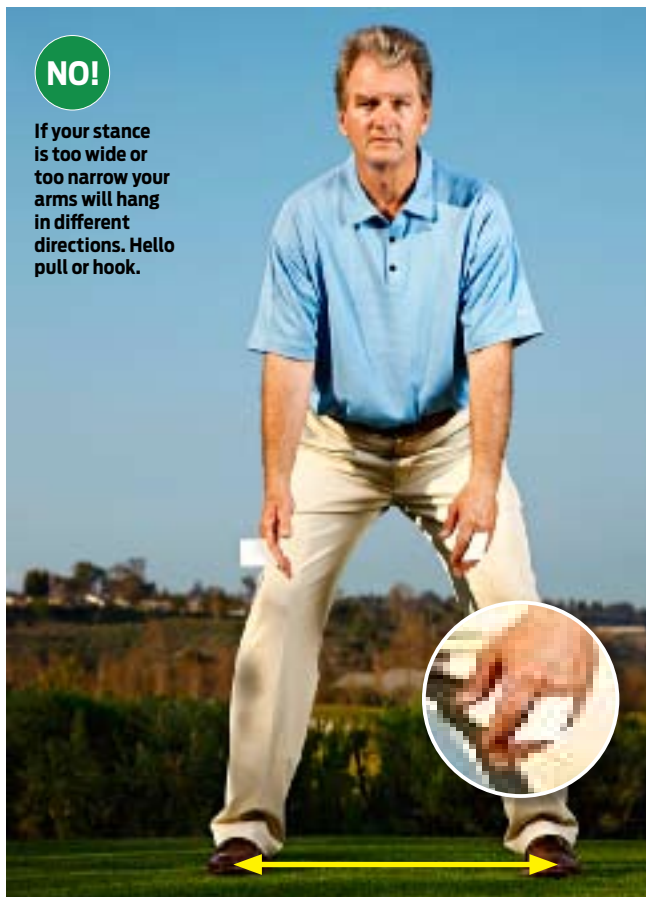
HIT SOLID IRONS

with Dr. David Wright, Wright Balance Golf Academy, Mission Viejo, Calif.



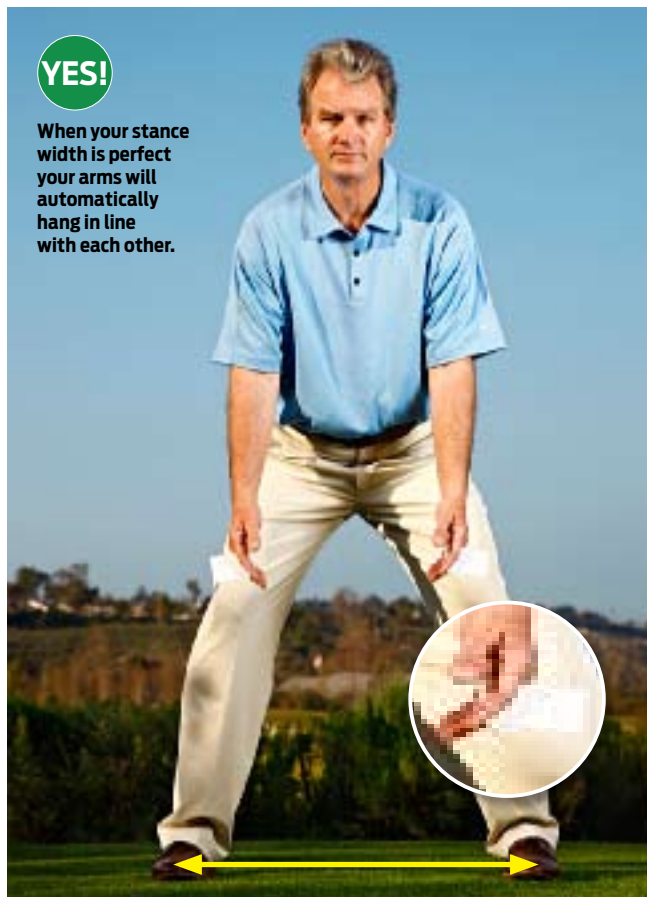
NO!

If your stance is too wide or too narrow your arms will hang in different directions. Hello pull or hook.



YES!

When your stance width is perfect your arms will automatically hang in line with each other.



Stop Pulls with Your Stance

The right stance width sets your body and swing in perfect alignment

THIS STORY IS FOR YOU IF...

1. YOU DON'T THINK ABOUT STANCE WIDTH.
2. YOU TEND TO HIT PUSHES OR PULLS.

THE PROBLEM

Pushes and pulls that seem to pop up out of nowhere are usually the result of a mismatch between where you think you're aiming and where your body is actually pointing—you're unwittingly open or closed.

This happens when you don't have the correct stance width. Standing with your feet too close or too far apart throws your whole body out of whack. When you nail your stance width, your hips, shoulders and knees line up perfectly and effortlessly. If you think there's absolutely no way that the width of your stance can influence alignment, then take the test at right.

THE SOLUTION

Grab two credit cards from your wallet and slide them between your index and middle fingers on both hands. Take your normal iron address and bring your hands together. Take a deep breathe, exhale, and then let your arms hang. Don't manipulate your arms—let them dangle as they wish. If your stance width is incorrect, you'll notice that the cards point in different directions—a signal that your body isn't aligned to your line of flight. When your stance width is correct, the cards will line up as if by magic. Experiment with a few different stances. If you want to know your exact stance width, get a professional analysis at www.gripsize.com.

golf.com/irons



Watch a video of this lesson and learn the secret way to discover your perfect stance width and grip size.