



REVERSAL OF FORTUNES

Not everyone dropped shots in their quest to become the UK's Most Improved Golfer this summer, so we made it our quest to turn one of our

Martyn Frost recorded 38 rounds on TG's FREE Handicap Tracker service from the beginning of April to the end of September, but instead of lowering his handicap and pushing for the prizes he went backwards.

The 47-year-old's handicap slid from 13.7 to 16.9, one of the worst performances this summer, so we made it our mission to reverse his fortunes and get his handicap going in the right direction.

We enlisted the help of top teaching pro Steve Astle, of the East Midlands Golf Academy at Morley Hayes, and The Belfry's PING custom fitter James Frow to get Martyn back on track – and they've made

NEW SWING

OLD SWING

SHOULDER
Powerful level shoulders into the ball result in straighter flight.

SHOULDER
Shoulder tilt going into the ball reduces power.

HANDS
Perfect grip keeps clubhead square during swing.

HANDS
Weak left hand opens clubface on the downswing.

CLUBFACE
Square clubface at impact gets ball on target.

CLUBFACE
Open clubface at impact hits the ball high and right.

SWING TO WIN

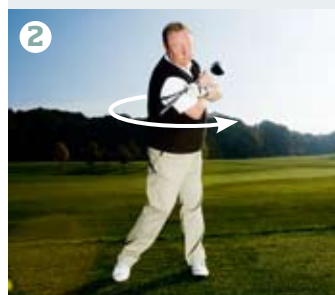
It's vital to treat the root cause of swing faults, not just the symptoms

STEVE SAYS

"Martyn's left hand was a bit weak and there was a lot of shoulder tilt going into the ball, so the right shoulder worked underneath the left which opened up the clubface even more, resulting in a high and right shot."

ROTATE

"The light bulb moment we had was trying to get Martyn to rotate in different ways and focussing on the right half of the chest and getting it to feel like it was turning hard left. That was squaring the clubface up for him and producing a right-to-left ball flight."



MARTYN SAYS

"I'm not getting it right every time, but when I do there's a massive difference in the flight of the ball. I can feel when I'm doing it right or wrong now."

ALIGNMENT

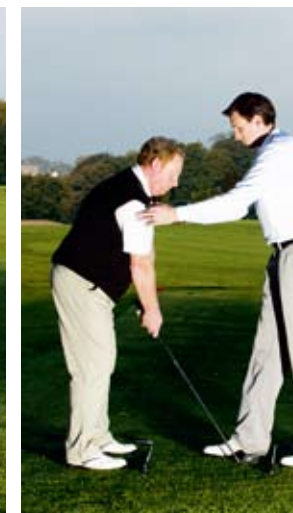
TAKE DEAD AIM

It's important that your alignment is correct to get the ball where you want it to go



STEVE SAYS

"Martyn was aiming out to the right a lot, which is quite a common fault amongst amateurs. People tend to aim their body at the target rather than getting the clubface on line."



THE FIX

Line up clubs on the ground to your target when you practice to correct the fault. You may feel open at first but the correct alignment will improve your shots and make it easier to spot faults.



MARTYN SAYS

"It's a massive help because I think most people I play with get alignment wrong and it's so important. I'm hitting more fairways and greens now and scoring better because of it."

PRACTICE

GET DOWN THE RANGE

It's hard to make changes on the course so take time to work on the range



STEVE SAYS

"Martyn was playing a lot of golf, which is great, but there was no real constructive programme with that. It was all golf, golf, golf, golf and there was never any chance to sit back and take stock. "It's about managing how often you play. You do need to practice and you've got to get to the range if you want to get better. "Improvement is a long term process but Martyn's now got specific aims and targets that he can take to the range and work on." Xxxxxxxxxxxxxx xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

MARTYN SAYS

"I've been playing too much and not practicing enough so I'm changing that, especially in the winter."

CUSTOM FITTING

FIT FOR PURPOSE

The right custom fitting process will ensure you use the best clubs to lower your scores



"We fit the irons first and began with the static measurements, which were pretty standard."



"We changed the grip to aqua, slightly thinner than standard, to increase his hand action."



"We tried i15 irons, but he sprayed these round a bit. With the G15 he was much more consistent."



"The lie tape test came out as standard when and the regular length gave a very centred strike."



"We chose 4-iron over 4 rescue, but included a 20° rescue instead of 3-iron for greater versatility."



"We kept a regular flex and moved him up a little bit in loft to 12° to help get his launch angle up."



"We've got a utility wedge because there's quite a big gap between PW and SW."



"We shortened the putter to 33 inches and made the lie flatter so we can get it flusher to the ground."

THE NEW CLUBS



Driver: PING G15 - 12° Regular Flex PING TFC Shaft - Aqua grip
Woods: PING G15 3 and 5 - Regular flex TFC
Rescue: PING G15 20° - Regular flex
Irons: PING G15 4-9 - Regular Steel AWT shaft - Standard length - Standard lie
Wedges: PW + UW + SW
Putter: PING Redwood - 2° flat) - 33 inches

MARTYN SAYS

"I couldn't believe how thorough it was. I didn't expect to have quite this intensity with every club. I'm hitting them loads better than my old ones. I felt like I had more control. The irons are just so straight and true."

CHIPPING

NAIL YOUR LANDING

Chipping it close is integral to making birdies, saving pars and scoring well



LANDING
 The landing area should always be the closest point that you can get the ball running.

CLOSE CHIP
 A 7-iron will produce 25% carry and 75% roll.

MEDIUM CHIP
 A 9-iron will produce 35% carry and 65% roll.

FAR CHIP
 A SW will produce 50% carry and 50% roll.

STEVE SAYS

"We did a lot of work on trying to pick landing areas with different clubs rather than just hitting wedge for everything. You should try and get the ball running on the ground as quickly as possible and choose your club depending on this."

MARTYN SAYS

"This has been a big help. Before it was just you get it right or wrong by some sort of feel, but having an actual formula for carry and run to work to will really improve things. It gives you a benchmark to work to so you know when you've done it right or wrong."