



# THE THONG ADJUSTER



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## The Putter speaks

A word from the editor

Every now and then I like to share important golf news with the Iron Thong Golf Gang. This isn't one of those times. That is, this is hardly important news, but it sure shows that not all the crazy characters in golf are members of the ITG.

### From the St. Petersburg Times.

John Moore, 67, golfs nearly every day and has for about 20 years, according to a July St. Petersburg Times report. The golf he plays, though, consists of hitting 35 long-iron shots (five shots with each of the seven balls he owns) on a grassy median strip along Interstate 275 in downtown Tampa. "You can't play this game one day, two days in a week," he said. "You have to play it all the time if you want to do something with it." What Moore wants to do with it, he told the Times, is to someday soon make his first-ever appearance on an actual golf course.

When he does, he should tee it up with us.

### New members:

The Iron Thong welcomes three new members to our group: Scott "Hits" Fritz, "The Rian King" Suihkonen and Ron "The Pres" Boone. Wait a minute, haven't we seen that last guy before? Welcome back, Ron!

See all of you on the course,  
Steve





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Go to <http://www.IronThongGolf.com> to view the current issue.

Articles, including for sale items, can be submitted at any time. Send them to the editor at [stevevanwert@hughes.net](mailto:stevevanwert@hughes.net).

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# Just 'fore' laughs



**“You got a birdie!”**



**“My ball would be on the green if you hadn't been in the way!”**



# FAQ

## Frequently Asked Questions about Golf

**Q** *Will heat or cold damage my graphite shafts?*

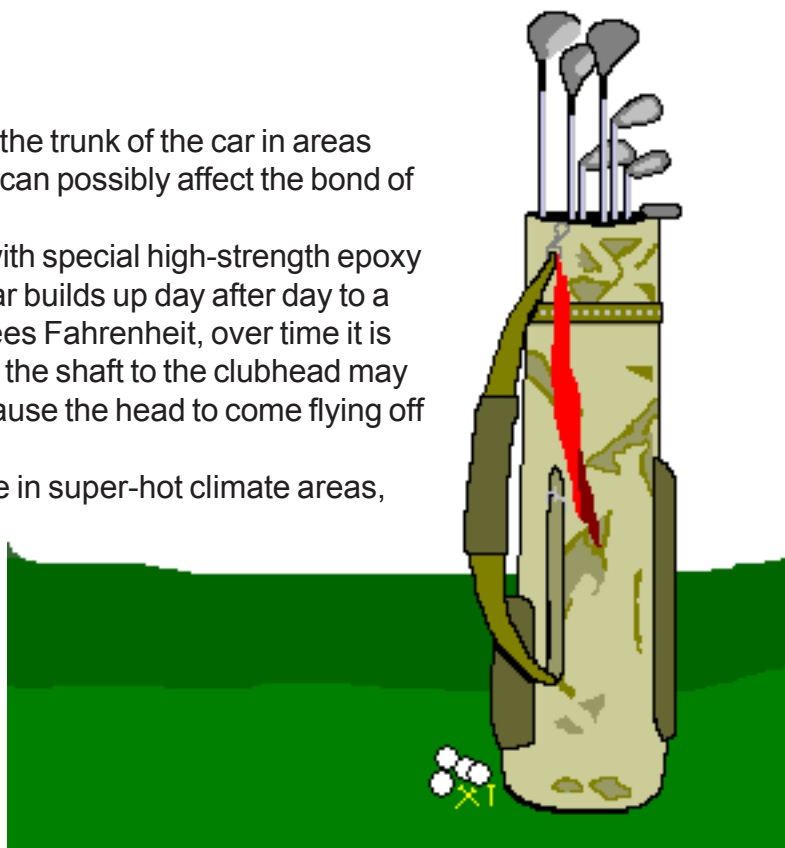
(Editor's Note: Many golfers store their clubs in the garage or carry their clubs in the trunks of their cars. Those environments can generate higher temperatures, or expose clubs to very cold temperatures. Some golfers fear that such hot or cold environments can damage graphite shafts. Is this true?)

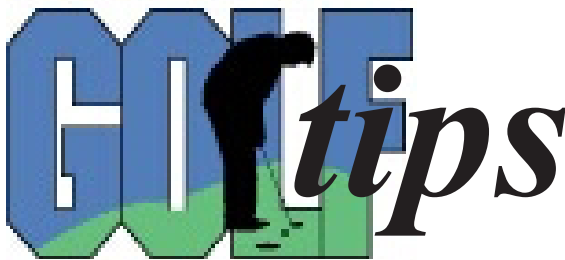
**A** **No. Never.**

But excessive heat built up in the trunk of the car in areas where the temperatures get very hot can possibly affect the bond of the shaft to the clubhead.

Shafts are secured to clubheads with special high-strength epoxy glues. If the heat in the trunk of the car builds up day after day to a temperature approaching 200-degrees Fahrenheit, over time it is possible that the epoxy bond holding the shaft to the clubhead may start to break down and eventually cause the head to come flying off the shaft when a ball is struck.

So the best advice is that if you live in super-hot climate areas, take the clubs out of the trunk and store them in the garage where the temperature never approaches 200F.





## Step by step to the proper setup

From Michael Lamanna

The single most important - and frequently overlooked - full swing fundamental in golf is the setup position. So here's a step-by-step illustration of what makes a great golf setup.

### Alignment

At address your body (feet, knees, hips, forearms, shoulders and eyes) should be positioned parallel to the target line. When viewed from behind, a right-handed golfer will appear aimed slightly left of the target. This optical illusion is created because the ball is on the target line and the body is not.

The easiest way to conceptualize this is the image of a railroad track. The body is on the inside rail and the ball is on the outside rail. For right-handers, at 100 yards your body will appear aligned approximately 3 to 5 yards left, at 150 yards approximately 8 to 10 yards left and at 200 yards 12 to 15 yards left.



### Foot position

The feet should be shoulder width (outside of the shoulders to the inside of the heels) for the middle irons. The short iron stance will be two inches narrower and the stance for long irons and woods should be two inches wider. The target-side foot should be flared toward the target from 20 to 40 degrees to allow the body to rotate toward the target on the downswing. The back foot should be square (90 degrees to the target line) to slightly open to create the proper hip turn on the back swing. Your flexibility and body rotation speed determine the proper foot placement.

### Ball position

From a flat lie:

- Play your short irons (wedges, 9-iron and 8-iron) in the center portion of your stance. These clubs have the most upright lie angles and they must be swung at the steepest angle, and you should take a divot in front of the ball.



# GOLF tips

## Proper golf setup

Continued from page 4

- Your middle irons should be played one ball toward the target-side foot from center (a ball left of center for the right-handed golfer). These clubs have a slightly flatter lie angle and you should take a slightly shallower divot than with the short irons.
- The correct ball position for the long irons and fairway woods is two balls toward the target-side foot from center (two balls left for the right-hander). With these clubs, the ball should be struck directly at the bottom of the swing arc with very little divot.
- The driver is played farthest forward (three balls left of center for the right-hander) to strike the ball on the upswing.



### Balance

Your weight should be balanced on the balls of the feet, not on the heels or toes. With short irons, your weight should be 60-percent on the target side foot (left foot for right-handers). For middle iron shots the weight should be 50/50 or equal on each foot. For your longest clubs, place 60% of your weight on the backside foot (right foot for right-handers). This will help you swing the club on the correct angle on the back swing.

### Posture - Side view

Your knees should be slightly flexed and directly over the balls of your feet for balance. The center of the upper spine (between your shoulder blades), knees and balls of the feet should be stacked when viewed from behind the ball on the target line. Also, the back knee should be cocked slightly inward towards the target. This will help you brace yourself on this leg during the back swing, thus preventing lower body sway.

Your body should bend at the hips, not in the waist (your buttocks will protrude slightly when you are in this correct posture). The spine is the axis of rotation for the swing, so it should be bent towards the ball from the hips at approximately a 45-degree angle to the shaft of the club. This right angle relationship between the spine and the shaft will help you swing the club, arms and body as a team on the correct plane.

Your vertebrae should be in a straight line with no bending in the middle of the spine. Your ability to turn the shoulders on the back swing equals your power potential, so keep your spine in line for longer drives and more consistent ball striking.



## More on proper golf setup, continued from page 5



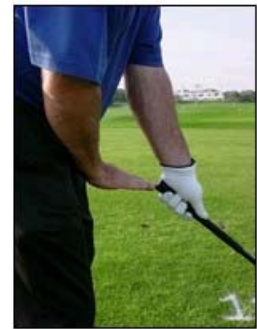
### Posture - Face view

When viewed from face on, your spine should tilt to the side, slightly away from the target. The target side hip and shoulder should be slightly higher than the back hip and shoulder. The entire pelvis should be set an inch or two toward the target. This places the hips in the lead and it counter balances your body as your upper spine leans away from the target.

Your chin should be up, out of your chest to encourage a better shoulder turn. The head should be tipped at the same angle as the spine and your eyes should focus on the inside portion of the back of the ball.

### Arms and hands

At address, your hands should hang just forward of your zipper (just off the inside of your target side thigh). The hands-to-body distance varies depending on the club you are hitting. A good rule of thumb is hands “a palm’s width” (photo, left) from the body for short and middle irons (4 to 6 inches) and “a palm’s length” (photo, right) - from the bottom of the wrist to the tip of your middle finger - for long irons and woods.



### The final setup positions

The shaft of the club will appear to lean slightly toward the target with your short irons because the ball is positioned in the center of your stance. With your middle irons, the shaft of the club will lean only slightly toward the target (or not at all) since the ball is forward of center. With long irons and woods, your hands and the shaft of the club will appear to be in line. Again, as the ball position moves forward, the hands stay in the same place so the lean of the shaft disappears. With a driver, the shaft will lean away from the target.

**Remember:** “Your swing evolves from your setup.” If you focus on this vital pre-swing fundamental, you are more likely to improve your performance. A good setup does not guarantee success, however it improves your chances immensely.



Short-Iron Setup



Mid-Iron Setup



Long Iron/Woods Setup



Driver Setup

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## Golf etiquette is about more than just manners

The rules of golf etiquette are what they are for several very important reasons: Many of them relate to the safety of golfers, many relate to pace of play, and other rules of golf etiquette relate to maintaining the quality of the golf course. Golf etiquette is an essential part of the game. And it's something that newcomers to the game often learn as they go - on the course, when playing with more experienced golfers.

Here are some basic rules that will help keep the game enjoyable for you and those around you.

### **Keep it safe**

Do not swing your club until you know that others in your group are at a safe distance.

Do not hit the ball until you are certain that the group ahead of you is out of range.

If your ball appears headed toward another player or another group, give them a warning by yelling out, "Fore!"

Observe the safety suggestions posted in golf carts and drive carefully. Golf etiquette requires keeping your cart off the grass as much as possible.

Never throw clubs in anger. In addition to being rude and childish, it could also be dangerous.

### **Maintain a good pace**

- Keep the round moving by being prepared to hit your shot when it is your turn. You probably don't like waiting on other groups - don't make other groups wait on you.
- The player who is away hits first in a group. However, in friendly matches (as opposed to tournament play), this rule can be ignored in favor of "ready play" - players hit as they are ready. All players should agree to "ready play" before it is put into effect.
- Do not spend too much time looking for a lost ball, particularly if there is a group behind you ready to play. If you insist on taking the full five minutes allotted to look for lost balls, golf etiquette says wave up the group behind to allow them to play through.
- When two players in a cart hit to opposite sides of a hole, drive to first ball and drop off that player with his club, then drive to the second ball. After both players hit, meet up farther down the hole.
- When walking from your cart to your ball, take a couple clubs with you. Taking only one club, then having to return to the cart to retrieve a different club, is a huge time-waster.
- Always leave the putting green as soon as your group has finished putting.

### **Be kind to the course**

- Keep carts away from greens and hazards.
- Repair all divots.
- Repair all ball marks on the green.
- Always rake sand traps after hitting to erase your footprints and damage to the area where your ball was.

### **A few more golf etiquette hints**

- Quiet, please! Never talk during another player's swing.
- Do not yell out following a shot. Even if boisterous behavior doesn't bother your playing partners, there are other people on the course who may be within earshot.
- Be aware of your shadow on the putting green. Don't stand in a place that causes your shadow to be cast across another player or that player's putting line.
- Never walk through a playing partner's putting line. Your footprints might alter the path of a partner's putt. Step over the putting line, or walk around (behind) the partner's ball.



## David Feherty says:

On the 14 years since CBS colleague Gary McCord was banned from the Masters: ***“They don’t do comedy at the Masters. The Masters, for me, is like holding onto a really big collection of gas for a week. It’s like having my buttocks surgically clenched at Augusta General Hospital on Wednesday, and surgically unclenched on Monday on the way to Hilton Head.”***

On his decision to give up his playing career in favor of a microphone: ***“When CBS came to me and asked me to do on-course commentary, I said, ‘You know, I’m only 37, I still have hopes of [playing] a little better.’ So they told me what they were going to pay me, and I said, ‘You want to buy a set of clubs?’ “***

On giving up alcohol: ***“I didn’t quit drinking because I was a bad drunk. I quit because I was a spectacular drunk. It got to be like a video game, where you get to the highest level and it’s not even a challenge.”***

On McCord’s recent revelation, at the annual JCC Sports Awards banquet in Vancouver, that Tiger Woods’ caddy Steve Williams and Feherty often try to outdo one another on the course in the area of flatulence, Feherty said: ***“Tiger is no slouch himself: He can lay ‘em down like a crop duster.”***

On Gary Player’s unsubstantiated suggestion last year about use of performance-enhancing drugs in pro golf: ***“Gary thinks he invented fitness because he used to do pushups on the airplane. He’s just upset because you can’t win a major any more with a low, flat hook and a Napoleon complex.”***

On the poor life advice Michelle Wie’s parents have given the teenage phenom: ***“She could be adopted by Britney Spears and be better off. I want my 16-year-old daughter to have an enormous phone bill, a case of the giggles and to be pissed off at me for killing her first three boyfriends. I do not want her out on Tour under that kind of pressure.”***

On Phil Mickelson: ***“Phil is brilliant, but he’s nuts. There’s something not quite right about that boy. Phil is watching a movie that only Phil can see. His mother told me, ‘Phil was so clumsy as a little boy, we had to put a football helmet on him until he was four because he kept bumping into things.’ I told her, ‘Mary, Mary, I’m a writer, you can’t keep handing me material like this.’ So the next time I saw Phil I said, ‘You didn’t really wear a football helmet in the house until you were four, did you?’ He said, ‘It was more like five.’ “***

On Tiger Woods: ***The first time he ever watched Woods play, Feherty examined the lie Tiger had in the trees, where he’d hit the ball into deep rough alongside a large root, and said on-air that the only available play was to wedge out sideways. Tiger promptly hit a towering 200-plus-yard, sweeping slice with a 2-iron that rolled to within 12 feet of the flag. “I just stood there watching him walk past,” Feherty said, “and thinking, ‘I don’t know what that is, but I know there weren’t two of them on Noah’s Ark.”***