

A lesson from the Assistant

Aaron Karr, PGA

Having Trouble Getting out of Bunkers?

One of the best bunker tips I have yet to see comes from probably one of the best bunker players to ever play the game of golf. The Great South African Champion Mr. Gary Player. Follow this three part process to help you utilize the bounce a little more and pop the golf ball out of the bunkers with ease. Enjoy!

Step 1: Under Arm Toss



(Photo 1): Grab a few golf balls while in the bunker and set your club down. Take each golf ball and grab them like the photo.

(Photo 2): Get in your stance, with your feet open to your target, feet dug into the sand and weight on your leading side.

(Photo 3): Start your bunker shot routine. Notice how my palm is holding the golf ball is facing the sky!

(Photo 4): Release the golf ball with an underarm toss. Again take notice as to where my palm is facing.

Continue this process about 3 or 4 more times before picking up your golf club.

Step 2: One arm practice



(Photo 1): Grab your club and get into your stance, again with your feet open to your target, feet dug into the sand and weight on your leading side.

(Photo 2): With your club swing the club back, focusing again on trying to keep your right palm up towards the sky!

(Photo 3): Swing through, hit the sand if you wish. But at the follow through make sure your hand again is facing the sky!



Step 3: Hit it using the bounce (sole)

(Photo 1): Let's start getting out of the bunkers with ease. Grab your club and get into your stance. Feet open to your target, feet dug into the sand and weight on your leading side.

(Photo 2): While swinging your club, really focus hard on trying to keep your palm (also your club face facing the sky)

(Photo 3): You should have already hit the ball, using the very bottom of your club, but don't forget to follow through, again with your palm facing the sky, and club face facing the sky!



Here is a photo of where your club should hit the sand. If you practice this technique and consistently hit the sand using the sole of your club, you will get out of the bunker with a nice soft high bunker shot! I look forward to hearing your results with this 3 step process. Enjoy!

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