

One Minute GOLF TIPS

'WHERE PASSION MEETS PERFORMANCE'

THE THREE INK SPOTS

The object of this 'One Minute Golf Tip' is to 'Improve Your Game' quickly and easily.

This '**Three Ink Spots Drill**' is really simple and very useful. Here is how it goes.

FIRST: Take your 'Ball Point Pen' (or 'Sharpie') and place an '**Ink Spot**' or '**X**' on the 'Back Of Your Target Hand' ('Left For Right Handers') on the 'Carpel Bone' just above the first 'Index Finger Knuckle'.

SECOND: Place another on the 'Aft Heel Pad Of The Brace Palm' (close to your Wrist Bone).

THIRD: The last spot goes on the 'Outside Prominence of your Target Elbow'.

These 'Three Ink Spots' now provide you with a 'Guidance System' by which you can '**TRACK MOTION**'. This is especially useful in your 'Putting and Chipping Procedures' although the discipline will prove applicable in all 'Swing Procedures'. Keep these 'Reference Spots' moving towards the 'Target' in the 'Bottom Half Of The Front Swing Circle'.

You know that, when you have 'Set-Up Your Hand, Wrist & Forearm Putting Triangle' the sides and angles never change shape during the 'Entire Back and Front Swings or Strokes'.

These two 'Procedures' find 'Motive Force' in the 'Rocking Chair Shoulders Motion'. There are other ways, however, such as the 'Brace Hand Thrust Or Push'. More later!

Practise and Play well!

"Welcome Aboard!"
"Enjoy The Ride!"

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