

One Minute GOLF TIPS

'WHERE PASSION MEETS PERFORMANCE'

SET-UP

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

Devote 70% of the time in your overall **'Routine'** to properly getting ready or 'Setting Up' and 30% to actually making the Swing or 'Executing'!

If you can understand and utilize those **'5 SETUPS'** you will be well served. A golfer with a sound 'Set-Up' and a mediocre 'Swing' will score pretty well. A golfer with an unorganized and capricious 'Set-Up' and a great 'Swing' will struggle at best! **'SET UP FOR SUCCESS'!**

You have a handle on the concept of 'STANCE' now but I want to tell you that it is one of the weakest parts of the 'Routine'. You need a 'SQUARE Brace Foot' and an 'Open Target Foot'! (40 to 50 degrees for the Driver) You must learn to **'STEER SO YOU CAN CLEAR'!** If you cannot 'Leg Drive' towards a 'Clearing Target Hip' you are going to run into a very 'Closed Target Gate'. How do you effectively get through a closed gate? 'Open It First' or crash!

You need to establish and 'Athletic Address Ready, Greco Roman Position' with gently 'Flexed Knees'. **The 'Flexed Brace Knee Is The Base Of The PIVOT'**. Once you 'Set It Up' the flex stays in and remains constant all the way through the 'IMPACT SEPARATION ZONE' all the way to 'Stand Up'.

Regarding your 'ALIGNMENT', just visualize a **'Railway Track'** running through the Ball. The outside rail runs from your 'Clubhead to the Ball'. The inside rail runs from your feet to 'Parallel High Energy Side Of The Ball'. If you do not understand this, **'CALL or E-MAIL US'!** Right away!

Play well!

"Welcome Aboard!"

"Enjoy The Ride!"

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