

BUMP & RUN PROTOCOLS

The '**5 CONTROLS**' always!

- 1) Stroke is executed with the Arms & Shoulders and requires quiet Hands with '**Fixed Wrist Forearm Triangles**' and a very 'Stable Target Lever Length' or 'Fixed Swing Radius'. 'Dead T/L Rope'
- 2) 'BUMP & RUN' is a Stroke and NOT a Hit. ('Longer BHTD Chip')
- 3) '**POSTURE**' is similar to a Putting Stroke' with a different Club producing a '**Putt With A Hop**'. The hop requires more 'Energy' and a greater 'Brace Hand Travel Distance' or longer stroke length.
- 4) '**MINIMUM AIR TIME WITH MAXIMUM GROUND OR ROLL TIME**'.
Low-flying Balls are always more accurate and predictable than high-flying Balls. Running balls are even better! Get the ball on the green acting like a 'Putt' as quickly as possible.
- 5) Very still Lower Body. This is a 'Stage One UBM Stroke'.
- 6) Choke Down On or Shorten your '**GRIP**' if necessary. 'Hover The Clubhead' 1/2" to 5/8". Weight fully in 'Target Hand'. 'Putt Thin'. Palms Opposed or '**WEAK NEUTRAL GRIP**' ('Minimal Wrist Action') Maintain your 'Fixed Wrist Forearm Triangles' as in 'Putting'. Soft to Firm Grip Pressure' depending on the amount of 'MASS' or material you have to move. ('Deep Grass, Sand or Debris')
- 7) '**STANCE**' '**OPEN-SQUARE & NARROWER**' than generally used with the 'Short Irons F/S'. More like your 'Putting Procedure'.
- 8) '**BALL LOCATION**' slightly farther aft in 'STANCE' ('Clavicle') than with the normal 'Short Iron Strokes' to promote a more 'Descending Blow' ('Steeper Angle Of Attack').
- 9) '**WEIGHT DISTRIBUTION**' slightly forward on 'Target Foot' to promote 'Descending Blow' (never Thin or Skulled, Strike Ball First!).
- 10) '**HANDS**' slightly '**Forward Pressed**' ('Flat or Bowed Target Wrist') maintained 'Triangular' throughout entire Swing.
- 11) '**EYES**' over the Ball slightly inside and behind.
- 12) '**BREATHING OUT**' and relaxed when the Clubhead is in Motion. 'SOFT Target Elbow' ('Dead Rope') enables consistent 'Swing Radius' and the ability to get back to the 'Ball' in the 'DOFT Stroke'.
- 13) 'Brace Hand Take-Away' ('Triangular Rocking Chair Shoulders')
- 14) '**SEE THE BALL COME OFF THE CLUBFACE**'. (Visualize The Shot)
- 15) Practice these Strokes a lot as they are needed a lot!
- 16) '**ALIGNMENT**' Parallel To Target Line Is Optimal ('To Open')
- 17) '**SWING DOWN THE BODY/FOOT LINE**' always

I want to add that whenever you are practising your 'Chipping' always have your 'Six Chipping Putters', the #7, #8, #9, #PW, #SW and #LW close at hand. By varying your 'Tools' (Same Selected 'Chipping Motion'), you will learn how the Ball comes off the Clubface with different strokes. Chip well!