

BUNKER PROTOCOLS

'The **555 CONTROLS** always!'

Before I get into this 'Bunker Protocols', I want to tell you that **"I do not think being 'On The Beach or In The Sand Box' has to be difficult"**. It should not be feared. It is my opinion that a 'Sand Shot' is not much more than a standard 'Pitching Procedure' with but slight variations. Your 'Bunker Work' is really a very **'Normal Swing Down The Body Line'** perhaps with an **'Open Faced – Open Alignment Cut'**. Seldom do you want to produce this 'Cut' with an artificial or 'Manipulated Clubhead Or Hand Path '. Make 'Normal Swings' with your '5 SET-UPS' fully enlisted! (PGSBA) Stay logical and methodical! Always be aware of the '5 Essential Elements'.

'The Initial Ball Flight Line Is Determined By Your Clubface AIM'. The 'Loft and Splash or Bounce of the 'Clubhead Sole' is determined by the 'Clubface AIM' relative to your 'ALIGNMENT'. 'Open Open' provide more of a 'Glancing Blow' to the 'Ball or Debris' which is often the case In 'Bunker Procedures'.

On the grass, you want to contact the 'Ball First' and then take some grass. ('Little White World First, Big Green World Second'). On the 'Beach' you want to contact the **'Sand First'** so you 'SET-UP' to deliberately strike behind the ball, a little 'FAT'. Again, **'Taking 1/2 Inch Of Sand Out From Below The South Pole Of The Ball'** is a very useful mental image. Thump the sand!

Due to the more 'Forward BALL LOCATION', your 'Hands' may not quite 'LEAD' the 'Clubhead' to the Ball as they do in the 'Pitching Procedure'. In this 'Bunker Procedure' the 'LEAD LAG' relationship is more like that of the 'Hands and Clubhead' in the 'Driver Procedure or Protocol'. There is **'NO THROW-AWAY'**! 'Solid Stable Wrist Forearm Triangles'! This 'Forward BALL LOCATION' invites 'Leg Drive and Turn' in most 'Procedures', but herein, with 'Greenside Bunkers' you have less active 'LBM'. Even with 'Fairway Bunkers', you generally should select a 'Long Shafted or Less Lofted Club' and 'Swing Smoothly'. Your 'LBM' is better when less or not overly active. This helps you avoid the tendency to 'Spin Out' or have your 'Brace Foot' lose its 'Resistance' ... a common error! 'Sloppy Feet' never produce solid shots in any 'Golf Procedure'.

Once the proper 'SET-UP' is accomplished, just make a 'Normal Swing' with good ascending and descending action! The 'Take-Away, Back Swing' and 'Down Swings' in 'Bunker Shots' are a little more 'Vertical'; more 'Pick Up and Drop'. The 'Front Swing' has a 'Steeper Angle Of Attach'. 'STANCE needs to 'MATCH the Procedural Requirement'. You know how! Take a deep relaxing breath ('Deep Deliberate Diaphragmatic Breathing') and let's get on with it!

The **'5 CONTROLS'** always!

- 1) **'POSTURE' is always 'CHIN Tallish' or 'LBM Engine, Hip Sockets to Sternum Clearance' fully in place so you can freely go 'Round & Round' enabling your 'UBM' to go 'Up & Down' as it must to perform 'Physically Correct'.**
- 2) Stroke is executed with both **'WRIST COCK AND PIVOT COMPONENTS AND PROCEDURES'** although there may be little or 'No Pivot' if the distance to be covered from Bunker to Cup is short. When the 'Distance' is greater than a medium 'Chipping Procedure', you will **likely add 'Leg Drive'**. **Take care to properly 'SET YOUR FEET'**.
- 3) Your **'STROKE POWER'** in this 'Protocol or Procedure' will be about double that you might 'Pre-SELECT' or want to 'FEEL' with a normal 'Grass Lie Pitching Shot'. The reason for this requirement is that you are not making contact with the Ball! It is only the 'Sand' that you are going to move and it takes the Ball 'Along For The Ride'. You want to move quite a lot of sand so you are going to have to make a more powerful swing. Just think of your 'Total Mass Moved' in the 'Grass Pitch'. It is the 'Mass of the Ball' only. In a 'Bunker Procedure' you are moving all that sand as well and it 'Blasts The Ball Out of the Bunker' as a result of your moving the sand. You have to Swing harder to move the volume of sand in addition to the actual Ball (more MASS). Not a very efficient Stroke
- 4) **'PITCHING AND BUNKER SHOTS ARE SIMPLY 'EXTENDED VERSIONS' OF THE 'CHIPPING STROKE'**. There is more 'Range of Motion' and thus, more 'COIL' and 'Clubhead Speed'. The Ball goes farther! Trajectory is simply a matter of the factories 'Loft'. 'Bunker Shots' can require a considerable 'ROM' variation from 'Full Chips' to 'Full Pitches'. It is a matter of 'Distance'.
- 5) There is a 'Putting Stroke' in the 'Pitching Stroke'.
'5 Essential Elements' always!
- 6) **'MORE AIR TIME THAN GROUND ROLL TIME'**. Ball tends to Run very little upon contacting the ground and, if there is much 'Back Spin', the Ball may even 'Back Up'. But knowing that you can produce quite a 'Flat Trajectory' with quite a lot of run with a 'Bunker Shot' as well.

- 7) **'GRIP IS SLIGHTLY STRONGER & FIRMER'** than in Putting and Chipping. ('2-5', 2 in Target Hand and 5 in Brace Hand will work well. 'Brace Hand' is in control.) You may set your 'Clubface AIM Open' but are NOT forced to do so. I happen to think you can 'SET-UP' Square C/F with Square ALIGNMENT' with the Sand Wedge, depending on your desired 'Net Loft' and desired 'Ball Flight'. But, if you 'OPEN The Clubface' you should 'Open Your ALIGNMENT' in proportion. (20:20 or 30:30) All this 'Opening Of The Clubface' does is to 1) increase the 'LOFT' and to 'Make the Heel Of The Club Enter The Sand Earlier'. This enhances the 'Bounce' too. You can thus add 'Bounce' to your '#PW' if you just simply 'Open The Clubface'. All this 'SET-UP' done, just 'Swing Down Your Body Line' as usual. Your 'Lever Assemblies' always want to 'Swing' from your 'Shoulders' and so along your 'Body Line'. If you do not naturally 'Swing Down Your Body Line', you are 'Manipulating'.
- 8) **'GRIP'** may be Firm & Shortened ('Choked Down') if necessary.
- 9) **'MODERATE GRIP PRESSURE'**. Don't squeeze and kill the chicken!
- 10) **'STANCE'** is just outside the 'Rib Cage' of under the Arm Pits. It must not be too wide. Shorter and more delicate 'Sandies' can have narrower and more delicate 'STANCE' so that the 'Components and Procedures' 'MATCH'. Same Song! Same dance! **'Set Your Feet'** in the sand for stability. 'Set Your Feet' into the sand by 'Squirming'. This compresses the sand and will stabilize your footing.
- 11) **'BALL LOCATION'** is relatively 'Forward of the Centre of Stance' or under the inside to centre of your Clavicle (Proximal). Remember you are intending to 'Hit This Shot FAT' or to strike an inch or two behind the Ball!
- 12) **'ALIGNMENT'** may be slightly OPEN to 'MATCH' the 'Clubface AIM Component' ('Open Open' as mentioned).
- 13) **'STANCE'** 'Target Foot' is OPEN so the Hips can Rotate and Clear to the Target. This is a 'PVOT Procedure' ('Stage Three') unless it is a very short 'Bunker Shot', just clearing the lip!
- 14) **'WEIGHT DISTRIBUTION'** is relatively centred or may be slightly forward to promote a more vertical 'Angle of Attack'. You are still going to 'FEEL' as though you are 'PINCHING the Sand' but just behind the Ball. 'PINCH' will create 'SPLASH'! Proper 'Sand Procedures' require that you very distinctly 'FEEL' the 'Bottom Of Swing Arc' and a very 'Straightened Brace Elbow'.

- 15) **'SLIGHT FORWARD PRESS'** of the Club Handle is generally beneficial. Hands must still lead the Clubhead 'Through the IMPACT Zone'. If the 'Club Handle' is much less than 'Vertical' (behind the Clubhead) you will tend to produce 'Throw-Away' and strike the 'Bunker Shot' 'THIN'. You will NOT like that result! 'Skulled Bunker Shots' are as ugly as any other 'Skulled Shot'!
- 16) **'WRIST COCKING'** is quite early in the 'Back Swing'. The Swing is quite 'Up & Down'. My overall impression of making a 'Bunker Shot' is to 'SPLASH the Sand and Ball Out Of or Off The Beach'. A bit like 'Splashing Water Out Of A Swimming Pool With the Palm of Your Hand'. You must make this a 'T H R O U G H Stroke'.
- 17) There is reduced 'Loading Rotation, Coil or Pivot' in this 'Procedure' as compared with the 'Full Swing'. You do not want to make your 'Brace Foot Spin Out' so do not get too 'Explosive With The Brace Leg Drive'. If your 'Brace Foot' slips, you are toast!
- 18) Finish (Swing Sequence #8-#9) with 'Belly Button or Belt Buckle Square to the Target and Hands in front of your Chest'. You may not have a SS #9 and that is quit acceptable but do not 'Punch Bunker Shots' (generally). The only instance when you may have to do so is when you are up against or quite close to the lip of the bunker and cannot 'Swing Through'. In this situation, you will have to be quite 'Vertical in your Take-Away' and in your Front Swing Angle Of Attach' to avoid striking the 'Lip' which could injure your 'Hands'.
- 19) 'DISTANCE' is controlled by **'BODY PARTS CLOCKING'**
(Brace Lever Travel Distance')
- 20) 'DISTANCE' is controlled by **'CHOKING DOWN ON THE GRIP'**
- 21) 'DISTANCE' is controlled by the **'Narrowing The Width Of Your 'STANCE'**. As you know, this 'Procedural Adjustment' reduces the 'Length of Your Swing' or the 'Circumference of the Circle' and thus reduces the 'Clubhead Speed' with little or no 'FEEL' Change other than in the 'SET-UP' Mode. How Simple!
- 22) **'SWING DOWN THE 'BODY/FOOT LINE'** (not Target Line)
- 23) FINISH and HOLD to 'Evaluate' and 'Swing In Balance'.
- 24) 'See The Ball' and 'FEEL The Target'. ('Heads or Tails Drill')

It is absolutely amazing how many distinct similarities or 'Procedural Consistencies' exist in 'Golf Swings' whether they be 'Putting or Driving' ('5 Essential Elements'). Remember, there is a 'Putt In Every Single Shot'! This is a '**CONSTANT**'. Now all you have to do is '**Learn The VARIABLES**' and that is why we have produced these '**PROTOCOLS**'! 'Protocols' 'SET-UP', monitor and govern the 'Variables'! How simple!

Might I suggest you 'Print Out' or 'Xerox' all these 'Protocol Pages' and 'Yellow Highlight Marker' the major items on each 'Protocol Page'. Don't be afraid to change your opinion from time to time if you feel it necessary. Learning makes us all change our perspectives along the way. We are fortunately 'Evolving Animals'! 'Golf Growth' is a reality if you simply 'Master The Basics', 'Keep An Open Mind', 'Are Honest' and 'Have The Desire'.

When did you last say your 'Daily Affirmation'?

**"I AM ALWAYS TRUTHFUL, POSITIVE
AND HELPING OTHERS!"**

I am absolutely amazed and humbled at what I have learned in the second half of my 'Golfing Career'! The first half was full of dedication but all the material was not as purely correct as I would have liked it to be. Still striving towards the 'Truth and Light'.

Keep seeking 'Simplicity' that is based on 'Science, Physics and Geometry' and you shall arrive at 'One Of Your Journey's Destinations'.

'IT' is within your reach and ultimately within your grasp as well!

Stay in perspective 'Lest We Forget' that 'Humility, Reverence and Gratitude'!

**This 'Golf' is all about 'Components and Procedures' always!
'Master Golf Basics'! There are actually very few and you can do it!**

Welcome Aboard!
Enjoy The Ride!