

DRIVING PROTOCOLS

The '**5 CONTROLS**' always!

This very simple 'Procedure' sets-up the rest of your hole and provides a considerable competitive advantage for every golfer. It gives us a 'Physical Edge' and ensures a 'Mental Edge' as well.

The 'SET-UP Components' of the 'Driver' are quite unique.

- 1) 'RELAX'
- 2) 'BREATHE' Rhythmically and Deeply
- 3) '**POSTURE**' must be 'CHIN Tallish and MATADOR PROUD'.
- 4) '**GRIP**' must be 'Stronger' than with the Short Irons.
- 5) '**STANCE**' is the widest of any Procedure, just outside the Shoulder Sockets and, if more, very little more.
- 6) '**STANCE**' is Square Brace Foot and very OPEN Target Foot to about 45 degrees or even slightly more. The 'Target Hip Gate' must be very Open so that we can 'Let the Cows Out' or 'Clear the Target Side', get it out of the way of the powerfully advancing 'Brace Side'.
- 7) '**BALL LOCATION**' is very forward (between the Inside Target Heel and the Outside Target Toe)
- 8) Ball is TEED UP. (so you don't get Teed-Off!)
- 9) '**ALIGNMENT**' is Parallel to the Target Line
- 10) '**WEIGHT DISTRIBUTION**' is 60:40 (Brace Foot for Shallow AOA)
- 11) Significant 'AFT TILT' set in place to promote 'Inside Out Clubhead PATH', 'On Plane'.
- 12) Hands are far from the Ball due to the length of the Golf Club.
- 13) Clubhead is slightly in front of the Hands.
- 14) '**GRIP PRESSURE**' is quite SOFT.
- 15) 'Hands, Wrists, Forearms, Elbows and Shoulders RELAXED'.
- 16) '**SHOULDERS PARALLEL TO THE BODY/FOOT LINE**' (Slightly Open is beneficial) and perhaps the Target Line if your 'ALIGNMENT Procedures' are Square.
- 17) 'Brace Toe Preload' is considerable.
- 18) 'PIVOT Pressure' is considerable.
- 19) 'Brace Elbow Extensor Action' is considerable to match the 'Brace Leg Action'.
- 20) '**BREATHING OUT ACTION AND PRESSURE**' is considerable to match the 'PIVOT and Extensor Action or Pressures'.
- 21) Do NOT 'Over Swing' and try to HIT the Ball hard. This is a '**SWINGING ACTION**' with a very strong '**PIVOT**'. It is a 'Free-Wheeling, Slinging of the Lever Assemblies ACTION'.

Don't try to 'KILL THE BALL'. 'FEEL' like you are 'Turning Strongly towards the Target', Unloading your COIL, 'Pushing your Brace Foot and Extending your Brace Elbow' T H R O U G H the Ball and NOT AT the BALL.

Remember to '**FEEL Like You Are FREE-WHEELING**' and that the Centrifugal (Pulling Out) Force, Rotation of the Spinal Crankshaft of the Body Machine, is '**SLINGING OUT**' your 'Arms, Wrists, Hands and Golf Club' from your Shoulder Sockets. This 'FEEL' will properly maintain the established 'SET-UP' Swing Radius (length of the Spoke of the Wheel) that enables us to 'Get Back to the Ball' at high speed.

The 'HANDS' should 'NOT FEEL' like they are 'Controlling or Manipulating the Golf Club / Clubhead' but simply 'Holding On' and 'Monitoring the Acceleration'. The 'Hands' ensure that we 'Maintain RPM' with the 'Rotation and UnCoiling Lower Body Machine', our 'Round & Round Power Source'. Once the 'GRIP' is properly in place, all the 'Hands' do is 'Hang On' and maintain contact and 'Control of the Golf Club'. You remember, the 'Target Hand Controls the Clubface' while the 'Brace Hand Takes Out the Clubhead LAG' with the 'Wrist Cock Release' (Power Accumulator #2).

You remember the '**THREE ZONES OF THE BODY**'.

The '**Hands Control** the Golf Club'. The '**Arms Support** the Hands'. The '**Body Transports**' the Arms. So, if you want 'ANY Forward or Backward Horizontal Motion', the Body must create and POWER this 'ROUND AND ROUND MOTION'. Period! You must effect your Swing with these 'Three Zones' moving in a common 'RPM' through the 'IMPACT Zone'. This is key or you will get too much 'Clubhead LAG' or not enough which is called Throw-Away'. Both these conditions are created by an 'Excess of Something' (lack of Balance in Components and Procedures) which will show up in your 'Ball Flight' which is the 'Number One Critic of your Golf Swing'!

This information combines with the '**FLAT TARGET WRIST**', the '**CLUBSHAFT ON PLANE**' and the necessary '**CLUBHEAD LAG PRESSURE**' to allow the 'Wet Mop Effect' to take place, makes for great Golf.

Remember, when you have all the 'Components and Procedures Pre-Selected' (all the SET-UP work has been done), with very few exceptions, 'Swing Down the Body Line'.