

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

A CASE OF THE YIPS

not you right

**Karl: Have suddenly had the yips in a couple of my recent rounds
... any thoughts that might help me cross this hazard?**

Have not seen you for a spell! Know you have been very busy.
Assuming your issue is with the 'Putter'?
Assuming you are still using your old putter?

May include 'Chipping and Bump & Run' procedures as well?
You can actually have 'The Yips' with your 'Driver'!
If more than your 'Putter', let me know specifically which
other clubs and when?

It is a matter of 'Negative Anticipation' and a sprinkling of 'Fear'.

Putting is not your enemy, especially if you are putting well
... the friend and enemy syndrome. Basis in fact!

Review and use your 'Pre Shot Routine' ('PSR') ... no optional!
You still have our '8 Step Putting PSR'?
Know you do but will not be able to locate it!
... copy attached for your convenience

That will clarify your thoughts and remediate your 'Doubts' which metastasize into 'Fears'.

You must know where the 'Top Of Break' is located if you have one. ('PSR')
You must roll your ball to and through that point ... 'Distance & Direction'
'All Putts Are Dead Straight'!
Easy right?

You must know how far it is from ball to bottom of the cup. ('PSR')
This gives you information, which gives you confidence
... less apprehension and thus reduced 'Doubts & Fears'.

Next, all I want you to do is utilize our 'The Palm Push Grip'.
The 'Brace Hand' in the following manner cannot 'Pull'.
It is a 'Yip Fixer'.

Set Your 'Target Hand' as usual. It will control your 'Clubface Aim' and establish the 'Bottom Of Swing Arc'. ('BOSA')
Make a few 'One Handed' practice swings ... 'Tick Tocks'.

Then, without any delay, place both hands on the club normally.
Step Into the Ball ... 'Set Up'

Now, assuming you are 'Target Hand High', adjust your 'Brace or Push Hand' to get flat on the back side of the grip. The grip will be contacting the 'Palm ... Wrist To Middle Fingers' ONLY. Thus, it cannot help in your 'Take-Away' and 'Transition'.

Now, without changing anything in your 'Grip', make the putt.

Say the little "&" word at the 'Top Of Back Swing'. ('TOB')
... essential to your 'Timing & Tempo'

Big aspect my friend is to 'Chase The Ball' and NOT 'POP It Of Its Perch'.
The 'POP' is the 'YIP' or 'Flip'. ('By The Way', it takes two hands to 'YIP')

To help this 'THROUGHNESS' happen, as we have discussed, use your 'Intermediate Target' ('I/T') ... No Exceptions!

I suspect you may have forgotten a few of these essentials?
You are not alone in this golfing fraternity!

You will remember that 'I/T' is a point on the ground (one thin dime or penny if you have a tight budget)
... 10-15 inches in front of the ball, dead on the 'Ball Rolling Line'.
It will not be on the 'Target Line' if there is a break.
Roll your ball across that 'I/T' spot.

It is a 'Through Swing Energy Gate'.
The 'I/T Spot' causes no fear as the cup does.
In fact, it is the exact opposite. It produces 'Confidence' whereby you can see that 'Target' without a peek!
We 'Peek' due to 'Fear'!

This 'I/T' process is not new!
We must use an 'IT' with every strike in golf regardless of the club or situation!
Not a new revelation. Just part of that good old 'PSR' and 'Execution'!

RULES

If your 'Hands Are In Motion', your eyes are not. (see the 'BIC')
If your 'Hands Are In Motion', you must be 'Breathing Out'. (basic physiology)
This helps with relaxation and speed 'THROUGH THE BALL and NOT AT THE BALL'.

‘AT-itis’ provides the makings of ‘The Yips’.

Read this twice?
You will be OK in minutes.

Be the best you can be and have FUN.

You have been a terrific ‘Flat Stick Man’.
Still are!

Get out of your own way with your ‘PSR’.
IT will not happen if your routines are weak.

This is just a ‘Currency and Proficiency Check’.
... the ‘Check Pilot’ in me talking

Crap! You write a one liner!
I write 30!
Do I apologize or stick to this KF method?
Sorry ... all I know how to do!
You must understand or we are just wandering!

Stand up and make a few putts on your carpet
right now! It will work!

Let me now that you’ve got that smooth ‘MoJo’ back!

Karl
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“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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