

# THE GOLF MYTH COLLECTION

BOOK D VOLUME 2

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**BOOK D**  
Volume #2

**The**  
**'555 GOLF ACADEMY'**

**'Where Passion Meets Performance'**

and  
where you can achieve

**'PERFORMANCE EXCELLENCE'**

with help from  
the '555 TEAM'

## INSEPARABLE

Remember that **'FITNESS & MECHANICS ARE INSEPARABLE'**.

There is no true maximized 'Golf Success' without a generous and balanced amount of both these primal 'Aspects'.

The 'FITNESS' component enables the 'Physics & Mechanics' to blossom into a real thing of beauty.

The 'MECHANICAL' component gives the 'Fitness' a place to shine!

Putting the two together makes for a 'Rhythm, Cadence, Timing, Tempo and Pace'. You can keep things together if you are fit. 'Strenght In Unity' seems in place?

If you do not have a 'Golf Mechanic', your '555 TEAM' can help!

If you do not have a 'Fitness Specialist', your '555 TEAM' has a reliable handle and strong grip on that as well.

This 'TEAM' reaches far and wide for you!

Let's work towards putting it all together.

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

C16]

## BALL FLIGHT & YOUR DIVOTS

We have dealt with this major topic at more than one location throughout your 'Golfmyth Collection' and so often in the '555 Golf Newsletter' and all the other helpful and regular literary offerings. This '**Ball Flight**' never gets to be an 'Old Subject' and certainly an unimportant one. Just ask the pros!

They grade their ability to strike the ball by its 'Ball Flight' along with the 'Feel' a strike imparts to their hands and ears. Still, the number one sensory evaluator of this 'Great Game' is ones '**Captain EYES**'. Never forget that '**Physiological Truth**'!

'See The Ball Well' and you shall 'Play Well'!

Another common evaluation tool is to investigate your 'DIVOTS'.

We just discussed '**PATH**' and '**PLANE**' which includes numerous '**Components**'. You will recall that we have 'Clubhead PLANE', 'Hand PLANE', 'Wrist PLANE', 'Elbow PLANE', 'Shoulder PLANE', 'Hip PLANE', 'Eye & Ear PLANE' and perhaps a few more that might warrant consideration. Virtually all moving objects have this 'Plane Characteristic'. It is a relationship to the 'Ground or 'Mother Earth' who has her own 'Motion and Planes' as her celestial movements relate to other bodies in space.

There are about as many 'PATHS' as there are 'PLANES'.

When we keep the 'Five 555 CONCEPTS' in clearer mind, we can more easily discern what these 'Characteristics' really are and do.

The 'Tether Ball Pole Concept' clearly defines that we have a 'Spinal Or Rotational Axis' ('North South Polar Axis') about which our 'Round & Round Movements' reliably take place.

When we 'Centrifugally or Centripitally Sling Our Lever Assemblies' (see 'Angular Momentum') any change in position of the 'Tether Ball Pole or Core Axis' causes immediate and directly proportionate change in the 'Spatial Position or Shape Of The Clubhead Orbit'.

Of course, we can change the 'Shape or Configuration Of Our Lever Assemblies' as well. If we muscularly manipulate the '**Hands, Wrists and Arms**' in any direction, we immediately and directly alter the

'SET-UP Configuratioesn' and thus modify the 'Swing PATH & PLANE'. That is why your '555 TEAM' earnestly promotes that one 'Takes The Hands Out Of The Game'. 'The Hands Are Just Clamps' that hold onto the 'Golf Club Tool' as it travels around the 'Tether Ball Pole' in its predetermined fashion and orbit. They connect the 'Clubhead' to the 'Horizontal Motion Generating Lower Body Machine'.

The 'Bottom Of Swing Arc' ('BOSA') is directly affected by the 'SET-UP'. Where we position the 'Body Core' and the 'Lever Assemblies' determines where the 'Clubhead Travels'. That is 'PATH & PLANE'.

If we initiate too much 'Aft-Tilt' and take the 'Clubhead Away' with too much 'Horizontal Motion' ('Below Plane') or too much Vertical Motion' ('Above Plane'), we shall swing the 'Clubhead' on an amplified 'Inside Out or Outside In Clubhead PATH'.

Your understanding of the 'Five 555 Concepts' is really quite mature so we need not restate too much of it right here. If you are at all 'Fuzzy' in your knowledge, go to your 'Friendly Tour Guide INDEX' and digress to the part of your 'Golfmyth Collection' that shall clarify your doubts and grey areas.

Always "Enjoy The Ride!"

#### WHAT ARE DIVOTS?:

They are simply like 'Footprints In The Sand'!

They are visible evidence of what our 'Clubhead PATH' really was. When our 'Clubhead PATH' sweeps through the 'Bottom Of Swing Arc', the sole of the clubhead leaves a distinct mark in the grass that provides visual information as to how and what we achieved.

In a way, a 'DIVOT' is really your 'Clubhead PATH' revealed.

The additional information we get is the 'Depth Of That Bottom Of Swing Arc'. More in a few minutes.

When we know how 'Deep Our Divot Is', we know more about how our 'Golf Body Machine' performed. We learn more about how we "SET-UP" and behave when in the 'Dynamic Mode'. Really useful! So always pay attention to the little details! They are your friend and teacher!

### YOUR DIVOT SHAPE OR PATH:

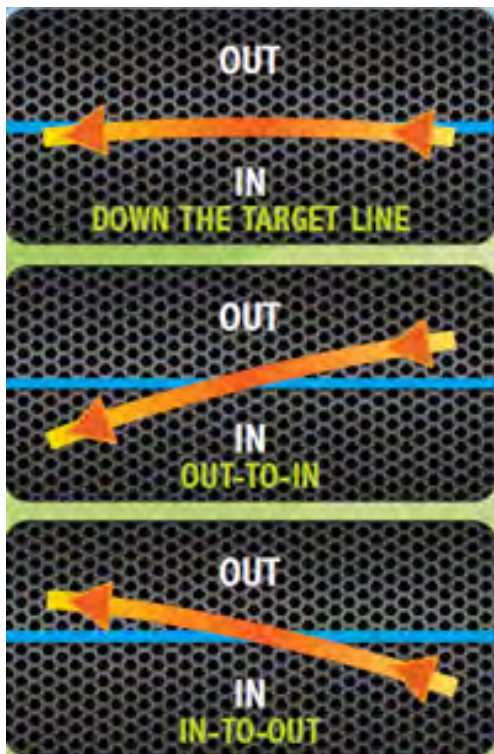
As you know there are only three 'Clubhead PATHS': 1) **Inside Out**, 2) **Square To Square** and 3) **Outside In**.

The 'Clubhead PATH' produces your 'Divots'. They are honest and direct!

Your 'Divots' can only be 1) **Inside Out**, 2) **Square To Square** and 3) **Outside In**.

If they are any of these 'Three PATHS', you created them by 'SET-UP' and 'Execution'. They did not make themselves!

Knowing your 'Ball Flight' and 'Divot Shape', you can 'Post Shot Evaluate' your 'Component Procedures' with considerable accuracy.



Clubhead PATH

## OTHER THAN THE THREE PATH SHAPES:

Other than the 'Three PATH Shapes', we have 'Depth Shapes' or variations created by '**Vertical or Clubhead Height Variations**'.

We can produce an additional '**Three PATH Conditions**' which effect 'Clubhead PATH & PLANE'.

These are 1) **Fat**, 2) **Pure Sweet Spot** and 3) **Thin or Topped**.

Let us assume that we are 'SET-UP' precisely and accurately. This means that we have the correct 'Spinal Clearance', 'Forward Inclination', 'Aft-Tilt', 'Knee Flex', 'Hip and Shoulder Plane', 'Arm or Lever Extension', 'Lever PLANE' ('Wrist Hinge Angles, Elbow Break and Shoulder Angles') as they relate to our 'Spinal Crankshaft' and several other conditions of lesser importance at the moment.

When we effect the '**Clubhead Back & Up Swing Orbit**' that 'Accumulates, Loads and Stores Energy', we can thus effect the '**Down, Out Forward and Through Swing**' that 'Delivers and Releases The Potential Energy into its Kinetic Form'. These two distinct aspects of the 'Golf Swing' are really quite reflexive!

If we enable this to happen as naturally as possible, as stably as possible, we will bring the 'Clubhead' back to the precise '**IMPACT FIX Position**', just behind and inside the Butt Of The Ball' from whence it began its 'Orbital Trip'. (see Swing Sequence #1a, #2 and #3)(see Swing Segments #2B and #1B)

If we 'Manipulate This Clubhead Trip' in any manner, we shall alter the 'Pre-Selected Orbital PATH & PLANE'.

Fat, Sweet Spot and Thin are variations of this 'Orbital Escapade' or 'Journey'.





DIVOT PATHS as related to 'Alignment & Clubhead Path'  
DIVOT DEPTHS ... Entry and Exit

**CLUBHEAD FOOTPRINTS IN THE GRASS:**

That is what this chapter is really all about! Let us see what the various 'Footprints' look like and reveal to us. All good natural guides read the signs very caerfully and get a lot out of them! That is why they generally make it back to camp at the end of the day! A good guide is a blessing!



**FAT:**

Dropped Your Tallish CHIN! Too much grass!

Assuming that we are perfectly 'Lower & Upper Body Machine' 'SET-UP' and 'Timed'!

This condition whereby the 'Ball' strikes the 'Clubface' higher than desired, is created by our 'Body Components' altering to conditions that are not optimal. If we increase our 'Knee Flex', without altering any other 'Component Condition', we will strike the ball 'FAT' ('Lower Than The South Pole Of The Ball'). If we increase our 'Forward Inclination', we shall also strike the ball 'FAT'. We had to have altered our 'Tether Ball Pole', which alters the 'Clubhead Orbit', 'Energy Transfer' and 'Ball Flight'.

If we are perfectly 'SET-UP' except that our 'Lever Assemblies' are shortened, then we can allow them to 'Centrifugally Lengthen' again during the 'DOFT Swing'. That will drop the 'Clubhead PATH' lower than 'SET-UP' creating 'FAT'.

SO you can see that both changes in the 'Lower Body Machine' ('LBM') and or the 'Upper Body Machine' ('UBM') can create 'FAT or THIN'.

**SWEET SPOT:**

If we are perfectly 'SET-UP', and make a perfectly 'Lower Body Generated Round & Round Take-Away Motion', 'From The Top Down' and 'From The Outside In', with our 'Body' and 'Lever Assemblies', we shall make perfect strikes. What we 'SET-UP' in the 'Back Swing' we should closely deliver in the 'Front Swing'. That is why we 'SET-UP' in the first place. Less randomness! More control! Increased reliability! Predictable 'Ball Flights'! Lower scores! More 'FUN'!

**THIN:**

Elevated Your Spine Angle or Brace Knee Flex! Not enough grass!

This is created by varying the 'Clubhead Orbit' in the opposite manner as to the 'FAT' conditions. Just take a moment to consider all the possibilities, I know you have a good 'Grip' on all of them. If one either alters the 'Tether Ball Pole' or the 'Lever Assemblies' from the original 'SET-UP Configuration', you can get varying cases of the 'FATS & THINS'.



Thus you can easily discern that there are nine (**'3 X 3 = 9'**) combinations of the above 'PATH and DEPTH' variations. There are no more!

This covers every possible '**PATH Variable**' as it might produce '**Divot Variations**', which are all 'Critics Of Your Ever Improving Golf Swing and Strikes'!

Remember this is all about '**CAUSE & EFFECT**'!

**'Keeping It Stupid Simple'** just for you!

**'Experiment, Observe & Learn'!**

**Golf Likes that!**



RED RULE #28

The 'BREATHING OUT RULE' Rule

IF THE CLUB HEAD IS ACTIVE or IN MOTION  
(not Passive or just in SET-UP mode)

YOU MUST BE BREATHING OUT  
(exhaling)

This relates to every Procedure, all Swings from the 'Shortest Putt to the Longest Drive'. Breathing Out, the reduction of 'Pulmonary Pressure', relaxes 'Directly' your U.B.M. (Upper Body Machine) muscles and 'Indirectly' the rest of the GOLFING MACHINE, which increases the overall 'Machine Speed' and thus your 'Clubhead Speed' and 'DISTANCE'.

Absolute worst case scenario, you may be 'Breathing In during the Backswing, but you must be 'Breathing Out' THROUGH the IMPACT Zone or Frontswing . . . always!

You have heard me before refer to the Martial Arts, Tai Kwon Do, Karate, as a physical skill of 'BEING ALIVE'. Breathing can be, at times, quite important in this human life form!

' NO BLOW NO GO '



## THE 'TIGER WOODS' SEQUENCE

### A1) **Triangular Braced Connected Address....**

Notice his body looks ready to go to work: Feet in a good 'STANCE' position with the Brace Foot '**Pre-Loaded**' Squarish to the Target Line and the Target Foot quite Pinnish or pointed toward the Target. The back foot 'Powers' while the front foot 'Steers'. Think two wheel drive, rear wheel drive pick-up truck. Notice Tiger's foot looks like it has some weight on it somewhat, like a 500 pound bag of sand place at the tailgate of your pick-up truck for traction.

B1) **Great Posture:** Look at that head sitting comfortably '**Chin Tallish**' atop of a nice straight spine that is properly tilted forward and a little to the aft (1A). This tilting to the aft is primarily caused by Brace Foot '**Pre-Load**' and by the fact that the Brace Hand is placed on the club handle below the Target Hand. The lowered hand of course lowers the shoulder and in comfort tilts the firm but relaxed spine aft toward the lower hand. Note the key 'Brace Knee Flex' as well.

A2) **One Piece Take Away**, even by appearance. Tiger Woods looks like his shoulders are turning slightly at this point and thus turning the rest of his body which follows willingly and powerfully, as powerfully as required to 'Wind Up His Big Drive Rubber Band'. Picture a very substantial rubberband running from his Brace Heel up his leg through his Brace Hip and continuing right up to his Brace Shoulder and Upper Body Skeletal System.

This 'COILED Musculature' creates the 'UNCOILING Power Release' or the conversion of 'Potential Energy into Kinetic Energy'. Quite simply, when the coiled body engine uncoils, it takes everything smoothly with it from nose to toes. This, of course includes the Shoulders and everything attached to them....the biceps, elbows, forearms, hands and then the Golf Tool we call a club. At the end of the accelerating and speeding tool is the hammer, the Clubhead which transfers 'POWER in the form of SPEED' directly to the Ball's backside.



Once fully 'Coiled' the body smoothly 'FIRES' from it's foundation FEET right through the entire 'Body Machine' all the way to the TOOL or Clubhead. '**FROM THE GROUND UP and FROM THE INSIDE-OUT**'.

Remember, the Clubhead is really an extension, a Snap-On tool that performs just like your Target or Swing Hand. Keep this in mind as you 'FEEL the STEEL'!

A3) **Good Extension** staying quite 'On Target Line' to this point, Swing Sequence Point #3 with both Elbows and arms still quite straight. Shoulders turning or 'COILING' nicely. Body 'Crankshaft', the spine turning and shifting slightly aft toward the 'Brace Foot' and the 'Pre-Loaded Brace Leg'. Head very 'Chin Tallish Stable' but also moving aft ever so slightly. Eyes very much focused on the Ball which creates that 'HEAD' or 'Top Of PIVOT' stability.

A4) Shoulders ('Upper Body Machine') still 'Coiling'; arms and that 'Lever Assembly' still very extended reasonably 'On Target Line'; Target or Swing Arm very comfortably straight; Brace arm yielding with the 'Brace Lever Elbow' bending slightly but still overall above the Target Arm. Weight very much 'Coiling' onto Brace Side looking powerfully turned and loading. Target Knee yielding slightly and coming along for the ride and producing no power. It is a stability contributor and 'Not An Engine'.

Particularly relate this commentary to the '**B Sequence**' of lateral aft stop action photographs. See the moves from a 90 degree rotated aft different perspective for more reference. Build a 'Mind Picture' and it to develop your own better adjusted motions. When you try this, strive to FEEL what your 'Mind's Eye' has set in still photography.

A5) The '**Big Body Machine**' continues to 'COIL' lead by those dominant Shoulders. Now notice particularly the Wrists starting to noticeably 'COCK' or bend vertically toward Tiger's Head. They are bending quite 'Down the Line' and as they do so, naturally his Club and Clubhead will respond in kind.

A6) **Head** still very stable with Eyes focused on the Ball. 'COILING' continues especially in the Shoulders. Wrists Cocking smoothly and progressively. This is NOT a conscious physical feat.



It takes place naturally in order to allow your Lever Assembly and Body Engine to complete its 'COIL and BACK SWING'.

If you do not '**Wrist Cock**' you cannot complete your Back Swing and you will make an 'Abbreviated' motion from less than your optimal Top of Back Swing (T.O.B.S.)

A7) The **Shoulder Turn** or '**COIL**' is 'Tiger Woods Complete'. He does not desire to take it to fully 'Parallel' as he FEELS less in control and compact from that over extended position from his point of view and expertise.

His Body Engine has stored all the Potential Energy he desires and is now very 'READY' to 'UNCOIL and FIRE' but under absolute control. He wound it up and now he is going to allow it to naturally begin to unwind and then muscularly 'FIRE' out, everything moving quite toward the Target Pin. You can see the direction of his body Power Delivery. It is not just an event or explosion. It is a very deliberate movement, Power Delivery '**Down The Line**' absolutely toward the Target. You can see this embodied or demonstrated in photo sequence '**B**'.

There is tremendous stability in his Head and Posture and you can clearly see that his Hands and Clubshaft are very much 'On Plane'. Take a look at Photo 'B7'. Notice that his arm has taken on the Shaft Plane or Shape of the Club Shaft in Photo 'B5'.

B7) This athlete's '**Dominant Shoulders**' and Chest have turned or 'Coiled' slightly more than 90 degrees aft or over the Brace Foot. His Hips have Coiled about half of that or slightly more than 45 degrees.

Head and Eyes are stable and focused. Golf athletes do and maintain this!

A8) The **Coiled Hips** have begun to 'Uncoil' moving the entire 'Lower Body Machine' forward toward the TARGET. Comparing B7 to B8 **clearly** shows this 'Uncoiling Move'.

Pay particular attention to the Target Knee's moving forward clearing way for the following and driving Brace Knee, that 'Pre-Loaded' rear wheel drive we talked about. Looks to me like Tiger is



'Going To Work' but he is doing so smoothly. You see NO '**Lunging**' or '**Jerking**' toward the Ball or Target.

The '**UNCOILING**' is as smooth and deliberate as was the '**COILING**' or turning back Out toward the Target. The Clubhead Speed and Kinetic or Active Power is building and closing in on the Ball.

Notice that the 'Lever Assembly' is '**DROPPING**' very naturally from the 'Top Of Back Swing'. The COCKED or Turned Brace Shoulder in Photo B7 is 'Firing or Powerfully Uncocking' in an initial Dropping (DOFT) Motion. The Cocked Shoulder is the #1 Lever or the first segment of the 'Three Lever Aassembly' in the 'Brace Side Upper Body Engine'.

A9) Still '**Uncoiling and Moving Forward**' toward the Target and very much 'On Line', those '**LAGGING**' Shoulders, Arms and Hands are still Dropping now to waist-high or Swing Sequence Point #5-#6 just at the entry of Swing Segment #2F. There is strong acceleration towards the IMPACT Segment which takes place at Swing Sequence Point #7 which we call Bottom of Swing Arc (BOSA). Note IMPACT POINT. The Ball has been sitting so passively waiting to get 'Ripped'.

The Wrist Cock has begun to powerfully 'Uncock' and the Brace Elbow has commenced its straightening or piston-action 'Firing Move' which completes, becomes fully straight through IMPACT and 'BOSA' as you will see shortly.

Target Knee and leg continues to clear making way for the Driving Brace or Power Knee which will soon close on or get much closer to the Target Knee which so far has stayed quite ahead of the Brace Knee. Keep an eye on this lower body and 'Leg Drive' aspect.

A10) Everything '**Moving Forward**' toward the Target...POWERFULLY !

Hip just about back to Parallel to Target Line or Address Alignment with the Shoulder Axis '**Catching Up**'. The 'LAG' is coming out. The Shoulders are smaller faster muscles and can catch up without much effort. Notice from view 'B' that Tiger's Hips actually started 'Uncoiling' and moving back toward the Target before the Shoulders. This is 'LEAD'. B7 and B8 show this quite clearly. In the Forward Swing, the 'Hip (LBM) Lead the Shoulders (UBM)' and I think often golfers with less flexibility than Tiger (that's most of us) start



this action by 'Planting' or replacing weight on the Target Heel (Jack Nicklaus) which a full COIL causes to lift ever so slightly for most golfers.

A11) Here we go! Look at that Brace Elbow (Three Stage Brace Lever) straightening or '**Pistoning**' back to it's fully 'Extended Position or In Line Condition' which was employed in the #2B 'Take-Away Swing Segment and Swing Sequence #2-#3. Also observe the Wrist Cock (#3 Stage Lever) starting to 'Fire' or unload. It will all culminate in high-speed Clubhead meeting Ball at IMPACT....very soon!

I liken this strightening of the bent joints or Brace Levers to the 'Kicking Of A Mule'. His or her (I must be politically correct) bent joints in the kicking leg fire to straight and extension to deliver what is a lethal blow if you are just at the hoof's full extension. (see 'Three Lever, Single Action')

You will be able to clearly see the enormous 'POWER' being generated and soon to be delivered.

Notice everything is moving powerfully forward and toward the Target. The 'PIVOT or HIP ROTATION' is enormous and lightning fast. You can see it. Watch it on T.V. Tiger will be there for some time.

A12) Here it is....that moment of truth....**IMPACT**. The whole Body Engine's driving **T H R O U G H** the Ball continues, Shoulders, Arms and Hands firing forward, down the line all the way to and through the Target Pin. Please observe this in the following photo sequences.

Notice how the Head is moving back toward the Target as a natural result of the 'Un-Coiling and Turning'. Where it was over the Brace Heel in photo #A7, it is now well inside that point and approaching the centre of STANCE or Address Fix. The 'Head' just comes along for the ride. Tiger does NOT try to 'Keep His Head Behind The Ball'.

Brace Knee is still closing on the Target Knee. '**LEG DRIVE**'.

LEVER ASSEMBLY, both arms are now straight, 'In Line', delivering full POWER and Clubhead Speed. Even in this very fast 'stop action photography' (likely 1\5000th second shutter speed) the club shaft is a 'B L U R R'. Take a moment to observe the absolutely



phenomenal 'Uncocking' of the #2 (Elbow) and #3 (Wrist Cock) Levers from A10 to A12. That generates Clubhead Speed which directly creates DISTANCE.

Take a moment to observe the 'B Sequence' to see the steady Head and Spinal Engine. Notice the Eyes focus on the Ball. This athlete is 'Seeing the Ball Come Off the Clubface'. Even through A14 and B14 his focus has not released. It releases almost simultaneously to Tiger's Brace Foot Release. His Head and Eyes do not come off the tee location Ball position until well after IMPACT and SEPARATION.

A13) '**Brace Knee**' closing on Target Knee. Leg drive completing.

Look at the absolutely exceptional 'Lever Assembly Extension'.

Remember the picture of Greg Norman's superb extension **THROUGH** the Ball or IMPACT and SEPARATION ZONE into Swing Segment #3 all the way up to Swing Sequence Point #9 or level with the Target Hip and level with the ground, or what we at the '555 ACADEMY' call 9:00 o'clock. This move is clear evidence of not just 'HITTING the Ball but SWINGING THROUGH It' and continuing the Clubhead Trip right Down the Line all the way to and through the Target PIN.

A14) This photo displays full 'Clubhead Release'. The Hands have fully uncocked and rotated through IMPACT & SEPARATION so that Tiger, as he puts it, "Shakes Hands With The Flagstick", 'Centrifugally rolling the Brace Forearm over the Target Forearm'. Good golfers who can draw the ball generally have Brace Forearm contact with the Target Forearm at Swing Sequence #9 or when the two extended arms come level to the ground at 9:00 o'clock.

Brace Leg and Knee are still very positively moving toward the Target Knee....forward toward the Target. The swing momentum (MIV) 'Centrifugal Momentum' or 'Angular Momentum' contributes greatly to this end.

Always swing the Clubhead down the line at the Target. Get your weight behind your Clubhead. Then get your POWER (leg drive and body engine Un-COIL and FIRE) behind your weight. You can literally see this activity taking place in this photo sequence.



This photo has the athlete fully entered Swing Segment #4, the **FLOATING - FOLLOW - FINISH** Segment.

A15) This '**Foot Release Move**' entails letting the Brace Foot turn off it's 'POWER or DRIVE Position' and then '**Coming Along For The Ride**' or being pulled along by the entire body's still moving forward toward the Target or Pin but with the '**THROTTLE OFF**'. Actually the Brace Heel is just coming away from ground contact in photo A10, much earlier where extreme POWER is being applied, but the power is not 'Turned Off' until photo A13 to A14, until 'Tiger has 'Driven' right up onto his 'Tall Target Leg'.

Here the Heel is fully 'UnPOWERED' and generally without any 'PUSH'. Notice in B15 the leg and knee action is still all '**Moving Down-the-Line to the Target**'. Hips (Butt) Chest and Chin are squared to the Target. This is a perfect completion.

I mentioned Tiger's 'Swing or Target Arm Swing Plane' earlier in Photo B7. Now notice his 'Brace Arm Swing Plane' in Photo B15. He is still 'On Plane'.

Consider for a moment that this is accomplished by a good relaxed, uninterrupted Swinging Motion which enables us to create that '**MIRRORing Motion**' where our Brace Side position equals or is repeated by our Target Side Finish position. Try it and FEEL the truth in this **BALANCED SWINGING MOTION**. It's natural! If you recall the 'Butt Master 2000 Drill', think about it for a moment and see if you can see it taking place in these photos.

A16) It is over!

Relaxed. Breathed Out. All the 'Momentum, Inertia and Velocity' is spent and the 'Body Machine' is again at rest. Belt Buckle, Chest and Chin to the Pin. Leg drive completed with the knees now very close to each other. The Target leg fully straight while the Brace leg is quite straight but certainly NOT tight or performing any WORK. The 'Brace Leg Never Fully Straightens In A Proper Golf Swing'. Brace Foot cleats are fully exposed to the crowd on the player's posterior. Chin Tallish. Spine very straight and quite vertical. (no Reverse 'C' which is user Un-Friendly). It is a bit tricky, but you will see that the Club Shaft in A16, although fully behind the back, is still roughly 'On-Plane'.



#### **A PERSONAL COMMENT:**

I do NOT like to see any Golfing athlete turning his Shoulders in Swing Segment #4 and Swing Sequence Point #10 or #11 almost 160 degrees from Address parallel or Square, with or without a Reverse 'C'. (B16) This 'Over Rotation' is a sure prescription for Lumbar injury and abuse which has sidelined some of the best.

Ever heard of a great person, a gentleman and golfer by the name of Freddy Couples?

Under-Rotated Hips with big Hitting Shoulders and Hands or this over-done FINISH is physiologically dangerous and should be avoided and NOT PRACTISED as I have seen so many youth doing. Teachers must prevent this needless career-shortening bad habit and swing error. You will have noticed Tiger's swing has generally shortened; a very wise adjustment!

No muscular energy should be used to accomplish anything in Swing Segment #4 other than to 'Maintain Balance' while totally relaxed. Breathing fully out is a sign of this absolute Swing Completion..... **'FLOAT FOLLOW and FINISH'**.

Look through these photos several times and often to observe the fine points they clearly display. Try to understand and FEEL the MOTIONS and gently adopt or apply them to your smooth and flowing circular and pendular Swinging Motion, with the 'Hit and Fire' through the Bottom, that takes Golf Balls **'DEAD at the STICK'**. You will or must soon learn to 'Hit Golf Balls With Your Feet'! .. but not completely like soccer!

I hope this helps and my thanks to Tiger Woods for bringing this great swing to us, the 'Golfing World', young and older, for our pleasure and envy. Best wishes and many long years of using it in comfort!

#### **SOMETHING VERY SIMPLISTIC:**

Now that we have made some insightful 'Trips along the Golf Journey', and learned some basics and slants to basics, I would like to put the physical nature or the 'Golf Swing' in the very simplest of words, perhaps too few, but you be the judge,



The Golf Swing is a 'Cooperative Marriage or Blend of the Lower and Upper Body Machines moving a Clubhead on a consistent 'Swing Plane' through a Stationery Ball with Acceleration and Speed'.

#### **THE UPPER BODY MACHINE ('UBM'):**

The 'Educated Hands', those simple clamps at the end of the Arms, GRIP the handle of the Golf Club, **CONTROL The Golf Club**. Our Upper Bodies are priamrily comprised of smaller muscle groups or pairs. The Target Hand controls the Clubface AIM. The Back of the Target Hand is a 'Mirror Alignment' of the Clubface. Where the back of this Hand is '**AIMed**' at 'Ball Separation' is where the 'Ball Flight' is going.

The Brace Hand, especially the #3 Pressure Point, takes out the LAG and Rolls or Turns the Toe of the Clubhead through 'IMPACT & SEPARATION'. Thus, the Brace Hand controls the Clubhead Rotation and very much contributes to its 'Centrifugal PATH'.

The 'Absolute Motion' of these Lever Assemblies is '**UP & DOWN**'. It is the 'Ferris Wheel or Tilt-A-Whirl' of the carnival. The Upper Body, Shoulders and Arms do NOT provide any 'Forward Motion'. This Motion is guided and governed by the 'Physics of Rotation and the Geometry of the Circle'.

#### **THE LOWER BODY MACHINE ('LBM'):**

This 'Human Componentry' is comprised of Shoulders, (although 'Shared by the Upper Body Machine'), the Trunk, the Hips, the Legs and the Feet. We sometimes refer to these as being made up of the 'Big Muscles'.

The 'Absoulte Motion' of the overall Lower Body Machine is quite simply '**ROUND & ROUND**'. It is the 'Carousel' of the carnival. This motion and the bone and soft tissue of which it is comprised take little of NO thought. One it starts, especially in a Full Swing, it is just a simple complete motion that Coils and UnCoils. The Shoulders and Hip Turn In and then, when 'Snuggness Signals' Turns Out. 'Turn Brace - Turn Target'. 'Turn Right - Turn Left'

The 'Lower Body Machine' has a singular job: **To Rotationally (perhaps with a little lateral slide) support and Transport the 'Upper Body Machine' Back and Forward Through IMPACT. PIVOT** or

ROTATION, 'Coiling & UnCoiling', 'Leg Drive' is the 'Engine of the Golf Swing'. These 'Motions' are guided and governed by the 'Physics of Rotation' and follows the 'Geometry of the Circle' through 'Centrifugal Force and MOTION' using 'Angular Momentum' and that 'Free-Wheeling Slings ACTION', as an 'Orbital' vehicle.

That's it!

Thank you Tiger!

**FINAL HUMBLE OBSERVATION & COMMENT:**

I think it is imperative that Tiger invest some attention to his '**Target Foot Stance Element**' as it is my careful and respectful opinion that he is 'Running Into A Target Foot Gate That Is Not Adequately Open'. So what Mr. Fischer?

Well, if that wonderful young man, who is so visible in his accomplishments and personal growth into a mature man of some importance, does not attend to this '**STANCE SET-UP Deficiency**' that unavoidably leads to '**Execution Deficiencies**' as well, he is going to find himself with serious career-threatening 'Lumbar Issues' as well as perhaps the same degree of 'Target Ankle, Knee and Leg Soft Tissue Injuries'.

By the way, it is my opinion that Tiger's 'Trap Snaps' and 'Verticle LBM Drive' in Swing Sequence #8, #9 and #10' are fundamentally 'STANCE & RPM' generated or precipitated. This may be his primary 'Swing Flaw'! **None of us enjoys 'Swing Flaws'!** The first step to getting rid of them is 'Recognition'!



Q4)

"It's good sportsmanship to not pick up lost balls  
while they are still rolling."

**Mark Twain**

Q5)

"I've just heard that he soon might be well enough to  
play golf again. Good Lord, hasn't he suffered  
enough?"

**Paul Harvey**

(on a recovering heart-transplant recipient)

RED RULE #29

The '**FAT - THIN**' Rule

When you are 'Set-Up' properly, Longish Arms Swinging Under A Tallish Chin, the '**5 SET-UPS**' firmly in place

**FAT HITS ARE THE RESULT OF 'Dropping Your Chin'**

**WHILE THIN HITS ARE THE RESULT OF**

**'Not Seeing the Ball Come Off the Clubface'**  
**'Lack of Brace Lever Extensor Action or Down Force'**  
**'Lack of Brace Foot Preload and Resistance'**  
**which produces**  
**'Deficient Turn or PIVOT'**  
**or**  
**'Improper BALL LOCATION'**

This GOLF is unquestionably a skill of '**EYE - HAND**' coordination and one must employ both of these physical attributes to their absolute fullest at all times.

Afterall, you know they are '**Secondary Absolutes**'.

See Chapter '**BIG PICTURE**'



## THE '5 CONTROLS'

Firstly notice we never stray very far from  
those primal '10 BASICS'

### 5 SET-UPS and 5 EXECUTIONS

#### 1) ROUTINE:

You have heard the following before, in the form of our '**TEN BASICS**', but not from the perspective of their being '**CONTROLS**'. I want to put a slight twist on this view of 'Basic Things GOLF' so as to give you one more route to achieving your goal of making this game a real 'Pleasure' as it is so capable of being. It will be through 'Simplicity' that we reach our objectives.

Setting out from our bag, endlessly, time after time, club in hand, striding positively toward the waiting ball, we must have a '**ROUTINE**' and '**METHOD**' by which we can 'Confidently, Comfortably and Consistently' put it all together and make our desired shot. Without this approach, we play 'Crap Shoot or Get Lucky Golf' and it is not the best method.

What a thrill it is to hear and feel that powerful 'Crack' the Clubhead makes when it contacts the backside of that little white ball, knowingly sending it directly on it's way straight to the Target. We can all, believing in ourselves, do this at will. By now you know I mean this. I will not allow you to forget trusting in yourself. Just stick around us positive thinkers long enough. This approach will rub off. Guaranteed!

We need some definitive simple and reliable '**CONTROLS**' by which we can be stable and repetitive. I think we at the '555 Golf Academy' have, over the years, carefully developed, tested and proven what these guidelines are. We are all delighted to share them with you. You will soon notice that the '**5 CONTROLS**' are really a 'Distillation' of the '**10 BASICS**'; made simpler so this 'Country Boy' can understand them more easily.

Be patient and use these as single but related 'Words' and NOT phrases. A phrase takes too much time in your 'ROUTINE' and will, undoubtedly, come to contain verbs or action words which are NOT suitable in the 'Key Word System' we have devised here for you. I strongly suggest that you NOT add or subtract from these '**5 CONTROLS**' as they are complete and right. They are absolutely basic and 'Proven' over many years of 'Testing in Battle'!

2)           **THE '5 5 5 GOLF METHOD':**

Now you have the '**5 X 5 X 5**' that we always talk about. This is why we are called the '**555 GOLF ACADEMY**'. It is because you have the

**5 SET-UPS**  
**5 EXECUTIONS**

and now the '**5 CONTROLS**'.

Incidentally, these '**5 CONTROLS**' really are all you need to make your 'ROUTINE' happen reliably, repeatedly and Consistently.

Welcome!



3)

## THE 5 CONTROLS

Here they are:

Starting from the 'Top Down' ....

### CHIN

#### 1) TALLISH CHIN (POSTURE)

(the bodies control tower focal point, Top Of PIVOT)

If your 'POSTURE' is compromised or incorrect you cannot expect your 'Body Machine' (UBM & LBM) to perform and make a good 'Comfortable' around-your-spine complete swing.

If what is at the 'Top of Your Human Body Pile' is properly in place, the remainder, everything under it, will be as well.

Set up focused on your 'Tallish Chin' position.....always !  
.....driver right through your bag to the putter.

### HANDS

#### 2) HANDS FEELING DOWN / DEEP / WIDE (GRIP) (those NAVIGATOR HANDS)

In other words, one needs to create adequate 'Clearance' between your HIPS and that 'Tallish Chin' or your 'Pivot Centre Sternum' (Matador Proud) and then those HANDS in order to make room for the swing. One must 'FEEL' quite 'LONG'. If you don't have this 'Clearance' at Address (Swing Sequence #1) or during your swing THROUGH the Ball, you will suffer cases of the 'Fat - Thins'.

You need enough 'Room' between your Sternum (Sternal Hub) and your Hands to make that great circular swinging move we so often talk about.

**NOTE:** When you FEEL **DEEP** in your Set Up or Address, and while maintaining a good 'Extended Target Lever Assembly' throughout the entire swing backwards and forwards, you will be successful. Try FEELING **DEEP** at Set up and then FEELING **FLAT & WIDE** throughout the entire swinging motion. Start your 'Take Away' feeling **CLUBHEAD-FLAT**, moving, staying 'Low To The Deck', which is a continuation of the '**DEEP FEELING**' Set Up.

These FEELINGS will cause a 'One-Piece' move away from the Ball, a good 'Take-Away', which is the 'Stuff' great shots and pros are made of!

## **FEET**

### 3) **STABLE FEET**

(**STANCE**)

Our 'foundation' must be stable and proper so that we can WORK off of it. Check List that you have a '**Squarish Brace Foot**' and a '**Pinnish Target Foot**'; in other words that your front foot is generously turned in the direction that you want to 'Swing the Clubhead and Strike the Ball'.

Remember that your 'Brace Foot' pushes like the rear wheels in your pick-up truck, while those front wheels (or wheel as the case is) steer. **FEEL** like your Brace Foot is Connected, through your Body Machine 'From the Ground Up', to your Clubhead and that it is pushing the Clubhead through the Ball, **T H R O U G H IMPACT**. You should FEEL a solid 'Leg-Drive' out of your Brace Foot through IMPACT and to accomplish this one is best served by slightly 'Pre-Loading' the Brace or Push Foot at Set Up or Address position. What do I mean by this ? You need some 'Brace Toe Pressure' since it is the 'Absolute Source of the PUSH'. Feel slightly more weight on your Back or Brace Foot at Address and keep it there through your Back Swing to the point in the Forward Swing where your HANDS are '**DROPPING**' positively below your ARMPITS. This is the point where one has to apply progressively more force or Leg Drive pushing the '**HIPS ROTATIONALLY**' forward and around your inclined spine. '**TURN BRACE - TURN TARGET**'.

Remember, I think you are well served picturing and FEELING that your "**TURN**" your Brace Hip IN (Low ENERGY) and then "**FIRE**" your



Target Hip OUT (High ENERGY) directly to and through the TARGET. We talked about this earlier. Muscles work in tension or by shortening for power and lengthening for co-operation with the muscle mass that is tightening or shortening. The lengthening function 'DOES NO WORK' but allows other muscles to 'DO WORK' in unison. With this physiology, we can understand that the 'Brace Hip' '**PUSHES**' the Target Hip forward and through ('Two Wheel Drive', 'Rear Wheels Driving'). The 'Target Hip' only '**CLEARs OR LEADs**' the trailing body mass forward. You know where a great deal of the POWER comes from to accomplish this muscular feat..... '**Out of that Pre-Loaded Brace Foot!** **The Soure Of The River!**

Don't forget this please as it is the significant solution to those complaints about "hitting hard and getting no distance".

Get a good 'Picture' of this in your MIND and transpose it to a '**REPEATED FEEL**' that you apply to your swing.

## **BALL**

- 4) **BALL** VRBP #1 (Object)  
(working those CAPTAIN EYES)

Our EYES RUN OUR HANDS so we must use them effectively to 100% of their capability.

Always '**SEE THE BALL COME OFF THE CLUBFACE**' and try to look at the Ball in the right place. '**If you want to kick it's Butt. look at it's Pants**'.

Also remember that our Clubhead best strikes the Ball 'Inside Out' and thus we would be well or better served by looking at the Ball's '**Bottom Inside Cheek**'.

Please try this simple discipline and don't give up until you can accomplish it every time you swing through the Ball, driving, pitching or putting. You have heard this '**Pitch**' more than once in this book and I shall never stop saying it to you.

## **PIN**

- 5) **PIN** VRBP #2 (Destination)  
(working those CAPTAIN EYES)

Again, this method we teach at the '**555 GOLF ACADEMY**' is '**Target Line Maintenance, Up and Down Golf**' and thus we must always, from our shortest putts to our longest drives, work from a basis of **BALL - PIN**.

Every single ball we ever strike is an exercise of **BALL - PIN** so it makes very clear sense that we make this 'Object and Destination' approach a primary integral part of our thinking and **FEELING** every shot!

**'If you have NOWHERE TO GO, you will go NOWHERE'!**

These are '**5 CONTROLS**' that we use every stroke.

**BEST of LUCK!**



4) **QUESTION:**

Why are we considering and defining 'CONTROLS'?

**ANSWER:**

To assist our making proper GOLF moves with CONSISTENT swing parameters and discipline.....over and over and over.

These 'CONTROLS' enable us to groove our swings so that we can produce the '**Remembered Feel**' that we have referred to before in this book. If we can '**Repeat the Feel**' we can become more 'CONSISTENT' and rely on our automatic or autonomic system to make it happen again and again.

We want to reproduce or repeat '**Remembered Feel**' and become '**Reflex Golfers**'. From the above '**CONTROLS**' we should start from '**ADDRESS FIX THROUGH IMPACT & SEPARATION**'.

**'FEEL'**

**DEEP** (Arms & Hands)

**FLAT** (Clubhead Path the first 5"  
of your Backswing or Take Away)

**WIDE** (Clubhead Path or Swing Arc)  
Forward and Back

**DOWN** (Hands & Arm Feeling.  
Tallish Chin with clearance, lots of room,  
between your Sternum and Hands.)

**T H R O U G H** (**FEEL** Swinging Through the Ball)  
the Ball

**T H R O U G H**  
the Target - Pin

(this exercise is a blend of mental and physical '**KEYS**', thoughts and efforts, culminating in moving a Ball with a Stick directly to a hole in the ground marked generously by a flag.)

This '**OVERALL ACTION**' should '**FEEL**' like one single but very complete wide circular motion which moves the Clubhead on a very regular controlled Clubhead Path or orbit. The Clubhead should FEEL quite far away from your Sternum.

ie. DOWN, DEEP, FLAT & WIDE.  
(Takeaway LOW & SLOW)

As a player, I '**FEEL**' like I have the Club in my TARGET HAND, (specific attention to the actual Clubhead.....'**FEEL The STEEL**') the object Ball in my EYE and the entire '**Ball Flight Line and Target**' in my '**Mind's Eye**'. The mental picture.

We need to clearly '**Visualize**' our total task which should cause us to strike the Ball into the hole in the absolute least number of swings personally possible. As mentioned, I view my completed swing as 'One Dimensional', that being '**FLAT**'. That is how I want my Clubhead moving through the Ball, never lifting or markedly ascending. The teed-up driver ball causes a slightly ascending blow but not overly so.

5)           **JUST IN CASE YOU MISSED THE POINT:**  
(slightly unfocused...fussy to what I am doing here!)

**THE BOTTOM LINE**

I want to give you something bone simple to put in your head that COMFORTABLY repeats itself automatically when you pull each club out of your bag for every shot....**It's called 'ROUTINE'!**

**a common sense 'ROUTINE'!**

Apply these '**CONTROLS**' for every Swing from your Putter to your Driver, every day, every hour until you are ninety-five years of age with five hundred rounds still left in that old soul and body. Now wouldn't that be a trick shot!

**NEVER SAY NEVER !**

**Here is how it works:**

**CHECK LIST** yourself...Your competitor will not.

1) As you are setting up in your initial '**Address**' to the Ball (you have visualized the Target Line and Ball Flight Path. You are Aligned), say to yourself '**CHIN- HANDS- FEET**' and, of course, make sure they are actually attended to. Don't just say the words. You know precisely how to '**SET UP**' as you have read every word in the book to this point.

2) Now '**Waggle**' a little to loosen up and '**Feel**' the Swinging Motion of the golf head at the end of those nice comfortably long arms below the Tallish Chin.

**Always CHIN TALLISH!**

3) **TAP TAP TAP** the ground with this Set Up Posture and position. The arms should FEEL hanging from your Armpits with a slight 'break' in your Wrists. Your Hands should be comfortably close to your crotch or thighs. Do not FEEL 'Reached Out' but just 'Comfortably Extended'. Now you know precisely where the '**BALL LOCATION**' should be by simply TAPPING the ground. Remember every club will tell you where the 'Ball Location' is if you simply set up properly and do your 'TAP TAP TAPS'.





and pull the proper '**Mental Tapes**' or '**MACROS**' out of the archives for use in this situation.

5) The MOTION generating THOUGHT PROCESS....our '**KEY WORDS**' or what we have called the '**TRIGGER WORDS**' should include the Take Away words '**FLAT and WIDE**'.

6) '**SEE THE BALL COME OFF THE CLUBFACE**' by looking at it's '**Bottom Inside Cheek**' throughout the entire 'Swinging Motion'. If you cannot see it, you cannot hit it.

7) '**BALL - PIN**' (VRBP #1 & #2) You must always move the Clubhead THROUGH the Ball, down the Target Line to and THROUGH the Target, Quarter or Pin. This FEELING will keep you Extended and thus your arms and Lever Assembly will be in an efficient position. This will help to maintain your Set Up or Initial ALIGNMENT of all the important parts....Feet, Knees, Hips, Shoulders, Ears, Back of Swing or Target Hand, Clubshaft and Clubface.

I like to promote '**ALIGNMENT GOLF**' as opposed to 'Position Golf' as attention to Alignment makes the Ball come of that Clubhead moving in the right Direction. This is the name of the game!

**CHIN HANDS FEET DEEP FLAT WIDE PUSH FIRE BALL PIN**

Well Done !

**QUESTION:**

So you ask, "What is this 'PUSH FIRE' stuff?"

**ANSWER:**

The answer is simple and we touched on it earlier in the GOLFMYTH. As your HANDS are dropping just below your Armpits in the forward swing, you should smoothly apply the Brace Foot horsepower. As your HANDS continue to drop and move circularly in the forward swing, they will come below your Brace Hip, below level, which is where you start to smoothly and powerful FIRE or rotate the Hands through IMPACT while moving them very positively DOWN the TARGET LINE to and through the PIN.

This 'FEEL' works!

**This task is easier than your think.**

**Don't wince or wane in your CONFIDENCE!**

Think very basic 'CONTROLS',  
a good 'MENTAL PICTURE'  
and 'REMEMBERED FEEL'.

This is the shortest route to getting the job done  
'CONSISTENTLY' .



6) **ONE MORE QUICK 'Tie-In' TO THE PAST:**  
**(That 'LOOP RETURN METHOD' of Teaching)**

We are always trying to keep our approach to this game contiguous or draped in continuity. So I want to 'Tie or Loop' you back to an early but important segment in your book. Please take a moment to reread (Chapter #7, Go No-Go Check List).

This deals with, among other things, your (13) 'Upper and Lower Body Machine Articulating Joints', the understanding of which makes the complex body much simpler for us to comprehend before and during our Golf swing. Every little bit helps. For more information might I suggest that you refer to your INDEX under 'Articulating Joints'.

Now that you have read this information again, 'Tie' it into your '5 CONTROLS'.

When you say the specific 'Words' to yourself, the first 3, one at a time, which deal with your body from the top down, each should stimulate your condensed understanding of the total topic and trigger the proper procedures and behaviour. That's what a 'CONTROLS Check List' is for.

LIKE THIS:

**CHIN-HANDS-FEET-BALL-PIN**

a) The '**CHIN Tallish**' takes care of seven (7) of our '**ARTICULATING JOINTS**'. If the chin is tallish our Neck, Hips, Knees and Ankles are or will be in comfortable position to perform reliably. I have said before "If the top of the body pile is in place, everything below it will be in order". It's true. When your CHIN is Tallish, you take the 'Slack' out of the support and trunk of your Body Golf Machine. You need to have the 'Slack' out of it before you can be under control and have hope to make precise Golf shots.

b) The '**HANDS FEELING Deep, Down, Flat (Take-Away) and Wide (Swing-Arc)**' throughout the entire swing sequence from Bottom to Top to and THROUGH the Bottom; SWING SEGMENTS #2B, #1B, #1F & #2F; SWING SEQUENCE #1, #2, #3, #4, #5(TOB), #6, #7 and

#8(FOLLOW) then up to #9(FINISH & Hold). Those 'Navigator HANDS' should always '**FEEL Deep, Flat and Wide**'.

c) Make it your task and practice to build these FEELINGS As the great teacher Percy Boomer so clearly stated, learn to play GOLF by a process of 'Remembered Feel'. When the heat's on, you'll be cool!

With this 'HANDS FEELING' accomplished and maintained, your six (6) 'Upper Body Articulating Joints', those of the 'Two Lever Assemblies', will be in place and ready to accomplish an 'Extended Swing' that should 'Free-Wheel' with your speeding Clubhead tracking 'Centrifugally the Outside of the Circle' to the Target.

Your hands will FEEL at all times comfortably '**FAR**' from your sternum - that STERNAL CENTRE of ROTATION. Your arms form those stable reliable spokes in the turning wheel which rolls to the Target.

d) Those '**FEET**' are always a firm working 'BALANCED FOUNDATION'; 'BRACE FOOT Squarish'.....'TARGET FOOT Pinnish'.

The Brace Foot PUSHES or DRIVES while that Target Foot always STEERS and CATCHES you after moving toward the PIN. Your correctly 'Turned or Steered Target Foot' allows your Target Hip to properly '**GATE**' so you do not experience what I carefully call a '**TARGET FOOT BLOCK**'. If you have your Target, STEERING FOOT square to the TARGET LINE, the 'Gate' is closed and you will, of course, not be able to comfortably complete your smooth HIP and BODY TURN square to the Target. This deficiency will generally create PULLS or even HOOKS because the Upper Body Machine will be forced to complete the Clubhead Motion as the 'Blocked' Lower Body Machine cannot. Certainly you will not have good reliable BALL FLIGHT CONTROL that comes from consistent CLUBHEAD RELEASE while suffering from restricted 'Lower Body Movement' or Leg-drive.

We must always FEEL a little like we are 'Throwing the Clubhead at the Stick'. If our 'Ball Hammer' or Clubhead is not moving toward the Target, it is not likely that our Ball will be doing so either. The pure objective of this game is to strike that 'Little White Ball' dead into the hole in as few strokes as humanly, personally possible.

I have come to the bright conclusion that this generally means moving the Ball in a 'Straight Line'. If it is not straight, it had better be predictably crooked.

e) **BALL**

f) **PIN TARGET QUARTER**

**NO MORE NEED BE SAID**

You can do it !

7) **KEY POINTS:**

These '**5 CONTROLS**' are really a 'SET-UP TOPIC' and you understand this.

The purpose of this information is always closely related to '**REMEMBERED FEEL**' and becoming a '**REFLEX GOLFER**'.

Then, we must always strive to '**FEEL Positions**' of the '**5 CONTROL Components**', especially the 'CHIN, HANDS, FEET' three.

Importantly, I would like to add here that I want you to immediately learn the intimate 'FEEL' of your

i) **BUTT or that 'SIT DOWN' Position** and directly related, of your

ii) '**KNEES**' which are flexed and ready. The 'Brace Knee' is always 'Firmly Flexed and Braced'. It is the 'COIL Centre and Base of your 'PIVOT or ROTATION'.



This Golf is all a 'Matter of FEEL'. So please learn to sensitively 'FEEL' all these very Basic 'Parts and Postions' of the 'Body Machine' both in your 'Conscious and Subconscious'. I think the end objective is to store and reference these in our 'Subconscious'. Afterall, that is the 'Bridge of the Ship' from where our 'Mind Computer' operates the Swinging of those 'Navigator Hands' to run the 'Golf Club Ship'.

These 'Butt and Knee FEELS' are never 'Off the Table' or 'Out of the Equation'.

There is not much in the 'Game of Golf' that exceeds the importance of these last few paragraphs!

Learn and 'Adopt' them as a priority.

It's your Butt and bacon!

RULE #30:

The '**BETWEEN CLUBS**' Rule

WHEN YOU ARE '**Between Clubs**' IN YOUR SELECTION,  
ALWAYS PICK A LONGER CLUB WHEN IN THE '**Long End of Your Bag**'  
AND SWING IT VERY SMOOTHLY.

WHEN YOU ARE '**Between Clubs**'  
IN THE '**Short End of Your Bag**'  
PICK THE SHORTER CLUB AND SWING IT FIRMLY.

See Chapter '**Some Specific CONCEPTS and IDEAS**'

C19]

## THE MOVE SUMMARY

In a 'Stage Three Procedure' the 'Lateral Bump' starts it! The first 'Neuro-Synapsis' is in the 'Transverse Abdominus Rectus'. This 'Golf Swing' is a gut issue!

At no time in this segment, or ever in our Golf Swings, should we erase from our minds, or have out of focus, those loyal servants knows as '**5 CONTROLS**'.

The '**TEN BASICS**' too should be on the mental screen or monitor. This is '**555 GOLF**' at its most basic level!

### 1) PRIMARY STRUCTURE:

I have been very strict and determined with my position of the Golf Swing's being '**FROM THE GROUND UP** and '**FROM THE INSIDE-OUT**'. Unflinchingly, that it 'The Way' it is.

What I am going to say to you could, and perhaps, should be in the 'FITNESS' chapter but here is a good time to discuss a very specific point. If you have not come to know that chapter, you have passed it. Take a moment one day soon to back-up visit it.

Let me see if I can keep this 'Common-Sensical' as opposed to 'None-Sensical' ... 'Solving Complexity With Simplicity'.

Let's stay with the truth of this '**FROM THE INSIDE-OUT**'.

If we produce 'POWER and MOTION' from the 'Centre, the Spinal Crankshaft Outwards' we had better get the central equipment in shape 'From the Inside-Out' as well. (see 'Core Strength')

What do I mean by this?

The answer is quite simple and it is a 'Fitness' issue. You must daily strive for 'Big Muscle Stability' by making some 'Big Moves'. Think of the 'Physical Machine' for a moment. The 'Big Muscles' that do the 'Lion's Share of the Work' are closest to the 'Centre Of The Skeletal Structure'. They are closest to the 'Spinal Crankshaft' and thus provide the 'Structural Stability'. The smaller muscles only do the fine tuning. Seems that perhaps these words are rather simplistic? Well, it is a simple matter.



Your '**Abdominal Structural Stability**' or '**CORE STRENGTH**', your '**Hip Girdle Structural Stability**' are all '**LOWER BODY MACHINE**'. The POWER and function of your 'Wheels' ('Legs') and, indeed, the overall 'Potential For Performance' that we each have, depends on '**STABLE POWER**'.

Your '**Shoulder or Scapular Structural Stability**' provides reliable support for your 'Lever Assemblies'. This is '**UPPER BODY MACHINE**'.

### **THE ABDOMINAL TRIANGLE:**

This term was introduced in the 'FITNESS' chapter and truly has merit. There really is a 'Muscular Triangle' in the front and the back of our Abdomen. When we get that 'Back Ache' it likely stems from our being in 'Less Than Optimal Condition' in the 'Front Triangle'; in the Abdominal Muscles, in the Rectus Abdominis, in the External and Internal Obliques, in the Seratus Anterior. When the front half of the 'PACKAGE' is weak, it cannot help but negatively affect the companion back half. A team's a team!

The 'Stability of the Team' rests in the 'Condition of all its Players'. Weak Links cause disconnection. 'STABILITY' is a very big, operative word here. You 'MUST' develop '**STABILITY**' if you aspire or expect to prevail over this 'Ball and Stick Stuff'!

Remember too, we must 'BREATH' effectively to be athletic. Well, we breath ONLY via the efficient function of all the 'Special Team Muscle' that is responsible for that process. You need to 'PRACTISE BREATHING' to give those muscles strength! I will leave it at that.

### 2) **WHAT MOVES FIRST?:** (The old \$64,000 Question)

Well there is an answer and simpler than you might expect.

Think about what we just discussed. We move '**FROM THE INSIDE OUT**' so the muscles that create this 'Inside-Out Move' must move first. I do not want to beat a 'Dead Horse' but this topic is still very much alive and it is a worthy mount!

We must 'POWER' our 'ROTATIONAL MOTION' from the 'Spinal Crankshaft' ('LBM') radiating outwards through the 'Lever Assemblies' and culminating in the 'Dynamics Of The Clubhead'

('UBM') which transfers 'Kinetic Energy' into a rather passive, sometimes threatening 'Little White Ball'.

### **THE THREE BRACES:**

We know that we require '3 Braces'. They include '**Brace Toe Pressure, Brace Foot Pre-Load and Brace Leg Drive**' and are the '**BRACE HAND, BRACE SHOULDER, BRACE FOOT**' ('3 Bs'). You know these are 'Dynamic Elements' that include, from Take-Away, the 'Back-ing and Up-ing Of The Brace Hand and Clubhead' 'Out Of The Garage', 'Back & Up To The Brace Shoulder' (see 'COILING')(see 'Balsa Airpalne') and then the multifunctions of 'Brace Leg' which also provides the '**RESISTANCE**' against which we might 'Un-COIL or RETURN Back To The Released Target Side'. In this 'Un-COILING', the 'LBM LEADS' while the 'UBM LAGS' or trails. (see 'LEAD & LAG')

So you can see, and I hope 'FEEL', this '**FROM THE GROUND UP**' and '**FROM THE INSIDE OUT**' '**PRESSURE and DRIVELINE SEQUENCE**'.

### **TIME FOR A FEEL:**

Please stand up right now and make some 'Slow MOTION Turns', with or without Golf Club. Make 'Turn Brace - Turn Target' moves. 'FEEL' what we have just discussed and don't stop the 'Slow MOTION Drill' until you do!

I have spoken about one of the 'First Moves In the Golf Front Swing's Being The '**DROPPING Of Your LEVER ASSEMBLY**' '**GRAVITATIONALLY**' ('Breathing Out' - 'Releasing Pulmonary Pressure') right towards your 'Brace Foot'. Well I am not going to alter that priority. When you investigate the absolute 'Muscular Source', the 'Action of the Big POWER-Source Muscles' and not just the Brace, the very first muscles to become 'Forward Active' are the above-mentioned 'Abdominal Triangle'. They not only 'Get Tight First', they get moving and 'Loose' first.

Remember the old 'Boozer' logan? '**He Who Gets Tight First, Gets Up And Leaves First**' Well, that is how it happens 'Muscularly' in the 'Golf Front Swing'.

**ANSWER TO THE \$64,000 QUESTION:**

The very first muscles to move in 'Golf's Front Swing', after you have 'COILED and Stored Potential ENERGY', are the '**CORE ABS**' followed 'Mille-Secondly' by that 'Brace Leg Drive POWER Package'.

Of this I am certain.

I hope you can understand and 'FEEL' this as it is 'Primary Knowledge' upon which growth and improvement may well be based. Knowing this, you can remedy your 'Casting', improve your 'Timing' and 'Elevate Your Chemistry'. "Sign me up!"

**CARRYING ON:**

3) **THE MOVE:**

Now that we have had an opportunity to read the three chapters on 'Swinging Motion', 'Physics and Mechanics' as well as to have studied the 'Tiger Woods Sequence' with the provided comments, I think it is worthwhile to consider the 'Full Swing Cycle' one more time with a fresh description.

Afterall I think this 'Swinging Motion' and what it creates is what 'GOLF' is all about physically. It is the 'Primary Golf Engine'! Of course, the 'Secondary Engine' and the 'Mental Aspect' is another kettle of fish!

... coming in two varieties, fresh or smelly!  
(and never frozen)

4) **BASIC PROGRESSIONS:**

the string of events

(Set Up through IMPACT to Follow Finish)

**Preparation:**

i) **SET UP** must be as per the book or close and must be reliably CONSISTENT and accomplished by the system of CONTROLS that we have diligently described throughout this book. If you have questions keep working with the appropriate sections in this book, especially using the 'Index' as your guide.

ii) The **DEEP FLAT & WIDE, Take Away or TURN & COIL** segment '**Loads**' your gun and prepares for the 'exciting part' which takes place very smoothly, naturally and efficiently. In this way only may your swing naturally and easily 'Repeat' at you beckoning.

This 'Move' starts as the infamous '**ONE PIECE TAKE AWAY**' where your FEET, KNEES, HIPS, Crankshaft SPINE, SHOULDERS, the LEVER ASSEMBLY including the entire GOLF CLUB all slide, sweep away from the Butt of the Ball simultaneously or in '**ONE PIECE**'.

Please notice that I have NOT included the HEAD (your Tallish CHIN) in this parts inventory. It does NOT MOVE AWAY in the '**One Piece**' act. Your NAVIGATOR EYES stay intensely focused on the '**BOTTOM INSIDE CHEEK**' throughout the '**Brace PIVOT, Load Turn and COIL**' as well as throughout the #1F and #2F Segments of the forward swing. This steady Head, guided by your EYES, only translates forward to looking Dead at the Stick as a direct result of your SHOULDERS having '**UNCOILED**' fully toward the Target PIN through Segment #3F and #4F. The HEAD is carried firmly around by the body motion and NOT as a result of any neck muscles doing WORK. RELAX your Head and Neck generally, simply keeping your 'Tallish Chin CONTROL' absolutely working in a fine-tuned manner.

iii) When you are at the Top of Your Back Swing (T.O.B.), your 'Rotating Target SHOULDER' will have come into positive contact with your 'Tallish Chin' and your Wrists will have naturally 'Cocked' putting your Clubhead in it's proper yet still 'Low Energy' Clubhead Path or Orbit ready to 'Drop Down and Swing Through the Ball in the 'IMPACT ZONE' while travelling primarily orbitally to the Target or PIN. Remember, I want your to FEEL almost as though you are reaching or extending your Clubhead out to 'Touch the Stick' in Segment #3 which is the 'Deceleration Phase' of your Swing.

iv) At the **T.O.B.** you may FEEL as though your Target Heel has been '**Pulled**' slightly off the deck but your Target Knee should NOT be overly flexed or BENT; what I personally call 'Ballerina Feet'. If you allow your Target FOOT and HEEL to lift significantly off the ground your good, solid FOOT CONTROL and FEEL will deteriorate. If your 'Foundation', those two powerful and educated FEET, is compromised so will your Swing be disturbed. Likely you will have a '**Secondary Drop**' resulting from a bend Brace Elbow. This can be corrected in your forward swing but it is risky and



highly inefficient. The simple swing works best. The simple reliable swing is the one with the least moving parts and smallest number of variables.

At your personal '**T.O.B.**' you will FEEL as though you have '**COILED**' or wound the Brace Foot to Brace Shoulder rubber band making it ready to unwind or 'Fire' out that stored energy. You will be '**BRACE POSTED**'. There will be some 'Tightness' in your Target Shoulder, Arm and the lateral part of your Target trunk or abdominal muscles, those laterals on the up and down side of your tummy, the muscle group running from your Target Butt to the Shoulder, Armpit and Sternum.

I call this muscularly tight state 'Potential Energy'. Once you 'Pull The Trigger' it will be smoothly and powerfully converted to active or 'Kinetic Energy' and that is the kind that actually does the WORK, moving the Body and thus the Clubhead. You remember that old high school physics or science teachers story! **Notice that the above related directly to the 'Four Swing Segments and the '11 Swing Sequences' Chapter.**

#### 5) **POSTING:**

The 'Pivoting Action' or, as we call it in Golf, 'Making A Good Turn or Having A Good PIVOT', is vital to making a Golf Swinging Action. Pivoting is movement and 'Power' around a fixed point.

Please still think of this 'Winding Up the Brace Foot To Brace Shoulder Rubber Band' and 'Turning the Brace Side In and Firing the Target Side Out' as I have discussed.

At Set-Up or neutral 'ADDRESS Ready', our pivot point is just aft of our Sternum with a slight pelvic tilt to the aft as well. This 'Pelvic Tilt', of course, creates a spinal tilt in the same direction as our upper body is founded on our hip plane. The primary reason for the 'Spinal Tilt' or incline angle, is that our 'Brace Hand' is below our 'Target Hand', which drops our 'Brace Shoulder' and everything else below it.

Remember that our 'Spinal Tilt' is not only toward our low hand or the Brace Side, but it will be forward as well due to the fact that we must bend slightly forward '**AT THE HIP SOCKETS**' and not in the tummy 'Spinal' region, in order to get our clubhead making contact with the ground.



WHIE POSTS FOR POSTING



POSTING ... SWAY. With Sway soon comes the 'Deadly Slide.'  
Lateral Negated or is 'Negative Rotation'  
A little Open Alignment helps the 'Deliver & Release'





GOOD TOF POSTING ... Good Target Stance Foot Clearance





Down The Line ... Top Of Front Swing - Swing Sequence #10  
Efficient Lower Body Machine Release ... Steer So You Can Clear



"Staying In The Shot" ... Connected Mentally & Physically  
Covering The Shot with your Logo



Coiled 'From The Top Down' (finger tips to toes)  
Released 'From The Inside-Out' ... Absolute Fundamentals

Now to my written term '**POSTING**'. Address FIX Pivot ,TAP TAP TAP, is still being just aft of sternum. As we turn or coil to our Brace Side, our Pivot Point shifts from centre body, to over our Brace Foot as we wind up that Brace Foot to Brace Shoulder '**Rubber Band**' to store 'Potential Energy' to be used or released in the forward swing segment. At this '**Loaded**' coil position, our 'Brace Pivot Point' has moved aft or to our Brace Side. Our coiled pivot is along the '**Rubber Band**' axis or line.

Still keeping it simple, where it could easily be very complex, we have a third Pivot Point. We Push-Off our loaded Brace Side (Brace Foot Pre-Load) moving through Centre Address Pivot and IMPACT FIX, the 'Straight Target Side', driving to what I call our 'Release Pivot Point'. This is over our Target Foot, running up our Target Post, which is the broom-stick running from the Target Foot through the Target Hip and tummy, continuing up to our Target Clavicle and nicely 'Squared Shoulders'.

#### **Tall - Follow - Finish**

Keep in mind that during this 'Coiling to the Brace Side Pivot or Post' our weight naturally moves over the foundation Brace Foot and Side. Equally, during the Firing or Uncoiling forward move, our weight naturally moves forward over our Target Catching Foot to what I call the Finish Post.

The term 'Weight Transfer or Shift', which I detest, is the unavoidable result of a good Turn-Coil followed by a solid Turn-UnCoil. This is all that needs to be said.

Remember our 'TURN - DROP - TURN' exercise. It may be worth review at this time. See INDEX if you cannot recall where you heard about this 'Bullet Proof Exercise'.

In this 'Backswing Posting' you should FEEL quite Tall on your Brace Leg while, in the 'Frontswing Posting (FOLLOW-FINISH) you should FEEL quite Tall on your Target Leg. A good Rule is to always FEEL CHIN Tallish, 'Matador Proud' and this will preclude or prevent some nagging problems with IMPACT such as the FATS.

#### 6) **BASKETBALL:**

'**POSTING**' might seem to be a basketball term, and that is where I got it, but it fits our Golfing application very well indeed.



In the 'Brace Loading Coil Turn In' you should '**FEEL Rubber-Band Wound Up**' Brace Foot to Brace Shoulder. The 'Always Flexed Brace Knee' is critical. I sometimes FEEL like I have that broom-stick I mentioned from my Brace Heel to my Brace Armpit. Whatever and however it may be, define your FEEL.

Similarly, when I am in the Release Pivot Position, the '**FEEL Rubber-Band Unwound**' position, I FEEL like I still have that broom-stick connecting the ball of my Target Foot to my Target clavicle.

Try this '**Spinal or Pivot Rotation**' (Theatre Position Cradle is a perfect Drill) until you FEEL and define your FEEL so as to make it memorable and automatic. I know how many times I have said it but here we go again:

**Golf Is Game Of 'REMEMBERED FEEL'.**

Learn and execute it that way and you will be much better served and score beyond your dreams, especially under pressure.

#### 7) **THE FORWARD MOVE:**

Let us assume that the foregoing sections, including the 'Basic Progressions - Preparations' #i/ii/iii/iv, are in place. This being the case, our first '**Forward Move**', the function that 'Initializes' the 'Forward Swing' should be the '**Planting**' or replacing of weight onto the 'Uplifted or Unloaded' Target Heel. (it may not have been uplifted)

I am NOT saying or prescribing that one should 'Lift the Target Heel off the Deck', but with a fully 'Coiled Trunk' that is solidly 'Posted' over a firmly planted Brace Foot, Knee, Leg and Hip, 'FEELING the big rubber-band tightly wound', will unavoidably create some 'Torque' in an upward direction on the Target Heel. Minimally, it will FEEL light or unloaded when you are fully turned to your Brace Side in the 'Full Back Swing' (Stage Three).

This 'Initialization Planting Of Your Target Heel' is so important to your making an '**INSIDE-OUT Clubhead PATH**' (avoiding Casting) and it is so naturally necessary to getting your Brace Elbow, a

'Primary Pivot Point or Slot' that must swing from the vicinity of your Brace Hip, that we must all consider, visualize, understand and perfect it. If we do not have this engrained, improving this initializing move, one of our GOLF focal points, will not occur as quickly or painlessly as we deserve.

I also like to think of the secondary 'Initializing Move' as being the '**Dropping Motion Or Action Of The Lever Assembly**', especially with the Longer clubs in your bag. They must be 'Drop-Swung' and not 'Swing-Drop' and hope to get back down to the Ball which is a dead-guarantee for 'Hitting From The Top'. The power must be applied 'very late' in the forward swing just as you are entering the IMPACT ZONE. Thus Upper Body Power Application commences in Segment #2F and NOT earlier. The Lower Body Power Application or driving action of the brace Foot, Knee and Leg starts subtly with the Planting of your Target Heel.

So we might 'Initialize Our Swing' by 'Planting a Torqued Target Heel' and/or by allowing our raised 'Lever Assemblies to simply DROP towards our Brace Heel', but the '**FIRST BIG MUSCLE MOVE**' is definitely '**FROM THE INSIDE OUT**' or from and by the 'Stabilizing Anterior Abdominal Triangle'. By-the-way, muscular kinesiologists have proven this to be true by attaching electrodes not only to the Brain but also directly to the 'Origin' end of these 'Abdominal Muscles', as well to other subject muscles and watched the 'Electronic Impulses' tell their story. We know 'Whether the Chicken or the Egg came First', in Golf anyway!

#### **TURN-DROP-TURN:**

(a great BULLET-PROOF EXERCISE)

After you have 'LOAD-COILED' fully to the Brace Side or POST, you do what I am about to describe below and thus, TURN to the Target Side, while your Lever Assemblies are Dropping Gravitationally followed by more powerful TURNING to the Target UNCOILED Side, finishing with your 'Belly Button' facing the Target.

I know, I have broken with tradition. I did not say 'Belt-Buckle' as usual. Well, a close lady friend of mine told me explicitly that she did not wear a belt! ... and that was not all she didn't wear!

## THOSE 'LEADING ABS':

Once the 'Abdominal Muscles' have triggered by simply 'Letting Go' of the 'Less-Than-Comfortable Stretch and Tension in the ABS', they are soon followed by the 'Firing Of The Brace Side POWER Package' as mentioned.

As your 'Initializing HANDS' continue dropping just below your 'Armpits' leg-drive increases to the point where your HANDS are dropping below your 'Brace Hip'. This is when your 'LAGGING HAND POWER' comes into effect and the strongest 'LEADING BODY ROTATION' is created which naturally generates maximum 'Clubhead Speed' creating 'Optimal Distance'.

All very logical and magically sequential.

As the 'Lever Assembly' is dropping through the Armpits and past the Brace Hip, with the Clubhead well to the outside of the Circular Clubhead Path, Hands still FEELING WIDE and DOWN, you start to apply BRACE FOOT PRESSURE or DRIVE as you enter Segment #2F or pass through Swing Sequence #1F to #2F. Remember, you must NOT apply the POWER or HEAT until your Clubhead is 'ADVANCING' positively forward or toward the PIN TARGET. This does not take place until your HANDS are under your HIPS or into Swing Segment #2F, the IMPACT ACCELERATION SEGMENT.

Remember as we discussed, your Clubhead or Clubface Sweet Spot is never advancing or moving towards the Target while you Hands are above your Hips. Therefore, your FEELING of 'Full Power' should not occur until your Hands have or are dropping below your Hips. I hesitate to tell you how many Golfing problems I have addressed over the years that relate directly to 'Hitting From The Top'.

Through IMPACT, or what I sometimes call the IMPACT ZONE, you should FEEL as though your Brace Foot is directly connected to and pushing your Clubhead T H R O U G H the Butt of the Ball, Down the Line to the Through the Target PIN. FOLLOW FINISH.

It is most important that you work with these 'Swing Feeling' concepts and disciplines until you have perfected or at least mastered them as one smooth complete movement and not any single jerky abrupt segment.

8) **THE TRANSITION FROM BACK TO FRONT SWING:**

This is a most talked about 'Interval or Moment' in the Golf Swing. I was going to say it is 'Controversial' but, although it is popular conversation, its 'Physical Reality' is not!

In the 'FULL SWING MODE' (Stage Three) the 'Hips Complete Their LOAD or COIL Trip' before the 'Shoulders Complete Theirs', It is for this reason that they 'Start Their Forward Trip before the Shoulders Start Theirs'. Get very 'Relaxed and Fluid' and then make a series of 'TICK TOCKS' 'FEELING' the 'DIRECTION of the Hips and Shoulders' in the Back and Front Swings. You will 'FEEL' this 'LEAD of the Hips' and the 'LAG of the Shoulders and Lever Assemblies'.

**'The Hips LEAD And The Shoulders LAG'.**

**HOW DO WE GET THIS 'LEAD AND LAG':**

By 'Relaxing and allowing the Body Machine to do its job'. You know what naturally 'Moves First'!

You know, you sincerely, do NOT have to '**Make IT Happen**'. You really can '**Let IT Happen**' and perform better for this. When you wind up one of those 'Rubber-Band Balsa Wood Airplanes', all you have to do it 'Let It Go Pointing In The Right Direction'. Golf is a whole lot like that.

To help 'Release', when I am making the 'Swinging MOTION', I like to say those 'BULLET PROOF Trigger Words' '**ONE AND THROUGH**' or '**SWEEP & SEE IT, BALL - PIN**'. Simple and rewardingly productive.

They give me 'TEMPO, TIMING, RHYTHM, CADENCE, PACE and Optimal BALANCE' so important to getting all the parts working together in the proper sequence which is precisely what 'Timing' is.

'**ONE**' ('Moment Of Low Inertia') is the 'Take-Away' or 'Swing Sequence #1, #1a, #2, #3 and #4' while the '**AND**' ('Moment Of Low Inertia') defines or recognizes the 'Top Of Back Swing' (TOB or SS #5) and provides for the 'Pause At The Top', a term I do not really like but it works here. This 'Delay from Back to Front Swing', what I call the '**TRANSITION PHASE**' in the entire Swing, provides the 'Time Interval' necessary for the 'Slow Big-Musclcd Hips' to 'DEPART EARLY and LEAD the Shoulders' in the forward trip. '**THROUGH**' needs no further explanation! (see 'Moment Of High Inertia')



You may say "What's the difference between '1 - 2' and 'ONE AND TWO'?" It may seem like only '**Three Letters**' but they are 'PIVITOL' and control the 'TRANSITION'. Think about how many times you say the word "YES" and how determinative these three letter can be!

The '**AND**' word controls or 'SET-UP' the '**Initial Lateral Bump In The Forward Swing**'. This gets the 'Target Heel Re-Planted' and the 'Abdominal Core Forward MOTION started'. After the 'BUMP EVENT' has occurred, the 'Slight SLIDE MOTION' is immediately converted to 'Dynamic ROTATION and PIVOT'. The 'Lateral or Linear' immediately develops into a proper 'Lever Assembly Swinging MOTION'. It converts to 'ROUND & ROUND'. The conversion is very 'Smooth', almost like simply saying 'BUMP - SLIDE AND TURN'.

Key focus point ... Slide vs Turn and Linear vs Rotational. 'Lateral Negates Rotation'. Do whatever you have to do to 'Grasp That Truth and Physical Reality'!

#### 9) **CASTING:**

Just a few basic observations on this physical 'anomaly' which results in the 'Outside-In' Clubhead PATH as well as all the 'variations on the theme' of a mediocre Swing and Ball Strike. Casting does NOT lend itself to great ball Striking! This has nothing to do with being 'Cast in Concrete' except it can be a 'Hard Problem'!

You have heard 'Casting' referred to as the 'Throwing of your Brace Shoulder Out Towards the Target Line, or 'Pushing the Trailing Brace Shoulder Out or Over the Foot Line'. It's true!

So, WHY does it happen? WHY do I do this almost 'Drawn By Some Golfing Demon' who makes it seemingly beyond my control?

Your 'Good Old Friend', '**TENSION**', the Number One Killer of a good Golf Swing', has his hand on your Shoulder and is really quite responsible. You will have to deal with him yet again. Let me see if I can assist.

**LBM & UBM CASTING** is caused by 'Lack Of LBM Brace Leg Drive or 'Pivot Pressure'. A common piece of the nasty puzzle is the 'Early Firing Of The Brace Shoulder' ... hence 'THE CAST' like in fishing.

## **SOME MORE VERY BASIC STUFF!**

The engine of your physical 'GOLF MOTIONS' is your 'Brace Leg Powered Spine or Central PIVOT or Axis'. This Spine, in a proper athletic 'Golf Motion', is Inclined slightly FORWARD and Tilted slightly AFT at Address and Impact FIX. It is NOT rigidly vertical. You will have some comfortable 'Knee Bend' which is essential in getting the Spin into a realistic working condition. Tight Hands, Wrists, Elbows, Hips, Knees or even Ankles will deteriorate your ability to make the TURN In or Out. (13 Articulating Joints)

Your '**Shoulders Rotate or Turn**' quite Squarely about the top of your 'Inclined and Tilted Spinal Crank-Shaft' ('X Axis')('Primary Engine'). Your Shoulders can also 'ROCK' or make that 'Rocking Chair Motion' ('Secondary Engine') about the top of the Spine. So, if you keep your Spine vertical, you can still, with soft muscles, 'Rock Your Shoulders' 'Up and Down' in a 'Side to Side' manner. It is this 'Rocking Motion', the 'Dropping and Raising Of the Brace Shoulder' from its 'Address or Impact FIX Set-Up Position', that is so essential to making the proper 'ON PLANE TURN' of especially the Brace Elbow and Forearm in the 'Back & Up Swing' ('Swing Segment #2B and #1B') and reciprocal 'Forward Aspect' or Swing Segment #1F and #2F of the 'Down & Out Swing'.

If you are not relaxed, if you 'Lock' your Shoulders in place at Address, you will make them 'Tight or Fused' to the Spinal Crank-Shaft which means that, when you PIVOT, Turn the Crank-Shaft Back and Forward, the rigid Shoulders are forced to TURN directly perpendicular with the Spine. This can cause the 'Brace Shoulder', of course, to move forward or 'OUTSIDE The FOOT Body LINE' towards the 'TARGET LINE' on a 'Flattish Plane' or relatively 'Level To The Ground'. (see 'Casting' and 'Over The Top')(see 'From The Top Down' and 'From The Outside-In')

If you relax and produce your Forward Move '**FROM THE GROUND UP**' and '**FROM THE INSIDE-OUT**', from your 'Brace Foot Pre-load', your 'HIP Rotation' will precede the mid and upper Spinal Rotation and thus precede the 'Turning Of The Shoulders'. In this manner, your Shoulders will naturally '**LAG BEHIND the LEADING HIPS**'.

Additionally, when your '**Hips LEAD**' and your '**Shoulders LAG**', the Hips will get ahead, Forward towards the Target, of the 'Softish and Trailing Shoulders'. As this happens, natural Motion Physics tells us that the initially elevated but Trailing Object, while

under the influence or Torque of Acceleration, will be pulled towards the ground or level to the 'Source of the Torque' which is the Leg Drive or Brace that provides the Power of the Pivot.

If you had a five foot 'T' (standing straight up) with a limber vertical segment and put three ounces at each end of the horizontal component, the top of the 'T', when you accelerated or moved the base of the vertical axis forward along the ground, the 'Trailing Weight' and horizontal trailing top segment of the 'T' would 'Drop' towards the ground causing the 'Upright Leg' to '**BEND AFT**' in response to the acceleration of the bottom. I hope I have put this into words that 'Paint the picture' so you can visualize the event. Spend a moment ensuring you got it.

Just as this mechanical 'T' performs or reacts, so do your SPINE and SHOULDERS (the Lower & Upper Body GOLF Machines). As your Leg-Drive (BRACE) takes place, creating PIVOT (turning of the Spine Forward towards the Target), your Upper Spine will 'TILT' more 'AFT' as the 'Motion Event' occurs. The Pros have about a 7 to an 11 degree AFT tilt at Address. During POWER application, Rotation of the Spinal Crank-Shaft, their '**AFT TILT**' may increase to as much as 30 degrees in extreme cases. This 'LAGGING' of the Soulders behind the Spinal Forward Rotation comfortably creates 18 to 22 degrees of 'AFT SPINAL TILT' during the initial, unwinding, Leg-Driven Forward Pivot.

You will have noticed that all this 'Forward and Aft' MOTION that takes place 'simultaneously' is purely dedicated or consistent with 'Newtonian LAWS of MOTION'. '**FOR EVERY ACTION THERE IS AN EQUAL AND OPPOSITE REACTION**'. When the HIPS leg-drive forward, the Upper Body Machine (Shoulders and the Three Levers) 'LAG' behind or 'Backwards' until the simple 'Connectedness' of Bone and Muscle (Soft Tissues) come into 'Natural Tension', pulling the Upper Body Machine along forward in the direction of Net Thrust', Down the Line to the Target.

The solution to NOT CASTING, I think, is to insert your Shoulders into the, 'Just Before You Make Your Take Away Move', '**SOFTEN SOFTEN SOFTEN**' 'Key Words'. Relax those Shoulders and let them SWING in a 'Trailing the HIPS' mode. They DO NOT '**LEAD**' the HIPS into the forward swing. They '**TRAIL**'. This is why **the Brace Shoulder's very first move in the 'DOWN OUT FORWARD & THROUGH SWING' is to 'Relax and naturally DROP DOWN' which is the result of its 'Falling Behind or Trailing Behind the Leading HIPS in their ROTATION TRIP'**, firing out towards the Target PIN.

You might look at the 'Golfinb Body Machine' as having a '**Hip Girdle Power Plant**' and a '**Shoulder or Scapular Transmission**'. Hope that analogy works for you too!

This is as simply put as I can manage. If I have failed to put in words what we want to put into our Golf Club, please forgive me.

Pick up the telephone and call me or one of my very talented staff. Better still, come and see us in the flesh!

## **We Are Here Because You Are There!**

### 10) **YOUR POWER LINE:**

The '**SWINGING POWER LINE DELIVERY SEQUENCE**' or Power Feel should start from your FEET (BRACE FOOT) travelling up your Brace Leg to your Brace Lower Back across to your Target Shoulder, Down your Target Arm to the Target Hand ('Target Lever Assembly') and via the Club Shaft to the Clubhead (Secondary Lever) and finally imparting the Energy to the Ball.

I think one should FEEL that the Target Hip is Firing Out to the Target '**Clearing**' or making way for the Brace Hip to Fire through. I think one should FEEL somewhat as though the Target Hip is more 'Pulling' the Brace Hip through or along than that the Brace Hip is 'Driving' the Target Hip forward. The Target Hip is in front and thus is 'Leading' the trunk or body show.

Once the Uncoiling and Power is being applied through the BRACE FOOT, LEG and UNCOILING HIPS, up the Drive Shaft Spine to the SHOULDERS, the Strong HITTING yet TRAILING BRACE HAND contributes it's '**WHIPPING**' Power, '**Taking The Clubhead Lag Out**'. Now, via the totally co-operative Lever Assembly, the whole Energy Package is delivered to and through the Golf Club and thus to the Golf Ball.

This all happens '**FROM THE GROUND UP**'; from the FEET up and eventually smoothly through the 'Active Hands', those Navigator HANDS all the time conducted or guided, controlled, by the Captain EYES.





Assembly' (requiring tightness) creates '**Casting**' which leads to no good. This 'Casting' is absolutely an 'Upper Body' generated muscular action or what I call '**Arms Over Legs**'.

Remember your 'CHIN stays Tallish' ... always.

You might rationalize that 'If I simply DROP my Lever Assembly Dead to the Ground', I will be digging big holes and not make any 'Sweeping Forward Clubhead Path'. That is a reasonable assumption, but it is wrong. Firstly, the 'Tallish CHIN' precludes your digging holes.

12)           **TENNIS BALL AND STRING:**  
              'The Dead Rope'

Secondly, you may make a very simple experiment in 'Gravitational and Rotational Physics' that will turn on some lights. Tie a tennis ball to a string about four feet long and fix the free end of it to a tree branch or fixed point that is four feet two inches off the ground. Lift the tennis ball directly up to the attachment or 'Pivot Point' and drop it. Dead vertical to the point below the 'Pivot Point' and snap stop two inches short of terra firma. Now raise the same tennis ball to the same 'Pivot Point Elevation' and take it three feet laterally from the 'Pivot Point'. Release it. The tennis ball will drop vertically until the attached string becomes tight at which time the Ball Path will be drawn toward the gravitational vertical line causing the ball to swing or 'Pendulum' to and through the vertical axis.

Do it again but this time, once the tennis ball is raised to the 'Pivot Point Elevation', keep the string tight, meaning the tennis ball will be four feet laterally removed from the 'Pivot Point'. Now release the Ball. The string will stay tight. The ball will lose altitude (drop) and it's entire 'Flight Path' will be smoothly and gently arcing or 'Radiusing' to and through the 'Bottom of Swing Arc'. The particular phenomenon here is that the force of Gravity and the Centrifugal Force keeps the string tight at all times in the circular motion.

Remember that Fred Couples said he 'FELT' as though he were 'Free-Wheeling' his Clubhead as far from his chest as comfortably possible right through IMPACT. Few people would turn down his gifting that marvellous swing to them for any occasion, however brief!

- 13)           **THOSE '5 CONTROLS' AGAIN:**  
                  (never growing old)

Apply these analogies to our '**5 CONTROLS**'; the Tallish **CHIN**, those Deep, Down **FEELING**, Flat, moving away from the Ball, and Wide throughout the entire swing, **HANDS** all performing atop your carefully positioned **FEET**. The string is always tight, while the descending (Gravitational falling) 'Lever Assembly' and Clubhead follow a natural arc that is suspended from the 'Pivot Point' Tallish CHIN.

**BALL PIN**

In this 'Bullet Proof' manner we can pick and sweep Golf Balls right off the top of the tee or from any location that they are placed to wait patiently for the speeding Clubhead to, as I put it, 'Kick Butt'.

- 14)           **SUMMARY:**  
                  'Mental Picture & Remembered Feel'

ALL THE 'Swinging and Hitting' ENERGY, through the GRIP and via the SHAFT and Clubhead, MUST BE MOVING TOWARD THE TARGET or PIN. If the Clubhead is not travelling at the Stick the Ball is not likely to do so!

**'FEEL THE STEEL'**

and 'Swing the Clubhead   T H R O U G H   the Butt of the Ball at the Stick'. (not 'AT' the Ball)

Our 'FEELING' must not be that of '**HITTING the Ball**', but of '**Swinging or Accelerating   T H R O U G H   the Ball**'.

... always !

- 15)           **CONNECTION:**

Feel as though your Brace Foot is 'Connected' through your body directly to your Clubhead. Your Brace Foot Powers the Clubhead T H R O U G H the Ball. Feel as though your Brace Foot is 'Pushing' your Clubhead through the ball.

**BRACE FOOT Pushing** (early)

**BRACE HAND Firing** (late)  
(especially for HITTERS)

14) **ONE FINAL APPROACH TO THE WHOLE SWING EVENT:**  
(the Upper and Lower Body Machines)

You have now read a great deal about that wonderful body of yours, a veritable Golfing Machine, to speak of it humbly!

Let me now attempt to put a very new spin on its performance, a view that I find fresh and unique to our '**555 GOLF CURRICULUM**'. The following may reveal to you something helpful in understanding your Golf challenge, that series of short trips which, when blended make a great life journey. Golf is indeed a journey and we must approach it as such.

It is not one round on one day that wins the club championship. It is not the Masters by mistake. Its a calculated, carefully orchestrated piece of music that unfolds somewhat in its own time and space, only we are allowed to help and participate.

17) **THESE SPIN OUTS:**

Firstly, remember your three (3) '**Power Sources**' that create the energy needed to get your forward swing accomplished. They are

1) the '**Lower Body**' comprised of the legs and feet. Your 'Brace Foot' provides the 'Resistance and POWER' to propel you forward toward the Target in your 'Uncoiling Phase'.

2) the '**Upper Body Coil**' which takes place or happens on your 'Lower Body' but around your 'Pivot' or central turning axis. (Spine) When you turn to the Brace Side and 'Wind Up the Body Rubber Band' from your Feet to your Shoulders, you store Energy which should be efficiently released in the Forward Swing.

1) the '**Lever Assembly**' which are those Arms and Hands. The Brace Arm and Hand primarily provides the Power and Clubhead Speed





19)           **ARMS OVER LEGS:**

You have heard the statement of 'Making a Swing' '**Arms Over Legs**' and '**Hitting From The Top**'. They are both meaningful.. So let us look more at them for a moment. Let us look at this 'Body Golfing Machine' as precisely that, '**A Human Machine**'.

The 'Lower and Upper Body Machines' ('LBM & UBM') are certainly related physically, functioning together, but they perform quite separately but co-operatively. Strange? No.

The 'Lower Body Machine' ('LBM') goes to work and is 'On The Job' from the very first muscular action of the Take Away. It stays at work to the very end when full 'Clubhead Release' is accomplished and the Ball is long-gone.

The 'Upper Body Machine' ('UBM') is called to work almost as a passenger at first, either simultaneously with the 'Lower Body Machine' but I think very slightly later. It rotates to full coil along with those hips. The Hands DO NOT lead the Hips. If all struggling golfers were aware of this reality, they would progress faster and be a whole lot happier.

Every part of you that is above the line of the shaft, the Shaft Plane, at Address should FEEL 'Passive'. The Hands, Arms, Shoulders, Chest, Stomach and surprisingly, the 'Facial Muscles' should not FEEL Tense. Everything below the Shaft Plane should FEEL 'Alive, Ready and Springy'. The Feet, Knees, Legs and Hips should FEEL 'Athletically Ready to perform or 'REACT to your Set-Up'. Proper Set-Up enables us to simply 'React' when the time comes to quietly begin the 'Low-Energy' take away.

In the COILING portion of the Swing (the Back Swing), the Brace Foot and Ankle come tight first, then the Brace Hip and finally the Shoulders when you arrive at the completed Top Of Backswing (TOB). You know this point (Swing Sequence #0) is when the Target Shoulder in contact with your Tallish CHIN and Wrist Cock fully in place.

20)           **HIPS COILED OR LOADED FIRST OR NOT:**

Importantly, the Brace Hip comes tight or completes its COIL, the Body Rubber-Band is wound up quite before the Shoulders complete their COIL. A contributing reason for this is the fact that the HIPS rotate only about 45 degrees while the SHOULDERS turn and coil

about twice as much, about 90 degrees. They are both simultaneously **'Winding Up'**, so it is easy to see that the Brace Hip Load or COIL is completed before the Shoulders even get close to loaded. The Brace Hip comes tight before the Shoulders get there, to that 'Wound Up FEELING'.

And so What?

Well this COIL & Un-COIL sequence is a very 'Big Deal'. It is the very 'Engine Of Your Swing', a primary source of POWER. Just think of the bunk or Mass involved. From your Toes to your Belly Button there is a whole lot of beef in action.

Do you 'Consciously' think of when your Brace Hip gets tight and loaded? Are you aware of the precise moment when your Shoulders make the turn and start back towards the Ball? I would think NOT. If you are aware of these phenomenons, other than in explicit practice drills, you are in 'Deep Trouble' because you cannot think your way through a Golf Swing. It is 'Remembered Feel'. Remember? I do not teach 'Position Golf' (except in practice) but trust 'Alignment Golf' to get parts and pieces in the right place at the right time.

21)           **UNWINDING:**

So how does it all 'Un-Wind' under control or in a good sequence, avoiding becoming an explosion, parts behaving like shrapnel instead of a piercing arrow?

'Subconsciously' it is the very 'tightness' of the Brace Foot and Hip that **'Triggers The Lower Body Machines'** starting forward through the **'Replanting Of The Target Heel'**. When you body FEELS muscular tightness, it instinctively needs and wants to let it release. Tetanus is a little uncomfortable. Tonus is not.

The forward muscular process starts automatically with the completion of the 'Loading or Coiling Process'. The commencement of the Front Swing is NOT a 'Conscious' decision, instruction or effort. I think it is a little like 'Bumper Cars' where you IMPACT and Rebound through or via Natural Newtonian Laws.

Take your trusty #7 Iron in hand right now and ensure you have got this FEELING programmed. Assume the 'CHIN Tallish, Theatre Position & Cradle' as defined earlier. Make some Loading Turns, COILS IN to

tight HIP LOAD POINT, where your Brace Foot, Ankle Knee and Hip will all be 'SNUG' in sequence starting from the Ground Up. Having done this, you will 'Get the Message' from this COILED BRACE SIDE that it wants to get 'UNCOILED' without any delay. 'Bumper Cars'. Our Body Machines like the Address Position better than the Loaded-Coil state. Now you know!

'FEELING is Believing?'

21) 'IT'S A NO BRAINER':  
(so don't think during your swing)

The start of your forward swing is an 'Autonomic Response' to the completion of your backswing COIL. When your Brace Foot and Hip gets tight, they 'Rebound or Fire' automatically.

This 'LOWER BODY MACHINE Re-COILING', its starting forward, takes place quite earlier than the completion of Shoulder Coil. The Brace Foot and Hips start back or forward even before the 'Upper Body Machine' has completed its Turn and Coil Loading. This is where and why I have said to you earlier that "You TURN your Brace Hip IN and FIRE your Target Hip OUT" so that your Target of front Hip is leading and 'Clearing', getting out of the way of your 'POWERFUL Trailing and Connected BODY MACHINE'. The headlights always lead in the forward swing. You do not drive down the freeway in the glow of your tail-lites looking out of the rear-view mirror. Well, I really cannot speak for you! If you do, try using your head-lights while looking down the white line through the windshield. You may get where you are going first for a change. When I undertook this process my whole life changed!

So there you have it .... the forward swing is started from the Ground Up, from the replanting of your Target Heel which stimulates your Brace Foot's PUSH which soon drives those Loaded Hips back to and through a state of equilibrium or relaxation (Address) to a fully released of stored energy, taking the 'Upper Body Machine' initially along for the ride. This is the 'STUFF' Clubhead Speed is made of!

'If You DO NOT COMPLETE YOUR BACK SWING COIL & LOAD', which is the first half of the trip, your second half will not unfold as it is intended. Your 'Lower Body Machine' will likely NOT start the trip and your Brace Shoulder will, resulting in what we call 'CASTING'. There you go, 'Outside In' again ... PULL - SLICE.

## "DARN IT"

Also, as subtle as it might sound or seem, make your 'Loading COIL or TURN IN' happen in a 'CHIN Tallish' relaxed state. If you do not, you will certainly have too tight an abdomen, TENSION resulting in your Brace Hip and Shoulders both getting to the tight or Completed FEEL at the same time. This results in both the 'Upper and Lower Body Machines' starting forward together. As mentioned earlier in the book, in this 'Body Race', the lighter, faster muscles of the 'Upper Body Machine' always win the race back to the Ball. The Clubhead must NOT beat the Hips and 'Lower Body Machine' back to the Ball if you want to be 'INSIDE OUT' and strike 'Draws' and avoid 'Golf Purgatory'.

You should FEEL like your Hips get turned fully IN and are starting back before your Hands get to the TOP of Back Swing. You should FEEL this sensation especially in your TICK TOCKS. Do them, and until you FEEL this proper unfolding sequence of your forward swing, don't stop! FEEL that your Brace Foot drives your Hips forward with your Shoulders following or being 'Pulled Along For the Ride'. At the right time, your 'Upper Body Machine', that 'Brace Side Lever Assembly' will contribute with some action that ultimately 'UnLoads the Wrist Cock' returning the Clubface to SQUARE THROUGH IMPACT. It's a touch of GOLF Magic that we all have in us!

### 22) **THAT PUNCH SHOT:**

Firstly remember that there are really two very basic 'Stroke Procedures'. They are the 'Push Basic Stroke' such as used in the 'Putting And Chipping Procedures'. The other is the 'Punch Basic Procedure' that is slightly abbreviated but can easily be lengthened ( see 'BHTD') to provide a little more 'Clubhead Speed'. The properly executed 'Punch Shot' is very effective in the wind and when you need just a little more control. It may require a slightly 'Aft BALL LOCATION'. (see 'Matching Components & Procedures')

How does all this relate to my 'Less Than Full Swing'?

"Great Question"!

In this shortened Swing you may think your 'Lower Body Machine' will NOT beat your 'Upper Body Machine' to the T.O.B., but good old NEWTON and Mother Nature are very consistent. This 'Punch Basic



Shot or Stroke Pattern' is a '**Stage 3**' Motion. Thus it contains both '**Stage 1 and Stage 2**' which means that the 'Hands Lead the Clubhead Back to the Ball' .... **always!** (or you have Clubhead Throw-Away, an ugly swing fault)

Remember that in this 'Less Than Full Swing', your STANCE or the width between your Feet is deliberately Narrowed. When you Narrow you STANCE, you reduce the Distance or Length of your Backswing. You reduce the Clubhead Path Travel Distance. Your Clubhead does not get as far up and behind your head as it would in a Wider-STANCED 'Full Swing'.

The general Principles and Practices still apply, just simply on a smaller scale.

Please remember that in these rather shorter, 'Thought To Be' faster swings .... PUNCHY .... you take that Clubhead Away very '**Low Energy**' '**DEEP FLAT & WIDE**' to your '**BODY PARTS CLOCKING POSITION**' which is the T.O.B. for that particular shot. Amazingly, the overall '**DURATION**', time required, to execute this 'Less Than Full Swing', is virtually the same as required in a full driver swing or the same as a very short putt. We talked about this before.

Bottom line? DON'T HURRY any SWING, don't FEEL Hurried, regardless of the Distance or pressure you may feel has been put upon your '**Following Shoulders and Trailing Hands**'! Hit the Ball with your BRACE FOOT.

Golf is not soccer. I do not want to get blamed for the use of that infamous 'Foot Wedge' so don't get any ideas! The Brace Foot provides the brace or resistance for the accelerating clubhead's travelling through the Ball.

I hope this helps in some small way.  
Thank you for staying with me.

and again,

Well Done!

Q6)

About Throwing Clubs:

"Golf is a game that creates emotions that sometimes cannot be sustained with the club still in one's hand."

Bobby Jones

Q7)

"Golf always makes me so damned angry."

King George V

Q8)

"I broke my toes once by taking an enormous kick at my bag. It was very satisfying ... until the point of contact."

David Feherty, Irish pro

## ONLY FIVE WAYS

1) **AS BASIC AS I CAN MAKE IT:**

There are only five basic causes of a Ball's not flying where we are properly 'ALIGNED', where it is meant to go. Each of these causes can operate singly, on its own, or, more commonly, in combination with the others. Think '5 Essential Elements'.

There are ONLY five causes:

5) '**Too Steep or Shallow Angle Of Attack**'. This is really a 'Trajectory Issue' which affects 'Distance'.

4) '**Off-Centre IMPACT**' ('**OPA or Sweet Spot**'): Hitting the ball at a point other than on the 'Optimal Percussion Area' which is in the direct vicinity of that old 'Sweet Spot' or 'Center of Mass'. ('Distance & Direction')

3) Deficient or excessive '**Clubhead Speed**' which makes the 'Ball' come up short or long. ('Distance')

2) '**Off-Line Clubhead PATH**': Swinging the Clubhead through the Ball in a direction other than along the chosen line of Aim or down the Target Line. ('Distance & Direction')

1) '**Clubface AIMED Off-Line to Target or Ball Flight Line At The Moment Of Separation**': Hitting the Ball with the Clubface's AIMING along a different line from that through which or along which the Clubhead is being swung. (Clubhead Path or Base Line of the Swing Plane, Body Line, which should be one in the same for Straight Ball Flight) ('Distance & Direction')

Notice that these five items all relate to the 'Clubhead' for it is the only object to come into contact with the Ball!

This is how 'Our Clubhead' communicates with the Ball and no other way. Well, except for the 'Foot Wedge' and one of those two 'Hands'!

There is no other way of hitting a crooked, errant shot, no matter what any of us may fancy ourselves capable of. The 'Clubhead Talks'!

This is simple 'Physics and Truth'.

So correct any errors related to the above and do so consistently and you will be a happy camper! ...especially if this is your mode of transportation and accommodation just before teeing off.

Keep it simple and positive, remembering that those two **D's**, **DISTANCE and DIRECTION**, in Golf have a lot to do with making it happen reliably. Swing the Clubhead where you want the Ball to travel (Target Oriented, cutting off the sugar cane) and make sure your Grip (Snap-On Tool) has ensured a Square Clubface through IMPACT.

Your natural 'Ocular Talent', serving that sure-fire 'Mental Computer', will take care of the rest as long as you have made those simple little '**TAP TAP TAP's**' with a nice '**DEEP FLAT and WIDE Feeling**' in your Hands and Arms. Having made them, your Clubhead will know where the Ball is sitting passively waiting for its Butt to be Kicked!

Don't hit, but 'Swing Your Clubhead T H R O U G H the Ball'.

## 2) **PHYSICAL MECHANICAL PROGRESSION:**

I know you have heard this in different ways throughout the book to this point, but I want never to miss an opportunity to describe the swing in various progressions so as to give you more ways of considering the same thing. The option, of course, to present you with our '**V.A.C.L.**', the Very Abbreviated Check List, which you have seen at the very start of the book, and leave it at that. Not good enough. Inadequate!

With explanation, various explanations, you are becoming both familiar and knowledgeable with the Basics of which the '**V.A.C.L.**' is made. The picture is forming.





## TOP OF BACK SWING ('TOB')

- e) Hips fully Turned and Coiled to your personal flex range.

Shoulders fully Turned and Coiled to your personal flex Range, which will be about twice as much Rotation as your Hips can comfortably make.

Target Swing Arm, the 'Target Lever Assembly', nice and long and relatively straight which means that your Brace Arm will have a positively Bent Elbow with the Forearm quite Up and Down or Perpendicular to the ground.

This is the 'Point of Direction Change', from the 'Backswing to the Frontswing', and the Forward Swing must start certainly as Slowly and Smoothly as the Take Away or Backswing. If not you will interrupt your Rhythm and Timing, and everything else related.

## FRONT SWING:

- f) The two 'Lever Assemblies', the 'Primary Target and the Secondary Brace', start the Backswing with Mother Nature's help, by allowing GRAVITY to start the Hands and Golf Club 'Dropping' rather directly down towards your Brace Foot. (Swing Segment #1 and #2 Forward) Remember, the Hips and Shoulders '**CAROUSEL**' (round and round), while the two Lever Assemblies perform like the '**FERRIS WHEEL**' (up and down). In this 'Dropping Motion', the Brace Elbow 'Stays On Plane' along with the Brace Forearm and generally the Clubshaft as well.

The 'Brace Shoulder' moves firstly 'Back' in the Backswing and then 'Down and Under your Tallish CHIN' in the Frontswing, somewhat like an 'underhand base ball pitching motion'. The Brace Hand should share this FEELING quite literally.

The Hips start this Forward Trip by Uncoiling or Turning forward which is a PIVOT MOTION of the Spinal Hub which carries or takes the Hips and Shoulders, with all attachments, along for the trip. This PIVOT ACTION, the 'Lower Body Machine', provides the most basic Power and

Motion of the Golf Swing and, as such, must be 'Leading the Upper Body Machine'.

The 'Upper Body' does NOT provide the Power, but creates or assists by enhancing the Clubhead Speed by maintaining the Clubhead Lag through the Accumulators and the Pressure Points, such as the 'Bent or Loaded or Cocked Brace Arm Elbow, the Bent Brace Wrist and the #3 Pressure Point which is the action of the Brace Index or Trigger Finger on the lower grip.

This Pressure is being applied to the AFT section of the Grip which moves or propels the bottom of the grip forward, at the same time propelling the Shaft and Clubhead forward 'Down, Out, Forward and Through' ('DOFT') the Ball, the **Three Dimensional Swing Profile**.

The Educated Hands, working in Rhythm or in 'Constant RPM with the Body PIVOT (Hips, Spine and Shoulders, Zone #1), The Two Lever Assemblies (Arms, Zone #2) and the Hands (Zone #3), 'CONTROL The PIVOT'. The most effective Hitting Action is a 'Hands Controlled Pivot'. The 'Navigator Hands', indeed 'Guide or Navigate' the entire Golfing Body Machine. The Hands set the Pace and very much enhance Timing and Cadence, rather the 'Drum Major' in the marching band. Indeed, these Educated Hands, very much control the Swing Plane, the Shaft Plane Angle and the Clubhead Angle of Attack and of Approach. If these terms are not fully comprehended, and they likely will not be, just remember that the Pivot is the primary Motion Power and the Hands the Primary Guide in a properly Balanced Golf Swing. If the Hands are out of control, so too will be the entire Machine.

The '**Captain EYES**' gather the bulk of the Mind Computer Data, about 80% to 90%, so they must be 'On Station or at the Helm on the Bridge' at all times. For you computer buffs, the Eyes must be in the very primary segment of the Computer PATH, in line between the 'Outside World and the actual Body Machine'. The data gathering and supply process to the Brain must be accomplished thoroughly and efficiently. If this process is interrupted in any manner, especially in the 'Ocular Gathering Process', you are 'FINISHED'; no data, no muscular stimulus, NO GO or certainly reliably 'CONTROLLED GO'!

In the later stages of the 'Descending Front Swing, in late Swing Segment #2F, comes '**Clubhead Release**', then '**IMPACT**' and then the '**Bottom Of Swing Arc**' (Swing Segment #3F) which leads to the '**Follow-Through**' and finally the '**Finish**' (Swing Segment #4F).

All these latter Swing Segment #2F, #3F and #4F events are '**Quite Incidental to the overall SWINGING MOTION**'.

The Golf Swing is more of a '**Let It Happen**' event or physical feat, than it is a '**Make It Happen**' event. I do not think any Ball Striker has much, even short-term success, trying to make Impact happen. I do not think one can focus Effort and Power on 'HITTING the Little White Ball' but can ONLY be effective with the overall concept and overriding task os 'Swinging the Clubhead THROUGH the Ball'. This I have said before!

'Golf' is a relatively 'Soft Handed Exercise'.

If you have any 'fussy' image of what the Swinging Motion really is or FEELS like, do your '**TICK TOCKS**'. Whether you are a 'Swinger or a Hitter' make no difference to the importance of these seemingly innocuous litte motions, which lead to 'Hole In Ones', 'Eagles', 'Birdies', 'Titles' and a whole host of other good things.

By the way this list includes the most delicate or epic, the most magnificent of PUTTS !

#### 5) **MORE 'LETTING IT HAPPEN THAN MAKING IT HAPPEN':**

I have mentioned before the very workable concept of the 'GOLF Body Machine' with its two distinct working areas, '**The Upper And Lower Body Machines**'. Perhaps by now you too will have grasped and found this analogy both accurate and meaningful.

Lets assume for a moment that you are having difficulty grasping the 'FEEL' of these two Machine Portions working but not adopting the basic concept. I just finished with a student who told me 'I know what you are saying, but I still cannot FEEL it!'

What did I observe? and How did I respond?

This was a tight-handed determined 'Make It Happen' individual who was really standing in the way of his own success.

Gary had 'Conceptualized' and 'Intellectualized' the '**10 BASICS**' and was especially dedicated to the '**5 CONTROLS**', but too much so for his personality make up; the easily Tight and overly Determined to force results. I was once told by a lady attorney that 'Forcing love-making bordered on or was a component of rape!' This fellow was becoming guilty of the 'Rape of the Golf Ball' and I was his councillor. I hate riding a sinking ship so it was time to start plugging the leaks.

'**TIGHTness**' was his number One Enemy and it started between his ears rapidly spreading like a wind-blown brushfire to his entire Body Machine. I had to step in and stop his forcing the issue or we were going to flounder upon the rocks in a rough surf on the 'Golf Coast'.

Advice:

**'SOFTEN SOFTEN SOFTEN'**

What do I mean by this?

Soften the HANDS and Wrists. Soften the ELBOWS. Soften the KNEES. These very key, primary 'Articulating Joints' being tight will scuttle most of the best intentions and even very diligent hard work when it comes to making a Golf Swing.

Relax. 'Let IT Happen'.

I suggested he FEEL

a) '**FIRM In The Bottom**' (Strong Feet, Ankles & Knees)  
while establishing and maintaining that 'Brace Foot Preload' or pressure on the Brace Big Toe THROUGH Impact. Without the Big Toe's applying pressure to the ground (Resistance) there is no GO or Pivot' just as in taking a step! Try moving your HIPS or Weight forward without any action in your Back Push Foot, special attention to the Big Toe.

b) **'SOLID In The Middle'** (Strong Hips and Tummy)

You want to be firm in the abdominal muscles; 'Matador Proud' and FEELING as though you can 'Turn Your Spine forward toward the Pin until your Hips become SQUARE to the Target.

c) **'SOFT In The Top'** (Soft Lever Assemblies)

Your Chest, Shoulders, Elbows, Forearms, Wrists and Hands must be quite relaxed in order to allow them to 'SLING or Free-Wheel' centrifugally to their full 'Spoke or Swing Radius' length which will allow the Clubhead and Clubface to get completely back to 'Bottom of Swing Arc' or to full Set-Up and Impact Length. Afterall, that is where we left the awaiting Ball! Whenever we 'TIGHTEN' we 'SHORTEN'. Tight muscles and muscle fibres in our 'Contracted Muscles' are always shorter. Your tight Swing Arm will shorten from Set-Up causing you to Top the Ball and Round-House as you already know.

Remember, it is this writer's opinion that '**TENSION**' emanates in the mind but physically starts in the Brace Thumb and Index Finger immediately translating to the Target Side, the the full Hands, next the Wrists, then to the Elbows, Shoulders, Chest and down the Machine to the Tummy, Hips, Knees, Ankles and Feet. This student could FEEL this flaw and also see it on video tape.

It was 'Visualized', 'Conceptualized' and 'Intellectualized', now we had to erase the TENSION and get his good Set-Up doing Smooth Relaxed High-Speed Pivot Work. We managed steadily to improve with permanent results, but it was not without 'Moments'!

6) **FOLLOW - FINISH DEFICIENCY:**

If one cannot produce a relaxed 'LOW & SLOW', '**Deep, Flat & Wide**' Sweeping Take Away, one will generally NOT accomplish a good 'Symmetrical or Circular' Clubhead path FOLLOW - FINISH. The Clubhead Orbit will be distorted to something less than Smooth and Symmetrical, likely 'Round-House and Pull'. The Target Side Lever MUST FEEL long and very Relaxed. I, personally, suffer from a 'Shortening Target or Swing Lever whenever I can even FEEL my Target Elbow at any time throughout my entire Swinging Motion. Sound sensitive? Mine is just that!



My students and ball strikers in general, who lose their Follow - Finish Balance and stumble just after Impact and an abbreviated completion, taking a little 'Collection Step' forward and Out towards the 'Target Line', do so because of two primary causes:

i) **'Poor EYE Contact With The Ball'** ('VRBP #1') and then equally failure to make visual contact with the PIN - TARGET which is the VRBP #2. The EYES contribute to, no they CONTROL, Balance!

ii) **'Too Tight Knees'** which will NOT allow proper 'Lower Body Machine ROTATION - PIVOT' with essential 'RELEASE through IMPACT'. When you cannot let or FEEL you 'Lower Body Machine RELEASE' it gets 'SLOW' in the Pivot and then the Upper Body Machine turns faster and passes the Lower, causing you to lose Balance. Try making a good 'Set-Up TURN' with your #5 Iron placed across your Chest and held by your two crossed Hands while your 'Target Foot is SQUARE' instead of 'Turned PINNISH' and with your Knees tight. It will not work! You will NOT get 'Lower Body Release' with Hips getting to 'Square to the Target', essential to really great Ball Striking.

Again work on **'SOFTEN SOFTEN SOFTEN'**.

I think you should go through your **'Chin Hands Feet Ball Pin'** which are those **'5 CONTROLS'** and if you are having any difficulty making a 'Full Smooth Released Leg-Driven TURN, big Brace Toe pushing, you might work on first 'Mentally' and then 'Physically' **'Swinging Through the Ball'**. **'FREE-WHEELING and SLINGING The Clubhead'**.

To or for me just the thought of 'Hitting a Golf Ball' precipitates TIGHTness and a shortening Target Lever Assembly Side. With this TENSION we cannot get the Clubhead back to the point of SET-UP which is, afterall, the reason we Set-It-Up it in the first place. Otherwise we could just swing into space and HOPE!

Yes, I have seen lots of that too!

'SEE THE BALL COME OFF THE CLUBFACE' and 'SWING **T H R O U G H** IT, FEELING like you are going to take the Flagstick out of the ground. If the 'Hammer Head' ('Clubhead') passes through the head of the nail and strikes the wood where the nail is penetrating, you have 'Driven It'! If you strive to Swing **T H R O U G H** the Ball, smoothly, all the way to and **T H R O U G H** the Target - Pin, and your GRIP and Clubface ALIGNMENT are correct, you will move your Golf Ball directly 'Down The Line' ('DTL').

It's that simple.

Persevere.

Never Give Up!

C21]

## POETRY

You have read that Tommy Armour feels Golf is more of an "Art Form" than a learned science. I very much agree. It is the conversion of heart and visualization, then intellect and conceptualization into deft and occasionally magical strokes, not unlike those of a Picasso or a Rembrandt, of Pucinni or Handel, and the many other performing naturalists we know of generally in our hearts more strongly than in our minds. Fondly, yet selfishly, we more FEEL their works than analyse them into monotonous occupations.

**'I Think Golf Is More Poetry and Feel Than Mechanics'.**

I also, over more years teaching than perhaps I would like to sometimes admit, know that you are best served making great and comfortable golf swings FEELING free and smooth, rather than more than just barely 'Mechanical'. My '**5 CONTROLS**' is generally adequate to get you on a firm footing from which you can get the job done.

Here are some thoughts of others on 'Poetry' and thus 'Golf' as well.

Q9)

"The office of poetry is not to make us think accurately,  
but to feel truly."

F.W. Robertson

(learn to play 'Remembered FEEL' Golf)

Q10)

"Poetry is the music of thought, conveyed to us  
in the music of language."

Chatfield

Q11)

"You will find poetry nowhere,  
unless you bring some with you."

Joubert

Q12)

"Truth shines the brightest clad in verse."

Pope

Q13)

"Poets utter great and wise things which they  
do not themselves understand."

Plato

Q14)

"Poetry is in itself strength and joy,  
whether it be crowned by all mankind,  
or left alone in its own magic hermitage."

Sterling

Q15)

"In poetry, which is all fable,  
truth still is the perfection."

Shaftesbury

Q16)

"Whatever the poets pretend, it is plain they give  
immortality to none but themselves and poetry; it is Homer and  
Virgil we reverence and admire, not Achilles or AEneas."

Swift

Q17)

"Poetry is the intellect coloured by feelings."

Prof. Wilson



Q18)

"Poets are all who love and feel great truths,  
and tell them in their form".

Bailey

This is all strangely GOLF!

Q19)

GOLF is as much about 'Intuition and Mental Power'  
as it is about strength !

C22]

## THERE ARE ONLY TWO SWINGS IN YOUR BAG

1) "TWO SWINGS IN MY BAG? REALLY?":

With all those clubs we carry, how many times have we tried to figure out or wondered how many swings we have in our bag or would need in the sack to win a solid match? Every match. Right?

### HOW MANY SWINGS?:

"Well, I must have a swing for my driver, for my fairway woods, for my long irons, mid irons, short irons, for my lob wedge (one different swing for each tricky little chip shot) and a swing for my putter as well as those special swings for 'Knock Down Shots' and more".

"Actually I have three different putter swings. OOps! My teacher told me that I was never to call them hit or swings but 'Strokes'. I'm really fishing, am I not? O.K. Are you going to tell me?"

"There really is ONE SWING IN YOUR BAG for all clubs except for the putter, RIGHT?"

**WRONG !**

How often have we reasonably heard and been convinced that we have a huge number of swings in our bag and that over many years of diligent practice and experience, we may master many more of them? You know the list as above: Driver, fairway woods, long irons, mid irons, short irons, putter and all the dozens of specialty shots. There may even be more!

Whatever situation above may be your position ...

the ANSWER:

There are **ONLY TWO (2) SWINGS** in our bags. How hard can that be to master? They are:

- 1) the FULL SWING and
- 2) the LESS THAN FULL SWING

The 'Full Swing' goes from the very Bottom (Swing Sequence #1) to the full Top (Swing Sequence #5) and back to the Bottom again. If your swing does not do this, then it must be 'Less Than Full'.

This '**TOP IS YOUR PERSONAL TOP**' and NOT some text-book model position. Do not allow a third party to try to make you into someone you are not. This is a formula for disaster. 'Wouldn't it be nice to swing like Freddy Couples?' Yes ... but...!

If any swing technique that is proposed makes you 'Short-Term' uncomfortable (more than the first two or three short sessions of investigating it) discard it. Good sound swings are never uncomfortable or counterproductive. They will simply be different, better, and should begin to show positive results within hours or even minutes, even though perfecting it may require weeks.

#### **TOPLESS:**

The putting, although quite individual from the chipping and 'Bump and Run' strokes, are all 'Less Than Full Swings'. None of them makes it to your 'Top Of Back Swing' as do the 'Full' variety.

This '**Two Swing**' approach to your game will make Golf realistically simpler than you might have first felt or feel it is.

Don't vacillate on this theme as it needs your understanding, commitment and investment to prove the validity of the philosophy. Stay with me, at least until you prove me and my approach second best. Deal? You're safe. It may even be a 'Stand-Up Double'!

Whatever your current situation, don't jump ship. It may be 'Leaking', but it is not sinking. In fact, we are and will be stopping the leaks, one by one, building a tight hull, converting wet to a dry. Your ship will become one sailing smoothly to warm sandy beaches, cool tax-free drinks, protected harbours with alluring ports-of-call. All the amenities are there. All we have to do is get to them.

2) **CLUB SELECTION:**

I believe the 'FULL SWING' should be used for virtually every shot that is to make the ball go more than the length of your 'Full Swing' Pitching Wedge or Sand Wedge if you prefer. I think of my Pitching Wedge as being the most important club in my bag. It is my 'Bench-Mark Club'. It is the first club in my bag that I 'PLAN' regularly to strike 'Less Than Full Swing'.

More specifically and personally, I strike my Pitching Wedge 125 yards, (firm 130 yds. and soft 120 yds.) with very few exceptions. This 'Firm and Soft' are minute variations of the 'Full Swing Theme' and you should learn to execute them once you have a 'Bullet Proof Full Swing' grooved.

If striking the Ball 120-125-130 with my #PW has not been the case, I have made an execution error. Every club that moves the ball farther than that 120 yards must always be 'Full Swing' or very close. Of course, if the yardage required is greater than my 'Firm Distance' with a specific club, I must select a less-lofted club for that job. Pull the next stick! Don't force the #PW beyond 130. Ernie Els, and numerous other strong ball strikers, can move a ball with his #7 Iron 200+ yards but would never consider it in a real situation. I used to be able to do the same quite reliably and reach 150 plus with my #PW but it makes no sense to work short irons that far; not even if you are Tiger Woods, whose short game, approaching the green, is a much-improved aspect.

As soon as you extend beyond 'Comfort' you will paint yourself with the words 'TIGHT MUSCLES' and pay the price in accuracy. We all know the **2 D's** (Distance and Direction). Well, the moment you strive for absolute maximum Distance, you cannot accomplish Direction control to your expectations and will soon be forced to either choose to accept shorter length or higher numbers. Remember the target for pros is not the green, but the '**Five Foot Circle for Short Irons or Ten Foot Circle For Long Irons**'; that is, unless you absolutely adore making thirty footers! (putts) or worse still, a second approach shot! (GIR coming down)

One may use his or her 'Approach or Sand Wedge' as the foundation for yardages as well as the #PW. My Approach Wedge strikes the Ball 115 yards. The Sand Wedge strikes the ball comfortably 105 yards, so I could use this as the guideline or 'Full Swing Cornerstone' if I choose to do so. You may do so as well with confidence.

Having this 'Three Wedge' arsenal makes my short game very flexible and, ultimately takes pressure off my putter.

3) **DO NOT OVERSWING:**

Do not overswing the club as your control will suffer. As mentioned, I can strike my #PW 150 yards without undue strain but it makes little or no sense. It is higher risk than necessary. When a person tells you boldly that he is striking his #PW 150, 160 or 170 yards, and he means it from a practical, course-play standpoint, feel sorry for him. 150 yards being the case, the #SW will travel 135 to 145 yards.

**NOW WHAT DOC?** Putt anything less than 135? Actually, what happens is that we force ourselves into playing 'FEEL or TOUCH' golf for about 135 yards, which is far too much. ('The 5 Ways of Reducing Your Distance' is soon to take some of the pure 'FEEL' out of our short games. Stay with me.)

4) **CALIBRATE YOUR BAG:**

Once you 'Calibrate Your Bag' (determine how far you reliably strike every club 'Full Swing') you will know all about your artillery. Then any shot required that is more than 100 yards, my soft Sand Wedge Distance, can and should be made with a specific club 'Full Swing', or very close to full. Only when you drop below certainly the 'Soft Sand Wedge' distance of 100 yds, would you generally adjust anything about your Set-Up or swing to get the job done. These are 'My Numbers'. You use yours.

Please notice I am still operating within the boundaries of my '**10 BASICS**' or that '**5 X 5**'. '5 Set-Ups' & '5 Executions'.

'THEY NEVER MISS'

Shortly you will arrive at that section in your book called '5 Ways To Shorten Your Distance' and it will tell you 'The Rest Of The Story' (Magic Skill & Discipline combined). Equipped with this full explanation about 'Distance Control' you will never have any reason to doubt, wonder or second guess this very central '**DISTANCE**' aspect of the Great Game of GOLF. (2 D's) However, do not be naive. Practice is imperative. You'll have to earn the perfection or improvement.



5)           **THE 'FULL SWING':**

What is it?  
How is it defined?     and more importantly,  
How do we do it?

As simply as I know how to explain it, the '**FULL SWING**' is the swing that utilizes your entire or maximized range of comfortably accomplished 'Range Of Motion' ('ROM') and thus producing the most POWER and greatest CLUBHEAD SPEED while still under Control. I don't want you to swing so big that you get 'Loose'. My belief is that 'Compact' players are more accurate and consistent. (Distance is a direct result of Clubhead Speed. Direction is a direct result of Clubface Aim at Launch)

How do we do it?   SIMPLE!

From Address Ready or Address Fix which is your fully 'SET-UP' position, you must Sweep the Clubhead straight away, FLAT, from the butt of the ball, Hands DEEP, '**LOW and SLOW**', making a big round circle 'Swing Arc' keeping your Target Arm relatively straight but not overly tight-muscled, until your Target Shoulder makes positive contact with your Steady Chin. At this time or by this time, your wrists will have 'Cocked' allowing the Clubhead to swing around to the back of your head bringing the Clubhead and Clubshaft, with your woods and long irons, relatively level to the ground and parallel to the Target Line.

I use the word '**RELATIVELY**' here with pointed meaning. I do not believe that every one, in fact, that most people can comfortably accomplish this classic 'Level to the ground and Parallel to the Target Line' position at the 'Top Of Back Swing'. (T.O.B.) So do not become alarmed and consumed by this position. Ray Floyd is not and I would take his swing and game anywhere, anytime against anyone!

Most average golfers of average physique and fitness level cannot and do not make a 'Full Classic Swing' and they accomplish their task and have FUN.

So this '**FULL SWING**' is accomplished when your Target Shoulder (with an 'Extended Swing Arm') makes positive contact with your 'Steady-Headed' Tallish Chin and your wrists become fully 'Cocked'.

Remember, in our Trigger Word Sequence, 'Sweep & See-It Pin' the word '&' is said when this contact and wrist cock is accomplished. When do we say '&'? When we are at the T.O.B.? What do we say when we are at the T.O.B. ? **'AND'**

You may find this so simple to be a little innocuous, but it is absolutely true. I get most of my 'mature' clients, those 39 years of age and holding, who say "I cannot make one of those 'Full Swings'" along with 39 excuses or justifications that make them feel secure. Actually I could not care less about the excuses or whether they feel or actually can or cannot get to the 'Classic Top of Backswing'! As long as they 'COMPLETE THEIR OWN PERSONAL BACK SWING' I and they will be both satisfied and well-served. Simple! End of discussion!

So here is what might seem too simple or even a little innocuous. When I find a client who appears or is not getting to his or her 'Comfortable T.O.B.' once they are fully warmed up and it is time to graduate from 'Less Than Full Swing' to 'Full Swing', all I ask them to do, making sure they fully understand the exercise, is to

**'Say "A N D" When You Feel The Top Of Your Back Swing'.  
Regardless of its 'Stage'! With or without 'Coil'**

Innocuous? It has worked like magic for more years than I would like to admit. ('Timing, Tempo, Rhythm, Cadence and Pace')

Along with this newly discovered 'T.O.B. LOCATOR' comes 'More Comfort and More Distance'. You cannot make a full shot with an abbreviated or half a Back Swing! Saying this 'Three-Letter-Word' may even prevent the use of 'Four-Letter-Words' !

#### 6) **SOLID AT THE TOP OF BACK SWING:**

Always find a strong COMFORTABLE position for your Hands and that Lever Assembly at the Top of your Back Swing (TOP). I do not want any 'SLACK', from Fingernails to Toenails, in this critical Segment of my Swing Sequence. Remember, the two most delicate places in your entire swing are the transition points. So what are they? They are the two Swing Sequence Points where we transition from 'Rest to Motion'.

The two are

1) Take-Away '**Zero Clubhead Speed**' moving away with Swing Segment #2B or Swing Sequence #1, the stationery 'Ball Sitting At Address'. We call it the 'Take Away' in the 'Back Swing'.

2) Transitioning from the '**Zero Clubhead Speed**' at Top Of Backswing (TOB, Swing Segment #1F, Swing Sequence #6), to the very smooth and initially 'Low Power Forward Swing' (see 'Moment Of Low Inertia'). We call it the 'Gravitational Start of the Down or Forward Swing'.

How do we determine or recognize, and get to this 'Solid at the Top' proper position?

As a very simple guideline, might I suggest that, from Address Ready, 'Club In Hand', you Swing your Brace Hand and Clubhead to your Brace Shoulder or slightly above in the normal Back Swing. FEEL this position. Your Thumbs should be under the Grip or Shaft and you should have a 'Flat Target Wrist' which will have your 'Driver Clubface' pointing slightly toward the sky.

7) **ON PLANE:**

Technically, the Clubface or leading edge should be what we call 'On Plane'. What I mean by this is that the flat line of the leading edge of the Clubface, or the Clubface surface for a driver, is parallel or Aiming in the same direction as is your actual Swing Plane. The shaft shaft should be on this same line or 'Plane'.

All things being reasonably in place, one way of checking both your Swing Plane and then your Clubface Plane is to have a patient and understanding friend close by. Standing directly behind you, looking at your Brace Shoulder or Side, Down the Line, have this friend hold a short iron with its shaft directly covering your Target Forearm, Wrist to Elbow, at T.O.B. This, simply put, is or has been your Swing Plane in the backswing. Now, having discovered this line, look at the line of the Clubface. You will be able to see it without moving your check shaft. The Clubface should be roughly parallel to the Swing Plane. If so, your Grip and Wrists will have been perfect or close; not 'Laid Off' or overly 'Cupped'. Your Target Wrist should be relatively 'Flat'.

This checking procedure will make you more aware of what a 'Shaft on Plane' is, and with the proper 'Leg-Driven', 'Bottom Up', forward move, you will maintain solid 'Clubhead Lag Pressure' meaning that your Hands will beat your Clubhead back to the Ball.....Hands Always Leading. The Flat Left Wrist will accomplish this, so FEEL IT. You will be 'On Plane'.

Now you know that when I use this term 'On Plane' it has nothing to do with the flight deck crew's keeping you safe from a smooth take off to a safe, 'Squeak The Tires Landing' at the correct destination!

Always, as I have said so many times before, play '**REMEMBERED FEEL**' as it is reliable if properly established. This approach will stand up under fire, in the heat of 'One Down, Two Remaining'.

#### 8) **THE 'LESS THAN FULL SWING':**

In a nut-shell, any swing that generally does not cause your 'Target Shoulder' to make contact with your 'Tallish Chin' while your full 'Wrist Cock' is accomplished' is NOT a Full Swing.

**'Full Swings' go 'BOTTOM TOP BOTTOM.'**  
**'Less Than Full Swings' do not.**

Any swing that is NOT a 'Full Swing' is a '**LESS THAN FULL SWING**'.

Can't be simpler than that!

#### 9) **DETAILED EXPLANATION?:**

Coming at you very soon will be the chapter title of '**5 Ways To Shorten Your Distance**'. When you arrive at this location in the book, please read and understand this material before you proceed.

It is a 'Keystone Building Block' in the foundation of your GOLFING future. It is a necessary nutrient in your growth.

You always '**SCORE**' inside your 'Pitching Wedge'! (a simple, almost stupid-sounding statement. Where else would I find the cup? But you

know what I mean). You make all your money inside your Pitching Wedge. Ask Tom Kite.

Stay Focused and invite Lady Luck to the party !

C23]

## **PUSH BASIC & PUNCH BASIC**

We just considered that we have **'Only 2 Swings In Our Bag'**, the **'Full Swing'** and the **'Less Than Full Swing'**. That helps us keep it simple! Doesn't it? Are you still satisfied with that approach?

Well, there is yet another way of dealing with this **'Golf Swing'** that has been mentioned between these 12 hard covers (**'6 books'**). It closely resembles the **'Two Swings In Our Bag'** approach. Let us see if it adds to our understanding?

There is the **'PUSH BASIC PROCEDURE'** which is what **'Putting and Chipping'** are. These two **'Procedures'** are **'Stage One'** which has **'No Wrist Cock'** and **'No Pivot'**.

This is a **'Rocking Chair Shoulders Motion'** that uses this **'Secondary Swing Engine'** as its **'Energy Source'**. There is no **'Pivot'** **'Loaded or Delivered'**. The **'LBM'** is static or passive.

When you increase your **'Brace Hand Travel Distance'** (**'BHTD'**) a little beyond the median **'Chipping Procedure'**, to above the **'Thigh Body Clock'** in the region of the **'Hip Body Clock'**, you naturally start to get **'Wrist Cock'**. The **'Bump & Run'** or little **'Knock Down Procedure'** starts to employ **'Wrist Cock'** (see **'Balsa Airplane Concept'**). Once we induce **'Wrist Cock'**, we are into the **'Stage Two Procedure'** that still has **'No Pivot Pressure'**.

As soon as we induce **'Load, Coil or Wind'** by increasing our **'BHTD'** **'Back & Up'** beyond the **'Brace Hip Clock'** (see **'Lower Rib Cage Body Clock, Arm Pit Body Clock and Brace Shoulder Body Clock'**) we **'Load, Coil or Wind The Lower Body Machine'** which is called **'Pivot'** (see **'Stage Three Procedure'**).

When we **'Load The Pivot'** (see **'ALSDR'**), we have **'Stored Potential Energy Into The Primary Swing Engine'**. When we **'Accumulate Energy'** it has to be **'Delivered and Released'** in the form of **'Motion Work'**.

The **'Loaded Lower Body Machine'** involves **'Brace Toe Pressure'**, **'Brace Foot Pre-Load'**, and then **'Brace Leg Drive'**. This **'Pivot Resistance and Pressure'** drives the **'Rotary Hips'** and **'Energy Core'** which powers the **'Upper Body Machine'** **'Lever Assemblies'** including the **'Golf Club'** (see **'Secondary Lever'**) (see **'LEAD & LAG'**). This **'Primary Engine'** is the **'PUNCH BASIC PROCEDURE'** which involves **'Leg Drive'** **'FROM THE GROUND UP'** and **'FROM THE INSIDE OUT'**.



## TRIVIA OR TRIVIAL?

1) An average North Atlantic iceberg might weight as much as 20 billion tonnes. That's a lot of hard water! Just ask the Titanic?

2) What do you call a cow that has stopped giving milk? An udder failure!

(Sorry. I still have my day job!)

3) What type of birds always stick together? Velcrows!

4) How much does it cost a pirate to get his ears pierced?

A Buckannear!

5) What is the 'Politically Correct' name for a 'Computer Virus'?

An Electronic Micro Organism!

(by the way, this computer that I am writing on at this very moment, to you, had an 'Electronic Micro Organism Visit' last week. It is not funny! I have a programme that tracks all incoming data and, believe it or not, we tracked that little beast to Brazil, no less! I did not open it and the damn thing still made my heart beat without its natural rhythm! I spoke to the site owner, a multinational business entity. They found it due to a few people like me complaining about their spreading disease. Turns out, a modern day 'mental misfit' hacked their data centre and applied her warped sense of humour. Wasn't amused.)

6) 'Glaciers' is the topic. There are 5.8 million square miles of solid pack ice, glacial ice, in the World. That is 10% of the Earth's surface!

7) We were sitting around talking about the 'Caribbean' and the 'Bay Of Pigs' one afternoon and the 'Central American' arena in general. The 'Panama Canal' was mentioned as extremely strategic and we kicked around its return to the visible control another national entity. There is more to that than meets the public eye.

Well, we had a couple witty medical men in our midst and one asked, "Seeing as we are on the topic of the Panama Canal, who knows what the busiest canal in the world is?" Several were mentioned. Of course the 'Suez Canal' got high marks. We wore out the debate and Jeff, our physician, finally responded, "You guys are not very good at your geography either! Everyone has been through this canal! It's the birth canal!"

Who needs friends?

8) What is the largest fresh water lake in the world? Some very big bodies of water come to mind on several continents. This is fresh surface water. I throw that in because the largest bodies of water are actually massive subterranean aquifers. The answer to this question is Lake Baikal located in Siberian Russia. It is an amazing 1,637 meters or 5,371 feet deep at its maximum and it contains an estimated 1/5<sup>th</sup> of the world's fresh surface water. That's a very big canteen Senor!

RULE #31:

The 'TRUSTING MENTALITY' Rule

PRACTISE IN THE 'Testing or Training Mentality'  
BUT ALWAYS PLAY IN THE 'Trusting Mentality'.

Course play is meant to test your skills against the reality of eighteen holes while having fun; putting those carefully- practised disciplines to work. One should be focused on 'Playing FEEL GOLF' where 'GEOMETRY' is our guide. On the driving range our guides are 'MECHANICS and PHYSICS' where we are allowed to become distracted from purely enjoying the walk

Q20)

"What loneliness is more lonely than distrust?"

George Eliot

Q21)

'The first area to work on in improving your 'Putting  
Statistics'  
is in making better 'Approach Shots'. Making 'Putts' never takes  
place before getting onto the Green!'

Dr. Karl Fischer

The best Putting Round I ever had was a 10-12, meaning I had ten strokes out and 12 strokes back in to the clubhouse. I am NOT overlooking a better performance either.

Chipping and Pitching are both Short Game approach shots. If your Full Swing Short Irons are 'Dead Aim', you will not require testy Chips and Pitches. David Duval's tremendous '58' is proof!

In my '10-12' I missed the majority of my 'Full Swing Approach Shots', but not by much. (poor 'Greens In Regulation') With the exception of two, they were all on the fringe or apron of the green. I holed two irons and putted three off the 'very short stuff'! The Less-Than-Full Swing Approach Shots were very accurate, indeed, including the three approaches with the 'Upright Stick'.

Work diligently on 'Full Swing Approach Shots'.

This failing or letting you down a little, learn to make those Pitches and Chips as accurately as your 'Putts'. In fact, set them up 'Mentally and Physically' with the same 'ROUTINE' intensity. Get them to the 'Bottom Of The Cup' any way you can.

Learn to 'THINK' Golf optimally!

I know a lot of people think making 'Pretty Golf Shots' is important, but any way to the 'PIN HOLE' is a good way! Just ask Lee Buck Trevino, Jim Thorpe, Allen Doyle and Chi Chi Rodriguez. A mishit 'Hole In One' would never be declined!

Cocky and Proud, remember.

Thank the good Lord and card it!

Next!

**"Learn To Putt Cocky  
Like You Don't Care If You Miss!"**

Until you understand the concept of 'Outcome Golf' this may test your sense of reason! Work on the 'Pre-Shot Routine' and the 'Process or Motion'. That will do it!

Q22)

'It's easier for an 'Average Putter'  
to become a 'Good Putter'  
than it is for an 'Average Driver' of the Ball  
to become a 'Long Hitter'.

Karl M. Fischer

Always be realistic !

So now you know where to concentrate your 'Practice' . . . . .

'Putting and Approach Shots',

'On your 'SHORT GAME',

that portion inside your 'Full Swing Pitching Wedge'.

It's where 'Scoring' happens !

Same Old Story !

RIGHT?

## THE WONDER OF REFLEX PUTTING

(Process! Process! Process!)

Simply put, 'Putting' is 'Components & Procedures' and that is all! The 'Components', in the simplest form, are perhaps the 'Mental' and the 'Physical'. One must have the appropriate personal 'Mental Tools' with which to accomplish the overall task of '**Getting The Little White Ball Into The Hole In As Few Strokes As Humanly Personally Possible**' considering the 'Environmental and Situational Elements'. I candidly include the 'Crowd and the Competitors' in that equation. Staying in the 'Present Tense' is key!

I think the foundation for the 'Mental Side' of things is to be superbly 'Confident' and to have developed a 'Subconscious Hypnotic Attitude' that clearly and distinctly sees 'Ball Rolling Line'. To do this one has to be trained and conditioned to '**READ GREENS RIGHT**'! By "Conditioned" I mean one must practise this 'Learned and Earned Skill Daily'. When you survey the 'Dance Floor' you must absolutely 'Trust' your 'Data'. You must have a carefully-defined 'Mental Image' of what is going to happen to the 'Ball' as a result of your 'Perfected Stroke'.

Procedurally, you must make 'Three Brush Strokes And Then Paint The Picture'. I think one makes 'Three Mental Brush Stroke' during the 'Visualization Stage' and then makes three more 'Physical Practice Stroke' during the final stages of the 'Pre-Shot Routine'. Believe in yourself!

Certainly this supreme confidence must be solidly founded on 'Physical Skills' that fit or suit your own temperament and abilities. If we do not do the work, we cannot fool ourselves into making great 'Putting Strokes'. So many try! You must experiment and carefully '**Choose And Earn These Skills**'. I think you must keep an open mind about your 'Physical Components' and be prepared to alter them wisely from time to time as you mature. That is a 'Politically Correct' terminology for being permanently unstable in your 'Golf Physical Properties'! Flexible!

'Physics and Mechanics' create the Stroke. There must be some 'Newtonian Order' about your 'Components & Procedures'. Then 'Geometry and Feel' accomplish the reality. Once moulded and seasoned, one must let the 'Geometry and Feel' 'Repeat The Discipline'. Let us all be blessed with the ability and wonder of becoming '**REFLEX GOLFERS**'.



C25]

## BEFORE PUTTING AND CHIPPING

(Routine Routine Routine)

Before we proceed into these 'Stage One and Stage Two Procedures', let me remind you that the 'Upper Body Machine Engine' is primarily the 'Rocking Chair Shoulders Motion'. It creates the 'Pendular Motion' that can so naturally accomplish 'Horizontal Motion' just about like the 'Weight that swings back and forth so predictably in 'Big Ben'.

When we place a 'Putter' in our 'Hands' and 'Rock Our Shoulders Back And Forth' the 'Clubhead' acquires 'Momentum Or Energy That Can Do WORK' in the form of moving the 'Little White Ball'. If we 'SET-UP' properly to accomplish this 'Motion' and then get a 'Golf Ball' in the way of the moving 'Putter Head' we can move the 'Golf Ball' very predictably from 'A to B'. We can do so both 'On Line' and 'On Distance'.

Keep this 'Secondary 'Lower Body Machine Engine' process clearly in mind! It is fundamental in making good 'Putts and Chips' which are very important in yor 'Golf Game'.

I want to mention to you that there are alternatives to this 'Motive Motion', about as many as there are wonderful individuals, but they generally take a 'Back Seat' in the area of simplicity and reliability. **Remember, unless you are 'Swinging Your Arms and Golf Club DOWN YOUR BODY LINE' your are 'Manipulating!** Manipulation employs the 'Smaller and More Capricious Muscles'. Thus your expected and gained results will less reliable. Putting and Chipping like reliable!

The most efficient 'Golf Stroke or Swing' is the one with the least 'Resistance'. To accomplish low resistance the 'Lines need to be straight and the Angles Minimal'. 'Swing Down Your Body Line' unless you desire 'Cut and X Axis Spin Rate' which produces 'Curvature In Ball Flight'.

We must all strive to get very 'Motion Stable' in Golf but certainly in the 'Short Strokes'.

Proper 'SET-UP' is key.

Pre-Shot Routine? Green Reading? Trust? You know!

## CAN I GET YOUR INTEREST?

### ANOTHER TAKE

How many 'Putting Techniques' are there?

More than you can count on all your 'Fingers & Toes'!

How many have actual merit and work!

Your guess is as good as mine!

Over the years, I have seen interesting and not so interesting 'Ball & Stick Global Multitudes'! The owners of these skills, or not so skills, tend to swear by their dexterity. Others are not as certain. Regardless, '**The Proof Is In The Pudding**'! Folks can tell timely stories about their '**Putting Prowess**', but real numbers never lie!

'36 Short Stick Strokes Per Round' will not cut it in 'Linksy Circles'. The 'These Guys Are Good Gang' will not survive making 'Two Putts' for a living! It takes under 30 per round to pay the bills in comfort and with any degree of longevity!

Just reality!

This 'Golf Writer And Teacher' has seen and made 'Putts' in all manners fathomed! I have narrowed my spectrum! Even so, I am always open to suggestions and demonstrations! The 'Newness Of Golf' never gets old and the 'Oldness Of Golf' never gets overly new! This silliness is surely a life-long affliction from which so many of us willingly suffer?

I have been committedly working diligently on my and others 'Stage One Stroke Procedure'.

Today, I had one of my amazing student who loves the game and gets, perhaps, more out of it than most anyone I know or have met over the past more than three decades. He is a blue-blooded 'Golfer' who dabbles medicine as well!

I take brief and not so brief looks at him often. He had vacillating issues with his 'Putting' ... more 'Comfort' related than 'Physics & Mechanics', although there were some stress glitches as well!

We meet issue head on!

Here is what we collaboratively came up with to improve his performance on the 'Dance Floor', which we surely and quickly accomplished. The issue was primarily one of '**Tempo & Rhythm**' but a little more complex than met the eye!

We needed to build more '**Trust In The Process**' and shun any of the common magnetic mental attraction for slipping into the 'Outcome Mode' where 'Fear' lurks.

#### **A PROCEDURE THAT WORKS FOR US**

The solution was for my friend to say to himself, as we are both supposed to do, "**Breathe AND Release**" during the actual stroke. We need to say these words as we swing! The manner in which we say the words, mentally or physically, directly affects our swings!

#### **"BREATHE"**

These simple words are instructional as well as metronomic. We need to '**Breathe**' in order to be collected, relaxed and soft handed ... to focus clearly on the 'Process' without the undue common 'Outcome' pressure we all know so well. '**All Putts Are Dead Straight**'!

#### **"AND"**

We need to accomplish and recognize the 'Top Of Back Swing' in every 'Procedure' regardless of its 'Stage'. The biggest 'Little Word' in the 'Great Game' does just that! In case you missed it's identity ... '**AND**'.

#### **"RELEASE"**

Finally '**Release**' of the 'Stored or Potential Energy Into Its Kinetic Form', which strikes the 'Ball', is fundamental. Good 'Putting Technicians' always 'Allow The Ball To Gently Come Off The Aimed Clubface' and thus 'Release The Clubhead' in order to

logically 'Release The Golf Ball Down The Pre-Selected Ball Rolling Line' ('BRL').

All this is said in or with the assumption that you properly, in an orderly manner, '**SET-UP**' to '**EXECUTE**' your 'Stroke'.

Designing and following a 'Pre-Shot Routine' ('PSR') is an unavoidable discipline and primary asset for anyone desiring to become an accomplished 'Dance Floor' performer. This stage show pays no regard to whether you are a 'PGA Tour Player', a 'Wannabe' or just one of the multitudes of 'Weekend Warriors' or 'Hackers'.

How happy you want and intend to be 'Out There On The Links' completely depends upon your '**Desire, Honesty and Open Mind**'.

Oh! Making friends with a 'Savvy Old Country Gentleman Golf Teacher' helps!

Locate your version and rub shoulders!

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

**Remember, 'PUSH and PUNCH BASIC PROCEDURES'**

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24/7

## PUTTING IN A NUTSHELL

For years I have been helping nice people, very quickly, generally in 'One Hour Putting Clinics', to gain a whole new perspective and ability, a whole new 'Confidence', in this '**Shortest Of GOLF Strokes**'. Here's how, 'In A Nutshell'.

### CORE BASICS:

1) PUTTING is the '**Easiest Stroke In Golf**'! You '**Do NOT Have To Be An Athlete To Be A Great Putter**'. You can be the '**B.E.S.T Putter**' around! All you have to do is understand and 'Master The Basics'. 'Conceptualize', 'Intellectualize' and 'Actualize' and keep it simply 'A to B'; 'Target Line or Ball Rolling Line ('BRL') to Top Of Break' with the correct 'Weight or Force' (Clubhead Inertia) every time. '**All Putts Are Dead Straight!**' Learn to 'Putt Like A Child' to whom the 'Outcome' does not really matter. It is the 'Process' in the heat of battle that is the allure. Getting the Ball to the 'Bottom Of The Cup' is generally secondary and thus very easy and common!

2) PUTTING is just '**DISTANCE & DIRECTION**'. Direction is easier than Distance. A simple test of making thirty foot Putts to a cup ten times will prove this. You will miss more often farther 'short or long' than 'left or right'.

3) PUTTING is always '**5 CONTROLS**'. **CHIN, HANDS, FEET, BALL, PIN**

4) PUTTING means special awareness of your '**BALANCE**' and how your 'Weight is Distributed' on your 'Feet'. You should 'FEEL' slightly 'Flat Footed' but very neutral. If you 'Set-Up' on your 'Heels' you will likely move forward ever so slightly during the Swing as your body will naturally redistribute to a 'Dynamic Balance' which will correct your 'Set-Up Error'. Likewise, if you 'Set-Up' too much on your Toes, you will adjust to a more 'Back Balance Point' during the Swing. Either way, any 'Imbalance' at 'Address Ready' invites variables that 'Putting' does not appreciate. You will never be 'Consistent' until your preparation is such and you 'EXECUTE very Smoothly'.

5) **'PUTTING IS A STAGE ONE PROCEDURE'** and as such requires no 'Lower Body Machine', no 'PIVOT or ROTATION', no 'Leg Drive' and is thus an 'Upper Body Machine Procedure'. It is a task taken on by your 'Lever Assemblies' and 'Shoulders'. It involves 'No Wrist Cock and No Pivot'. One could, in fact, completely immobilize the 'LBM' and perform the 'Procedure' very well indeed. There are some great Putters who stand 'Pigeon Toed' to effectively disable the 'LBM'. I call this useful nuance the **'STUCK FEET STANCE'** companion to the **'STUCK HANDS GRIP'** (more soon). Any 'LBM' movement during the 'Putting Procedure' is quite counterproductive. This error directly influences your 'PIVOT Stability'. If you alter the position of your 'Tether Ball Pole' while executing, you will very likely affect 'Clubhead PATH'. Your 'Stuck Hands' prevent alteration of the 'Wrist and Forearms Triangles' and, thus, protects your 'Clubface AIM' and 'Optimal Impact Area or 'Sweet Spot'. Best Putting with all the 'Right Stuff' if you are interested in lower numbers!

**Jack Nicklaus** is one of them. He 'Sets-Up Open Aligned' ('All 5 Axes') and then turns his 'Target Toe and Foot' considerably inboard or 'Closed' which creates the 'Feel' and condition of being 'Locked In' and this being immobilized in the 'LBM'. Jack Nicklaus is a **'Brace Lever Piston Action Putter'**. His 'Brace Hand and Arm' provide most of the 'Motive Force'. His is a **'PUSH BASIC PROCEDURE'**. Be sure you watch him the very next opportunity you have as he is worth watching. If any man has ever made really big clutch Putts when they counted most, like on the 18<sup>th</sup> to win, it is Jack Nicklaus.

Just a point of interest, the 'Long Stick Putters', who place the top 'Grip' just below their 'Sternum To Under their Chin', use a 'Brace Lever Piston Action Swing' ('Push Basic Stroke') which is very easy to see. After all, the 'Target Hand' is virtually not on the Golf Club, so how could it provide any 'Force'? It can't! In this method, the primary issue is to move your 'Brace Hand' directly 'Down-The-Ball-Rolling-Line to the Primary Target', be it the Cup or a 'Secondary or Displaced Target' which is the 'Top Of Break'.

6) 'PUTTING' is generally best accomplished with that **'555 SET-UP'**, resulting in your 'Forearm and Wrist Triangles' being put into place and 'Maintained' throughout the 'Entire Back and Front Swings'. In this manner, your larger and more stable, (less capricious), muscles can maintain control of the 'Clubhead



and Clubface'. Brad Faxon and Ben Crenshaw are great models for you to copy if you are looking for one. There are more.

7) 'PUTTING' has many forms of placing the Hands on the Handle of the Golf Club. You will hear and see more soon. One can 'Pre-Select a Grip Component', such as the '**STUCK HANDS GRIP**' whereby the 'Hand-Wrist Assemblies' can effectively be immobilized. You remember how careful we were in 'Matching Our Wrist Hinge Positions and Wrist Actions' in the 'Standard Grip Set-Up'. You know, the 'V's Parallel and Pointing in a Braceward Direction'; how far depending on the length of the Golf Club Tool and. Perhaps your desired 'Shape Of Shot'. Well, this 'Stuck Hands' approach puts your 'Hands Wrists Components' in a manner quite the opposite. Instead of promoting 'Freedom Of Movement', we restrict it. The 'Stuck Hands' approach (see Index) mechanically prevents movement rather than allowing the mind the whole responsibility of doing so. Sometimes we need safeguards against the mind's failing!

8) 'PUTTING' has one more very special concept, among many, that I want to share with you. You may find it strange in that I am the '**5 CONTROLS MAN**', and I always stand on the ground that these '5 Controls' never lose their potency, but you will understand, this 'Stage One Procedure' we call 'Putting and Chipping' is allowed, to a degree, to break the mould. I will not directly address this specific topic in the 'Collection Of Books' again, but you will never forget it in any case. Now is the time!

We just spoke above of the 'Stuck Hands Grip' ('HANDS') as it applies to the 'Set-Up Triangles' and as it directly pertains to 'Zero Hand-Wrist Hinge Actions'. We just spoke of the 'Pigeon Toed STANCE Set-Up' (FEET) as it pertains to 'Limiting LBM Motion' and it certainly does.

Thinking of the '**5 CONTROLS**', '**CHIN, HANDS, FEET, BALL, PIN**', what other 'Physical Feature or Element or Component' is a virtual 'Constant'? You are with me! '**CHIN**'! This 'Tallish CHIN Constant' is a 'Constant' due to its primary importance in enabling or allowing us to 'PIVOT or ROTATE' about our 'Pre-Selected Spinal Crankshafts' (Inclination and Aft Tilt). You know the 'FEEL and Function' by now. Well, if the 'Tallish CHIN' promotes or invites 'PIVOT or ROTATION' (movement) the alternative would likely 'Prohibit or Inhibit PIVOT or

ROTATION'. Right? Some 'Good Old Country Boy Logic'!

So, if we keep our 'CHINS Lowish' as a 'Pre-Selected Component' in the Less-Than-Full Swing, 'Stage One Putting Procedure', it has three beneficial affects; 1)promotes our Shoulder Action about the Spine naturally making the 'Rocking Chair Action', 2) prohibits or inhibits 'PIVOT or ROTATION' which is the enemy of a 'Stage One Procedure' (you want no 'Lower Body Movement') and 3)promotes better 'Seeing the Line' and 'Keeping the Head Still'. Again, Jack Nicklaus is a great example of this 'CHIN Position'.

It is my personal opinion that one may take the 'PreSHOT ROUTINE' 'Check-List Step' of 'Looking both Down-The-Line (Down the Green Brick Road) and back 'Up-The-Line' to the Ball with the 'CHIN Tallish', but just before you make your 'Shoulder Activated, Stable-Triangle Take-Away' you should lower your CHIN to letting it just about hang from your neck and that already 'Lowered Spine'. The closer your 'Spinal Crankshaft' is to 'Level or Horizontal' the more naturally you will be able to simply 'Rock Your Shoulders About the Pivot' generating a 'Clubhead PATH' that is 'Parallel to the Target Line or Ball Rolling Line'. You will not have to 'Manipulate the Golf Club' in order to attempt to propel the Ball towards the Cup. Oh, how common that is!

I must add here that you may not utilize the 'Rocking Chair Shoulders Method of Propulsion' and, if not, you may have variations to this theme! So what else is new in the 'Putting Stroke'? Like the '**77 GRIPS**' there may well be '**77 Stroke Patterns**' as well. 'Variety is truly the Spice of Life!' 'Putting is Spicy!' Whether you make 24 strokes or 40 strokes per round with the 'Short Stick' you will 'FEEL Spicy!' That is either 'FEELING The Benefits Of The Hot Stick' or a little 'Steamed'! Who hasn't been there?

This topic merits its own section later in the book, but it fits right here following the 'Stuck Hands' and the 'Pigeon Toed Target Foot'. It fits into 'Procedures' that limit 'Lower Body and Upper Body Movements' that are detrimental to the 'Short Stroke With The Upright Stick'.

Remember, this 'Golf' is all about 'Matching Components and Procedures' and that there is certainly 'No One Way' to make any 'One Swing'. There is no 'Model Swing' that us useful or

applicable for all us folks! There are as many practical and effective 'Putting Stroke Procedures' as there are individuals. That's quite a few! The underlying task for virtually all standard shots is that 'Square Clubface AIM down the 'Ball Rolling Line, Target Line or Ball Flight Line at the Moment Of Separation'.

That condition never goes away, unless you want 'Spin-Rate', unless you want to 'Cut the Ball' and can control the 'Spin and Ultimate Shape! Make sense?

9) PUTTING is a '**B.E.S.T PROCEDURE**'. You are the 'Best Putter' you know. (or can be with less effort than you know if you stay basic!)

## **BLADE, EYES, STANCE & SHOULDERS, TOUCH**

**B** lade SQUARE to the Ball Rolling Line

**E** YES just over or slightly inside and behind the Ball

**S** TANCE & Shoulders generally SQUARE to the Ball Rolling Line

**T** ouch is the 'ENERGY' required to get the Ball to  
and THROUGH the Cup. Short won't cut it!

9)PUTTING is '**SURVEYING THE DANCE FLOOR**'. Do this 'Low to the Ground' (Worm Cam View). You must take a very thorough 'Look at the Green' from about 'Five Paces Behind the Ball'. The Ball must be directly between your chest and the cup. You must survey the 'Ball Rolling Path' both '**Down the Line**' and then '**Across the Line**'. Both these views tell us the '**BREAK**' across these 'Lines'. You need to know both!

10)PUTTING is the '**ONE INCH RULE**'. For every foot you have to 'Roll the Ball', take the Clubhead back 'One Inch' and then 'add One Inch for the backside of the Cup'. If the Putt is 'Uphill add an Inch or More'. If the Putt is 'Downhill subtract an Inch or More'. Distance is a tougher task than Dirction. I know people who just accomplish the 'Distance Intuitively' and do so well,

but they have to practise many many hours continually and be blessed with some natural talent for this 'FEEL'.

11) Always **'MAKE THREE BRUSH STROKES'** and then **'PAINT THE PICTURE'**. 'Brush Strokes' are made about three inches away from the Ball so you do not accidentally make contact which will cost you a Stroke. You do not need any extra! You must make some very Comfortable 'Practice Strokes' in order to 'FEEL The ENERGY' and, in the case of Chipping' ('Stage One Procedure') the Resistance or Texture of the Grass. You know this is a constant 'CHIN Tallish', 'Longish ARMS / LEVERS' task.

12) Now you are ready. Re-Set to the Ball. **'B.E.S.T.'** **'Take One Final Look at the Cup'**. Draw a line down the middle of the 'Ball Rolling Road' and then back up the same alley. At the same 'PACE' that your 'EYES' are moving 'Down and Up the Line' take the 'Blade' away, **'Straight Back and Straight THROUGH the Ball'**.

13) **'Don't Look Up'** or even move your 'EYES'. If you turn your 'EYES' to the 'Target', you may turn your 'Ears'. If you turn your 'Ears' you may turn your 'Shoulders', and having 'ALIGNED Correctly' in your 'SET-UP', 'You will now have Missed'! It is generally called a 'Pull'.

14) **'PUTT WITH AN ATTITUDE'**! Always think 'I am going to Hole It'. To do this BEST, 'See The Ball' with your Eyes and 'FEEL The Pin' in your 'Inner Mind's EYE'.

15) The 'Putt' (or 'Chip') you have before you should be **'the Last Stroke On This Hole'** PERIOD! Confidence!

16) In Putting we 'SET-UP' somewhat opposite to the manner by which we 'SET-UP' to accomplish the 'Free-Wheeling Full Swing'. You know from our discussions on the **'Three Stages of Procedures'** that 'Putting' requires 'No Wrist Cock and No PIVOT', so having somewhat 'Locked Wrists' (Fixed Triangles) and 'Locked Legs and Hips' (Very Pigeon Toed with a NOT Tallish CHIN) promotes that very quiet overall 'Golf Body' except for the 'Rocking Chair Sholders' which are optimal but not exclusive. With very 'Locked Wrist Cock and PIVOT' we might even 'FEEL A Little STUCK'!

This 'Stuckness' means that you will generally be 'Swinging The Clubhead or Putter Head back and forth, 'Square to Square to Square' which is a highly beneficial trait. I would suggest that you try diligently to accomplish this 'Putter Clubhead PATH'. It is far superior to any other combinations such as 'Inside Square Inside', 'Outside Square Outside', 'Outside Square Inside' or 'Inside Square Outside' (looping).

17)Remember that an 'Open ALIGNMENT' promotes a steady 'Brace Hand Delivery' while a 'Closed ALIGNMENT' promotes the cousin, a 'Target Hand Delivery'. To 'FEEL' this reality, first stand with your 'Back to the Target' and swing your 'Brace Hand' directly at it. "Can't! My body is in the way!" Now swing your 'Target Hand' directly at the Target. That works.

Next, stand with your 'Front to the Target' and swing your 'Brace Hand' directly at the 'Target'. This is quite easy and certainly the body is not in the way. Your 'Brace Hand' can be very dominant and acts very much like a 'Bowling Motion' which utilizes a 'Palm Delivery'. If you cross your 'Target Hand and Arm' across your Chest and place the 'Target Hand' on the Putter Grip, your proper 'Stroke Motion' 'Down The Line' will cease. This is due to 'Incompatible Components' to support the 'Procedure'.

These are usefull little tid-bits!

**'Keep It Simple' and 'ROUTINE'.  
Now 'YOU CAN PUTT' too!**

**So PUTT WELL!**

## BELIEVE WHAT YOU HEAR?

'**PROTOCOLS**' are simply sound guidelines that you might use to promote or ensure that your '**Components & Procedures**' work out as well as possible. These specific 'Procedural Characteristics' may vary slightly individual to individual but they provide safe and useful parameters. These 'Protocols' as found in various places throughout your 'Golfmyth Collection' are based on scientifically sound principles so recognize them as such. They are not just casual thoughts that arrived to our very dedicated and talented staff in a dream one stormy night!

Just before I provide you your '**Putting Protocols**', I want to tell you that I watched a major television channel last week that specializes in golf related matters. A highly respected industry entity was summarizing the past months competitive results which was really well done and of considerable interest to me as I do not have the luxury of watching the events as they unfold. Were I to do that my teaching would have to pay the price and this literary effort would not have happened!

Towards the end of the programme, a very visible and well respected 'Golf Instructor' provided a '**Golf Tip**' on 'Putting Like A Pro' so I stayed tuned as I am always interested in such presentations and desire to learn more whenever the opportunity arises. This gentleman described what the '555 GOLF TEAM' calls 'Protocols' and, naturally, simple as they are, I agreed with most of what he said and demonstrated. I also know the man very well and we have a mutually earned and, I hope, deserved respect for each other.

But! He included that '**Weight Distribution For The Putting Procedure Is To Be FORWARD**' and he gave several reasons. The were without merit and would not support his proposition, his instructions and aspiration of being a better 'Putter'.

Simply, '**Weight Pre-Loaded Forward**' induces and '**Steepened Angle Of Attack**' because this 'Set-Up Configuration', however slight, alters the 'Forward Tilted Spine Angle'. 'Chipping' beneficially requires a 'Descending Blow' but an 'Aft Ball Location'. A 'Forward Distributed Weight' promotes this 'Tilted Swing Plane and Steeper Approach To The Ball'. Under normal green or 'Putting' conditions, one never desires a 'Descending Blow' as it precipitates hop and underspin. This makes the Ball skid or skid and hop, often off-



line, I might add. 'Putting' benefits markedly from an '**Ascending THINNISH Blow**' which induces 'Over Or Top Spin'. This assists in getting the Ball to roll end over end and hug the 'Putting Dance Floor'. The 'Thin SET-UP' also prevents 'Scuffing The Putting Surface', which is a very common occurrence that kills opportunity!

An '**End Over End Released Ball**' tolerates rolling over slight imperfections much better than does a ball with less of this good quality. There are a lot of imperfections on the green, especially in the later day. Plan to get over them as well as you can.

Why am I relating this anecdote to you?

Because I want you to know or at least consider that what you hear, from whomever, must be evaluated based on 'Physical or Scientific Truth' and not just taken as the gospel. The world is full of 'Pathetic Prophecy'!

This investigatory approach to what you experience applies equally to me and the '555 Golf Academy Staff', to all of us 'Golf Officionados' and aspiring 'Players'.

**'Mastering The Basics'** in Golf, which includes building your knowledge and experience on firm footing as well as requiring accurate and substantiated presentation.

Listen well but evaluate what you hear based on '**Physics and Mechanics**' that are sound and proven. If you do otherwise, you will fall prey to becoming adept at what we call 'Get Lucky' or 'Crap Shoot Golf'.

No justification!

Best of luck!

## EXHIBITION

'If you know you are in the presence of a great 'Putter'  
and want to enjoy the treat,  
**'WATCH THE HANDS AND TRIANGLES FIRST'**  
then the 'Pre-Shot Routine',  
then the 'Ball Rolling Motion'.  
Enjoy!

## ALMOST ANYTHING GOES!

What a statement by a very seasoned teaching and playing professional who is likely one of the most scientifically specific golf mechanics around! Well its true in 'Putting!

We know that the 'Putting Stroke' is a '**Stage One Procedure**' that involves '**No Wrist Cock**' and '**No Pivot**'.

We know that the '**Power Source**' for this 'Movement' is found NOT in the '**Primary Golf Engine**' ('Pivot and Round & Round Lower Body Machine' Action'), but in the '**Secondary Engine**', which is those '**Rocking Chair Shoulders**' that power the movement of the 'Lever Assemblies or of the Hand, Wrist Forearm Triangles' that control the 'Golf Club' at all times. ('Steady Triangles Rule!') (Brace Hand Take-Away and Brace Shoulder Up & Down)

We know that there is NO '**Tertiary Engine**', which is '**Wrist Cock**', '**Brace Elbow Bend & Straighten**' and '**Brace Shoulder Up & Down**'. This 'Bend & Straighten Motion', the '**Three Lever Single Action Brace Lever Machine**' is truly central! Again, 'Stage One Procedures' has none of these 'Bend & Straighten Motions'! Absolutely no movement or change in shape or configuration of the '**Lever Triangles**' is to be tolerated, unless you want to end up 'Hoping For Results' when you are on or around the 'Dance Floor'!

If we think about the '**5 SET-UPS**', which are 1) **Posture**, 2) **Grip**, 3) **Stance**, 4) **Ball Location** and 5) **Alignment**'), five physical aspects that are fully in play with any and all 'Golf Procedures', without exception, we can do almost anything we want with each of these '5 SET-UPS' in order to accomplish a really reliable 'Putting and Chipping Procedure'.

All we have to do is watch 'Golf On TV' for a very short while to observe every conceivable combination of these '5 SET-UP' components as we strive to make 'The Little White Ball' fall into the cup as a result of a strike with the 'Tool or Component' known as a 'Putter or Golf Club'.

**It is 'NOT HOW' but 'HOW MANY'!**

One can 'Stand' in almost any way desired! One can 'Grip' that 'Putter' in almost any way desired! One can 'Place One's Feet' in almost any way desired! One can 'Locate The Ball' in a whole host of locations as long as it facilitates getting that 'Ball & Clubface' together with all the right 'Conditions' to accomplish the desired '**Ball Rolling Line or Ball Rolling Path**' ('BRL - BRP'). Finally, one can really 'Align One's Feet, Knees, Hips Shoulders and Ears' in almost any way desired as well!

Again, just look at all those wonderful athletes who entertain us so often on Saturday and Sunday. If you can imagine it, they have tried it and usually made it work to varying degrees! **"These Guys Are Good!"**

**This 'Putting Procedure' is all about having the 'Clubface AIMED Squarely Down The Ball Rolling Path or Target Line At The Moment Of Separation'.**

Any and all 'Procedures' are about the '**5 Essential Elements**', which are **1)Clubface AIM, 2)Clubhead PATH, 3)Clubhead SPEED, 4)Sweet Spot and 5)Angle Of Attack**. With tongue a little in cheek, it matters not how you accomplish these '5 Essential Elements' as long as you do so ... repeatedly!

#### **BOTTOM LINE**

What your '555 TEAM' always stresses is that we have '**MATCHING COMPONENTS & PROCEDURES**' as required to get the job done!

You cannot kneel on a towel. One cannot feel the 'Grain Of The Grass'. One cannot 'Make The Stroke With The Putter Head Swinging

Between Your Legs' ('Croquette Style'). One has to follow certain other rules while in the process, but really almost anything goes!

**It is 'NOT HOW' but 'HOW MANY'!**

We shall delve into a lot more of this over the next many pages.

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

## LET YOUR ARMS HANG WITH EXTENSION

We will certainly get to all the small details soon enough in dealing with the topic of 'Putting'.

Is this topic of '**LET YOUR ARMS HANG**' a generality or a very specific 'Mechanical Issue'? Is it a key point or one of less importance?

Your '555 TEAM' is going to let you decide that for yourself. We are simply going to introduce you to a few more clear thoughts as to how and why '**Things Putting**' actually occur.

Remember that '**The 5 SET-UPS**' and '**The 5 ESSENTIAL ELEMENTS**' never get old or too far from the trunk of the tree! ("The apple never falls too far from the tree!") We never get too far from our roots!

Under the '**Topic Of GRIP**', we always have two hands on the handle of the 'Golf Club' unless there are extenuating circumstances.

The '**Target Lever Assembly**' ('TLA') has three distinct tasks. **1)** It sets up and maintains 'Swing Radius'. **2)** It 'Controls The Clubface AIM'. **3)** It provides the '#4 Pressure Point'. ('Motion')

While the 'Target Hand Controls The Clubface AIM', '**The Brace Hand and Side Of The Golfing Machine Produces The Motive Force**' via that ever so popular 'Rocking Chair Shoulders' action. Your '555 TEAM' appropriately calls this the '**SECONDARY GOLF ENGINE**'. The 'Rotary Action' of the 'Shoulders' around or about the 'Spinal Crankshaft' ('Up & Down Action Of The Brace Shoulder') causes the 'Clubhead' to naturally move forward and backwards.

**As long as both 'Hands Are Together' they naturally 'Work In Unison'**. If we have active variable '**Wrist Hinges**', they will not move in unison! They will be unstable.

### WHAT IS THIS "ARMS HANGING" STUFF?

I am primarily, herein, concerned with the '**Configuration Of Your Lever Assemblies or Lever Triangles**'.

Once you 'SET-UP' your 'Hands, Wrists, Forearms, Elbows, Upper Arms and Shoulder Sockets' ('Lever Assemblies') in your '**Pre-Selected Shape**', that shape should optimally **NOT** change throughout the

entire 'Back & Front Swings' in 'Putting, Chipping or Bump & Run'. These tasks is a '**Stage One Procedure**' as you know. It requires '**No Wrist Cock**' and '**No Pivot**'. Thus, your 'Lever Triangles' do not change shape! They just 'Rock Back & Forth' around the 'Spinal Crankshaft', which is that '**Secondary Golf Engine Motion**' we have talked about so often in these books and on the golf course properties.

We must '**Take Our Hands Out Of The Putting, Chipping and Bump & Run Strokes**'! You know the veracity and efficiency of this statement and this behaviour in this very 'Short Game'.

You also now understand the application of this 'Red Rule' or primary objective in 'Any Golf Procedure'! Any overactive 'Hand Motion' in any 'Golf Stroke' is counterproductive.

**"ARMS HANGING"** in the 'Stage One Set-Up' is the quickest, easiest and most reliable manner by which one can establish the 'Lever Triangles' and thus to keep them consistent and stable while 'In Motion'.

Most of us, including this writer, 'Set-Up' with elbows quite bent at 'Address Ready' and at '**IMPACT FIX**'. While discussing 'Putting' and all '**Stage One Procedures**', your '555 TEAM' has written about the 'Seagull Posture' and 'Rocking The Baby In The Cradle'.

If you employ a 36 inch 'Putter', you will almost certainly, 'Mechanically', have to bend your 'Arms' ('Levers') at the 'Elbows' in order to 'Set-Up' properly, close enough to the 'Ball'. When you do this, you are no longer accomplishing the 'Putting Configuraton' in it '**Optimal Neutral Physical Shape**'. You have had to 'Elevate or Pick Up' your 'Lever Assemblies' to this 'Bent Elbow Condition'. That takes 'WORK' and also '**Loads Your Gravitational Reality**'.

**"What the heck do you mean by that Dr. Fischer?"** you ask and rightfully so.

When you 'Pick up Your Levers From Their Hanging Position' to fit your 'Putter Length', you invite 'Gravity' to act. If you relax even a little bit during the 'Entire Back & Front Swings', your 'Lever Length' will increase. Thus your 'Bottom Of Swing Arc' will change negatively. You will then be willingly and unavoidably forced to 'Manipulate' in order to avoid scuffing the 'Surface Of The Green'. This 'Manipulation' will almost unavoidably create '**Variations In Your Clubhead PATH and PLANE**', as well as your



stable **'Clubface AIM'**.

Remember, these 'Primary Golf Mechanical Aspects' we have rightfully come to call **'The 5 ESSENTIAL ELEMENTS'**, are indeed precisely that ... '5 Essential Elements' that purely exist and directly influence every single 'Golf Procedure' ever made anywhere in the world, male female or convertible!

So, one may be well served to 'Let Your Arms Hang' from the 'Shoulder Sockets' in the 'Stage One' 'Pre-Shot Routine' and then to keep them in that very same 'Configuration and Feel' throughout the 'Entire Back & Front Swinging Motion'.

In this safe and efficient manner, one has not to worry about any boldly invited **'Change In Swing Radius'** or **'Bottom Of Swing Arc'**.

**"TENSION Is The #1 Killer Of A Great Golf Swing"!**

Elevated 'Lever Triangles' required a certain amount of 'Tension' to accomplish the lift task. **What goes up must come down!**

Keep your 'SET-UP' and 'EXECUTION' as safe and predictable as you possibly can.

You may not elect to apply and to utilize this 'HANGING CONFIGURATION', but at least you now know a little more about the 'Mechanics' of your own 'Golf Swing'.

By the way, this 'Country Gentleman Golf Teacher', who putted 'Rocking Chair Pulled Up Lever Assemblies' for most of his career with a 36 inch 'Putter', has changed to the **'HANGING CONDITION'** (33" Putter) and loves the resultant success.

Strive to get as 'Comfortable' and thus as 'Quiet Repetitive' as possible. "Take The Hands Out Of Your Swing!"

In this manner, you shall also 'Score As Consistently As Possible'.

**"WELL DONE!"**

## FAIRLY EQUAL PRESSURE IN BOTH HANDS

Again, we will certainly get to all the small details soon enough in dealing with the topic of 'Putting'.

Is this topic of '**FAIRLY EQUAL PRESSURE IN BOTH HANDS**' a generality or a very specific 'Mechanical Issue'? Is it a key point or one of less importance?

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**As long as both 'Hands Are Together' they naturally 'Work In Unison'**. If we have active variable '**Wrist Hinges**', they will not move in unison! They will be unstable.

If both 'Hands' have '**The Same Pressure Against Each other**', 'Brace and Target Hands' applying the same pressure against the 'Grip', they will want to move and work in unison. This 'Togetherness' tends to keep the '**SET-UP Clubface AIM & Clubhead PATH**' more stable than if the pressure were to be unequal or uncooperative.

If '**The Brace Hand Runs Over The Target Hand**', ('Overactive') then the owner will tend to '**Shut Down The Clubface AIM Through IMPACT & SEPARATION**'. This, believe it or not, is the onset of a small or

larger case of the 'Yips'! A locking action is the counter.

Your '555 TEAM' speaks, preaches endlessly, about '**Stable Hand, Wrist and Forearm Triangles**' ... about "Maintaining Your Triangles". This dialogue is about '**Equal or Balanced Intra-Palmer or Hand to Hand Pressures**'.

When you 'SET-UP' and keep equal or balanced '**Palm To Palm Pressure**' during the 'Take-Away, the 'Top Of Back Swing' ('Moment Of Low Inertia') and through the 'IMPACT & SEPARATION Zone', you will most assuredly maintain a stable or steadily 'AIMED Clubface'.

You will stay '**On PATH**' and '**On PLANE**' as well.

If you have '**VARIABLE PRESSURES**' ('Pv') you will have '**Variable Clubface AIM**' ('CFAv'), you will have '**Variable Movements**' ('Mv') as well as '**Variable PATH and PLANE**' ('Pathv' and 'PlaneV').

With any or all of these 'Variables', one will have compromised ability to accomplish the most basic of 'Golf Putting, Chipping and Bump & Run Goals' ... '**A Square Clubface AIM At The Moment Of Separation**'. This means 'Square' to the 'Ball Rolling Path' ('BRP'), 'Ball Rolling Line' ('BRL') or the 'Target Line' ('TL'). The 'BRP' or 'BRL' may be different than the 'Target Line'. If you have any 'Break', you do not 'Putt' to the 'Bottom Of The Cup'!

The 'Short and Scoring Game' will suffer if you have any of these deadly ills!

There is another really solid '555 TEAM' statement that goes like this ... '**We Drive As We Putt**'.

Therefore, this topic of 'Equal Pressure In Both Hands' must apply not only to our 'Putting' but also to our 'Full Swing and Drive'.

You have heard the '555 TEAM' use the term '**Flippy Handed**' on many occasions. This '**Hand Fault**' is very negative. 'Flippy Handed' is about the 'Motion' created by '**Differential Intra-Hand Pressure**' ('Wrist Hinge Motion'). This fault is well known by multitudes. It is understood by very few golf instructors. All 'Golf Teachers' must have a grip on this '**Mechanical Demon**'!

'Golf Mechanics' is absolutely about '**CAUSE & EFFECT**'. Learn as much as you can about this interwoven, never disassociated marriage.

You '555 TEAM' has a goal of '**Taking The Hands Out OF Your Game**'!  
If you were not certain as to our meaning, now you may be more  
clear about our thoughts and commitments.

## PUTTING PROTOCOLS

The **'5 CONTROLS'** ..... always!

- 1) **'PROPER SPINE ANGLE AND KNEE FLEX'** to support the 'Pre-Selected Components and Procedures'. ('Forward Inclination & Clearance') Remember, more Forward Inclination' allows a more efficient 'Rocking Chair Shoulders and thus Pendular Action'
- 2) 'Adequate Knee Flex'
- 3) **'GRIP'** should be 'Weak' and 'Opposed'
- 4) **'Let Your Lever Assemblies Hang From The Shoulder Sockets'** so as to establish and maintain 'Consistent Swing Radius' throughout the entire 'Back & Front Swing Procedure'.
- 5) **'Light GRIP Pressure'**
- 6) 'Fixed Wrist Forearm Triangles/Wedges' properly 'Aligned'
- 7) 'Levers Generally Hanging From Shoulder Sockets'
- 8) 'Breathing Deeply and Slowly', 'OUT When Clubhead Moving'
- 9) **'WEIGHT DISTRIBUTION EVEN'** with a very 'Flat-Footed Feel'. A 'Forward Press Is Optional'. Usually beneficial to set your 'Triangles'.
- 10) **'STANCE'** Square-Square to slightly Open. Not closed.
- 11) 'Feeling Flat Footed' (extended toes – zero pressure – no Pivot)
- 12) **'BALL LOCATION'** best forward to promote 'Over Spin'
- 13) 'Hover The Clubhead' (1/2" to 5/8") 'Weight In Your Target Lever'
- 14) **'B.E.S.T. RULE'** procedure is beneficial
- 15) **'ROCKING CHAIR SHOULDERS'** should be 'Primary Motive Force'
- 16) 'Balanced Swing Length' but tend to more 'Chase or Follow'
- 17) **'5 ESSENTIAL ELEMENTS'**
- 18) **'5 AXES'** 'Quiet Eyes means Quiet Ears'
- 19) 'Heads or Tails Drill' stops peaking ('See The Dime') 'The 'Eyes Do Not Move Until The Hands Have Stopped Moving Rule' very in effect
- 20) **'CHASE'** ('Follow-Finish & Hold')
- 21) **'LISTEN'** and don't 'Look'
- 22) 'Pre and Post Shot Routine'
- 23) **'Clubhead PATH'** along the 'Body/Foot Line', **'INK SPOTS'**
- 24) **'ONE INCH RULE'** controls 'Distance'
- 25) **'Top Of Break Point'** is key with cross slopes, **'BRL'**
- 26) **'Intermediate Target'** inside the rubber or club-length
- 27) **'Displaced Target'** means eliminating the real Cup
- 28) **'Supremely CONFIDENT'** means better results. No Doubts!
- 29) **'TEMPO'** means **'One & Thru'** or **'One & Chase'** as a reminder

- 30) **'CIRCLE DRILLS'** before and after every round or session
- 31) **'READ LOTS OF GREENS'** precisely daily!
- 32) **'QUADRANT YOUR GREENS'** during the 'Approach and Putting Phase'. Makes your job on the 'Dance Floor' much easier. Easier is good! You only use ¼ of the green or cup in a 'Slope – Break'
- 33) Keep accurate and diligent **'RECORDS'** of your performance using 'Good Set-Up', 'Good Stroke', 'Short - Long - Left - Right - Pull - Push', 'Breathing Properly', 'Tempo'. Use a little pocket notebook. Evaluate it weekly or biweekly.
- 34) **'Head or Tails Drill'** is a great asset.

**The 'Short Game' is an 'ARTFORM'.**

**Good Luck in your Artistry!**

There are a lot of separate items in the 'Putting Protocols' above. They all have merit and each deserves your attention. Your '555 TEAM' has not provided all these so that you use each one for every 'Putting & Chipping Procedure'. They are provided so that you can understand each facet as a knowledge base. In this manner, you can more have them running in the background of your 'Mental Computer Programme', rather than being a 'Frontal Focus' during the actual stroke. Remember, each one of your swings is really properly accomplished in the **'Trusted Subconscious State'**. After you have done your full 'Pre-Shot Routine' ('PSR'), ('Practice Mode or Mentality'), then you shift parameters into the 'Playing Mode' or 'Trusting Mentality'. Strive to just **'Let IT Happen'!**

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**PUTTING PROTOCOLS**  
**( 'Components & Procedures' )**

1)           **STATE OF MIND:**

All that there is to be said and written about this micro stroke in GOLF, your putts count for about one third to perhaps just short of half the physically carded numbers, but also influences, beyond reason, our 'State Of Mind', the 'Mental Side of Things Golf'. All the putting nuances will never be fully explored or defined because we are all full of them. This is a story that, thankfully, will never be completed. The epic will never come to an end. The ship out at sea will never dock. What a wonderful dilemma! So we all have more work to do; I as a teacher; **YOU** as a student.

Some Journeys best never come to an end or final destination.

If you disagree, then we would have consensus that there will always be more said and professed. Then, of course, there will always be more to be written. So we do agree!

In the following pages dedicated to '**THE SHORT STROKE**', I will attempt to discuss with you and summarize what I think are the very basics which I am convinced are very simple indeed. If I were to be forced to choose an aspect of Golf that I had to teach for the remainder of my very 'long life', it would be the '**SHORT GAME**' as it counts most, earns us the greatest accolades and gets us into the cup better than one might ever imagine in even the least clear moments of thought. When what we are looking through is as murky as the old 'Croaker Bog', this picture of 'SIMPLE' is readily visible, so look for it. The short stuff 'saves our butts' and makes good things happen!

From the very epicentre of this 'Country Boy's Heart', I want to tell you a few very important truths that I always express in my short game clinics, before taking even one step into specific subject matter. It is this:

Q23)

**No matter how old or young, how athletic or not,  
you can become an expert, a world class expert,  
at least your club's expert,  
in the 'SHORT GAME'.**

What a wonderful opportunity, right before your very eyes, waiting in your own bag to be simply let out by you with the talented assistance of a great teacher. Don't waste one more minute finding the key to the door that 'will' open for you.

You are going to ask, sooner or later, 'If this is so simple, why have you written so much with so great attention to detail?' You deserve an answer. 'Because there are so many nice folks with as many different personal view-points, perspectives and capabilities that get the job done.'

All 'Putting Strokes' and even solid 'Short Game Strokes', are primarily generated with the same basics. There is no doubt that all, about which you will soon be reading, are various renditions of a short list of '**IMPERATIVES and ABSOLUTES**'. You already know these. If not clearly, go to your friendly 'Index' and do some brushing up right now!

The 'Short Game' generally has very quiet hands (neutral rather than strong) and a quiet 'Upper Body Machine' supported by minimal 'PIVOT' or 'Lower Body Machine Action' until you stretch out towards the 'Full Swing End Of Things Golf'. Your #PW can be 'Full Swing or Less Than Full Swing'. The 'Full Swing' requires 'PIVOT' and naturally 'More Active Hands' which generate increased 'Wrist Cock' and more 'Roll'. Why do I say "Naturally"? Importantly because 'Nature, the Laws of Motion, Newtonian Physics' does most of the work for you, if you can only relax and stay out of the way. The 'Centrifugal Force and Momentum, Inertia and Velocity' (MIV) creates more action which activates the right amount of 'Wrist Cock' for you. So '**Let IT Happen**' and don't 'Make IT Happen' or force it. Stay out of the 'Tension' inventory! This very much applies to the 'Putting Action' that you should come to really enjoy.

Putting has very '**Quiet Hands And Stable Triangles**' (no Wrist Cock, Bend or Roll) with neutral 'GRIP', a stable 'Upper Body' (quiet Head) and 'No PIVOT' (quiet Lower Body). Although there are many renditions in the 'Putting Symphony', I prefer to 'Power My Stroke With Rocking Chair Shoulders'; certainly not with any 'Flippin' Wrist Action' or 'Wigglin' Hips'. More soon!

This book, '**GOLF ... Solving the Complexity Myth**', by title, is an encyclopedia, and thus, I have included a much greater range of subject mater and text than I would do in a basic 'One-On-One Golf Lesson'. You will find what makes sense to you. Specific information will ring your bell. You will, certainly and reasonably, have your own opinions and techniques as well. That's great too.

If I missed your technique, please do two things;

- 1) forgive me and
- 2) contact me directly letting me know precisely what your point-of-view is. I learn more every day and thank you in advance for your time in communicating.

Still coming along for the ride, I am delighted to have you on board! You are more appreciated than I can express, so I won't!

## 2) **PUTTING CHARACTERISTICS OR PROTOCOLS:**

Each separate 'Golf Swing Procedure' has some variations in 'Characteristics'. It helps us to list or define these in order to clarify or identify the variables. Always those '**5 SET-UPS**'.

Here are the basic 'Putting Characteristics' or 'Components'.

- 1) '**Proper Spine Angle**' to support the '**Pre-Selected Components and Procedures**'. ('Forward Inclination, Aft-Tilt' and 'Hips Socket to Sternum Clearance')

- 2) **'Proper GRIP'** which should be **'Weak'** and **'Palms Opposed'** with **'Quiet Hands'** throughout the **'Entire Stroke'**. This is not carved in concrete but is a basic parameter.
- 3) **'Fixed Wrist-Elbow Triangles/Wedges'**. (Swing Radius)  
(Parallel or Level Forearms - **'ON PLANE'**)
- 4) **'Light GRIP Pressure & Quiet Hands'**, minimal Body Tension
- 5) Appropriate Attitude which must be very **'Positive'**.  
**'CONFIDENT'**.
- 6) **'BODY RELAXED'** ... BREATHING slowly and deeply.
- 7) **'LEVERS/ARMS GENERALLY HANGING'** and soft in the  
Shoulders, Elbows, Wrists and Hands.
- 8) **'WEIGHT EVENLY DISTRIBUTED'** between the **'Target and Brace Feet'**, but not necessarily so. A **'Forward Press'** may set the **'Weight Slightly Forward'**. Also **'Weight Distribution'** slightly towards the **'Heels'** stabilizes your **'Lower Body Machine'** (LBM). This means **'Keeps It Stable Or From Moving'**. (**'Zero PIVOT or SLIDE'**) To accomplish **'Stqability'** you can also stand or **'STANCE Adjust'** to being slightly **'Pigeon Toed'**. If you stand **'Very Pigeon Toed'** and try to make a **'Full Swing'**, employing **'Full PIVOT'**, you will not be able to accomplish the **'Pre-Selected PIVOT Procedure'** which is a **'Full COIL and UNLOAD Turn'**. You will be **'Both Foot Blocked'** and thus **'PIVOT Blocked'**.
- 9) **'FEELING FLAT-FOOTED'** with some **'Sit Down'**  
(Weight Rearward or towards your Heels').
- 10) Some **'KNEE FLEX'**. COMFORTABLY and CONSTANTLY so.  
(**'SIT DOWN'**)
- 11) **'BALL LOCATION SLIGHTLY FORWARD'**. **'Under the Clavicle'**.  
This promotes necessary and beneficial **'Top Spin'**.  
(ascending **'IMPACT and SEPARATION'** above Equator)

**'The B.E.S.T. Rule'**

- 12) **'BLADE'** AIMED at the Target or Square to the Ball Rolling Line (Top Of Break Point) when you have a break.
- 13) **'EYES'** either directly over or slightly inside and behind the Ball. (Tear Point, Cryin' the Blues)

I want to quickly throw in a simple 'Bullet-Proof Drill' right here that will help you to get you Eyes in the correct place which means, almost invariably, that your 'Spinal Crankshaft', and all that is hanging on it, will be as well. Here it is. Borrow your lady friend's purse or **'MAKE-UP COMPACT MIRROR'** (you know the little one!) and take it to the practice green. Place this **'Mirror'** directly behind the Ball, centered on the 'Target or Ball Rolling Line' (BRL). Follow your ordinary 'Set-Up Procedure'. If your 'EYES' are properly **'Inside And Behind The Ball'**, meaning the entire 'Golfing Machine' will be in the 'Safe Zone', you will be able to see your 'Dominant EYE' 'In The Mirror'. If not, you may want to consider adjusting your 'Components' so that you can.

You notice I say "MAY" as I clearly put to you that there is **'NO ONE WAY OR ONLY WAY'** to 'Set-Up' or 'Make any Stroke' big or small. But there are 'Components and Procedures' that are 'Physically and Geometrically' safer than others. I would like you to know where these parameters are so that you, at least, have them as a basis from which to vary your chosen **'COMPONENTS & PROCEDURES'** and better know what changes or variations will be required to effect your personal 'Swing'.

Sitting here at my word-processor, that is all I can do. Wish you were here! Actually, I wish we were both on the 'Tee-Line' together! What can we get for the cost of what I think is a worthwhile book? Call me or one of my great staff. We would very much like to meet and help you in the flesh.

- 14) '**STANCE and SHOULDERS**' 'ALIGNED Directly Parallel To The Ball Rolling Line' ('BRL') to support those 'Rocking Chair Shoulders'. (see 'Secondary Motion Engine')
- 10) Generally the 'Putting MOTION' is one of '**ROCKING CHAIR SHOULDERS**' about or around the 'Forward Inclined Spinal Axis' ('Pivoting') rather than one of 'Turning the Shoulders or Moving the Hands and Forearms' as single parts. Remember, you cannot employ this 'Rocking Chair Shoulders Motion' with a 'Vertical Spine'. Your body, initially in the Chest area, will be in the way. In order to effectively and comfortably use this method of moving the Putter Blade through the 'Little White Ball' that is sitting on the 'Very Short Stuff', you must first establish adequate 'Forward Inclination' to allow your 'Hands and Arms To Dangle From Your Shoulder Sockets' while coming in contact with the 'Grip End Of Your Putter' while the head rests on the ground just behind the 'Butt Of The Ball'. That is a great place to start. Now you will be able to 'Rock The Blade Through The Ball With Your Shoulders that Support Firm Triangular Arms and Soft Hands. Then 'CHASE'. (see 'Swing Segment #3F') There are more techniques than just this one as well! What would Golf be without 'Eleven te Leven' ways of making just one stroke; the 'Putting Stroke'? Isn't variety the spice of life?
- 11) '**BALANCED SWING LENGTH**' in Back and Front Swings. If the Front Swing is entirely 'Dead-Handed', then the Front Swing will be very slightly shorter than the Back Swing. If you apply 'Thrust & Chase', the Front Swing will be larger or longer than the Back Swing. Whatever the case may be, you must have good 'CADENCE & RHYTHM'. CONSISTENT! Remember, proper 'Chase' often promotes an improved 'Clubhead PATH or Line' as long as your 'Target Elbow Is On Line' as well.
- 12) '**TOUCH**' necessary to accomplish the Energy to get the Rolling Ball all the way to the Cup. Short won't make it. I call this 'ENERGY Management'. (more soon)
- 13) '**CLUBHEAD PATH**' correctly set-up with those '**Three Brush Strokes**' before '**Painting the Picture**'.



- 14) **'CLUBFACE AIM'** absolutely SQUARE to either the 'Target Line' or the 'Ball Rolling Line'.
- 15) **'SWEET SPOT'** must be directly behind the Ball upon IMPACT and Separation. If not, you will either 'Fade or Draw' the Ball.
- 16) **'SEE THE BALL COME OFF THE CLUBFACE'**. Hit and Hold. You need 'Feedback' with all 'Stroke Patterns and Procedures'. This is what the '555 TEAM' calls the 'Heads Or Tails Drill'. Learn it well!
- 17) If you want to **'TRACK THE BALL'S ROLLING PATH'** ('CHASE'), it is beneficial to do so with your 'Brace EYE' as it will promote that your 'Brace Shoulder Rotates' under your 'Tallish CHIN' during the forward Motion. This is what it has to do in order to facilitate your Shoulders turning about your 'Inclined Spine' as we 'Pre-Selected'. I prefer that you simply listen for it to drop. If it does, you will hear it. If it doesn't, then look and proceed once again to your 'Pre-SHOT ROUTINE'. ('Chase Is Follow On Line')

23) I really suggest you follow one of my 'Strong Red Rules'!

**'Do Not Move Your 'Eyes'  
Until Your 'Hands' Have Stopped Moving!'**

- 24) Think the Ball into the Cup, all the way, from the very beginning of your **'PRE-SHOT ROUTINE'** to the final 'Rattle'! It will not happen unless you think it happening. 'Believe In Yourself'. This is just 'Putting' where each 'Stroke' is 'Dead Straight' and you can be 'The Best' with just a little discipline and consistent 'Procedures and Motions'.

Always stay 'PIN FOCUSED'  
and just 'Ball Aware'

Q24)

Putting brings to me visions of 'Delicate'  
on good days and 'Sledge Hammer' on bad days.

Karl M. Fischer, CIMTP  
555 Golf Academy

Q25)

"I often feel like I am putting with the touch of either  
a grizzly bear or rattle snake just out of hibernation."

John Dudley, CTP  
555 Golf Academy

C32]

## A QUICK BIT ABOUT YOUR GRIP

We certainly, by now, know and understand the parameters of the general 'Golf Grip'. If you have questions, go to your 'Friendly Tour Guide Index' and seek information.

We generally 'SET-UP' and utilize a 'Neutral Grip' with both hands when 'Putting and Chipping'. That is a good grounding point. Good basics!

However, I want to mention to you that your 'Ball Rolling Action' ('BRA') and 'Ball Rolling Line' ('BRL') with your 'Grip'. The 'Ball Flight Line' ('BFL'), when you get a little 'Loft' factoring in your 'Chips', can be directly affected by your 'Grip' as well.

**Your 'Target Grip Controls Your Clubface AIM'.**

**Your 'Brace Grip' directly affects 'Clubhead PATH and LAG'** with numerous delicate physical realities in the equation.

Thus, if you weaken or strengthen your 'Target Grip', you shall affect your results.

If you alter the 'Neutrality' of your 'Brace Hand Grip' either at 'SET-UP' or in your 'Execution' ('Flippy'), you shall affect the results in 'BRL' or 'BFL'. The 'Grips' should generally 'MATCH'.

We want to have '**Matching Components & Procedures**'. Right? If you agree, that means if we have a 'Weak Target Grip' we are best served having a 'Weak Brace Grip' as well. These 'Wrist Hinges' work best when 'MATCHED'. Least resistance and greatest freedom!

There are exceptions like the '**Stuck Hands Grip**' that is becoming more common and very useful. When your hands are 'Opposed', when the 'Wrist Hinge Axes or Pins' are not quite parallel, your 'Triangles' can become more stable or less 'Free Moving'. May be a good thing in a 'Stage One' or 'Putting and Chipping Procedure' where you don't want any extra action! Just simplicity and stability! **Quiet Hands and Triangles are cool!**

More later!

C33]

## TINY BIT OF ADVICE

For 'Putting & Chipping'

You must follow your 'Four Step Routine'.

In this '**Short Game Discipline**', you must learn how to and practise 'Green Reading' until you master it to an enjoyed and appreciated science. Accurate 'Green Reading' separates the 'Masters' from the 'Players, from the 'Hackers'. And you can separate yourself from the others by just sensible learning processes guided by your trusted teacher and thorough common sense.

Your 'Caddy' usually reads your 'Putts and Chips' even if he does not get overly active in the process.

Might I suggest that, if you respect your caddies 'Green Reading Ability', establish that he stands behind you during your 'SET-UP Routine' and assesses your 'Clubface AIM' and then your 'Alignment' before you finally accept your rediness to make the 'Stroke'.

Remember, your '#1 Alignment In Golf' is that 'Clubface AIM'. Get it right. Then '**MATCH Your Body To The Clubface**'.

If this 'Tag Team Effort' works for both of you, and two minds and pairs of eyes are better than one, then all you ideally have to do when you 'Trigger' is to make a perfect, unmanipulated 'Dead Straight Triangular Stroke' and it is will likely be successfully over ... 'Rattle Rattle, Bottom Cup'!

Lower numbers is cool!

Enjoy!

**GOOD ADVICE FOR  
APPROACH SHOTS AND PUTTING**

**Always 'LEAVE Your Approach Ball Below The Hole'  
and then 'STRIVE To Putt From BELOW The Hole' too.**

This allows you to be 'Comfortably Aggressive'  
and NOT  
'Uncomfortably Defensive'

... a tough place to Putt from.

**Putting Is 40% Of The Strokes  
And  
60% Of The Game!**

**Make your Approach, Chipping and Putting Strokes  
'Mentally and Physically'  
your 'Last Shot of the Hole'.**

(Lofty but Attainable!)

**"Putting 'IT' simply,  
'PUTTING' should be simply put!"**

(Isn't the English language wonderful?)  
More seriously, 'The Art Of Putting' has some science about it, but  
is truly more of an 'Art Form' than a scientific endeavour.

Let me see if I can break this 'Artform' down 'Scientifically'!

I think 'Putting' is very simple indeed so we will see if I can convince you, my readers and friends, of this truth.

#### **PUTTING'S TWO REALMS:**

1) the '**Mental Side**' involves 'TRUST' and a 'ROUTINE' to support this 'Trust'. Discipline enables 'Repeatability', 'Reliability' and 'Consistency' which emanates firstly from our 'Minds'.

2) the '**Physical Side**' is scientifically simple. You must accomplish or deal with only six Physical tasks in order to become a sound 'Putter', perhaps to 'Master the Short Stroke' which every Golfer dreams about and few manage.

These 'Seven Total Tasks' are;

- i) '**MENTAL PREPARATION**'. Present Tense 'Campaign Strategy'
- ii) '**PROPER TOOLS**' 'Munitions That Fit'
- iii) '**COMPETENT GREEN READING**' 'Accurate Reconnaissance'
- iv) '**CLUBFACE AIM**' (DIRECTION)
- v) '**CLUBHEAD PATH**' (DIRECTION)
- vi) '**OPTIMAL IMPACT AREA**' (OPA) or 'Sweet Spot IMPACT'  
(DIRECTION & DISTANCE)  
(Balls Stroked on the Toe go Short and Low ENERGY Side)
- vii) '**WEIGHT OR POEWR**', 'ENERGY, Clubhead Speed, DISTANCE'

That's it!



C35]

## JUST ANOTHER LITTLE GRIP NOTE

A growing number of golfers use the 'Target Hand Low' 'Putting Hand Placement' which is really useful as it 'Mechanically Reduces The Brace Hand and Wrist Action'. It enhances 'Moving The Triangles'. It promotes the reliable 'One Piece Movement'.

We know we do NOT want any 'Flips'! This 'Hand Placement' helps.

Some even 'Chip' '**Target Hand Low**' which again is quite satisfactory. If it works and 'Ain't Broke, Don't Fix It'. If it works reliably, keep relying on it! Golf is trust!

Here's the 'NOTE'.

'**Butt Anchored**' means that you have the 'Butt Of The Grip' 'Stuck' somewhere! From the 'Top Down' ... it is 'Stuck' in your 'Chin, Neck, Sternum or Belly Button'. These are '**Anchor Locations**'.

If you are a 'Butt Of The Grip Anchored' mechanic, I strongly suggest you '**DO NOT Employ The Target Hand Low**' placement. You already have the 'Flip Action' prevented or minimized with the 'Butt Anchor'. You really now need the ability to 'Release The Clubhead' so you do not tend to 'Pull' or 'Move the Clubhead' with your 'Lower Body Machine'. We must use the 'Rocking Chair Shoulders' and NOT the 'Hips'. We must all utilize the 'Secondary Engine' which is the 'Shoulders' and NOT the 'Primary Engine Hips'.

I actually know a really interesting fellow who makes his 'Putts' entirely with 'PIVOT'! His success really annoys me! He knows and often takes my money away during our weekly 'Luncheon Putting and Chipping Competitions'! Good thing we are old friends!

More on him later?

Likely NOT!

C36]

**ALL YOU HAVE TO DO  
TO BE A GREAT PUTTER**

**Master Your Own Consistent Repeatable Stroke**

(even if it is not perfect, but simply has the 'Five Essential Elements' in order, with good Distance and Direction)

**Get Your 'Clubface AIM Square' To The 'Ball Rolling Line' (BRL)  
and 'PATH' when the Golf Ball 'Separates' From the Clubface.**

**Learn How To 'READ GREENS' Flawlessly**

**TRUST YOUR TALENTS and MASTER YOUR EMOTIONS**

(Be 'Cocky and Courageous')

**FOCUS ON THE PROCESS and NOT THE OUTCOME**

Make the stroke! '1 & Thru'

That's all!

You can see my 'Tongue In Cheek' a little but I am more serious and sincere than you may presume. 'Putting' is certainly the shortest and simplest 'Stroke' in the Great Game Of Golf!

Remember **'ALL PUTTS ARE DEAD STRAIGHT'!**

**THESE THINGS HAVING BEEN SAID**  
(always about those 'Components & procedures')

**'TWO PART HARMONY'**

I just completed a private 'Putting Lesson' with a very good champion lady player. I use these three words accurately. She is a 'Champion Lady Player'.

You will soon know or may have picked up that I like you to 'FEEL' like your 'Putter Head' 'CHASES' the Ball to the hole or 'Displaced Target'. This helps us keep the 'Clubhead properly 'TRACKING' as one does in the 'Bullet-Proof Base Board and One Inch Drills'. If you do not know what these are, read on or go to your 'Friendly Tour Guide INDEX' right now and find it! Important stuff!

Here is a statement I used with this lady and, because it made verbal then 'mentally visual' sense to her, she is going to use it. **"In the 'Putting Stroke', make sure that the Heel Pad of your inside Brace Palm tracks down the 'Ball Rolling Line' (BRL)".** If it does not, how can you expect your Clubhead to do so. If it does not, you are likely 'Manipulating'. Stroke Basics never get old! Your 'Motion Line' is your 'Body Line' which is parallel to the BRL.

Likewise, **"In the 'Putting Stroke', make sure that your Target Elbow, once 'SET-UP', also tracks down the same 'Ball Rolling Line' (BRL)".** If these two 'Components', the 'Brace Heel Pad' and the 'Leading Target Elbow' (Triangular Components) do not work in harmony, the music your 'Putting Stroke' makes will sound like hell! Oh, sorry! I almost forgot my gentlemanly nature! ....will not produce good 'Two Part Harmony'!

In your 'SET-UP' or 'PreSHOT Putting ROUTINE', establish your 'Lever Triangles' and do NOT change them through the entire 'Back and Front Swings'. Whatever is your 'Wrist, Forearm and Elbow SET-UP Triangle', maintain it! Whatever are your 'SET-UP Target and Brace Wrist Hinge Angles', 'WRIST HINGE POSITIONS', do not alter these at any time throughout the entire 'Back and Front Swings'. I like my 'Strokers' to 'Finish and Hold' and then 'Listen For The Ball To Rattle The Bottom Of The Cup'! Do NOT turn your eyes to watch the Ball roll to the Target. If you turn your Eyes, you will turn your Ears, you will turn your Target Shoulder, you will 'Pull

or Block'. This is certain 'Manipulation' and certain death! At best you will be playing 'Get Lucky' or 'Crap Shoot Golf'.

Remember, when you follow a great 'PreSHOT ROUTINE', you will have one last look at the 'Ball Rolling Line' ('BRL') from the 'Cup Back To The Ball' just before you 'Trigger' at the same speed your glance or look is traveling. This is part of your 'Trigger'. Say your 'Trigger Words'. "ONE AND THRU". Breathing out! 'FEELING & VISUALIZING' the Ball Rolling 'Down The Line' right into the bottom of the cup. Rattle clunk!

'All Putts Are Dead Straight'! Let the profile of the green do all the bending or produce all the curves in the 'BRL' or Ball Action! And not any 'Hand Action'.

Also, again, as is the case in all 'Golf Swings', to create and help maintain your 'Tempo, Timing and Rhythm', say your 'Trigger Words'. Remember mine are basically **"ONE AND THRU"**. Yours should not be too far from mine! But individualistic is good. This lady uses **"BACK AND THRU"** which is just fine. Keep the words very simple and use 'No Action Words' (verbs). 'Trigger Words' should not number more than about three so you can use them or they can function as actual 'Tempo, Timing and Rhythm Generators'!

This 'Putting Stroke' is certainly, by far, the simplest 'Stroke Procedure' in the 'Great Game Of Golf'. Learn it well and keep it 'Feeling' that way both mentally and physically.

Remember, that there is a 'Putting Procedure' or a consistent 'LAST FIVE INCHES' before and through the Ball in every Stroke. In other words, "There Is A Putting Stroke In All Your Putts; in all your Chips; in all your Bump & Runs; in all your Knock Down Shots; in all your Pitches; in all your Punches; in all your three quarter Shots and all your 'Full Swings'! There is a 'Putting Procedure' (Clubhead PATH, Clubface AIM ... SQUARENESS THROUGH the IMPACT Zone) in every 'Full and Less-Than-Full Swing!

In case you did not get it, that is all Swings! Think IMPACT Conditions? More!

Always think 'IMPACT and Release' but perhaps more about 'Letting The Ball Separate From The Clubface Than Making It Come Onto The Sweet Spot'! 'THROUGH-ness' and not 'AT-ness! Absolutely key in every Golf Shot!

**Let IT Go! Let IT Happen!**

The optimal 'Putting Stroke' is all the above plus a little of that 'CHASE'. If your 'Back Swing' is 8 inches then your 'Through Swing' is 9 inches. 'Target Elbow LEADING and Brace Heel Pad TRAILING but both TRACKING! (3 Ink Soots) All parts 'ON PATH and PLANE'.

Remember to 'RELAX' throughout the entire 'Stroke Procedure' which means 'Breathing Out' while the 'Clubhead Is In Motion'. Is the 'Take-Away and Back Swing' considered 'In Motion'? Absolutely! So 'Breathe Your Clubhead Away'! Exhaling gently, 'Releasing The Positive Pulmonary Pressure' throughout the entire 'Stroke Interval'. Again, 'En Anglais, Senor',

## **'IF YOUR CLUBHEAD IS IN MOTION, YOU SHOULD BE BREATHING OUT!'**

Your 'MOTION' is generally best more of a 'Rocking Shoulder Motion' (rotating the Shoulder Axis around your Upper Spine) rather than any independent 'Component Actions' like a 'Brace Hand or Lever Push or Thrust Action' which we call a 'Push Basic Stroke'. When you employ this 'Motive Procedure' your 'Thrust Line' is likely NOT parallel to your 'Body Line'. You will be 'ALIGNED' 'Open' to the 'Ball Rolling Line'. You could be 'ALIGNED Closed' as well and utilize a 'Pull Basic Procedure'. As long as the 'Components and Procedures MATCH' I do not care which methods you elect to use.

Jack Nicklaus is a prime world-class example of a 'Brace Hand Push Basic Stroke Procedure' where he is 'ALIGNED' quite 'Open' and produces the necessary 'Thrust or Motive Force' with a 'Brace Hand Push Basic Procedure'. His 'Force and Clubhead Speed' are 'Brace Hand Generated'. If you know or recall Mr. Nicklaus' 'Putting Stroke', his 'Eye Line' is very much down in and behind his 'Thrust Line'. That is partly why he is so very talented at 'Seeing The Line' better than most. He is known for his 'Green Reading' ability. People say he knows a lot of them because he designed them. Don't ever kid yourself! Jack Nicklaus has practised reading and understanding greens for fifty years. He just got very good at it the 'Old Fashioned Way' which is the Nicklaus way as well! He earned the ability and right to execute and be the champion and hero figure he truly is.

Hope this little bit of information helps.

Now, much more to come on this greatest, easiest or most important of all the 'Golf Swings'! Stole a lot of thunder in these last few paragraphs but you will benefit from reading or hearing it twice or even three times! Get it right and get good at it. You too can or shall become a teacher and/or player. Not bad rewards!

Best Of Luck and Enjoy!

**'IF YOUR HANDS ARE IN MOTION,  
YOU SHOULD BE BREATHING OUT'!**

**'IF YOUR HANDS ARE IN MOTION,  
YOUR EYES SHOULD NOT BE'!**

**PUTTING**  
**a 'Less Than Full Swing'**

Firstly, before I take even one more small step into this very deep subject, like a deep well with years' supply of cold fresh water, I want you to know that, whatever is written (by me or anyone else) or read by anyone, **'Putting Is NOT A Science. It Is An Art Form'** with a scientific basis as a practical benefit.

**Putting Is The Easiest 'Stroke Procedure In Golf'!**

**You Do Not Have To Be Athletic To Be A Great 'Putter'!**

It is doable by anyone who desires to take on the challenge even like champions must undertake.

**All 'Putts Are Dead Straight'!**

**'Putting'** is about 40% to 50% of the entire game from a stroke perspective. I do not, however, feel personally it should be that high from a 'Skill Challenge' point of view.

When combined with your **'Chipping, Bump & Run and Pitching'**, say from your 'Full Swing Pitching Wedge In', which I consider your 'Short Game', now you have over 80% of 'THE GREAT GAME'. Remember, **'Golf Is Fairways Greens and Putts'!**

**MASTER GOLF BASICS!**

When one makes this **'Simple Stage One Muscular Action'** overly scientific or more than barely or adequately mechanical, if one over analyzes or overworks the process, it will make you 'TENSE'. Yips are the product of this approach error. **'TENSION Is The Number One Killer Of Any Great Putting Stroke'**. I am herein going to present a lot of options. You must select simple and easily accomplished 'Procedures' that suit your physical make-up and psychological demeanour. **'There Is No One Way to Putt'** but there is a correct selection of 'Components and Procedures' for you. That is why we are together right now ... to locate, identify and select compatibility! We are going to have success!



1)           **CONSISTENT:**

I want to stick to our **3 C's** so that we become and remain 'CONFIDENT, COMFORTABLE & **CONSISTENT**'. The object in putting is to hole the ball with but 'One Stroke' and doing that, you will be 'Consistent'.

We committed to managing our GOLF by those '**10 BASICS and 5 CONTROLS**', and we are going to stick to that as well!

Hoping that I neither bore you with my rendition of this '**Simplest Of Golf Strokes**', nor appear facetious in my attitude towards the 'Putting Stuff', this little stroke with the 'Zero-Lofted Stick' is dead simple and I intend to justify this statement in the coming carefully-thought-out pages. Basics are basics, even if we have ten zillion ways of applying them as, world-wide, there must be in this stroke. Virtually every serious golfer has more than one way of putting. I am no different and want to expose you to some of the logical information which surrounds this little stroke.

2)           **BASICS, BASICS, BASICS:**

Putting is absolutely made up of our '**5 SET-UPS**' and being the '**B.E.S.T.**' (Putting Procedures and Check-List)' you can be. You know them and if you have any questions, see your 'Table of Contents or friendly Tour-Guide INDEX' without delay.

These '5 Set-Ups' generally take care of, among other items, the 'How & Where'; '**the DIRECTION ('Clubhead Path'), the Clubface AIM. Optimal IMPACT & SEPARATION Zone or Sweet Spot (OPA) and the 'Angle Of Attack'** in our Routine. We are certainly in agreement that these elements are primary and our simple discipline attends to their importance. It is very important that, once we have taken care of the 'Set-Up Elements', we preserve them. The '**5 CONTROLS**' go a long way towards this goal. But equally, do not belabour them; do not get so stuck on them, so consumed by them, that we cannot proceed, naturally, to the next phase of our Routine and 'Pull the Trigger' on making the smooth stroke.

Of course, we know the next phase..... the '**5 EXECUTIONS**'!

You know these as well. They methodically and naturally, without mental or physical stress and strain, take care of the '**The How Far, The DISTANCE and the WEIGHT**'. Unless I am very mistaken, once

we have accurately dealt with **'DISTANCE and DIRECTION'**, having made that smooth and fluid stroke we have wisely understood and adopted throughout this book, the Little White Ball will be resting at the 'Bottom Of The Cup', one or two less strokes required to get it there than we had earlier become accustomed to needing.

3) **IN SUMMARY:**  
of this very important stuff,

Naturally

**'The 5 SET-UPS'** fully take care of **WHERE**  
**DIRECTION**  
**AIM** and

**'The 5 EXECUTIONS'** fully take care of **HOW FAR**  
**DISTANCE**  
**WEIGHT**

**'The 5 CONTROLS'** are your, never miss, insurance policy. Never leave home without them!

**'The 5 ESSENTIAL ELEMENTS'** are the core 'Physical Ingredients that make up every single 'Golf Stroke' every made. Learn them well!

I want you to grow or evolve into a mood and procedure that keeps each phase of your **'ROUTINE As Basic As Humanly Possible'**. Once you accomplish this feat, both 'Physically and Mentally', you must NOT skip or modify the performance in any way without serious consideration of the effects and consequences. You will, by this process, be able to withstand 'Pressure On The Dance Floor'.

We 'Putt' about 25 to 35 times a round. Some make this simple little stroke even more times over one trip around the patch! If so, just think how easily you can lower your score and raise your 'Enjoyment Quotient'! That is why we are together!

## DEJECTED AND FRUSTRATED:

I just finished a teaching session with a very accomplished, but seriously suffering and frustrated consummate player, a man who could play your 'Lights Out' at will. But he was putting well below his capability. He was putting with results far below his expectations and numbers to which he had become accustomed. Making 41 strokes on the 'Dance Floor' in a recent round was the 'Nail In The Coffin'. He decided to pay me a humble and slightly angry or dejected visit.....today in fact.

His problem was not ability and courage. His problem was having developed a 'Fussy Visual and decayed Routine Approach to the Little Stroke'. Where he used to make six to eight footers with casual yet '**Cocky**' abandon, (with a seven second Routine), now he squirmed over four footers, missing half of them! Squirming, mentally or physically, means TENSION which absolutely leads to errors.....Golf Purgatory. HELL I've been there!

So what did we two do about it?

We redefined and simplified our '**5 SET-UPS**' and '**5 EXECUTIONS**' and supported them with those '**5 CONTROLS**' which are the '**Chin, Hands, Feet, Ball, Pin**' foot soldiers who will never let us down. I assessed his Routine errors. We took out the bad stuff and left ONLY that which was efficient and meaningful. You see, this gentleman had what was necessary to get the job done, to his old standards and I believe better, but BASICS were so cluttered with superfluous nonsense that the paint, the artform, did not, could not show through the dirt.

We focused on 'Proper SET-UPS', Proper Efficient Moves (supported by Physics and Mechanics) and then methodically converted all this to our '**REMEMBERED FEEL**' which I shall never abandon as long as I have the pleasure to share time with such good folks as yourselves.

This player can putt the lights out and he will be doing so again NOW. If you can imagine riding a bicycle, learning to do so at four years of age, you do not forget how. Your personal computer tapes are not erased, just 'Fuzzy'. We carefully removed the fuzz on his great putting stroke which was just snoozing. I now know it is awake and I made it my personal responsibility to impress upon him that I expected nothing less than what he was made of to show up on

his score card. There is no doubt in my mind, nor, I believe, his.

I am proud of him and I am very pleased. I trust him. He could be my partner any time the chips are down and the stakes are high.

Foolish and cavalier as this may sound, you could be as well.

4)           **PUTTING IS THE SIMPLEST** (and perhaps easiest)  
              **SWING IN YOUR BAG.....period !**

But it is 'Micro', precise and highly visible,  
therefore getting a great deal of attention.  
You're on the Spot & Putting in the Spotlight.

**It's Oscar Time!**

In essence, as I have often stated, a Putt is a 'Micro Drive' and there is more to this than meets the eye. Putting is the 'Essence Of Correct Golfing Mechanism'. One who has the correct concept of the Golf Swing and will apply this to Putting will improve his Putting. Likewise, the 'Micro' mechanics of a putt certainly applied to the 'Macro' mechanics of the biggest drive.

How important is this 'Micro' stroke or links preoccupation, sometimes an obsession, we call '**PUTTING**'?

Before I answer this question, let me remind you that one who fires his long irons or makes his short game strokes place the Ball within the five foot circle, rather close to the Bottom of the Cup, will always be no worse than a good putter! The short game is where the gold is hidden! My best ever putting performance, 10 out and 12 in, came simply as a result of missing most greens in regulation, then pitching, chipping or 'Bump & Running' to within a couple of feet of the hole every time. An old country boy knows that two footers must be easier than twenty-two footers. Bet you agree?

Well, this little '**STROKE**', Putting, (and it is not a HIT), accounts for about '40% to 50%' or more of all your playing strokes. Strategically, when fully considering the mental and physical aspects of Golf blended into one performance, it is likely about '60% to 70%' of the game. So, as boldly or bossy as it might

sound, right off the bat, if you are not spending about half of your practice time working on your putting stroke, you had better reassess your best interests. Practise smart!

You will notice that the winning pros are not carding even thirty putts. It takes less, much less than thirty putts per round to be a consistent contender out with the big boys. To keep this simple little 'Miniature Drive' in context, although it sounds wonderful, two putting your way around the course on Sunday will not cut it! But, I want to add right here that if you are a great two putter, a fifty-seven footer means a great lag and one more for that rattle at the bottom of the cup. This type of performance (Gutsy & Trusting), makes for numerous suitors for a Sunday team match; a sincerely earned popularity no politician will ever know!

You finish every hole with a putting stroke, so it can be convincingly argued that every putt directly sets up or affects every drive. That is a big influence. Then talk about attention, being in the lime-light, those strokes on the 'Dance-Floor' usually have from three observers to an audience of millions. There is no fudging or getting away with poor strokes unnoticed. We all know the 'Destination'. They are all '**CALL SHOTS**'. Misses with the short stick hurt just a little bit more than with the mid irons!

Putts fix mishits with those iron or wood tools and often create 'SAVES' and make a bogie into a par. But, if you miss one putt, it is a stroke gone that cannot be recovered; hardly fair but reality. Who said GOLF was supposed to be fair anyway?

If you have a very reliable repeatable putting stroke it will take a great deal of pressure off your driver and your irons, not to mention your mind. Even when your bread and butter short approach game is solid, knowing your putter will always come through, takes pressure off and makes it even better. I am certain that your trusty putter makes for better drives and an even fresher mental approach to the game lending to effective course management. (Great Approach Shots take pressure off your Putter, and that's fair too!)

Good putters make good captains!

#### 5) **ROCKET SCIENCE OR BLACK MAGIC?:**

Research on this subject, valid and properly guided or not, abounds. I have read as much of it as I can tolerate and, although

I continue to do so, have about as much physical information and methodology as can be catalogued to date.

I too have owned a literal study full of Putting Tools, some originals such as the 'Calamity Jane', several Bobby Jones models, some Palmer originals, blades, mallets, wooden heads which certainly qualify as the most beautiful, brass heads, stainless heads, titanium heads, bi-metallic heads, hollow heads, soft-touch inserts, milled faces, slotted heads, heel-toe weighted, inverted heads, heel / centre / even toe-mounted, straight steel shafts, single-bend, double-bent, spline-shafted, composite-shafted, round-gripped, flat one-surface grips, thin ones, medium ones, fat ones, really-fat ones, jumbos, long putters that go to your Target Forearm, Target Elbow, sternum, throat, chin all with two separate grips that conform to the U.S.G.A. rules, some that don't, extra-heavily-weighted heads, super-lights, several with optical prisms so that you can actually see out of the face of your own putter in order to align through the Ball right to the flagstick, one with a laser light that acts as a direct guidance system, ones that are designed to pick up my Balls, several with weight-ports that allow you to increase and decrease actual head dead-weight, curved face and even fully round-headed putters, triangular, square and every imaginable shape, all colours with one two or three stripes for alignment, one model that tells you whether your shaft is perpendicular to the putting surface or not so you can determine the degree or absence of 'Forward Press', .....

You name it. It's been done!

In all these, we explorers and 'Always-Looking-For-Magic-PHYTES', can additionally consider FEEL, balance, dead-weight, live-weight, weight distribution, grip position and type, sweet spot or that 'Optimal Percussion Area', face texture, shaft axis and rotational axis, length of swing axis (shaft length), head LOFT and LIE, shaft stiffness, popularity, cost and cosmetics, just to name a few marketing considerations. The sky has never been the limit! It is still getting higher.

What is the bottom line in this vast science and marketing exercise?

The swinger and not the stick!

You must be CONFIDENT, COMFORTABLE and CONSISTENT with it. Everything else is secondary.

6) **FAN METHOD OF FIELD-TESTING:**  
( 'Spiral Drill' )

Interested in a new putter? Always try it for several sessions using what I call the '**FAN METHOD**' of testing your putter. Place about eight or more balls starting two feet away from the cup and working in one foot increments farther away with each ball and placing them in a big gentle arc or fan shape. The green should be flat as you are not testing your 'READ' but your stroke and the putter's ability to smoothly 'Roll the Ball' squarely down the 'Ball Rolling Line' ('**BRL**') with solid 'FEEL' and little else.

Putt all these balls to the cup and then do it in reverse.

Having done this, you will know what makes this putter tick in harmony with or without you. Now you are in a position to make a choice. Remember I own dozens of putters and use only about four at various stages in my year depending really on how I FEEL. Do what it takes to be 'CONFIDENT, COMFORTABLE and CONSISTENT'. Sometimes I will simply change tools just to provoke my attitude to become sharper and more aware of the different 'FEEL' that I am actually sensing. I have to be honest with you. I do not own a putter that cannot put the Ball right into the bottom of the cup.

Variety is the 'Spice of Life and Putting'

**PUTT WELL!**

7) **THE MENTAL SIDE OF PUTTING:**  
'Sometimes my putting drives me nuts!'

I think this 'Between The Ears' stuff is quite simple.

a) If you **THINK YOU CAN**, you will. ('TRUST')

b) Don't get 'Bogged Down' in a complex **ROUTINE**

... **JUST DO IT!** 'Bottom of Cup'



If your 'ROUTINE' involves or allows 'Doubts and Fears' to enter into your thoughts, change it. If it takes too long, shorten it. Do not proceed with making any putts outside the 'Two Foot Circle' until you have made at least a dozen. Then you can proceed to three footers and make another dozen before even beginning to contemplate moving farther from that 'Quarter'. When you can make everything inside the five foot circle, every time you step up, you will score better.

Considering the number of misses from these distances and the profound affect they have on our psyches, you need to make all of them with 'Ugly Confidence' if needs be. In case you do not know it, the Pros miss 50% of their five footers! Now there's a reality check if there ever was one! Keep yourself in perspective.

c) **VISUALIZE** the actual 'Full Ball Rolling Trip' start to finish and finish to start. I like to 'Sight Travel' Ball to Pin, Cup to Ball, back down the middle of the 'Putting Road' Ball to Target and then returning right down the **'WHITE LINE'** at a slow 'Eye Pace' to my Ball which 'Triggers' my 'Low Energy Smooth Take Away' at the same pace my Eyes are moving, centre line to my Ball. Only then should you 'Paint The Picture'.

Make sure your 'Routine' does not unroll faster than your heart-rate. If your heart is beating too fast, slow it down. Breathe slowly at all times in your 'Putting Routine', even OUT more slowly than IN. Exhale preferably through your nose. Empty your lungs.

This 'Visualization Tied to Heart-Beat and Pulmonary Rate' technique keeps me collected mentally so I can become physically acute. If we get stuck in a 'Fixed Physical State', underlined by the 'Mental Pressure' that comes with every putt to some degree, we may not be able to start the move; 'Pull The Trigger'. We may even develop the dreaded **'YIPS'** that can seem terminal to any golfer afflicted. The good news is that the 'Yips' are curable.

d) Keep moving slightly throughout your **'SET-UP ROUTINE'** even if it is just 'Wiggling A Finger Or Two', tapping the putting surface with your putter head to keep loose, moving your toes up and down, twitching your nose, forward and backward pressing cycle making sure you return to your Set-Point before you pull the trigger, breathing smoothly and deeply and NOT holding your breath at any time from start of Set-Up to absolute completion of the

stroke, concentrating on your '**5 CONTROLS**' and any other personal relaxation mode that does not interfere with your actual stroke.

e) FEEL in your mind that you are winning and are about to win again with this one single 'CONFIDENT Putt', Squarly-aimed Putter Face **S T R O K E D** down the line **T H R O U G H** the Ball right to and through the Hole.

**FOLLOW!**

f) Practise and Putt every time with 'Zest and Passion'. When and if you cease FEELING either of these, stop and do not proceed until you again 'FEEL Desire and FEEL Passion'. To enjoy that precise but small moment when your Ball just slips over the edge and down into the magical little 4.5" crevasse, soon to be recovered by the hand that proudly and assertively sent it on it's way, is a big plus.

**NEVER NEVER NEVER Give Up**

You have good strokes in you and they can ONLY come from you,  
by you  
for you

**THINK The BALL Into The Cup**

I have said it before and I will say it again

**PUTT WELL !**



iv) You must '**AIM your Clubface or BLADE**' squarely down the 'Ball Rolling Line' and '**STROKE**' the Ball consistently every time. By developing this 'Comfortable Robotic Sameness', you will score very well indeed and be more popular at your club and with 'Golf Buddies'. This is just good old 'DIRECTION' housekeeping. The only other remaining ingredient to the 'Putting Recipe' is 'DISTANCE', 'WEIGHT' or 'FORCE'. I call it '**ENERGY Management**'. More soon!

v) You must control the '**PATH of your Clubhead**' which optimally should 'track' directly back and down the 'Pre-Selected Ball Rolling Line' ('**BRL**') which is always that 'Straight Line' which is 'Parallel to your Foot or Body Line' ('**BL**') and not necessarily the same as the 'Target Line' ('**TL**'). The contour of the green creates any curves in the actual 'Ball Rolling Line' not 'Spin-Rate!

vi) You must strike the Ball in the '**Optimal Percussion Area**' ('**OPA**') which is the '**Sweet Spot**' or '**Centre Of MASS**' of the Clubhead and 'Balance Point' on the Clubface. This is the only location on the Clubhead and Clubface that will deliver consistent and predictable 'Ball Reactions'. Off-centre 'IMPACT' produces 'Spin-Rate' and then your Ball obviously won't roll straight.

vii) Finally, you must produce the proper amount of '**ENERGY**' as mentioned in d) above. This '**ENERGY Management**' amounts primarily to controlling the 'Length of your Back Swing' (Clocking, Acceleration Duration or Distance). Another way you can modulate the severity of the '**Clubhead Ball Collision**' is by increasing or decreasing the amount of 'Thrust' you apply to the Ball via the Clubhead. You have two options of modulation. The first might be to 'Rock Your Shoulders' with slightly more 'Amplitude and POWER'. Secondly, you can apply some 'Hitting Action' to the Ball through the 'IMPACT Zone', especially with the 'Brace Lever'. This was the method adopted by such great Ball-Strikers' as Arnold Palmer whose primary 'Motive FORCE' was in the 'MOTION of his Brace Lever'. He was a 'Wristy Brace Piston MOTION Putter'.

Nevertheless, the faster you move the 'Clubhead' the more 'ENERGY, Momentum, Inertia and Acceleration and Velocity' ('**MIAV**') you produce and the faster and farther the Ball will travel.

Assemble these '**Seven Elements**', your orderly parts of the 'Little Short Stroke' and you will become that very popular partner. I cannot put it more simply than this and you cannot perform the 'Stroke' more simply than this either. It is truly this simple and we must strive to NOT make more of it or we will find ourselves in self-doubt struggling for our very 'Golf Lives'! Depending how you evaluate this Stroke, 'Putting is between 40 and 60% of the Game! We must do it right

We will speak about the many other personal concerns and idiosyncrasies in 'Putting' shortly, but your just getting a 'Grip' on these 'Seven Elements' is a very good start. They are 'basic' and never fall out of the equation. Learn them well!

9)           **APEX PUTTERS ('BRL'):**

I think this method is absolutely the best and I am not alone in this opinion.

The 'Top Of Break' is also called the 'Apex Of The Break'.

TOP OF BREAK  
SPIRAL DRILL



Spiral Drill  
Top Of The Break





Top Of Break  
Stimp Tool Drill



So people who agree with me and use the 'Top Of Break Point' as their aiming point ('BRP') when the break is more than about 10% (at the absolute maximum), can be called 'APEX PUTTERS'. Once we learn to 'FEEL' and 'EXECUTE' 'Dead Straight Rolls', using this 'Top Of Break' as the 'AIMING Point' this method works wonders, especially if you 'See The Ball Come Off The Clubface' and avoid the urge to 'Take The Peek'. Remember, 'If you look up to see your Ball Flight or Ball Rolling PATH evolve, you will hate what you see! Still head is the issue. The 'Top Of The PIVOT' must NOT move or you are cursed.

I just want to add that, if you have a 12" break, either right to left or left to right, and you uses the cup as an 'Aiming Point' ('BRP', Ball Rolling Point), you will be very tempted to 'Pull' the Ball in the direction of the Hole. You will tend to try to help it make the turn. You will not find any advantage or pleasure in this 'Swing EXECUTION Error'. I strongly suggest using the offset 'BRP' as your 'Stroke AIMING Point' and then just make very relaxed 'Straight Line Putts' breathing out.

#### **5 AXES:**

Importantly, when you 'SET-UP' in your 'PreSHOT ROUTINE', make sure your 'ALIGNMENT', the '5 AXES' are 'Parallel or Aligned' to the 'B.R.L' ('Ball Rolling Line') and NOT to the 'Target Line' which is, as you know, 'BALL-PIN Straight'.

"WHY?" you ask. Good questions deserve good answers.

Because, if your are 'Aligned Target Line' and want to roll the Ball on another line, the 'B.R.L.', you will have to 'Manipulate' either by 'Changing Your Triangles' and 'Pushing or Pulling'. If you have to do this, do you know there is no purpose in even 'Setting Up' to any line. A good 'Guess or By Gosh Stroke' has about as much chance of going in as does one carefully 'Set-Up but Wrongly EXECUTED'.

Always 'Execute Your Stroke Down the Body or Foot Line'. This is where your 'Golfing Machine' wants to 'Naturally Execute' so don't get in its way!

### ONE MORE POINT:

Subtle as it may seem. I do not even want you to think about the 'Target Line' if there is more than a 'Cup Width Break'; perhaps not even my above prescribed "10%". If you are a perfect 'STROKE' you will miss by a 'Cup Width'!

"WHY?" you ask again.

Because, when you even think of the 'Target Line', other than during your 'Reading Of The Green Phase', you will invariably 'Imprint a Picture, 'VISUALIZE' this 'BALL-PIN Straight Target Line' which is only 'Momentarily Useful'. After that moment, it just becomes 'Confusing or Conflicting DATA'. It will get in your way of thinking or 'Visualizing' the real '**B.R.L.**' where your '**APEX**' is located.

In 'Breaking Putts', think, 'VISUALIZE' and 'FEEL' '**BALL-APEX**' or 'Top Of Break' **ONLY!**

## **'Your SubConscious Is Always Listening and Remembering'!**

### 10) 'SWING THROUGH THE TOP OF THE MOUNTAIN':

Just a quick comment.

You have heard me say that I use the 'Farthest Point on the Horizon' to give myself an 'Ultimate Swing Line'. It may be a small glacier or a 'Geological Notch or Prominence' in a mountain peak, but I select and use something of this nature wherever and whenever available.

How does this apply to 'Putting'? Where your Hands go the Ball goes. Good general rule.

Well my 'Point On The Horizon' is generally NOT at the end of my 'Target Line'. This is because I play a fade. My predominant 'BALL FLIGHT' is a 'Fade Curve'. Consequently, I never truly AIM 'Dead At

The Stick', except with my 'Short Irons in Approach Shots', but slightly to the 'High ENERGY Side'. The longer the shot, the more 'Off-Set' I apply.

Would Bruce Lietzke look to 'Play Draws'? No. He allows his natural 'Shot Shape' to 'Free-Wheel'. Heck, he even declines to play in tournaments that take place on 'Draw Courses'; those with lots of 'Right to Left' fairways. What's that tell you? You can't fight city hall! So don't. Play to your 'Tendencies and Strength' always! Unless your Putt is 'Dead Straight', 'AIM Your Ball Rolling PATH' at the 'APEX or Top Of Break', 'FEEL the ENERGY' of your needed Swing, set your 'ALIGNMENT' (especially your Shoulders as they are closest to the Putter Head), take 'One Last Look Down The Ball Rolling Line and Back', take a 'Deep Breath' and as you are smoothly letting it out, '**PULL THE TRIGGER**'.

The one last thing I like to see is Golfers who extend their 'Clubhead PATH' well 'Down The Ball Rolling Line' THROUGH IMPACT. I know that, if they did line up well, and stroke with 'Balanced Smoothness' that their chances are very good. I will take all the good chances I can get!

Avoid 'Crap-Shoot or the lazy form of Get-Lucky Golf'.

'**Getting Lucky Lots**' takes 'Pre-SHOT ROUTINE' and practise!

11)           **ALL PUTTS ARE 'DEAD STRAIGHT':**  
                  (with Blade AIMED Squarely down B.R.L.)

Oh Boy, now I am in trouble, my soft under-belly exposed.

Reworded, '**All Putts Should Be Dead-Straight**' from a stroke perspective. They are all 'A TO B'. The 'Break or Cuvature' is 'Mother Nature' induced! You never strive to play a fade or a draw and 'WORK The BALL Into The Cup' unless you are very adventuresome and comfortable with high risk.

There are situations when one might strike the Ball off the 'Toe' or 'Heel' of the putting blade to cut it and create some clockwise or counterclockwise rotation about the 'X Axis, the North-South pole, but we will perhaps deal with those later.

Learn how to 'Stroke your Golf Ball Dead Straight' with a proper

Target / Point, be it related to either the actual Cup or to the 'Top Of Break'. We might putt 'Two Inches Outside Right Edge' or we may elect to stroke, straight line, to a point on the green which is precisely at the APEX or high-point of the 'Ball Roll Path'. Either method has merit and works. More on this soon.

Once we assess this 'Point' which ever it is, the task becomes simplified. Knowing that we can roll the Ball 'Dead Straight', now all we have to do is play '**Weight-Speed-Pace**' and, having read the Putt correctly, using a 'True Ball', it is in the centre bottom of the cup.

## 12) **MORE ABOUT THAT LITTLE SHORT STROKE:**

Of interest, the driver is the second simplest stroke in Golf, but it's athletic. Putting is mechanically the simplest motion. It is NOT athletic! You need not worry about or apply Brace Foot Pre-Load ('BFP'). There is no coiling and uncoiling. You do not have to concern yourself with finishing tall and square-chested to the Target. Wrist-cock at the top of your backswing is not a problem. Being parallel; focus on laying-off or going past parallel are eliminated. Delaying the fire in your Hands must not enter your mind. A whole encyclopedic myriad of torments are eliminated. Alleluia!

### **So What's The Fuss?**

Putting produces the Shortest travel or 'Stroke Distance' and, therefore has the least opportunity (Time and Travel) to get 'Off Line'. But it has very delicate Start-Back and Direction Change intervals when the momentum is at its least. During these intervals, let your bigger Shoulder muscles do the work and NOT your Hands whose capricious small and faster muscles will betray you generally.

Your 'STANCE' in Putting is quite narrow to very narrow as you will hear specifically in this chapter. You create an environment or physical situation for a free and fluid 'Clubhead Swinging Motion' with narrower feet. The putting stroke MUST be free and fluid as you well know so give it a chance with the proper 'STANCE'. Set Up is always imperative in GOLF. If we do not 'Get Ready' properly, we are not going to 'Go' properly.

The most basic and reliable general 'IMPACT ZONE' stroke is 'Straight Back and Straight Through the Ball' right down the Target Line to the bottom of the cup. Clubhead PATH, Face AIM and Sweet Spot Impact.

You have only the **2 D's**, DISTANCE & DIRECTION, to consider and execute and if you do them gently but firmly, they are both well within your reach and capability, as is the bottom of the cup.

13) **GREENS ARE PERFECTLY FLAT & SMOOTH:**

If the greens are perfectly flat and smooth the job is very predictable and calculable. The Putts are all 'Target Line' dead straight. There is no different 'Ball Rolling Line' ('**BRL**').

If the putting surface is '**NOT PERFECTLY FLAT and SMOOTH**' you need to speak with the greenskeeper and work harder at getting the 'Little White Ball' into the hole in as few strokes as is humanly possible.

If the putting surface is NOT perfectly flat and smooth you need to 'Survey' it to determine where and how it is Uphill and Downhill, for the putting surface, between two points (Ball Pin) is one of three conditions:

- 1) **FLAT**
- 2) **UPHILL**
- 3) **DOWNHILL**

or combinations thereof.

Remember breaking right or left is simply a matter of Uphill or Downhill 'Perpendicular' (at right angles) to Target Line which is that straight line centre ball to centre bottom of cup.

So simply defined, Uphill or Downhill '**Parallel**' or in line with your Target Line makes the ball roll faster or slower, or farther or shorter (not break) based on your 'Stroke Power or Force'.

Also simply explained, Uphill or Downhill '**At Right Angles**' to your Target Line makes the ball roll (break) right or left of the straight line to the hole.

Putting is almost always a combination of all these factors and we have to 'Survey and Compute' for them in order to be precise in the simple task of putting. Often we do not work diligently enough at 'Seeing The Breaks' or idiosyncracies of the putting surface. To reap the rewards, one must invest the time and work necessary to succeed. Spend a lot more time on the practice green moving thousands of balls, one-stroke to the bottom of the cup. You can and will improve and become the best reader-putter around. If you think you can do it, you can do it. The **3 C's**.

I know. I can hear you thinking. "This guy is making light and being facetious." I am not. What I am is trying to be as simplistic as I humanly can be so as to direct you in the most basic manner that I can. **'The Solution To Golf Complexity Is Found In Its Simplicity!'**

When you have 'Surveyed' the putting surface, including grass strain and texture, moisture content, grain and items such as wind speed and direction (as ten knots of wind will affect your balls roll and behaviour), you then will know where and how to move the ball to get it in the hole.

#### **GRAIN:**

This 'Grain Aspect' is important. We have commented on it before and will again. When reading greensm look for these 'Grass Growing Characteristics or Tendencies'.

a) Grows 'Towards The Water Source' be it a ditch, pond, lake or the sea.

b) Grows 'Towards The Setting Sun or Light and Heat Source'. The setting sun is used rather than the rising sun, because the overall 'Dominant Heat Source Direction' will be 'High-Noon to Sunset' and not towards the earlier path of the sun.

c) Grows 'In The Direction That The Golfers Walk' due to the fact that they tread it down and it has to grow back up.

d) Grows 'Away From The Mountain Tops' as the air from these higher elevations is colder and descends into the lower regions. Grass grows to the 'Heat Source'. As well, think of the 'Light Source'. The mountains end to block the early morning and late afternoon light which affects both heat and light intensity.

e) Grows in the direction of the 'Sprinkler Water Supply'.

Q26)

"I never really dreamed of making many putts.  
Maybe that's why I haven't made many."

Calvin Peete, Sr. PGA pro

14) **THREE APPROACHES TO PUTTING:**

**A) PUTTS THAT ARE STRAIGHT:**

The first is, of course to strike the ball directly into the cup. Your putter blade square to the Target Line. Straight Back and Straight Through, down the line to the Target. DONE!

**B) PUTTS THAT ARE NOT STRAIGHT:**

There are two methods or approaches to this consideration.

1) Adjust your 'Line or Direction' based singularly on the Cup. In other words, if your 'NET OFF LINE DIRECTION' is right of the cup seven inches, aim at that cup related point (7" right) and stroke the ball directly at that point. Producing the correct weight or Power in your stroke and IMPACT, (FEEL supported by Practice), you will work the ball nicely into the cup. This approach is what I call an 'Offset Pin Focus'.

2) Adjust your 'Line or Direction' based on a point on the two-



dimensional putting surface that is what I call the '**TOP OF BREAK**' or the highest point in the curving arc or 'Ball Roll Path' that the ball will travel in order to arrive just inside the lip.

PLUNK, RATTLE, RATTLE. ONE PUTT!

This is what I call an 'Enroute Focus or Check Point' method of putting. When we play 'Top of Break' it is an 'Intermediary OFFSET' point or 'Ball Roll - Ball Flight Point'. This approach is like selecting a 'Croquet Gate' at the apex of the arc through which our ball must pass at the correct speed, or pace, in order to break smoothly into the hole, '**PRO SIDE**'.

All we have to do is survey, place the gate in the right place and go through it fast enough to just fall into the cup (Dead Weight It) or go past the cup about 17 inches to ensure getting there.

Of course, you may be facing a 'Multiple Breaking Putt' but this is not a crisis. It simply has more than one rolling action component. You can work two sets of circumstances on the green. We all juggle more than one ball every day of our lives. Read the break right and left component determining the 'Net or Average Break'. Now make the putt with focus on Weight or Distance and NOT Direction!

This situation is still very accomplishable for any person who is determined and 'Trusting' enough to make it happen. I really believe such a putt is more FEEL than Mechanics. Let your mental computer do its job, with some imagination, Set-Up, take one more look 'Down the Line', rock the Shoulders Brace and Target, '**Let It Happen**'!

**C) PUTTS THAT ARE UPHILL OR DOWN HILL:**  
(on a sidehill)

We must simply adjust 'Weight or Stroke Power' to compensate for this third dimension additional to 'Straight' or 'NOT Straight'.

So there are only 'Six Possible Putting Combinations'. 1)Straight Uphill, 2)Straight Level, 3)Straight Downhill, 4)Not Straight (RL, LR) Uphill, 5)Not Straight (RL,LR) Level and 6)Not Straight (RL,LR) Downhill.

Not Rocket Science!

## **SHIRLEY! :**

I had an eight year old Oriental girl, whose name was Shirley, in one of my recent junior clinics. She was a year too soon! When I told her that, her eleven year old sister insisted that she would take care of Shirley and they would both learn. What could a teacher say? Right? You should have seen those gorgeous coal black eyes and hair to match...a little client who left a big impression!

Shirley and her older sister were model students. For an eight year old lady she excelled. When it came to putting, my juniors absolutely love our putting programme because it is goal-oriented and results rich. It is competitive and fun.

I gently brought the 'Target Line' image into focus again for Shirley who knew what it was from short iron work. She had some piano and violin background and thus easily understood 'Top of Break' as well as Pace, Rhythm and Tempo. I showed her the most basic grip and our 'Straight back and Straight Through' stroke. She started at two feet and then three, four, five, six, ten and twenty. This beautiful, quiet and shy little creature came second out of thirty eight in our 'Last Day' putting contest and earned (not WON) second prize. In her pure youthful candour, she came over to me, after the final putts had fallen, with a tinge of sadness on her countenance, and whispered in my ear, "Mr. Fischer....I pulled it. I'm sorry!" Can a grown man be touched?

Indeed!

Two sessions later, she and her sister returned for another four day clinic. Wonderful stuff this 'GOLF' and it's future we call youth. There is an old saying 'That we should not waste youth on the young!' How good would it to be younger again? Just a little!

## 15) **PUTTING IN GENERAL:**

"This so-simple-looking little aspect of the greater whole certainly shouldn't be anything to worry about. The shots are rarely very long and if those folks that cut the grass do a good job, the ball not only wants to go in the hole, they should arrange for it! Afterall, what's a green fee for?"

I consider myself a decent putter, very rarely making 'Three Putts' except in the most demanding or unfortunate of situations, usually resulting from a lapse of concentration or a misread generally as a result of teaching more than playing!

I can recall going through two quite busy seasons in my prime (whatever that is?) when '**I THREE-PUTTED ONLY ONCE**' in almost two months both years.

I still think '**Two Putts Are Good**' and I am soberly convinced that they are certainly better than 'Three Putts' but, are they a key part of a winning strategy and performance? Yes! But only if the 'Twos' have lots of company called 'Ones'! 36 putts per round (2 for each dance-floor) will not cut it if you are playing ball with a ball player!

16) **THE REAL LIFE ON THE GREEN:**

Recently I played a solid challenging course rated at Par 72 and carded a 74 ('2 over'), which, for an over-worked but 'LOVING-IT' dedicated teacher, who plays less than once every couple months, is not at all bad, until one puts it in perspective.

Two of the three playing associates were great ball strikers who can both score. They shot 69 and 73 with some complaints about several poorly executed strokes and swings. Melodramatic! Some people have high expectations. This attitude, however, usually produces better results than those which are softer or less demanding in approach, you know, those with a lower cross-bar.

Our third companion, hampered by owning an expanding business, gets out once a week, but managed an eleven over. He played very well indeed, scrambled more than he would have liked but put up some good numbers, merely with a few costly lapses.

Keeping things in focus, the 'Median Scoring Bracket' in North America, for people getting out twice a week or less is 89 - 93. I sincerely want to tell you that real (no mulligans and playing the ball where it lies) 'BOGEY GOLF' is a solid accomplishment, one of which you should be proud. We can get a great deal of satisfaction and pleasure playing 'BOGEY GOLF'. From the heart, however, an eleven over '83' is better!

My three friends and I all had a great early morning and were off

the links before 10:00, early enough that the 'Two High Scores' bought brunch. You see there is little justice at times in GOLF! The two 'Make Time To Play At Least Twice-A-Week' players gave 'NO STROKES'. "It didn't seem necessary" as your stroke is always solid and you have "what it takes to easily be very competitive" was the reason for being inconsiderate; lacking in sympathy, short on courtesy, hollow and self-serving indeed. I deserved some strokes! However, I can afford and like buying breakfast for these two very good friends with big appetites and little sympathy for a mere mortal who works daily helping others to play better. Incidentally, I have beaten them more than once, and soundly so!

I would never miss a match with any of these great friends that 'GOLF' has so meticulously cultivated. Herein lies the quality and value of 'GOLF'.

By the way, I could have quite easily made up my two stroke no-handicap-adjusted deficit to PAR with slightly better putting and short game. Then I would gladly not have bought brunch!

**IMPORTANT:**

This 'Putting' is all still a matter of 'Pre-Selected Components and Pre-Selected Procedures'. Parts and Tools in the right place doing the right things. Getting 'Putting' operating under the '**B.E.S.T.**' Routine is a great place to start making a lot of 'One Putts'.

Set the 'BLADE FIRST' and then 'MATCH' all the other 'Components' to it starting with your Brace Foot Stance AIM which 'Mirrors' your 'Blade'. See what I mean by 'First Things First'? This goes a long way to naturally getting your Shoulders 'ALIGNED' and the Stroke following this 'ALIGNMENT AXIS'. One 'TICK TOCK' and the Ball is in the hole!

Q27)

"Friendship improves happiness and abates misery  
by doubling our joy and dividing our grief."

Addison

Q28)

"Life has no blessing like a prudent friend."

Euripides

Golf can be a most effective vehicle of friendship. Ride it.  
(even if it means you have to buy brunch more often than not)

Q29)

"If a man does not make new acquaintances as he passes through life, he will soon find himself left alone. A man should keep his friendships, like a ship's sails, in constant repair."

Ben Johnson

The game, simply played regularly, will keep your personal garden well tilled and grow friendships as naturally as waves washing upon the shore.

17) **POST MORTEM:**

From my personal point-of-view, **'TWO PUTTS WON'T CUT IT!'**

Unless my mathematics fails me, two putts per hole produces 36 strokes per round taken on the smooth little green surface. That is too much. If you are on the P.G.A. Tour 'Two Putting' your way around the acreage may not even make expenses. You have to be under

thirty putts per round to keep in the money and with that you will have to be hitting fairways and greens with a fair number of approach-shots inside the ten-foot circle. The five-foot circle is much better!

What was the difference between buying brunch shortly after 10:30 and having it served at someone else's expense? My Putting and Short Game! Too few one putts and one lousy triple! Certainly I need to get out daily to read and make thirty putts from three to fifteen feet, because that is where I left money on the table. Until I force time out of my daily schedule to invest in this putting practice, I will continue to be the good host.

There were seven 'One Putts' missed inside 12 feet, some more difficult than others, but a miss is as good as a mile. Actually it is not. If you go by the hole a mile, it is a very long putt back! What I really mean to say is 'A One is A One'. 'A Two is A Two'. It's that simple. The 'Replayed Scenario' takes no rocket science. 74 less 7 produces a 67. Seven less would not have had to buy breakfast and a 67 is more satisfying too! There will be another day!

'GOLF' is a game of completeness. It is really a sum of all the parts and we must have our fair share of all these parts in good playing form. If we do not, we had better spend more time on getting them so and do it with a positive attitude so the process is not painful, but enjoyable and highly rewarding. GOLF has generally to be earned. There are very very few, if any, naturally born prodigies!

All winning tour players 'Get Lucky' practising about five or more hours every day.

Read'em. Trust'em. Sink'em.  
See It! Feel It! Trust It!

18) **BACK OF THE CUP?:**

Make the Ball '**DIE IN THE CUP**' gives it the best chance to fall in. Secondly, hitting it to the back of the cup (more speed or weight) ensures it always gets there. This second method will reduce break in the 'Ball Rolling Path or Line' and helps if the greens are a little bumpy, fast and somewhat tricky to read and control. It will also reduce some of the effect of the '**LUMPY DONUT**' roughness that

naturally develops around the hole from morning to later!

I want to make it quite clear here that when one strikes a putt very firmly, knowing that it will go considerably past the hole if it is only ever-so-slightly off Target Line, this approach makes the 4.25" cup become 2.75" across, while letting it '**Die In The Hole**' makes the cup just slightly less than 5.75" across. Speed puts a little pressure on the putt as well as it's taking some of the break out!

There is a quite well-known statement used in the Golf vernacular which is: 'Never Up, Never In' which tends to allude to this striking the Ball to the back of the cup. In fairness I must mention that the female side of the court uses a different saying which is 'Always Up, Never In'. Go figure!

19)           **STEADY HEAD:**

One way to promote a 'Steady Head' in putting is to work diligently to see the blades of grass under the ball after it leaves. Look at the bottom inside cheek of the ball before the takeaway and during the stroke and IMPACT but see the compressed blades of grass under the balls feet once it has departed.

See the 'Butt of the Ball', visualize the Quarter and feel the bottom of the cup. Strike the ball on its butt while swinging the square-faced, zero-lofted clubhead where you are FEELing. Straight back and straight through the ball on line to the Target.

As subtle and simplistic as it may sound, the Captain EYES control your steady head and direct those Navigator HANDS, which in putting are NOT 'Live'. (Soft Neutral Grip, Palms opposed and facing Target)

A '**STEADY HEART**' helps as well!

20)           **STEADY BODY:**

Incidentally, as you already know, your lower body and upper trunk do not contribute to moving the Little White Ball with the Putter. You should NOT have movement other than generally in your Shoulders and Lever Assembly in the Putting Stroke. Sway and Slide change the



'Timing'. You should not have any change in relationship of 'Brace and Target Forearms' during the actual Putting Stroke. Set your 'Wrist and Forearm Triangles' during your Set-Up and do not change their shape or angles from the very start to the absolute 'FINISH & HOLD' completion of your Putt. Watch the Ball come to a stop so that you naturally get 'Feed-Back' as to the results your Set-Up and Stroke Pattern produced.

You should NOT manipulate the putter head through the Ball. You should NOT 'Interrupt the Pendular, Swinging Action of the Putter Head' during the entire back and forward swing. Let it Swing through IMPACT & SEPARATION. Do not think or Feel Hitting the Ball. Make as a prime objective, 'Rolling the Ball' along the putting surface.

The putting motion is a properly 'SET-UP', still body with swinging Arms enhanced by some details, what I call 'Putting Housekeeping'. These include setting your weight slightly forward towards the cup; setting you 'BALL LOCATION' slightly forward two to three inches in front of your sternum with a wide 'STANCE' and on the big toe knuckle of the 'Target Foot' in narrower stances, perhaps used for shorter putts; ensure that your Ball is precisely lined up with the 'Sweet Spot' ('Optimal Percussion Area') on the putter face; Low and Slow back and front swings with relatively balanced stroke lengths; Eyes setting either 'On-Ball-Rolling-Line' or slightly inside; a Grip with 'Palms Opposed' and absolutely the lightest pressure you can apply; providing a stroke through 'Rocking Chair Shoulders' and NOT 'Hitting Hands'; a very 'Positive Attitude' and perhaps more. How can we ensure this 'Still Body' I mentioned?

A method that I have used successfully for years to make Short Putts (9 Ft or less) is to Set-Up, Tallish with considerable Spinal Tilt forward, very Narrow-Footed, '**Knees Touching Gently**', swinging my Hands with that gentle 'Rocking Shoulder Action' getting very THROUGH the Ball while FEELING the Target or Ball Rolling Line. Keeping 'Brace Toe Pressure' helps steadying too!

If you have Upper or Lower Body movement, your Knees will sound an alarm that only you will hear! You will sense the smallest rotation or lower body movement, be it turn, shift or sway.

If you have virtually any movement and your Ball goes in the hole, it was likely a mistake; taken, of course!

Remember that your Wrists' triangles should be set before you gently draw the putter blade back away from the Ball. They should be maintained throughout the entire backward and forward putting stroke. If you break down the 'Wrists Triangles', you must have 'Flipped Your Hands' which is very unreliable method or action for getting the ball to the bottom of the cup in as few strokes as possible.

21)           **FOCAL POINT:**

There is a Target / Pin / Quarter ("Take Dead Aim") for every single 'Ball Strike' accomplished in GOLF. Never make a stroke without a precise '**DESTINATION**'. I have said this many times before and will continue to do so as long as I am in the profession. '**IF YOU HAVE NOWHERE TO GO, YOU WILL GO NOWHERE**'.

In putting, for a straight putt, generally aim 'INSIDE' the cup and not outside it's 4.25" circle. Any necessity to 'AIM' outside the cup should cause you to strike the ball firmly to a point not more than 1.5 to 2.0 feet offset (10% of length of Putt). Wider than this (due to break) and you will have to select an 'AIMing Point' I call the '**TOP OF BREAK**' aiming point. Stroke directly, 'Straight Line' to this point and play weight or allow the 'Speed' to get the Ball to the Hole.

Q30)

**'ALL PUTTS ARE DEAD STRAIGHT'!**

Dr. Karl M. Fischer

In 'Multiple Breaks', I think we need to carefully, even scientifically, survey the green so as to understand it's character, where it breaks right or left and how hard we have to hit the ball in order to get it all the way to the bottom of the cup. In 'Multiple Breaks' calculate the 'NET BREAK' or '**BRL**' and stroke to this point. Keep it simple.

But, I want to add here that this too scientific approach can be productively replaced by 'Seeing the Rolling Path' intuitively, 'Feeling the Weight' and just 'Pulling the Trigger' without but a minimum of delay. I think delaying a putting Routine is negative. This is the same old 'CONFIDENCE, COMFORTABLE & CONSISTENT' (3 C's) tied to the 'Distance and Direction' formula; the '555 Golf' 2 D's. They will never go away.

#### **DISTANCE AND DIRECTION KEYS:**

Some key thoughts that will help form proper perspective in the 'Putting Stroke' need to be defined. What can be more basic than the '**2Ds**', 'Distance and Direction'? No much that I know of.

These are two '**Variables**' and, as I mention I the book elsewhere, I show this 'V' fact the same way one might give the 'Victory Sign', with my first two fingers in the shape of the 'V'.

What we need to do is '**Get the Variables Out Of Our Swings and Procedures**' so that we can play 'Consistent Golf'; with '**Constants**' which I designate with my fingers in the shape of a 'C'. To play solid, reliable Golf, we must convert the 'V' to a 'C'.

I will discuss with you relatively soon, perhaps again, that this 'DISTANCE Aspect' is the 'Number One Challenge' in Putting. So how about our getting it taken care of as a 'Priority'? Lets get the 'Distance V' converted to a 'Distance C'. I do not want to get the cart before the horse in this book, but you '**MUST**' learn to make Putts, to roll Golf Balls consistently '**ON LENGTH**'. Short won't cut it! Long had a chance!

You have only two choices; 1) roll the Ball 'Dead-Weight' into the Cup, front, side or back door doesn't matter, as long as it finds the bottom; 2) roll the Ball 12 to 17 inches past the cup. Dave Pelz says "17 Inches Past Is Optimal". I have reasons for using our '555 12 to 17 Inches'. The '555 TEAM' targets our rolls 12 to as much as 17 inches past the front edge of the cup every stroke long

or short. Great results! Never short!

I can tell you that once you get this down, perfected, you will find the bottom often! The percentage of Putts that come up short for all Golfers, players included, is very high indeed! Learn to roll your Ball '12 to 17 Inches Past the Front Edge' nine out of ten times. Remember, 20" past is no worse than 1" short. (assuming that you can make 20 inches!)

We must, each one of us, earn the right to get the Ball to the Hole. '**Make This Distance Variable Into A Constant**'. As soon as you have accomplished this you will be well rewarded. Most peoples 'Line or Direction' is quite sound with straight Putts.

So the 'Sequence of Learning' in Putting is 'Distance First' and then 'Direction'. One must as well learn to 'Read The Greens' so as to instill 'Trust' in your heart. Putting is more Heart than Body!

22)           more **TOP OF THE BREAK:**

Again, remember, 'All putts are Dead Straight', only some have breaks in their Rolling Path. Because of this 'Green Created Deviation', make ONLY 'Aim Adjustments' to a specific point, either to the right or left of the cup or to the 'Top of Break Point'. It is worthy of note here that '**AIMING TO TOP OF BREAK**' has some advantages to '**AIMING RIGHT or LEFT OF THE CUP**' to compensate for Slope or Break. I personally think aiming just outside an edge of the cup is a technique for relatively 'Short and Close to Straight' putts. Once you get outside twelve inches in Line/Aim/Path and longer than about eight to ten feet in Distance and Weight, stroke your Ball to the 'Top of Break Point' and play Weight. My personal rule is that I never 'AIM' related to the cup when the break is more than 10% of the length of the Putt. So if your putt is ten feet and the break is more than one foot, use the 'Top of Break' method and not the actual cup. Have a clear mental picture and programme pertaining to how firmly your putter is to strike ... STROKE ... through the Ball.

**'SET-UP FOR AIM and FEEL WEIGHT'.**

23) **THE FOCUS POINT:**

When we are focused on a point just four inches outside the hole RIGHT, we may have a tendency to manufacture or manoeuvre the 'Putter Head' to make the stroke and Hands direct the Ball to the Hole which is always the 'Dominant Natural Target'. Do not 'Manipulate' the stroke with your Hands. (see 'Spot Putting')

We are, in my opinion, naturally drawn by our 'EYES to the Cup' and thus our stroke may well be also. We tend to 'Push and Pull' Putts more than we would like to. Don't play a fade or draw putt! Stroke Straight '**Uninterrupted**' to the 'Top of Break Point' and play or FEEL the necessary Weight to get thirteen to seventeen inches past the hole. (see 'One Inch Rule')

If the breaks are more than 10% of the length, try putting to the '**Top Of Break Point**' rather than to either side of the actual Target Cup. This gives you an alternative to at least consider if you are a 'Cup Focused Putter'. We naturally are!

Alternatives and options in GOLF are more valuable than we think and useable more often than we imagine. Flexibility as well as pure ROUTINE can be an asset.

24) **60 INCHES OF WHITE CORD ON THE GREEN:**  
555 GOLF 'Bullet Proof GOLF Drills'

We are still on the topic of '**PUTTING**' which is very purely based on 'DISTANCE and DIRECTION' as are all GOLF shots. Remember, if you are the proper Distance and on the right Line or Direction, your ball goes in to the hole. How simple could that be?

When PUTTING, 'Clubface AIM, Clubhead PATH, Optimal Impact Spot, Foot Alignment (Gunsight) POSTURE, GRIP and STANCE' are still 'CONSTANTS or ABSOLUTES'. We must strike the ball 'Dead On Line' and with the 'Proper Weight or Speed' to get it to go into the little 4.25" cup.

Surprisingly, '**WEIGHT or SPEED**' is the more difficult of the two requirements, '**DISTANCE not DIRECTION**'.

To demonstrate this reality, take a five foot (60") piece of heavy cord to the practice green. Lay it across the cup, (2.5 feet of

cord on each side), and make putts from ten, fifteen, twenty, twenty-five and thirty feet, forty and fifty feet. Make five putts from each distance. You will be amazed that you will invariably be inside the cord or within 2.5 feet of the cup.

If we could ONLY stop the ball or have it come-to-rest within the same distance of the cup on a longitudinal or distance aspect !

Perhaps we can.

25)           **A TIP TOO:**

When you are making those putts within ten feet or even less, you know the ones that are supposed to be 'Gimmies' but turn into 'TAKE ME'S', (named after 'Taking Another Stroke'), try this mental preparation.

You know the '**D Drill**' and its close cousin, the 'D Test', so try putting it to use in your Set-Up. (Some of us 'Detest' our putting too and I want to positively influence this mental situation.)

In your mind, place the '**60 Inches of White Cord**' (as above) directly across the cup, Square to the Target Line or Ball Rolling Line, if there is a break. Try this drill only with non-breaking putts at first as I want you to develop a trust for this Routine as opposed to any doubt.

In a straight flat surface, you require a straight putt. Let's take out some variables when we are starting.       **K.I.S.S.**

With the white cord Straight and Square, carefully Aim your putter clubface parallel to it, precisely in the same line, pointing directly at the cord. FEEL this AIM and the Comfortable body position ('**5 CONTROLS**' in place) so that you can work on creating the 'Remembered Feel' of good strokes that produce good results. The resulting 'Positive Attitude' becomes perhaps our greatest weapon.

With this Set-Up complete, the Routine put into place, with no muscular action in your Hands, very Passive, draw the Clubhead back from the Ball with as little energy as you can use, keeping the clubface Square to the 'White Cord' both going back and fully coming through the Impact point. '**Straight Back and Straight Through**'. This taking place, striking the ball in the 'Sweet Spot', you will absolutely propel the Ball in a straight Rolling Path.

You may FEEL slightly like you are 'Pushing' the clubhead through the Impact Point, and if so, this will likely be a real sensation, due from your learned stroke that is, in its forward path, '**Inside-Square-Inside**'. I am giving you this exercise and 'Bullet Proof Golf Tip' because we might Feel as though we are 'I-S-I' when we are NOT. During the drill you will discover more about your putting stroke than you knew before. I hope you learn from it as well.

Remember, I told you 'All Putts Are Straight' from the standpoint of our Set-Up, bodies and strokes are concerned. Only the 'Dance-Floor' should make them curve. You are always putting to a point either 'Inside the Cup or Outside the Cup'. There are no other considerations. When you learn to make dead straight and 'Dead Weighted' putts to that properly selected point, you will make a lot of 'Ones'.

As a result you will either be happier, more popular as a partner, more feared as an adversary or make more money, and likely more than one of the above.

**'How sweet the taste of victory  
or a game plan coming together'.**

26)           **THE ONE INCH RULE:**

Putting...GOLF's very important 'Micro-Swing'  
                  'IMPACT ZONE STROKE ONLY' needs a  
                  little help in both 'Distance and Direction'.

( 555 GOLF's    2 D's    come into play in every stroke )

This innocuous little '**GOLF RULE**', one of many, may prove for you, as it has for lots of our clients, to be one of the simplest and most beneficial guidelines you may have come across to assist in your nailing down 'WEIGHT or DISTANCE', no timid feat.

As mentioned, a short time ago I completed a rather good round of GOLF, having struck the ball well and I did not 'Three Putt' as I seldom do. But I 'Two Putted' every green. That is 36 strokes! I



was five over Par. It does not take much imagination what five one putts would have done to my round. I know my frustration and plight on this round is shared. Am I alone?

Can you imagine what '36 Putting Strokes' would mean to a P.G.A. champion? Two answers: 1) He would not be one. and 2) At least seven to ten strokes, would certainly be the difference between being a champion and a far-removed 'Brides Maid'. The winnings for the brides-maid, even close-on-the-heels, is paltry compared to the victor's share. The difference between first and second often exceeds \$200,000.00! Wouldn't you practise more 'Short Game'?

before the Rule ...

27) **SOME BACKGROUND:**

**'The Solution To Complexity Is Simplicity'!**

Keeping it simple, greens are, from a 'Down The Line' perspective (longitudinally) either 'UPHILL, LEVEL or DOWNHILL'. Greens, from an 'Across The Line' perspective (laterally) are either 'UPHILL, LEVEL or DOWNHILL'. The ball will either 'BREAK' downhill toward the line if you strike the ball on the high side, not break at all if the green is 'Break Level' or break downhill away from the line if you strike the ball on the low side of the straight line.

So, before you make your putt, you must determine the condition of the putting surface both longitudinally and laterally as these factors will enter into your equation for success. Survey your putt from behind the ball (for BREAK, line or DIRECTION) as well as from well aside with your shoulders parallel to the Target Line. (for WEIGHT or DISTANCE).

So discovery does not surprise you, there may be more than one degree and direction of slope or break in one putt. That is what makes this important aspect of the Great Game of GOLF so challenging and occasionally frustrating.

28) **THE 'ONE INCH RULE':**  
(for level putts)

FOR EVERY FOOT YOUR BALL HAS TO TRAVEL TO THE FRONT EDGE OF THE CUP, TAKE THE PUTTER HEAD BACK 'ONE INCH' THEN ADD ONE MORE STROKE INCH FOR THE BACK OF THE CUP.

(one inch per foot add one inch)

This 'Add One Inch For The Back Of The Cup' has significance. We do not want to come up just one roll short as we so often observe. Short never scores and means another certain stroke and stress!

To help yourself understand and perfect the use of this 'Rule and Procedure', I have designed a 'Training Aid' that is not just another cash-out-of-pocket 'Golf Dildo' with very little value other than making you 'Feel Good' for a few moments, hours or days. This is just an ordinary, straight and true, kiln-dried SPF 2X4 that is four feet long. It satisfies your needs for both the 'Bullet-Proof Putting Baseboard Drill' and perfecting your 'One Inch Rule'. You will have fun making one of these and use it for years both in and out-of-doors. It is a 'MECHANICAL & FEEL Drill'.



ONE INCH RULE 2X4





2x4 On Edge, Line and Weight Drill  
Inching Rule Discipline





2x4 Putting Drill ... Energy Management

Q31)

"Ninety percent of putts that are short don't go in."

Yogi Berra

29)           **PROPERLY SET:**

I want to point out that, when the cups are properly set into the ground, there is a very slight tendency for the ball to want to 'Fall into the Hole' as there is often a very slight slope into the cup when the cup is pressed into the ground or 'SET' as it is referred to in GOLF terms. So I want to make it quite clear that I like to have my putts '**DIE IN THE HOLE**' and not drive into the back of the cup. Remember that a very firmly struck ball is heading to a 2.75" cup, while one stroked to die in the cup is heading for that almost 5.75" cup. Those ringers or putts that seem to run half way around the cup would have fallen were they struck with slightly less pace.

Arguably and realistically at times, especially when the minute roll and break characteristics are tricky and a little unpredictable on course, it is beneficial to strike the ball 'FIRMLY Into The Back Of The Cup'. This takes some of the tricky breaks out of the putts yet will expose you to running by a fair distance if you are too aggressive and miss the mark. Consider your AIM accuracy and control for a 'RISK - REWARD' balance and if it adds up favourably, play more weight and 'Drill The Ball' to the back of the cup.

Before I elaborate further on the 'One Inch Rule' which needs more discussion, allow me for a moment to comment on two very important 'Set-Up Absolutes', '**STANCE**' and '**BALL LOCATION**'.

a) '**STANCE**', or the width that your feet are set apart, is as important in putting as it is in making short and long iron shots and accomplishing your best drives. Generally, the longer your club, the wider your feet should be spaced so as to produce a solid footing or swing foundation that I call your 'Swing Pedestal'. I

think that in putting, the longer your putt the wider your stance should be within reason. I will carefully define this primary parameter shortly.

b) '**BALL LOCATION**' (TAP TAP TAP, CLAVICLE) is equally as important in that the best place, the most reliable place to strike the ball is at the 'Bottom of Swing Arc' or ever so slightly on the upswing which is generally on the ground under the 'Clavicle'. Where under the 'Clavicle' will depend on some tricky details that relate to arm length and 'Lever Assembly' but in a nut-shell, your 'Brace Hand' is below your 'Target Hand' so the clubhead at 'Address Fix' will be slightly forward of sternum.

I prefer to see the 'Ball Location' in Putting to be two or more ball widths in front of 'Sternum'. This forward placement causes us to see better 'Down the Line' through the Ball than if it were central in our 'Stance'. Our 'Putter Face' will strike the Ball with a slightly 'Ascending Blow' which gives it 'Overspin' beneficial to good positive roll.

The ball's being a little 'Frontal In Our Stance' tends to give us better 'Ball Flight or Roll Control' as well as better visualization or perspective. Jack Nicklaus is a strong proponent of this 'Set-Up'. 'HEAD WELL DOWN AND BEHIND THE BALL' so he can see 'Down The Line'.

It is important to make you quite aware that your ball location is a matter of choice and using what works reliably and repeatedly. Even if your specific ball position is not mechanically sound and 'Text-book Perfect', if it works, if it repeats, if 'It ain't broke, don't fix it'! Simply be aware of the options.

I play all my Putts, long or short, with either of my two (2) very specific techniques, forward of my Target Heel and nowhere else, period. In this manner I, consciously or subconsciously know precisely where 'IMPACT' is going to take place. In my own way I think my putter relies on me and I ensure it always know where it's work can be expected ..... no surprises!

### 30) **THE 'REST OF THE STORY':**

The above 'One Inch Rule' is for 'FLAT SURFACE - LEVEL' Putts.



What about 'UPHILL and DOWNHILL' situations? Take the above RULE and if the Putt is uphill a little or a lot, '**ADD AN EXTRA INCH or TWO or THREE As Required**'. Likewise, if the putt is downhill a little or a lot, '**TAKE AWAY AN INCH or TWO or THREE As Required**'.

An example might be as follows: For a 6 foot putt you would utilize a 7 inch, NON-THRUSTING, stroke length on the level with a certain 'Green Speed'. With the same green speed but slightly UPHILL, you might use an 8 inch stroke length. With the same green speed but slightly DOWNHILL, you might use a 6 inch stroke length, and so on.

Practise this approach to putting. It is predictable control!

### 31) **DISTANCE CONTROL, UPHILL & DOWNHILL:**

I do not like to think we learn to trick ourselves, but at times it may be a useful approach to getting the task accomplished.

Let us consider for a moment, one of those very slippery 'Downhill Putts'. You know, like the ones on several of the greens at Augusta.

When you have a 'Slippery Downhiller', visualize a cup-sized ring placed on the 'Ball Rolling Line' short of the hole and Putt to it. How short depends on how much slope you are dealing with. Remember, the more 'Pace, Weight or Speed' you put on the Ball, the less it will break, but the more it will go by the hole if you miss!

When you have a 'Sluggish Uphiller', the procedure and visualization is just the opposite. In your mind, place that cup-sized ring beyond the hole on the 'Ball Rolling Line' and make your Putt to it. Again, the Distance past depends on the degree of Slope you are facing. Remember, the more 'Pace, Weight or Speed' you put on the Ball, the less it will break.

'Uphill' Putts with some break are always easier than the 'Downhill' variety.

That is precisely why I have put the advice earlier than when you 'Approach the Putting Surface with Your Ball' (not your Feet), strive to leave your Ball '**BELOW THE HOLE**'.

You will be a 'Happy Camper'!

A 'Happy Short-Sticker' if you prefer!

Boy, those low numbers are cool!

Conserves ENERGY!

32)           **MORE ON STANCE**  
                  (as promised)

I use two (2) distinct putting stances, one for Short Putts and one for Longer Putts. I feel this gives me better FEEL and FOOTING, better control to make the required stroke.

For a very short stroke I want to feel 'Narrow Footed' which will enable a short stroke, backswing and frontswing '**MIRRORED**' and always made 'In Balance'. For a longer putt, I widen my 'STANCE' by a very definitive set of markers. My 'Stroke Length Reference' is strictly created by the width of my feet. (toes)

Here is how it works for me. You might get a 12" or 18" ruler, a golf ball and you 'Trusty Putter' so you can try it.

I reference 'STANCE' or 'Foot Width' based on the separation of my toes and NOT my heels. My toes are 'Up Front' leading while my heels are behind, following. I can see my toes with a proper 'POSTURE' while looking at my heels requires my chin to be dropped. GOLF is a skill that is enhanced by good Posture. Posture is one of the '**10 BASICS**'. It's a must in putting!



Putting STANCE WIDTH & AIM  
8" and 14" Toe Separation

### **STANCE #1**

(Feet FEELING inside my Ribcage)

- a) **SHORT PUTTS:** (1 foot to 5 feet)  
(just longer than a 'Kick In')  
Stage One - Push Basic Stroke

I place my toes about 8" apart Toe Nail to Toe Nail (6" Inside Big Target Toe Knuckle to Inside Big Brace Toe Knuckle) so that my knees can gently touch which gives me very sensitive 'Feed Back' as to my lower body's being very stable and quiet as should be my upper body and head. Remember, the putting stroke should feel like a rocking motion of the shoulders around your 'Adam's Apple'.

Your arms and shoulders (the Upper Triangle) or the working 'Lever Assembly' should feel as though it is pivoting or rocking around your neck. Putting is best executed as a 'PENDULUM Stroke', slowly and gently straight back and accelerating straight through the ball directly down your determined ball flight or Target Line allowing, of course, for break. Keeping your putter face SQUARE throughout the entire stroke is a physical discipline with distinct benefit. (see the Putting along the Baseboard BULLET PROOF GOLF TIP & DRILL) With my toes 8" apart (6" Inside Knuckle to Knuckle), and my 'Ball Placement' forward in my Stance, (the ball sitting about on the big knuckle of my Target Toe so the butt of the Ball is on the inside of my Target Toe), I can now make a controlled 'One Inch Rule' stroke with controlled DISTANCE results.

With the face of my putter AIMED squarely down the Target Line and almost touching the butt of the ball, the face is not only about 1" behind my Target Toe Nail, it is also 6" in front of my Brace Toe. So if I take my club back to that 'Brace Toe' point (a 7" stroke to the centre of my golf shoe) I should, by the '**ONE INCH RULE**', produce a 6 foot putt to the back of the CUP. (Or if I prefer to let it 'Die In The Hole', I will make a 6 foot putt to the inside lip, allowing for no extra safety distance using one inch less stroke distance). If I miss the six foot putt in DIRECTION, the ball will come to rest within a foot of the hole which assures a one putt completion of the hole.

- b) **SLIGHTLY LONGER PUTT:** (4 to 9 feet)  
still Stage One - Push Basic Stroke

My toes are approximately 8 inches across so that the back or outside of my Brace Foot is 10 inches behind the butt or trailing edge of the properly located ball. The 10 inch 'Pendulum' stroke should produce a 9 foot, 'Back Side Of The Cup' result.

Likewise, letting it 'Die In The Cup' with this ten inch stroke length, we can precisely execute a 10 foot putt inside lip.

## **STANCE #2**

(Feet FEELING outside my ribcage)

- c) **LONGER PUTTS:** (8 feet - 15 feet)  
still Stage One - Push Basic Stroke

The same basic rules apply except with this type of putt I use a 14" 'Toe Separation Stance' or 12" from Inside of Target Ball to inside of Brace Ball, with the 'CONSTANT' Target Toe Ball Location, always the precise same Ball Location regardless of STANCE. (Bottom of Swing Arc slightly more FORWARD with a forward-looking (HEAD well behind the Ball), down-the-line Posture)

This gives me a very reliable 'Stroke Distance' of 12" inches to my Brace Toe which will produce a comfortable 'PENDULUM STROKE' and ball to the 'Back Of The Cup' travel distance of 11 feet. So for a 11 foot putt I use my 14", Feet FEELING just outside my ribcage width, Stance....Putter takeaway Straight Back to my 'Inside Brace Toe' and Straight Through the ball to the throat and backside of the cup which is 'ALWAYS' my clear and confident mental Target. Trust you can and then make the ball 'Rattle The Bottom Of The Cup'.

If I take my putter back to the Big Toe of my Brace Foot, 1 more inch, I produce a similar putting action but with a (11+1) 12" stroke and a NET 12 foot travel distance likewise to the backside of the cup which is just over 11" away from the putter face at the full backstroke distance.

If I take the putter face back to the aft or outside of my Brace Foot, my stroke distance back to the Butt of the Ball is 16" which produces a reliable 15' foot putt with the extra force getting the ball to the backside of the cup rather than causing it to die in the hole.

So this simple bit of smart Set-Up and Stroke Discipline handles, with Confidence, all putts up to and including 15' feet to the back of the cup.

#### **STILL USING STANCE #2**

(Feet FEELING outside my Ribcage)

- d) **REALLY LONG PUTTS:** (longer than 15 feet)  
still Stage One - Push Basic Stroke  
(but verging on Stage Two with slight Wrist Cock)

For longer putts, to any length, you will have to increase your 'Clubhead Stroke Distance' ('BHTD') to its Comfortably Maximized



Stroke Length or apply some **'Brace Hand and Arm HITTING or PISTON ACTION'** (what I call THRUST), while keeping your swing balanced. This may verge on FEELING or becoming a Stage Two Stroke utilizing some minimal 'Wrist Cock', but I strongly recommend that you avoid any wristcock in your Putting Procedures. The more Hand or Wrist action you utilize, the less reliable will become your Clubface AIM at and through Impact Zone.

In other words, put a little more **'BRACE SIDE THRUST'** or 'Smooth Stroke Pressure' through the ball with your 'Squarely Face-Aimed putter blade.

I would like to see one increase the 'Putter Stroke Distance' ('BHTD') to a maximized comfortable length before much more 'Putter Stroke Pressure' is applied.

The bigger the takeaway, the bigger the follow-through. The farther back you take the putter, the farther through it will swing. The 'Right Side Roughly Equals The Left Side'. I want to make quite clear here that, in a pure short stroke length, making Impact of the blade with the ball will cause deceleration of the actual blade. This will actually, scientifically, cause the through stroke after Impact to be slightly shorter than the front stroke prior to Impact. I personally like to FEEL my 'Through Stroke' is slightly longer than my back stroke as it keeps me accelerating and more smoothly 'Down-The-Line'. Your '555 TEAM' calls this **'CHASE'**. Whatever you do, 'Do Not Stab or Hit the Golf Ball'. Putting is a 'Stroking Action', pure and simple.

Remember, always swing the clubhead through the Butt of the ball right 'Down the Line' and 'Follow it with your Hands and Lever Assemblies including your Shoulders'. You should feel quite 'extended' to the pin with very long putts; very FOLLOW - FINISHED.

Always feel like you are Throwing - Stroking the Clubhead at the flagstick with Follow - Finish, meaning again that you DO NOT STAB or JERK (MOUSETRAP) at the ball in any putting stroke.

Keep it SILKY SMOOTH! **'OILY'!**

33)           **A NOTE:**

In long or really long putts, you will not follow the short putt Clubhead path of 'Straight Back and Straight Through' as you need to swing the Clubhead to far back to stay on Target line. We are very spinally rotary animals and there is no way out of this evolution at this time and place! Your Hands and Clubhead will naturally Swing back and to the inside after about 15" to 18" so do not impede this 'Natural Motion'. Make sure you get 'Back On Line' in the 'Forward Swing' with the Clubhead traveling '**Parallel And Square To The Target Line And Target**' all the way 'Through IMPACT'.

Without this 'Lever Assembly' (Hands, Arms and Shoulders) freedom, muscular relaxation, you will get very stiff or tight-handed and develop a tendency to 'Push' (blocked hands) or 'Pull' by 'Round-Housing' or just 'Flipping Your Hands' through that necessary '**SQUARELY-AIMED IMPACT Interval**'.

I know I have said it many times before but it is worthy: 'Ball Flight Roll Control' or '**DIRECTION**' has entirely to do with the AIMING of the Clubface at 'IMPACT' combined with the Clubhead Path or the enroute characteristics of your hammer head. (Inside-Out and Outside-In). The 'Putting Clubhead Path' must be either parallel (on line) or 'Inside-Out' and never 'Outside-In'.

Do your 'Base Board Moulding' practice or what we call our 'Bullet Proof Exercises' so that you learn the 'FEEL'. The proper motion and physiology or mechanics will follow.       '**GUARANTEED!**'

34)           '**PUTTING WITH A TEE**':  
              another 'Bullet Proof Exercise'

This advice, exercise and 'ROUTINE', along with our other 'BULLET PROOF GOLF TIP's can directly and immediately help you to perceive, understand and 'FEEL' proper mechanics.

The 'Simplicity of Putting' is almost an 'Oxymoron' and far too often makes us feel like one, a 'Moron' I mean.

Try this! You will need a couple little round white 'Golf Balls', several 'Tees' and your 'Trusty Old Putter'. This putting is NOT



equipment intensive. Bring a good positive attitude!

Select a cup located on a nice flat spot on your local practice putting green at a time when you can work relatively undisturbed. Measure off two feet (give or take an inch is OK), stick a tee in the ground and place a ball beside it also at 2 feet from the leading or front edge of the cup. Now, measure back from the aft or trailing edge of the ball, three (3") inches, plus your putter blade width, and stick another tee into the putting surface. The scene is set to implement the 'One Inch Rule' which you have just read and thoroughly understood!

Go through your proper 'Set-Up Routine', place the face of your putter just behind the ball, relax and make your 'Low-ENERGY or No-ENERGY Back Swing' takeaway until the back side of your putter makes contact with the 'Marker or Back-Stop' tee.

Now, naturally and gently let your '**PENDULUM**' action forward through the ball stroke the ball directly down the line into the cup. Take the clubface 'Straight Back and return it Straight Through' smoothly.

**SILKY SMOOTH!                      COUNT '1 & THRU'.**

Work this drill until it becomes a 'Routine' doing so from 3 feet, 4 feet, 5 feet and so on out to a point 12 feet from the front edge of the cup. This will put into practice my '12" TOE SEPARATION STANCE' using both the 'Front TOE Station' as well as the 'Aft Outside Foot Station' which ideally should produce this naturally executed pendular 12 foot putt to the back of the cup.

Don't be timid. Try to make the same formula, without the 'ADD AN INCH FOR THE BACK OF THE CUP' to see if you can make your putts 'DIE IN THE HOLE' which is ideal or 'Optimal'.

Always end any putting practices with five 2 foot or 3 foot putts into the throat of the hole. Go ahead and ask me WHY?

Because it will allow you to depart feeling that you are a 'Great Putter' and to fall asleep at night (subconsciously) knowing how it feels and sounds to really put a bunch of putts where they belong!

Psychology is a huge part of this silly, luring game.

35)           **PRACTISE SMART:**

Begin your day at the practice green. Start on the fringe and not at the cup. Practise chipping every day and don't shift gears until you sink at least two (2).

This discipline will accomplish two things;

a) It will force you to think about holing chips rather than just getting them on the green in the direction of the hole.

b) It will boost your confidence. It is amazing how sinking a few chips every day can convince your mind, which drives your body, that you have a great short game.

A player should spend, as a general rule, no more than 30% of his practice time on the full swing and the bulk of this time should be spent with anything from a driver to a #3 iron, those tools he uses to move the ball down the fairway 'In Play'.

A Player should NOT spend hours practising PUTTING! Good putting is primarily a function of 'Attitude and Routine'. Once a player masters those two, he really doesn't need to hit a lot of practice putts.

36)           **PUTTING DRILLS:**

Some Practice Drills:

1) I would encourage you to go to your local hardware store and buy a red 'reel-type' chalk line. Snap a line on a flat section of green from the hole to the ball about fifteen feet long. Using this straight line as your guide putt along it to the heart of the hole. You may find this helps you make putt after putt. The purpose is to create an image which tends to become so vivid that you can go out on the golf course and see the line much more vividly in your mind first and then on the green. It will build a 'Trusting Mentality' and 'Trained Eye'.

2) Go to the practice green with one ball and place it 12 feet from the hole. Make nine putts shortening each one slightly until you find just the right amount of intensity (Weight and Direction Image). Now make five more putts into the heart from that position making sure that you stay calm and focused using the same Swing Feel with the same mental image.

3) Go to the practice green with five balls. Putt to the fringe from all possible distances, merely looking at the fringe and reaching it with each stroke. This is obviously a Weight Exercise. The idea is get to the edge of the green without going into the fringe. This will help you develop a feel for pace (weight) which is the key to making long putts. This drill avoids the pitfall of putting at a hole from long distances which assures golfers of missing most of his attempts which erodes confidence. It is beneficial to putt to a small region of the green where we can, for a moment, escape a 4.25 inch target. It is a DISTANCE drill to be done without the DIRECTION component, so we eliminate the target all together.

Work hard on putts from two to four feet. Make putt after putt. Even make twenty five in a row from that distance. It will build Confidence, whereas missing from any distance will not.

37)           **ANOTHER TIP:**  
                 (a Reminder)

If you are 'Pulling Your Putts Offline', to the High-Energy Side, a corrective measure might be to FEEL some '**PUSH**' right through '**IMPACT**'. You will recall the 'I.G.A. 555 Golf Bullet Proof Exercise' of putting along your hallway 'Baseboard Moulding' keeping the toe of the putter in contact with the moulding with your forehead just making gentle contact with the wall. FEEL this exercise and it will demonstrate some 'PUSHING' out of the toe through the 'IMPACT Zone' which is the forward portion of your Stance. Beneficial FEEL!

38)           **AVOID 'ROUND-HOUSING':**

Remember, this 'Execution Error' is primarily the result of 'Tension' and even 'Holding Your Breath'.

Having done the 'Baseboard Moulding Drill' you can FEEL some 'Pushing Out Action' in the backward and forward segment of your putting stroke. This is beneficial. Remember one of the most basic of putting strokes is called the 'Push Basic Stroke'.

If you try to keep your Target or Swing Elbow tight to your Target rib-cage, your lower forearm and, of course, your putter Clubhead will follow the same routing of inside and 'High ENERGY Side', what

I call 'Round-Housing'. The putter head definitely will not be moving 'Down the Line' to and through the cup. You will 'Pull'.

In your 'IMPACT Zone', your putter head will be moving 'Down the Line' and thus moving away from your left side. Likewise, your softish 'Target Elbow' should be moving gently away from your Target Rib-cage or Hip and 'Down-The-Line' as well, otherwise it will become the 'Centre Of A Circle'. (Clearing)

You should be creating the same proportion of 'Arm To Side Clearance' as you are producing putter head to Target Foot clearance. The Target Elbow and Putter Head should be moving away from the Target Side at the same rate although the putter head will travel at least two or three times as far. '**Your Ball Will Go Where Your Target Elbow Tracks**'. Try this until you Feel it! Find and keep a 'Soft Target Elbow'.

Round-Houses are 'PULLS' and never 'Feed The Cup' unless you practise 'ALIGNING WRONGLY'. No point!

### 39) **PUTTING INTO THE 'D' DRILL:**

This drill is based on our '**60 Inches Of White Cord Drill**' which is a revealing test for us to finally come to the conclusion that Weight is more of a challenge than Direction.

#### the '**D TEST**' Competition

This drill is really fun as a competition and works effectively in this manner to teach you to putt confidently under some pressure. Find a friend to work with you.

Place the '**60 Inch Cord**' across the backside of the cup perpendicular to the Target Line. Visualize a 'D' shape with it's back against the cup formed by the cord.

Walk down the line to a point from which you will each make your putts and using one Ball each, take your best shot!

If you are inside the 'D' remembering that short is NOT, you may make one more putt, in turn, farthest away first. If you are NOT inside the 'D' LEFT, RIGHT, or LONG, you must move your ball directly away from the cup one more putter club length before attempting your next shot. If you are SHORT, move your ball two

putter lengths. Short never goes in and this drill will help us avoid Short.

If you are not in the 'D' with this Second Stroke, move your ball directly from the cup two putter lengths. This process continues until both/all players are 'DOWN'. It's 'Match Play' scoring. (Win Lose or Halve the hole).

Move your Common Ball Site to another location and do it again. The person winning the previous hole has the 'Honours' and gets to chose the starting place.

Once you get the hang of it, shift gears to one more difficult situation; Instead of having a 'One Putter Club Length' penalty for being outside the 'D' make it two and double it for the second infraction.

Set stakes as high as you want and I can tell you that a soda pop, a coffee or, a much higher cross-bar such as paying your opponent's next green fee, will put on plenty of pressure; Beads of sweat, a wet golf shirt and very moist palms even on a cool day!

#### 40)           **SCORING THE 'D TEST':**

A suggested method of scoring this great putting competition might be as follows:

##### Keeping it simple

- 1)    The first player to get the Ball into the 'D',  
      when the other does not, gets    '**2 POINTS**'
  
- 2)    The opponent(s) then get one stroke to also get  
      into the 'D' but must 'HOLE' the putt  
      to score '**1 POINT**' for 'Half a Save'.

      This means that Player #1 (first into the 'D')  
      scores a '**NET ONE**' and the contest then  
      proceeds to the next cup or hole.

- 3)    If the opponent(s) fail to get their Ball(s)

into the 'D' and 'HOLED', Player #1 must take one more stroke to 'HOLE' his ball but if he fails to do so, he loses a point. If he 'Holes It' he earns one additional point for a '**NET THREE**'.

This scoring method is simple but means that the leader has always got the pressure applied, yet the suitors may reply to stop the bleeding and even reduce the cost! (by half or run the risk of increasing it by one point)

When both or all players get into the 'D' (or not) in the first stroke, the game is still on. Each must take one more stroke, farthest away first, to 'Hole' their ball. Those successful get '**1 POINT**' over those who fail to 'D or Hole'. If all players 'D or Hole Out' the match is even on that hole (HALVED) and players proceed to the next cup or hole.

**SHORT SET:** Play to 13 Points

**LONG SET:** Play to 21 Point

41) **PUTTING MECHANICS:**  
Indoors and Without A Ball!

a) In your living or dining room, tie a piece of string about six to ten feet long between two chair legs about six inches off the ground and level to the carpet. Set up with your eyes over or slightly inside the string and with the alignment line (Centre of Gravity or Mass Point) on your putter directly under and parallel the string. Now practise your putting stroke trying to make the line on the putter blade stay directly under and parallel to the string during the entire forward and backward pendulum stroke. Use Driving range balls (stripped) placing the stripes directly under and parallel to the string so you can see true rolling action.

Focus temporarily on the mechanics you will want to use but do not stay 'Mechanical' minded for long. Create the Feel from Mechanics, but play the FEEL. When you are putting, think 'Straight back and Straight Through .... Bottom of Cup'. Place this IMAGE in the very centre of your mind and comfortably, without tension, stroke the 'Little White Ball' in the heart of the cup. You will hear it hit the bottom.

b) In your hall way, again place the toe of the putter just touching the baseboard moulding while your head is just touching the wall. Set up comfortably. Loosen your knees and elbows. These will support a gentle but firm grip which is essential to successful putting. This set up will place your eye line over the ball giving you good Target Line Maintenance; that feel and control of alignment. Now stroke, with your shoulders and arms in 'one piece', move the clubface away from the imaginary backside of the ball, maintaining gentle contact with the baseboard. Keeping the clubface Square to the Target (perpendicular to the base board) stroke the putter head back and forth half a dozen times. Make sure the face keeps SQUARE to the Target Line (baseboard).

While doing this, record the FEEL you have in your shoulders, arms and hands (the Triangle) and make a place for this data in your 'Permanent Memory' as this FEEL will support a solid putting stroke Life-Long. I might add here that there is a feel of 'Pushing the Hands' to the Target which is a dominant aspect of good putting discipline. I like to have my students place their Brace Hand Palm directly facing the cup and stroke with it consistently in that alignment or AIM. This stability will promote reliably AIMED clubface at all times. Once you have this consistency of stroke and AIM you will merely have to adjust your Foot Line - Stance and Alignment if you miss the cup right or left on a level green. If the green is 'Breaking' you will have to consider if you read it correctly before you make any adjustments.

If you miss a put on a flat green, with a perfect 'Straight back and Straight Through Stroke', fix your Clubface Aim or Feet Alignment. If this was right in the first place and you 'Trust It', look for a break that was not supposed to be there, because there is one.

You can be the 'Perfect GOLF Machine' so always give yourself that opportunity.



Remember the '555' 3 C's: CONFIDENT  
COMFORTABLE  
CONSISTENT

Q32)

**THE FOUNDATION OF CONSISTENCY IS A SOUND PRE-SHOT ROUTINE.**

A great putting sequence:  
(already Set-Up, take 4 to 6 seconds)  
maximum

**LOOK AT THE TARGET. SEE THE LINE.  
LOOK AT THE BALL. LET IT GO.**

(after reading the green and gathering all necessary data to make the best effort possible, SET-UP by ROUTINE, RELAX and then deliberately, slowly draw a line from the Cup to the Ball, to the Cup and back to the Ball, then without hesitation and on the same 'EYE PACE' take your putter head away smoothly with a 'STROKING MOTION' and in a PENDULUM SWING retrace your line back to the CUP.

(It's in the hole mate!)

Once you have the 'Line' and a 'Square Blade to the B.R.L.', let your mind focus on Weight....One task at a time.

It is more important to be 'DECISIVE' about a read than it is to be correct! You can perfect your 'Reads' soon enough by doing lots of them daily. You might take a little time to go talk to your 'Greenskeeper' about his knowledge of grass! Most of them do not Putt, but you might find an exception who is willing to share his secrets. That find may turn out to be a 'Treasure'.

### **ATTITUDE Is What Makes A Great Putter.**

#### **'COCKY and CONSERVATIVE'**

#### **42) THE MAGICAL FREEDOM OF YOUTH:**

Hundreds of professional Golfers have been asked to candidly determine when they putted their lifetime best.

"When I was 13 years old beginning junior programme."

"During the two years I played on weekends with my favourite high-school P.E. coach."

"Before I realized there was anything at stake and learned to feel pressure which eroded my confidence, trust and focus."

"As long as I used the \$5.00 blade putter given to me by my Grampa the afternoon I had nine fewer putt than he on the Atherton Country Club eighteen. Uncle Jim and Mr. Edwards took more putts as well. They all offered me consolation for missing the swinging 12 footer, one inch short, on seventeen which was for birdie four."

"Until I was brainwashed with the notion that the entire game rested on my putter. You cannot win without putting well, but neither can you putt well without the Confidence of winning."

"The week before I had my stroke scientifically evaluated and explained to me. Before that I just took two looks for break and line. Visualized the ball rolling smoothly into the cup. Determined weight and simply let it happen. Never putted better."

"When I was a kid!"

**Purity Of Mind Helps!**

Q33)

"We know accurately only when we know little;  
with knowledge doubt increases."

Goethe

Don't over think your putting situation and make more of it than there really is. The task is daunting enough without your getting in your own way.

Q34)

**Green Reading ... a non-scientific analysis:**

"If I'm breathing heavy while walking on a green,  
I'm going uphill. If I trip, I'm going downhill."

Spec Goldman, elderly golfer

43)

**GREEN READING**

**(elusive & sometimes scary business at best)**

The better you are able to putt, the more critical is your ability to read the greens. Without reading well your great stroke or execution will be compromised or even worse wasted. What a pity!

Whenever I fell into a putting performance slump the easiest thing for me to fix was my stroke. When I started to doubt my 'Reads' the situation was dire. Trust is a great asset, even if occasionally it is not based on real truth or performance. If you think you can, you will.

Factors worth watching are 'Speed', 'Slope', 'Net Break', 'Surface Moisture', 'Grass Dampness', 'Type of Grass', 'Rolling Speed' (or resistance to it), 'Grain', 'Wind Velocity and Direction' and the weight of coins in your 'Target Pocket'.

If you have doubts in your 'Green Reading Ability', do a lot more of it until the confidence returns. It will.

44)

**CONDITION OF THE PUTTING SURFACE:**

**GRASS TEXTURE, MOISTURE CONTENT, CUT and ENVIRONMENT** all factor heavily in putting effectively and consistently. I think that making good putts on great surfaces is relatively easy, whereas making putts on average surfaces is, indeed, a challenge.

These factors all effect 'SPEED and BREAK'.

Some food for thought. Different types of grass, bent vs. rye, Bermuda and other species makes a considerable difference in surface conditions. The quality and repair of mowing equipment, the actual operation and procedural discipline has a bearing on end results. Certainly the cutting setting (clearance) produces the length of the cut. This has direct bearing on speed and texture. The 'Drainage Of Greens' is critical. Do they retain too much water or are they too dry, too hard, too fast, too acidic, too basic, lacking in nitrates, short of phosphates, needing more particulate or silicate, are they breathing, is there adequate light and photosynthesis; the list of questions, characteristics and procedures go on and on.

Greens in the early morning, with dew or just more than average moisture content, putt slower. This means that about an hour after the sun gets looking directly at the greens, they will rapidly 'Speed Up'. Anticipate and prepare for it rather than being surprised and disappointed by this reality. Properly managed courses may announce or post their '**STIMP METER**' readings for the previous day and as tested just prior to the commencement of a tournament. This 'STIMP' measurement gives you the average rolling resistance of the greens and, once you understand the indicators and grades, it should give you a basic idea of the Speed of the greens on course. Consistency is quite rare and you must beware of variations.

There is always a silver lining in every storm-cloud. Dew covered greens tell you precisely, like a yellow centre line, where the ball is breaking. If there have been several foursomes in front of you, their actual 'Ball Flight Lines' will be precisely recorded on the dew covered greens, at least for a short while until the rising sun or the greens-keeper erases them like a classroom chalk-board after the lesson. If one previous ball is relatively on line or similar to yours, you can 'Go To School' on that ball. It is as good a 'Read' as you will ever get.

There is the reality of some very subtle happenings on these special surfaces. Things like grass growing in the direction of the afternoon and setting sun, in the direction of lakes or water sources and more, but so far anyway, I have not been able to instruct the grass to do whatever it takes to make my two putts into an everlasting series of one putts. Perhaps another time and another place, in another life!

When you read greens, might I suggest you do so firstly 'Down the Line' 'backwards', Cup to Ball (remembering the break is reversed). Then read it 'Across the Line from the very midpoint' but always from the low side or below the line. This reveals the Uphill - Downhill nature of the task. Then finally read the putt 'Up the Line', Ball to Cup, which will reveal and confirm the first perspective of break but in the actual direction your putt is about to travel. This is a 'Mental Picture' exercise so form one and then, when you are just about to take the putter blade away, rerun or replay the picture for real!

If you have questions and further interest in this topic of growing and maintaining grass surfaces, you might give one of your knowledgeable local greens-keepers a call.

Believe it or not, under the title of '**ENVIRONMENT**', if the wind is blowing briskly, it will likely affect your putting. So you may have to read the wind. Being a professional airline captain, flight engineer and flight instructor helps read the wind. If you do not have this experience, simply be observant. Look at the longer grass near of just off the fringe. Feel the way your pants are being blown and watch any other object that might indicate wind.

45)           **KEEP THIS IN MIND:**

The earlier you play the more putts you will sink. The reason for this is simple indeed. Like skiing, the more skiers that have traversed or worked the hill, the tougher the conditions become. Holes, ruts, bumm marks, cuts and just general piling up and excavating out of snow that used to be soft and flat.

Greens get the same degenerating surface condition the more those pattering little feet, those hard-hitting, spinning-back, ball marks, spike marks, footprints generally doing damage. Those little white objects visit the site take their toll.

The condition of the green accounts for a great influence on 'Ball Roll', good or bad. What I am saying here is that you might have stroked a PERFECT Putt' and had it track off-course because of surface imperfections. Likewise, your putt may have been poorly struck and, due to these same irregularities, your Ball will have gone deep into the heart of the cup.

This thing called 'Putting' is fleeting indeed.

For this reason, work on the purification of your stroke when the green is fresh and carefully manicured. If not you may be making some wonderfully 'Uninterrupted Swinging Motions' straight back and straight through with poor results causing you to adjust what is not requiring adjustment.

'**If It Ain't Broke, Don't Fix It**' makes good sense. But if you cannot purely determine the perfection you seek; if you are not intimately aware of the 'FEEL and MECHANICS' of a perfect stroke, the discipline of making it happen precisely when you want, you may misinterpret what took place. It is best to have a sound teacher present who can carefully observe your stroke and help you to see it with a second pair of eyes, one not involved in the heat of the moment. Better judge will come of this co-operation.

I think one important observation we must always be sensitive to is 'Watching The Purity Of The Roll Of Our Ball'. If it is tracking and rolling without good line and smoothness, we likely hit it instead of stroking it gently enough to get it there and little or no more. Remember, the 'FEEL' we are looking for is one of a tenderly created 'Pendular Motion' that is NOT interrupted at all during the entire swinging trip of the putter head, backwards or forwards. Work diligently to create that 'FEEL' of **'LOW ENERGY BACK with starting the forward trip by gravity, a feel of the putter head FALLING a little down the line before we add just a minimal amount of energy where needed'**.

It is my suggestion that you 'FEEL' the absolute least work going straight back with about 10% more than that smoothly applied just before 'IMPACT and straight THROUGH the Ball'. 'FEEL' like the putter head is going 'THROUGH The Ball' and NOT hitting it or stopping just as you have hit it. I have told you before, 'There are no brakes in the 'Golf Body or Machine' so never 'FEEL' like you are doing anything to impede or arrest your Clubhead MOTION. Let it go, like a swing reaching the top of it's travel. You cannot stop it and never jump off!

46)                   **SENSITIVITY OF THE EYE:  
                          OCULAR ACUITY**

Start reading the greens as you are approaching them. A little distance between you and the dance-floor gives you a balanced overall perspective. You will often get a better idea of the greens general character from 100 feet than under it's nose. Like a great mountain, the peak is visible from twenty miles but once you are under it's apron or even perched on it's shoulder, you can no longer see it's summit. You have to be very close to do so.

Always in Golf, be sensitive to your surroundings. Know where the wind and sun are at all times. If there is water on course, feel it's location. The grass knows where it is!

Read 'Slope' from below the hole. Then walking in a circular path read it from the side. Remember 'Slope' is the primary factor in determining which way, how far and how fast a Ball will roll. Learn to look at a green in a very special manner. See it's details, not only slope up and down ,left and right, but also it's grass characteristics. It is bent grass, straight Kentucky, Bermuda, rye, scotch, or vodka. Which way is it leaning and even



Why?. Is it dry or wet? Is there a patch of poa on line? Has the mower cut it all consistently? If it is scotch the grass condition may matter little!

Worthy of note, super fast 3/32 cuts on greens that are relatively dry will break three times more than does a Ball on the same identical surface profile with 3/8 cut. Similarly, you will have to strike the Ball about three to five times harder in the longer cut. Reading greens with greater speed is more difficult than reading greens that are slower. Your ability to read speed will develop in time and after doing a lot of it. Start cataloguing each green for it's texture and speed, noting whether it is in the shade or sun, watered consistently or not and whether it is within a short chip of a body of water moving or not.

Once you have grooved that elusive swing to which I refer, you will be able to create 'IMPACT' that is known. Thereafter you gauge Distance and extrapolate every holes + or - rolling rate or resistance. You will soon learn to factor the + & - adjustment in regards to slope either positive or negative. When you get this working your are on your way to lower numbers.

#### 47) **A MATTER OF RELATIVITY:**

The Golf Ball is approximately 1.68 inches in diameter or high. We know that. But what we may not have considered is the fact that a very small patch of grass slightly higher, say for example .168 inches (about an 1/8th or 1/10th) can be waiting for us just over 'There' and the Ball will be significantly affected.

In perspective: I am just under 6 feet tall or 72 inches. What might an object in my path that is 7.2 inches high (10%) do in interrupting my measured, low-energy pace? 7.2 inches is about the height of a street curb! "No big deal. I'll just pick myself up and get on with it!" One cannot just pick is or her ball up and get on with it! So you can see, with this 'Putting Thing' we are into some micro considerations where little things, known or unknown, can become meaningful.

The bottom line is that we are never going to be fully in control of our 'Putting Destiny' so work on a wonderfully smooth and trusted, Straight back and Straight through, uninterrupted swinging motion with a vertical-faced club, that gets the job done more and more reliably every week of your wonderful Golf life. The older you

get may prove the better you are getting and that is a rare situation on this earth.

**GOLF GIVES US MORE THAN WE GIVE BACK.**

Be open-minded and patient with this smallest of Golf strokes. It is an essential servant and your friend and will certainly prove it's friendship and servitude sooner or later. Don't jump ship.

Just an idea ...

**FIX YOUR BALL MARK And ONE MORE  
FOR THE INCONSIDERATE 'SO AND SO' WHO DIDN'T.**

48) **THAT BODY MACHINE:**  
(applied to Putting)

Whatever you do in Golf, other than just fretting about **'IT'**, if you are physically active, up and moving around, even a little, your **'Body Machine'** is participating.

You know the two major area or sectors; the **'Lower Body Machine'** (LBM) and the **'Upper Body Machine'** (UBM). This is 'Old Hat' by now. Right? Either that or I am losing it as a teacher!

So, let's look at the 'Machine' for a moment.

This 'Putting Stroke' is a **'Stage One Procedure'**. It optimally involves 1) No Wrist Cock and 2) No PIVOT.

You know the 'Absolute MOTION' of the 'Lower Body Machine' is **'Round & Round'** (R&R) while that of the 'Upper Body Machine' is **'Up & Down'** (U&D). The Hips, Trunk, Abdomen and Shoulders go 'R&R' while the Arms, Hands and Golf Club go 'U&D' about the 'Shoulder Sockets'. The 'Round & Round' carries with its MOTION the entire 'Upper Body Machine'. The 'Up & Down' does NOT carry the 'Lower

Body Machine' in this basic MOTION. Simple stuff!

We know we have to move the 'Putter Head' forward through the Ball with a smooth relatively 'Low Energy Stroke' or 'Pendular ACTION'. The question I want to investigate with your help is 'HOW?'

**FIRST METHOD OF MOVING THE BLADE:**

(Rocking The Shoulders)

Let's take the Putter in our Hands and raise our Levers to Shoulder Lever, Horizontal to the ground, not too tight or too 'Extended'; elbows slightly bent, 'Comfortable'. We can 'Putt' with either straight or bent Levers, Elbows. I have no problem with either but a 'Happy Medium' is best as too stiff or too bent are not 'Neutral Comfortable'. Now use your 'Lower Body Machine', the 'R&R' to move the Putter Head to the Target Side, back to centre and then to the Brace Side and again back to centre. This is the best method of moving the 'Putter Blade' forward and back as it employs the larger and steadier muscles. Your Hands and the smaller. Lighter muscles are very fast and quite capricious or less reliably controlled. So we want to 'Putt' with our 'Larger Muscles' in control as a first option. The drill you just performed did just that.

**STEP TWO:**

We have the 'Blade' moving back and forth but it needs to get closer to the ground where the Ball is patiently waiting. Let's look at one method that we will attempt with the 'Body Straight Up and Down, Legs Stiff and Knees Locked'. Already sounds like a 'Negative Idea'. We have one option as to getting it there and that is to 'Drop our Levers' until the 'Putter Blade' makes contact with the ground. This is a 'Feel Drill' so get your Putter and try it. Won't work! Right?

Can't get my Hands close enough to the ground with a 35" putter to make contact with just the 'Upper Body Machine'; with the 'Lower Body Machine' in the 'Store Upright Position'. Options? Get a longer Putter. Or make further adjustments that must employ the 'Lower Body Machine'.

Fact of Golf Life. We cannot Putt standing completely erect. Our 'LBM' is in the way. So let's look for some options.

So, let's get more 'Comfortable'. Establish some 'Knee Flex' as you always do; put in some 'Spinal Forward Inclination' as we always do and lower the Putter Head to the ground, getting and staying very comfortable.

Now we have adjusted the 'LBM' 'Components' to support the 'Pre-Selected Procedure' we know as 'Pendular Action or Putting'.

### **THE OPTIMAL MACHINE:**

This would be to have our 'Thighs Down-To-The-Ground Components' comfortable stable and to 'Lower Our Spinal Column' (Forward Inclination) to 'Horizontal to the Ground'. In this manner or position, we could 'Rotate or Rocking Chair our Shoulders' purely around the Spine and in doing so move the 'Putter Blade' directly 'Up and Down the Line'. This is 'Optimal' and not necessarily 'realistic', 'preferred' or 'selected'.

To promote your doing this or to help a little in rather forcing this to happen so you can at least experience what I am telling you, make a 32" long or shorter Putter (the Tool Component) with adjusted 'Upright LIE Angle'. The only way you will be able to get the sole of the blade to the grass will be to adjust the 'Body Components) to accomplish the simple task.

Play with 'Putter Lengths' until you discover what length fits your 'Comfort Level'. This may take a few sessions. Persevere. It's worth the time and experience. I think Golf is a 'Tinker Trip'!

Remember, to find your 'Optimal Ball Location' in Putting, use your favourite ladies 'Make-Up Mirror' to determine your 'Optimal EYE Position' which I think is 'Inside-and-Behind the Ball'. Equally, please know that there is no 'THE WAY' but only a variation of compatible 'Pre-Selected Components and Pre-Selected Procedures' from which to choose.

Following this 'Philosophy', the taller you get 'Spinally', the longer your Putter should be still allowing you to make the 'Stroke' optimally, which means with the absolute maximum amount of 'Comfort'.

You need to be 'Fitted' for your 'Putter'.

### **IMPORTANTLY:**

Once you find this 'Optimal Putter Configuration', and get 'Set-Up' efficiently, when you are 'MAKING THE MOVE', your '**WRIST TRIANGLES**' (Forearms to Putter Shaft and Grip Clearances) must remain the same throughout the entire 'Back and Front Swings' or you are making 'Compensatory Manipulations' that will 'Kill Your Consistency'. When you are utilizing the 'Rocking Chair Shoulders Procedure', there is 'NO Change In The Triangles'.

Staying on the theme, (simply speaking I hope), this 'Procedure and MOTION' a is a '**Round & Round**' the 'Spinal Crankshaft or LBM MOTION' (Carousel) and involves '**NO UP & DOWN MOTION**' (Ferris Wheel). The 'Lever Assemblies are absolutely PASSIVE'; '**Soft Fingers, Hands, Arms nad Shoulders**' rocking around the 'Clock', I mean 'SPINE'.

### **ABOUT YOUR TRIANGLES:**

The 'Longer Your Putter', the more you will have to 'Bend Your Elbows' and the 'Larger Will Be Your Triangles'. Likewise, the 'Shorter, Straighter and Smaller'. This is a 'FEEL Moment', so please stand up with your 'Trusty Putter' and change your Grip Length and these other factors to experience these 'Longer, More Bent and Larger' scenarios. Your success in the 'Short Stroke With The Upright Stick' depends on your understanding of what we speak, regardless of whether you adopt the specifics or not.

You have heard me say before, when we intimately understand and can execute 'Magnificent HOOKS or SLICES', we will soon be able to strike the Ball dead down the middle with more 'Consistency'.

A very influential military man, I think of ancient times, once said, "The more one knows of his enemy, the more easily they can be overcome and with the least amount of effort and losses".

### **STEP THREE:**

We are 'Comfortably Personally Optimal' as close to 'Scientifically Machine Optimal' as we 'FEEL' we want to be for now.

Let's get the MOTION working.

Now that we have the 'LBM and UBM' in reasonable position, we must go back to the 'Stage One Procedure which employs 'No Wrist Cock and No PIVOT'. With the Hands and Wrist Angles (Triangles) set, Elbows Comfortably Bent, Sole of Putter Blade making contact with the grass, How do we 'Make the Back and Forth MOTION'?

Again.

There are two methods;

- 1) **'ROCK YOUR SHOULDERS'** about your 'Inclined Spine' which is actually pure 'ROTATION' if your 'Spinal Crankshaft' is inclined enough to support the Motion or Procedure. In this manner. Purely speaking, you ARE employing some 'LBM Round and Round' since the Shoulders are 'Components' of the 'Lower Body Machine'. It is the 'Shoulder Sockets' that are part of the 'Upper Body Machine'.
  
- 2) Keep your 'Shoulders' relatively 'stable to fixed' and move your Hands and Arms back and forth to move the 'Putter Blade'. You might call this method the **'ROCK YOUR HANDS'** method. Let your 'Levers create the MOTION' without the help of the 'PIVOTING Shoulders'. In this manner, however, your 'Pre-Set Triangles' will NOT stay geometrically the same. Your original 'Triangular Shape' will change as you move your 'Hands and Arms' back and forth in order to facilitate the movement of the 'Putter Head'. One or two of the sides of the triangles will be constantly changing length.

With this **'Move the Levers Method'** you should 'FEEL' as though your 'Target Lever Assembly, Target Lever plus Golf Club', is hanging from the 'Target Shoulder Socket' and is moved primarily by the 'Piston-ACTION Brace Lever'. This is why I call this method of 'Putting' the **'PUSH BASIC METHOD'**.

You keep the 'Target Lever' very relaxed (Rope Like) and create 'Line MOTION' (DTL) with the straight-line Action of the Brace Lever. It 'Pulls

and Pushes' the Target Lever but I want to deemphasize the words 'Pull and Push'. The Motion is '**Straight Back and Straight Through**' the Ball through the IMPACT INTERVAL. This is where your 'Base Board Bullet-Proof Drill' is the ticket to success. Try it right now. It's in the Bullet-Proof Drills or Exercises Chapter. You must 'FEEL' the Brace Hand 'Push' a little to keep the Clubhead On Line or On PATH through IMPACT.

I think this 'Upper Body Machine ONLY Motion' is much less awkward than the 'Upper Body Machine' move we tried to create with the 'LBM' erect and the 'Body In The Way'. But, if you liker very 'UPRIGHT', you can make great Putts with it as long as you have 'Compatable Components' and 'Pre-Selected Procedures' that match. So now you know how to 'Putt' with '**Isolated Parts**'.

You have used the 'LBM ONLY' and you have used the 'UBM ONLY'.

Which 'FEELS' and works the best and the easiest?

#### **MY PREFERENCE SUMMARY:**

For me, I like to get my 'Spine Angle' relatively and 'Comfortably' close to 'Horizontal to the Ground' so that my Levers just hang with the 'Sole of the Putter' just about making contact with the Putting Surface. To do this one can use very longish nad straightish Arms and a short 'Putter' so that ONLY 'Rocking the Sholders' makes the 'Back and Forth MOTION'. This works great and is the purest 'Set-Up Componentry' to effect the 'Pre-Selected Procedure'.

However, it tends to make my back uncomfortable so I modify the 'Ideal Scientific Set-Up' to a personally effective, reliable and repeatable 'Pre Shot Routine', my '**5 CONTROLS**' Routine again and always. I also am constantly doing 'Stretching and Strengthening Exercisees' which have been carefully designed for our '**Elite Sports Performance**' programmes. Truly worth a consideration!

I like to take out a little of the 'Forward Inclination' to a comfortable 'Lower Back' position, then adjust my Levers and



Triangles with just enough 'Elbow Bend' to get the Putter Blade in its ideal position behind the Ball to utilize these two 'Set Triangles', then to activate the MOTION with my 'Rocking Chair Shoulders', still 'Straight Back and Straight Through the Ball right Down The Target Line' (DTL).

Remember, your EYES should be 'Over the Ball or just Inside and Behind' so your 'Tears will Fall on the Ball' or just at the 'Bottom Inside Cheek' where you are 'Looking'. Importantly, when you have this 'Head Position' your Body and the 'Wrist-Forearm Triangles' should be correct or very close. Use your 'Mirror'.

#### **MY BACK-UP STROKE AND TOOL:**

You can tell that this 'Rocking Chair Shoulders Method' is my preference but I occasionally, when this Method is not working to my satisfaction, will switch to a 36" putter and change to the 'Push Basic Method' where I change the 'Pre-Selected Procedures' to utilize the 'Lever Assemblies' to create the Motion; Target Lever hanging with the Brace Hand creating the Motion, 'Straight Back and Straight Through the Butt of that Ball'; '**Clubface AIM**' correct, '**Clubhead PATH On Line**' and that '**SWEET SPOT**' ('Optimal IMPACT Area', OPA) right behind the Ball so that the Energy Transfer, although Slight, is pure and complete as Pre-Selected. You can get this 'Putting Job' done if you so desire.

The answer to becoming a good or great putter is;

- 1) Knowledge of 'Physics & Mechanics' of 'Geometry and FEEL', and not a lot of it except the 'FEEL' part
- 2) Understanding of your personally optimal 'Set-Up and Execution', 'Pre-Selected Components and Procedures'
- 3) Lots of practice at both the 'Stroke' and at 'Reading the Greens'
- 4) Trust and Confidence

To summarize, this 'Smallest of Strokes' still utilizes the 'Lower and the Upper Body Machines' and I am of the opinion that you are best served by 'Setting Up Your Success' by using the 'LBM' as your primary source of MOTION. It is more reliable short and long term.

Whatever your preferences, make wise decisions and do not get stuck in one 'Procedure' as times and conditions change. Be cautiously flexible but be flexible. **'Keep It Stupid Simple'!**

Trust in yourself for no one else can ever make your 'Putts' for you!

I have faith in you.

#### 49) **ALIGNMENT AND HOW IT AFFECTS THE STROKE:**

Let's keep this simple!

If you have 'Pre-Selected the pure **'ROCKING CHAIR'** Components and Procedures', you will have to utilize a 'STANCE and ALIGNMENT' combination that is **'PARALLEL to the TARGET LINE or BALL ROLLING LINE'**. If you do NOT do this, you cannot make pure 'Rocking Chair Motion' about your 'Forward Inclined Spine'. I still want to emphasize that, properly executed, this 'Rocking Chair Procedure' is made with very passive but stable Levers that acquire their MOTION from the 'Shoulders'. The Hands, especially, are very quiet and act ONLY as those 'Clamps' to which we have referred so often in this book. They are 'along for the ride'.

So, let us have a quick look at the 'Procedural Options' created or available through adjustment of the 'ALIGNMENT Component'.

#### **OPEN ALIGNMENT, Brace Hand Dominant:**

I always, in Putting, mean by this that your 'Shoulders AXIS' matches your **'HEELS AXIS'**. (Remember the 'Five Axes'? If not see your 'Friendly INDEX Tour Guide'. It is worth the side trip!)

So you have 'OPEN ALIGNED FEET and SHOULDERS' which means, as you know, that your 'Machine' is pointing to the 'High ENERGY Side' of the Target Line. In this configuration you 'Feet and Body' are NOT parallel to the 'Ball Rolling or Target Line'.

When you are 'Set-Up' thus, you cannot 'Rocking Chair Motion' your 'Putting Stroke'. If you do so, you are going 'High ENERGY Side' of the 'Pre-Selected Ball Rolling Line'; where you are 'Aligned'. This is easy to see and understand. The steering wheel and the entire

car is heading left. When you drop the clutch and step on the accelerator, you're going 'Left', ditch or not; unless you make some quick changes to the 'Set-Up'.

There are two options to this as well; 1) Stop and Re-Set or 2) turn the steering wheel, apply the brakes, stomp on the gas to spin the rear wheels, back end of the machine, to the proper alignment, 'bail out', etc. If you use your imagination, this is like '**Manipulation**' with your Hands and 'Body Components' in the Golf Swing. We can wrongly change things after we get under-way. This is often complex and very 'Dynamically Unstable'. There are better ways. You know them.

### **BACK TO REALITY:**

Some very sound putters select an 'Open ALIGNMENT' from which to Putt. When they do so, the 'Components and Procedures' must be '**Compatible**'. One using this 'Open ALIGNMENT' must use a 'Brace Hand and Arm (Lever) MOTOR' with a very relaxed 'Target Lever Assembly' (Target Shoulder Socket, Arm, Hand and Golf Club). You know that! It should just be the 'Long Rope' that hangs from the Target Shoudler and at the end of which you will a Hand and a 'Tool containing a Head, Shaft and Grip'. When you are 'ALIGNED High ENERGY Side', your Putter Blade (Clubface) must still be AIMED directly 'Down the Ball Rolling Line' and then your Brace Lever must propel the 'Primary Package or Assembly 'Down This Line'. If NOT, you are going where your 'Feet (Heels) are Pointing or ALIGNMED' which is what 'Mother Nature and Newton' want you to do.

This 'Off-Alignment Stroke' (not down the Foot-Body Line) is what I call the '**PUSH BASIC STROKE**'; understandably so. Your Brace Hand and Lever must 'PUSH' directly towards or down the 'Ball Rolling Line' and NOT track naturally down your 'AXIS Aligned Components'. You can easily now understand and 'FEEL' that this 'Delivery Technique', although very reliable and 'Comfortable' (especially for 'Brace EYE Dominant' folks) is '**Contrived**'.

### **CLOSED ALIGNMENT, Target Hand Dominant:**

The opposite to 'Open ALIGNMENT' is a true option. If you have read my section on '**GATE-ing**', you will be able to 'Conceptualize, Visualize and Actualize' this specific material. This 'Alignment' is a 'Closed Gate'. This 'SET-UP' adds 'Resistance or Blocks' the

free Motion of the 'Body Machine and Clubhead Down-the-Line' even though the 'Putting Stroke' is very 'Low-ENERGY'.

In the 'Putting Stroke' which is a 'Stage One Procedure', as you know, there is 'No Wrist Cock and No PIVOT', so the 'LBM is Quiet'. But the 'Shoulders Should Be Active'. When the 'Gate Is Closed' their 'Movement Is Impaired or Restricted' due to the 'Off-Line or Linear Resistance'. When the Body is Aligned Left and you want the Ball to go Right, it is NOT an Optimal Condition; 'Lowest ENERGY and Most Efficient Machine'.

When you are 'ALIGNED Heels (Foot Line) to the 'Low ENERGY Side' of the Ball Rolling Line and want to roll the Ball 'DTBRL' ('Down The Ball Rolling Line'), you must make '**Compensations' = Bad Word!** This almost always means '**Hand Manipulations' = Two Bad Words!**

This 'Closed Gated' is the 'Flip Side' to 'Open ALIGNMENT' (Open Gated) and you may have to 'Flip Your Hands and Clubhead' to get the prescribed job done! Don't 'Flip Out'.

Your 'Path Of Least Resistance' will again be to make the 'Primary Move' 'Down-The-Foot-Line' with your 'Target Lever' or that 'Target Lever Assembly'. In this case again it will not work as the Cup is down the 'Ball Rolling Line'.

In this case, 'your Target Hand and Lever' will have to 'LEAD the Way' down the Ball Rolling Line as your 'Brace Lever' cannot optimally do so. It is 'Trailing or LAGGING' and is not in any position to provide the 'Primary MOTIVE FORCE or MOTION'. The 'Brace Hand' has to travel 'Around the Body' (Roundhouse) while the 'Target Hand' can take a direct 'Straight Line Route'.

It is 'FEEL Time' again. Grab that Putter, stand right up and make some of these 'Variation Set-Ups and Strokes'. Be particular in the 'Set-Up' and exaggerate slightly so you can 'FEEL' the 'Isolated Parts'. This is an 'Awareness Moment' and not a 'Training Moment', We are not going to learn how to do this exaggerated Motion, but simply become aware of its existence. The wider our horizons, the broader-based our knowledge, the better equipped we are to proceed directly to our chosen destination and not arrive at an unknown place along the way in our 'Journey'. Predictable Golf is great Golf! This is the first step to modifying the 'Predictable' is we so desire.

The entire reason I am spending this time with you is to '**Paint the**

**FEEL Picture'** so you can understand 'How To Make the Perfect HOOK or SLICE' and thereafter avoid them and make the 'Dead AIMED Straight Ball'. By experiencing these two different '**Ranges Of ALIGNMENT**', you will understand and 'FEEL' what suits you better.

If you understand the proper 'PHYSICS and MECHANICS', you will be able to accomplish the 'Optimal GEOMETRY and FEEL'. Now that's the way to make 'Consistently Great Putts!

I hope this helps and is worth your valuable time.

**OPEN & CLOSED ALIGNMENTS** results in 'Stroke Variations' or  
'Components and Procedures'

**A REMINDER:**

Combine this knowledge with the discussion on 'Forward Spinal Inclination' to determine your 'Optimal SET-UP and EXECUTION' 'Components and Procedures'. In this methodical manner, your Swing will become simpler and you will become happier!

**IMPORTANT:**

Once you '**AIM the BLADE**' dead Square to the 'Ball Rolling Line' getting the rest of your 'Body Components Matching' is relatively easy. Use those old 'Four Letter Words'!

**'B.E.S.T.'**

50) **ROCKING CHAIR SHOULDERS:**  
(and their associates)

I think this section is of particular importance so please give it some attention and try to understand this information which will at least be indirectly applicable to your 'Putting Success'.

Remember, the Baseline Of This 'Rocking Chair Shoulders' discussion is simply that the 'Stage 2 Putting & Chipping' procedure 'Motion Engine' is the 'Up & Down, On Plane, Brace Shoulder'.

Our oily or slippery 'Brace Scapula' moves from 'Lateral To Medial Aft Thoracic'. The '555 Golf Academy Bullet-Proof Drill' is called 'The Cracking Walnuts Drill'. Appropriate!

We have used this term 'Rocking or Rocking Chair Shoulders' throughout this 'Book D' and, I am sure, will continue to do so from time to time. It makes sense.

Think about your '**Lever Triangles**' for a moment. Get the picture in your 'Mind's Eye' and then it is time for one of those 'FEELS' again. So stand up, without a putter, clap your 'Palms' together level with your Chest and make your big 'Shoulder, Arms and Hands Triangle' while standing 'Straight Up, Knees Locked' much as we did in the 'Spinal Inclination or TAP TAP TAP Drill'. We want to 'Bend At The Hip Sockets' to 'Incline Forward' and not to 'Bend or Arch in our Tummies or Spines'. You remember the Drill!

So, standing nice and vertically, Knees locked, keep your 'Big Triangle' in its 'Isosceles Shape' (the two Levers of equal length) and 'PIVOT your Shoulders around your Vertical Spine'. The 'Lever Triangle' will move on a horizontal Plane around your Spine'.

Next, keep 'Rocking (Pivoting) Your Shoulders' while you gradually lower them towards your Waist without 'Inclining or Tilting Your Spine'. Once your 'Lever Triangle' lowers to where your 'Triceps or the backs of your Upper Arms' come in contact with your 'Pecs and Lats', front to side Chest Muscles', your 'Rocking Chair Motion' will become impaired since your Chest has become in the way. You have now practically determined or discovered the limit of your 'Lever Angle relative to your Spine' (Shoulder Vertical Hinge). This is where things stop working smoothly; before your 'Shoulder Rotation become hampered by your Chest', a 'Lower Body Machine Component'.

The issue here, or my point is, that your 'Rocking Chair Putting Motion' cannot function effectively without adequate 'Forward Spinal Inclination' (Component) to support this 'Pre-Selected Procedure'. Once you get to the 'Chest Blocked Condition', you have few options. The primary one, without altering your 'Spinal Forward Inclination', is to start breaking down your 'Lever Triangles' which involves adding a 'Lower or Forearm Motion' (Component). I call this 'Flipping Your Hands'. It is definitely a 'Break-Down Motion' although it is certainly a 'Component and Procedure' that is an elective combination.

To maintain the very 'Mechanically Safe Triangles and Rocking Chair Motion', one has to forward Incline and the shorter the 'Putter Length' the sooner and the farther one has to start 'Inclining the Spine'.



'Stuck Feet Stance'





'Stuck Feet Stance - Pigeon Toed'  
Pivot Engine Zeroed Out



'Stuck Grip - Very Strong Brace & Very Weak Target'  
Wrist Hinge Action is Zeroed Out ... Quiet Triangles

If you play with a very short Putter, as I sometimes do, you require a pronounced 'Forward Spinal Inclination' (Component) to support the 'Pre-Selected Procedure'. You will recall your 'Locked Knee Shoulder Rotations' we just performed. Your 'Shoulders and the Levers in the Clap-Your-Hands Triangle Shape' turned quite about your Spine at about 90 degrees to the 'Spinal Crankshaft'. Well, if you have a short Putter, you may have to lower that 'Spinal Crankshaft' to about 'Horizontal or Parallel to the Ground' to effectively make a Putt with this short Putter. The longer the Putter to less 'Horizontal' you will have to become in our 'SET-UP and EXECUTION'. Remember, in your 'Putting Procedure' you require a 'Quiet Lower Body'. To get this, you may want to 'Putt With Pigeon Toes' or what we call "Stuck Feet".

### **TRIANGLE BREAKDOWN:**

We just spoke about and demonstrated the 'Flippy Handed Motions' which is this 'Triangular Breakdown'. It is, as stated, an acceptable 'Procedure' if you are 'Set-Up' and prepared or calling for this as a 'Component'. 'Matching Components and Procedures' always make sense.

The 'Rocking Chair Shoulders or Big Triangle Breakdown' can occur in several progressive manners.

The 'Optimal Triangle Composition' is 'Brace Shoulder Socket to Finger Tips to Target Shoulder Socket and back to the Brace Shoulder Socket'. This is the biggest possible triangle.

Now. Let us 'Break it down progressively' remembering that all the following 'Shapes or Physical Combinations' are acceptable.

First we will 'Bend At The Elbows' which changes the shape of the 'Big Shoulder Triangle' into a smaller 'Elbow Triangle' in which the 'Wrists' are still 'Inactive'. Now you can still 'Rock Your Shoulders and move the 'Elbow Triangle' and thus the 'Putter Head Back and Forth Through the IMPACT Zone'. Importantly, we can still maintain our 'Wrist Hinge Angles' and not utilize any 'Flippy Wristed Actions' where each 'Wrist Bends or Bows' around the 'Vertical Hinge Pin or Axis'.

To 'FEEL' this 'Horizontal Wrist Wrist Hinge Motion', simply stay in your 'Elbow Triangle Position' and 'Bend and Bow Your Wrists Back and Forth'. Remember, when one 'Wrist Bends the other has to Bow'. This is a fundamental 'Wrist Condition Change' that I term a

'Break-Down', but one can still utilize it as an elective 'Component and Procedure' in 'Putting'. If you are an historical 'Golf Buff' you will know Arnold Palmer's 'Putting Stroke' well. He is a perfect example of a 'Wrist Hinge Putter' where he employed a 'Wrist Hinge #3 Power Accumulator or Action' to deliver the 'Putter Face' back to the Ball. I might add that he did so very reliably and repeatedly as well and there were and are more who 'Pre-Select Mr. Palmer's Procedures' for their method of preference.

Any 'Putting Stroke' that repeatedly puts Balls into the 'Bottom Of the Cup' in one stroke, is a good 'Procedure'. **"If It Ain't Broke, Don't Fix It!"** But is it is 'Breaking Down' and is costing you strokes, you had better attend to it!

Just to keep things in focus, look at how we constantly keep coming back to the very useful term 'Components and Procedures'. I hope you have found the importance of this 'Concept' to be as important to you as it has become to me. If you have not, don't abandon ship just yet. It is still sailing directly towards the port of call!

#### **JUST BEFORE WE MOVE ON:**

With your Drills just executed, you will have discovered or be able to understand that, when your Hands are placed on the 'Putter' in your 'Pre-Selected Method, a Component', your Hands, 'Index Finger Second Knuckle to the Wrist Bones', also make a very small but true 'Triangle'. You see, this topic is full of constant 'Geometry' about which and with which we are constantly making those reliable circles with Golf Balls in the bottom or at the circumference!

#### **FINAL POINT:**

If we 'Bend and Bow about our Vertical Wrist Hinge Pin creating Horizontal Wrist Action', we certainly affect the 'Clubface Net Effective Loft' and tend to also affect the 'Clubface AIM'. If we also add some 'Wrist Turn and Roll' (about the Longitudinal Axis of Forearm Bones, Radius and Ulna), we will unavoidably cause both more 'Clubface AIM error and Clubhead PATH error' as well. Nasty stuff when you are needing to make a six footer to halve the hole or for the win!



Wrist Hinge Bend and Bow, Turn and Roll (BFB -TVR)  
vs.  
Clubface AIM and Clubhead PATH





Bend Flat & Bow, (BFB)  
Horizontal Wrist Hinge Actions about the Vertical Hing Pin



Bend Flat & Bow, (BFB)  
Horizontal Wrist Hinge Actions about the Vertical Hing Pin





Turn, Vertical and Roll, (TVR)  
Rotaional Forearm Actions about the Longitudinal Hinge Pin  
Radius & Ulna Bones



Turn, Vertical and Roll, (TVR)  
Rotaional Forearm Actions about the Longitudinal Hinge Pin  
Radius & Ulna Bones



Turn, Vertical and Roll, (TVR)  
Rotaional Forearm Actions about the Longitudinal Hinge Pin  
Radius & Ulna Bones

51)           **VERANDAH SETEE:**

We have carefully defined 'Rocking Chair Shoulders' and mentioned allowing the 'Triangle Levers' to 'Bend at the Elbows' which changes the structure of the 'Lever Triangles' to more 'Moving or Pivoting about the Elbows' than purely about the 'Shoulder Sockets'. It is not a huge change but it is functionally specific.

I have described the 'Action' the 'Triangle Levers' make as 'Rocking the Baby' or the 'Seagull Wings Moves'. I think they are appropriate. If you were to 'Cradle a Baby' in our forearms and were then to 'Rock the Baby' back and forth, the 'Mechanics and Motions' would somewhat resemble the 'Actions and Motions' of the 'Verandah Setee'. I hope you know what one of these devices is. I might be dating myself, but many houses built in the 30's, 40's and 50's had a 'Seated Swing or Setee' on the front porch or in the back yard. The structural device that held and about which and from which the seat swayed, resembled a pair of Shoulders above the seat and held by a strong frame, having a 'Pivot' (Shoulder Socket) at each end of the steel bar or frame.

If you pretend you are 'Holding a Baby in your Forearms' and 'Rock it back and forth horizontally across your Chest, you will know precisely the 'Lever Action and Motion' to which I refer.

This 'Matching Component and Procedure' combination can be used to make very successful 'Putting Strokes' with a relatively 'Long Putter', one that reaches the ground below your 'Eye Position', before your 'Hands and Arms' get to a fully-extended condition. When I putt with a 36" putter, I necessarily use this 'Set-Up and Execution' combination.

52)           **FIVE TRIANGLES:**

Now that we have investigated this 'Triangular Lever Assemblies' situation with putting, we can understand that there are more than one 'Triangular Combinations' we can make with or 'Shoulders, Arms and Hands'.

The 'Five Triangles' are:

- 1) the 'Shoulder Triangle'
- 2) the 'Elbow Triangle'
- 3) the 'Forearm Triangle'

- 4) the 'Wrist Triangle'
- 5) the 'Hand Triangle'

These are each comprised of or around the 'Primary Components' from which they got their name.

As these 'Lever Triangles' get smaller, so too does the stability they provide to the 'Swinging Putter Head' get less reliable in the areas of 'Clubface AIM and Clubhead PATH' and your resulting necessary 'Ball Rolling Ability'.

Please note that all of the above '5 Triangles' are always supported by the everpresent 'Shoulders' but these can vary in their condition and action. They can become incapable of 'Rocking Chair' as described earlier and be forced to resort to more of a 'Sliding Lateral Action' than one of 'Rotation About a Stable Spinal Crankshaft'. Be very specific in your 'Pre-Selected Components and Pre-Selected Procedures'. This preparation will determine the quality of your 'Putter Swinging Motion' and the results of your 'Short Stick Stroke' and your 'Scoring'! It may even directly affect your 'Popularity' and certainly your 'Pleasure'.

#### **BACK TO GOOD OLD 'RPM':**

We need never lose focus on our 'RPM', the relationship of the 'Revolution Speed' of the Clubhead around the 'Spinal Crankshaft' to the 'Belly Button or the actual frontal segment of Spinal Vertebrae'. In the case of a 'Stage III or 'Pivot Procedure', if your 'Belly Button is Turning or Rotating at 30 RPM, then your Clubhead should be as well'. In the case of the 'Stage I or Putting and Chipping Procedure', your 'Shoulders should be Turning or Rotating at the same RPM as your Putter head'.

If you 'Flip your Wrists', 'Break-Down the 'Shoulder, Elbow, Forearm or Wrist Triangles' that you 'Pre-Selected or Set-Up at Address Ready', you will compromise your 'Clubface AIM and Clubhead PATH' that you desire and need to make the great Putt you planned become a reality.

If you are 'Breaking-Down in your Pre-Selected Components, Lever Triangles', you will soon discover the brand of 'Golf' I and my '555 Team' have coe to call '**Crap-Shoot or Get Lucky Golf**' and it



is not a pretty site. Certainly will not make you any club points or local money.

Just one final detail. This 'Break-Down' might primarily involve simple 'Instability in one of the 5 Triangle'. Remember, our 'Hands Triangle' can break-down as well as your 'Wrist and Forearm Triangles' but it does so in the form of a 'Grip Change during the Swinging Motion'. This instability is relatively rare but happens so be aware that, once you properly place your Hnads on the Golf Club Handle, they should remain both 'Passive and Stable' during the entire 'Back and Front Swing'.

The 'Secondary Break-Down' that can take place would be in a 'Forearm Rotational Manner' (Turn and Roll of the Hands about the 'Longitudinal Forearm Bones, the Radius nad the Ulna as mentioned above). This error will certainly cause both 'Clubface AIM and Clubhead PATH errors'. Nasty stuff!

The third or 'Tertiary Break-Down' is that of 'NOT keeping our Target Elbow advancing to the Target-Cup at the same relative pace as it the Clubhead'. This is clearly and simply an 'RPM Issue'. Thus, it is a 'Timing and somewhat a Tempo Issue' to put it in other terms to help you to not miss the concept and subject. If we fail to keep the 'Target Elbow Advancing to the Cup' along with the 'Putter Head', we will likely suffer from the 'Golf Ailment' we have come to know as 'Round-Housing'. Work at 'Advancing the Fat Heel Pad on the inside of your Brace Hand along with the Back of the Target Hand, perhaps the Target First Index and Middle Finger Knuckles, directly down the 'Ball Rolling Line' (BRL) to the Cup. You remember the terms. If not, it is time for a quick trip to the 'Friendly Tour Guide Index'!

If you need to make the trip, don't delay.

**Do It Now!**

### 53) **PUTTING TECHNIQUES:**

I think we might break Putting Set-Up (Arm Lever Assembly Position) and thus this Upper Body 'Stroke Motion' into two categories. There is little or NO Lower Body action in putting. The Lower Body Machine is passive. The two Lever techniques are:

- 1) STRAIGHT ARMED or
- 2) BENT ARMED

Both these techniques, in all their various personal forms, involve a 'One Piece Movement' where the 'Shoulders FEEL' and actually move the putter Clubhead away from the Ball and NOT the Hands or any other part of the anatomy.

One should 'Feel' as though the Shoulders and the entire 'Putting Set-Up Triangle' are 'Rocking' like a teeter-totter, back and forth around your Adam's Apple. This is a very pure 'Pendular Motion' and should not be interrupted by the Hands.

I believe that in Putting, your hands should be '**PASSIVE**', quite uninvolved other than being placed properly on the Grip and only holding the 'Tool' connected to the 'Rocking Shoulders'. There should be '**Absolutely Zero Wrist Motion**' throughout your entire 'Putting Stroke' backward and forward. Something that might help you to accomplish this is to look at your wrists and you will see that they form a triangle of various shapes. Once yours is adjusted to work properly, '**Never Change The Shape Of The Triangle**' throughout the entire 'Putting Stroke', forward and back.

Remember, we just discussed the 'Five Putting Triangles' so it will fresh in your mind.

- 54)           **BOTH ARMS STRAIGHT:**  
The 'Triangle with Rocking Shoulders'

The above 'GRIP' situation never changes regardless of your arm position or selected stroke pattern.

This '**Both Arms Straight**' method is pure and simple requiring a relatively short putter that just comfortably reaches the ground directly below your vertical 'Eye Drop Line'. Remember, if you cry a tear, it should fall on the top centre of the putter head. However, great putts will not generate any tears!

This 'Straight Armed' technique requires or utilizes no 'Brace Arm or Hand Piston Action'. It is not a 'HIT' but a 'SWING'.

This technique, will force you to be very 'Pendular' and swinging very much from your Armpits and requires that relatively short



putter as I mentioned; 31" to 33" for men and 29" to 31" for women. If your putter is too long and you follow the rule of swinging it from your Armpits with virtually straight arms, the centre top line will NOT be under your Eyes or in your Eye Sight Line. With your putter head outside this 'Sight Line' and likely outside your armpits, you will be forced to swing along an 'Inside to Square to Inside' Clubhead Path. This is acceptable but you must realize what you are creating with this set up. Know your personal 'Cause and Effect' physical motions.

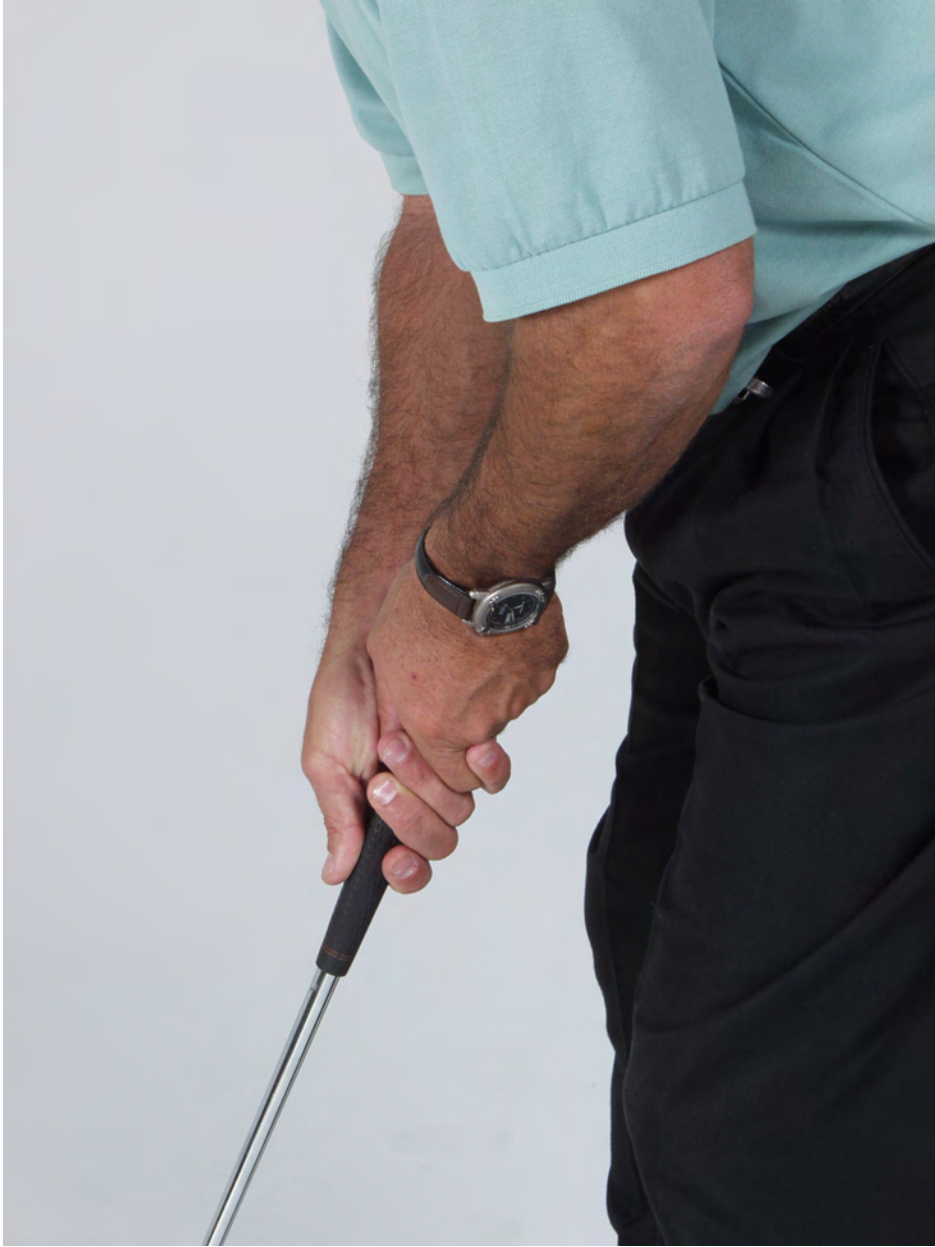
Jack Nicklaus putts very much with his Head directly above and behind the Ball with his right eye looking 'Down The Line' to the cup. He can see the Ball and the Cup in one glance which is not a liability in accuracy and, I think, Confidence, of which he traditionally has had no shortage.

#### PUTTING

Both Arms (2 Levers) Straight

#### PUTTING

Both Arms (2 Levers) Bent



Rocking The Creadle Putting Method  
Both Elbow Primary Articulating Joints' are 'Bent'  
And 'ON PLANE'.

55)           **ONE ARM BENT AND ONE STRAIGHT:**  
(used in the Brace Hand Low method)

The only way you can effect this type of 'Set-Up and Swinging Motion' is with a 'SPLIT GRIP'. As long as your two Hands are in contact with each other, one elbow has to be flexed - reflexed at all times except for the 'IMPACT Point' when they both come to the straight condition. With your Hands together and level on the Grip, your 'Wrist and Elbow Hinge Conditions' must be very close to being the same or be the same.

This 'One Arm Bent and One Straight Method' requires 'One Hand to Be Low'. Usually or most popularly, your 'Target Hand' will be the 'Low One'.

Bernhard Langer's, 'Taking-Your-Own-Pulse Grip' has the mechanical capability of the 'Swing or Target Arm's' being comfortably straight while his 'Hitting or Brace Arm' is flexed or bent thus acting as a gentle piston during Segment #2, the IMPACT portion of his swing.

Target Arm (1 Lever) Straight ... Putting

Brace Arm (1 Lever) Bent ... Putting

56)           **BOTH ARMS BENT:**

There are many amounts of 'BENDING' so I will leave your personal design up to you but I want to mention one putting technique that I have taught and used successfully for years. It is at the quite 'Bent End of the Spectrum'. I call it the 'Rock the Baby in the Cradle' or the 'Seagull Method'.

This method requires a putter approximately two inches longer than for the basic 'Straight Armed Pendular Method'. I do not want you to bend over and compromise your 'POSTURE' by using a short putter. Not unlike using a #7 Iron, one must have a very comfortable Spinal Column and Lumbar region of the back to putt well and consistently.

Take the Putter in your 'Target or Swing Hand'. Set the head about under your Eyes so that you are looking comfortably 'Down the Line' and with a 'Bent Elbow' that the long shaft will enable you to

have, with the back of the Target Hand AIMED Squarely at the Cup, point your Target Elbow **'DIRECTLY'** at the Cup as well. Your Target Wrist will be bent or Hinged 70 to 80 degrees. Now place your Brace Hand gently on the Grip comfortably conformed to your Target Hand which will be 'Palm Facing Target' elbow quite flexed as well.

You will feel like you have made a 'Baby's Cradle' with the baby's actually lying across your wrists. Now rock the cradle with your elbow moving dead straight to and from the Cup. With this motion, take your putter head smoothly away from the Ball, straight back and straight through to the Quarter.

**Make absolutely certain that you 'SEE THE BALL COME OFF THE CLUBFACE' and 'FEEL IT GOING TO THE BOTTOM OF THE CUP'.** Let your 'Pendular Swinging Motion' of the Clubhead do the work and DO NOT MANIPULATE the Clubhead or Clubface to facilitate anything. If you interrupt or tamper with this 'Swinging Motion' you will spoil a very pretty picture.

Regardless of what method you use to stroke the Ball toward the cup, one must be moving the Clubface Squarely and Smoothly directly at the Cup or our 'Intermediate Target' or what I call the 'Top of Break Point'. I think it is best to approach putting as always producing 'Straight Lines' and then allowing the putting surface to shape the 'Ball Rolling Path' which it will do with or without our blessing.

Keep it simple.

#### 57) **ONE-HANDED:**

This technique is a great, short-term, alternative to using both Lever Assemblies for putting. It, with either Lever employed, must be purely 'Pendular' to be effective and consistent. One would be very hard-pressed to putt well 'One-Hnaded' with very elusive and inconsistent 'Hand Manipulation'. This must be a 'Pendular Action'. Using the Brace Lever, you must Pivot from your Brace Shoulder Socket. When employing the Target Lever, the Target Shoulder Socket is the Pivot Point. Both of these putting techniques must be 'Dead Handed and Dead Elbowed'. I strongly recommend that the back of your Hand (either) be Square or Facing the Target and that the FEELING you create is 'Straight Back and Straight Through'.



Target One Handed Putting  
Alignment Closed

**PULL STROKE**



Brace One Handed Putting  
Alignment Open

**PUSH STROKE**





Both Hands On The Handle, Neutral Stroke Pressure and Path



58) **LONGER PUTTER VARIATIONS:**

This Putting strategy is very similar to the 'One-Handed' one above. The technique employs a putter long enough to reach from the soled position to at least the middle of your 'Target Putting Forearm'.

a) With the '**Forearm Length Long Putter**', you stabilize the Swinging Motion by keeping the 'Butt of the Grip' in contact with your forearm. This stabilizes your 'Soft Elbow' as well as maintaining a consistent Swing Radius based from your Lever Shoulder Socket. Target Lever Straight.

b) With the '**Elbow Length Long Putter**', you utilize the same procedures and techniques as with Item a) above. The stability point is simply higher in the Lever and is 'FEEL-based' from the appropriate Elbow and not the Forearm. Target Lever Straight.

c) I have had clients Putt short-term with the putter adjusted to make 'Butt Contact' in the middle of the '**Swing Arm Biceps or even in the Armpit**'. It is simply a variation in Methods a) and b) above with a longer Swing Radius. Target Lever Straight.

d) '**Belley Button or Sternal Pivot Points**' can be used and are quite more common and longer-term effective than the 'Single Arm' techniques. In these two variations, one places the 'Butt of the Grip' either in the Belley Button or on the Lower, Mid or Upper Sternum. The top of the Pivot is made from these positions. It is a strictly 'Push Basic Stroke Method' and the 'Brace Arm' performs all motive tasks with the palm or the back of the Hand Square to the Target Line or Target at all times throughout the Stroke. 'Distance Control' is accomplished by simply monitoring the Stroke Length and I still maintain that a sound method of accomplishing this 'Monitoring' is to use the Brace Toe as a 'Limit of Backswing' locator as detailed in the 'One Inch Rule' section.

Butt of Grip against your Belly Button  
Two Grip Putter Requires  
Both Hands are on the Middle Grip  
**NO LONGER LEGAL**

e) '**Lower Neck as Pivot Point**' is effective and quite stable. The top of the putter grip is held usually in the Target Hand, 'Thumb Up' with the 'Second Finger Joint Knuckles' resting on the top of the Sternum and the tip of the Thumb pressed very gently against the 'Voice Box or Tracheal Cavity'.

Long Two Grip Putter Required  
Target Hand on Top against Pivot Point  
**STERNUM**

Brace Hand on Lower Grip  
Lower Grip Brace Hand Provides Motion  
**NO LONGER LEGAL**

f) '**CHIN as Pivot Point**' is quite common and is stable as well. In this technique, the Target Hand is placed on the grip as a 'Fist' and your 'Chin' is set or comfortably fitted into the thumb top end of the fist. The pocket of the fist will nicely accommodate your Chin. The butt end of the grip will just make contact with your Chin so the 'Effective Pivot Point' is functionally the Chin. You get or FEEL very stable and controlled with this 'Longest of Long' putting techniques. Your '**POSTURE**' is key to this putting stroke as it is with everything you do in Golf. Those '**5 SET-UPS**' never go away. The faithful soldier '**5 CONTROLS**' are always in action or 'All Hands On Deck' as you know.

All of these 'Putting Techniques' (slight variations) are 'Pendular Stage-One', 'Push Basic Strokes', the simplest moves in all of Golf. Keep them that way and you will be well-served.

Long Two Grip Putter Required  
Target Hand on top Grip at **CHIN**  
Brace Hand on Lower Grip  
Brace Hand Provides Motion  
**NO LONGER LEGAL**

59)           **ANOTHER TIP:**

Tallish Chin, '**POSTURE**', set in place, (Job #1 in the Five Set-Ups), always attending to those two FEET, your '**STANCE**', which is the foundation of your game, '**GUNSIGHTED** and **BOUNCE**' so that your '**Four Axes**', 'Feet, Knees, Hips and Shoulders' are all '**ALIGNED**' and not '**Cork-Screwed**' or each pointing in different, uncomplimentary directions; Now and only now can you proceed to think '**BALL-PIN**' and commence with your 'Routine Visualization and Count Down'.

By now you know that unless your 'Clubface is AIMED Squarely Down the Target Line dead at the Pin', and unless your 'Clubhead PATH' is not also 'Down the Line dead at the Pin', (well before IMPACT and even well after IMPACT) it is very unlikely that your Ball has the chance of a 'Snowball in Hell' of arriving at this treasured 'Bottom of the 4.25 inch White-Hole-in-the-Ground' destination.

The 'Back of your Target Hand Controls the Clubhead and Clubface AIM'. Therefore, the 'Back of your Target Hand must Move Squarely toward the Cup'. In order to accomplish this simple physical feat, other than 'Through an IMPACT ZONE' of about two inches, one must also 'Move that Target Elbow directly toward the Cup' as well.

To do this the 'Target Elbow must be Free', somewhat Relaxed and allowed to 'Move Directly Away From the Side of Your Body Through IMPACT'.

To do so it best be at least 'Slightly Bent at the Target Elbow'. This will also enable your Clubhead to travel along the 'Putting Surface' '**LEVEL Through The IMPACT & SEPARATION ZONE**' avoiding the creation of a lifting action and resulting in a faulty or Topped IMPACT. The longer your 'Putter Shaft', the more bent your elbow will have to be; the more you will have to 'Rock The Baby In The Cradle'.

With your 'Target Arm' tucked right in tight to your side, your 'Brace Shoulder' will be forced forward, around and toward the Ball which will cause you to swing arcing or pulling or 'Round-Housing' through the Target Line. Your Ball will go to the 'High-Energy Side of Target Line' unless you manipulate the Putter Clubhead in order to keep it Square and On Line moving directly, 'Dead to the Target'. Let your 'Target Arm' (Elbow) comfortably hang from your 'Target Shoulder'. It will naturally be away from your side and able to move toward the Pin parallel to the Target Line. Remember

the 'Railway Tracks' analogy used during our discussions of 'ALIGNMENT'.

Putting is 'NOT A HIT' but a smooth and calculated 'STROKE' right through the butt of the Ball, Down the Line, Dead centre bottom of the cup.

**'Trust Your Clubs' and 'Trust Your Swing'**

If you do not, who else will ?

Your caddy cannot make your putts for you, even if he looks like a twin brother and putts better! Your playing partner will notice ... eventually. (see USGA Rules of Golf, the Putting Green, Rule #17)

60) **ANOTHER SMALL TIP:**

I have heard there is a term called **'THE PRO SIDE OF THE CUP'** and what the heck does that mean?

If there is a right to left break, it is down hill or the green slopes from right to left, the up-hill side is the 'Pro Side Of The Cup'. It is called this because the Pros should always give the ball a chance to fall into the hole. It is wise not to fight Mother Nature. Work diligently to get your Ball to travel to the up-hill side of the cup so that, while slowing down it might take advantage of the 'Natural Path into the Cup'. **'Don't Be SHORT or BELOW The HOLE'**.

61) **GOLF IS LIKE A HANDFUL OF SMOKE:**

Once you think you have it, you discover you do not!

If you miss a Putt, miss it on the down-hill side as tricky greens Putt more comfortably or positively up-hill.

**'Wait A Minute'**! You just said "Putt to the Pro Side. Make up your cotton-picking mind!"

**GIVE IT A CHANCE FROM THE HIGH-SIDE and THINK HOLING IT.**

If your Ball misses, let it miss on the high side and then move to low, which is where it will likely end up. If you give it a chance to go in, you give yourself a chance to NOT PUTT AGAIN !

Simple stuff this GOLF!

Q35)

"Doubt is brother devil to despair."

Bill O'Reilly

If you feel doubt, get it out of your mind and proceed with the plan, however seemingly insignificant.

62)           **HOW MANY GRIPS ?:**

If there are '**Seven (7) Basic GRIP Varieties**' for general Golf swings, putting probably has seventy seven '**SEVENTY SEVEN**'!

Four Grips that are most common are the same Grip you use with your 'Short Irons' which I call the '10 Finger Conventional Grip'. (Very Neutral). The neutral 'Vardon 9 Finger'. The 'Reverse Overlap'. (very Neutral) and the 'Target Hand Low Grip' which is also very neutral. All you have to do to become either proficient or aware of these and more is read all the magazines, watch all the videos and keep paying visits to those golf facility practice areas over a lifetime!

But if any one Grip works, it is an acceptable Grip from one-handed, to reverse overlap, to cross-handed, to taking your pulse, to no thumbs or index fingers touching, to strong or weak, to split, to ten finger, to interlocked, to palms opposed, to separated, to divorced, **OOPS** ...

Whatever your Grip might be, one should not alter the 'Set-Up Hands, Wrists and Forearms Position'. Notice your lower Lever Assembly and you will see that your two arms make a definitive Triangle. Whatever this triangular shape, you must not allow it to alter or 'Break Down' in your Swinging Motion, Back or Forward. Any such movement or change in shape will certainly cause 'Clubhead Manipulation' which seldom makes your Ball Roll Path better. If you are manipulating your putter head, you will seldom make putts. When they go in, you likely made a mistake and got lucky!

If you 'Forward Press' in your 'Putting Grip Set-Up', which is one time I think this pre-positioning of the Hands is allowable, you should remain in that 'Triangular Lower Lever Assembly Shape' throughout your entire 'Putting Stroke'. This will prevent break-down and manipulation. It does not promote 'Over Spin' however!

'Always Putt Thin'. 'BALL LOCATION' well forward helps to accomplish this and will promote a better 'Sight Line' as well. The better we see the 'Ball Rolling Line' (BRL), the better we will execute these 'Short Strokes'.

In a nut-shell, do not interrupt the 'Pendular Action'. It is nature's most reliable action and should be yours as well. Remember, '**Let THE LAWS OF PHYSICS' Help You Make Every Stroke**' as they will never let you down. Newton's Laws are the Golfers' friend without prejudice and regardless of location, day or night.

### 63) **ONE VERY SPECIAL GRIP:**

There are about as many putting Grips as there are putters so I suggest you consult your teaching Pro about your own personal design ideas and ideosyncracies. Clearly, if it works, use it, and, "**If it ain't Broke, don't Fix it!**"

I happen to think, KNOW, that one of the major failures in Putting Grips is 'Overly Active Hands' that try, consciously and unconsciously, to manipulate the Ball Roll Path to travel where we FEEL and hope it should go.

Earlier in this Book, I talked with you for a moment about your Hands concerning 'Range of Motion' and most specifically the position of your 'Thumbs'. (see Chapter Meat & Potatoes) In putting, conversely, it is this freedom of rotational movement that sometimes hampers a stable Clubhead Path and our desired results.

Instead of rolling the Ball to the Heart of the Cup, we create those 'Pulls and Pushes' that make high scores a dreadful reality. Frustration squeezes our blood-pressure up and makes us more tense. I bet all of you know what I am speaking of!

64)           **THE 'STUCK HANDS GRIP':**  
                A couple more comments

For people with 'Flippy or Yippy' putting strokes, or lack of a smooth stroke at all, I have worked for a very long time quite successfully getting them to work with this 'Reduced Range Of Motion' Grip. I have used it personally and find it both reliable and comforting. It stands up under pressure when at times ones mind may not quite meet those needs.

Here it is:

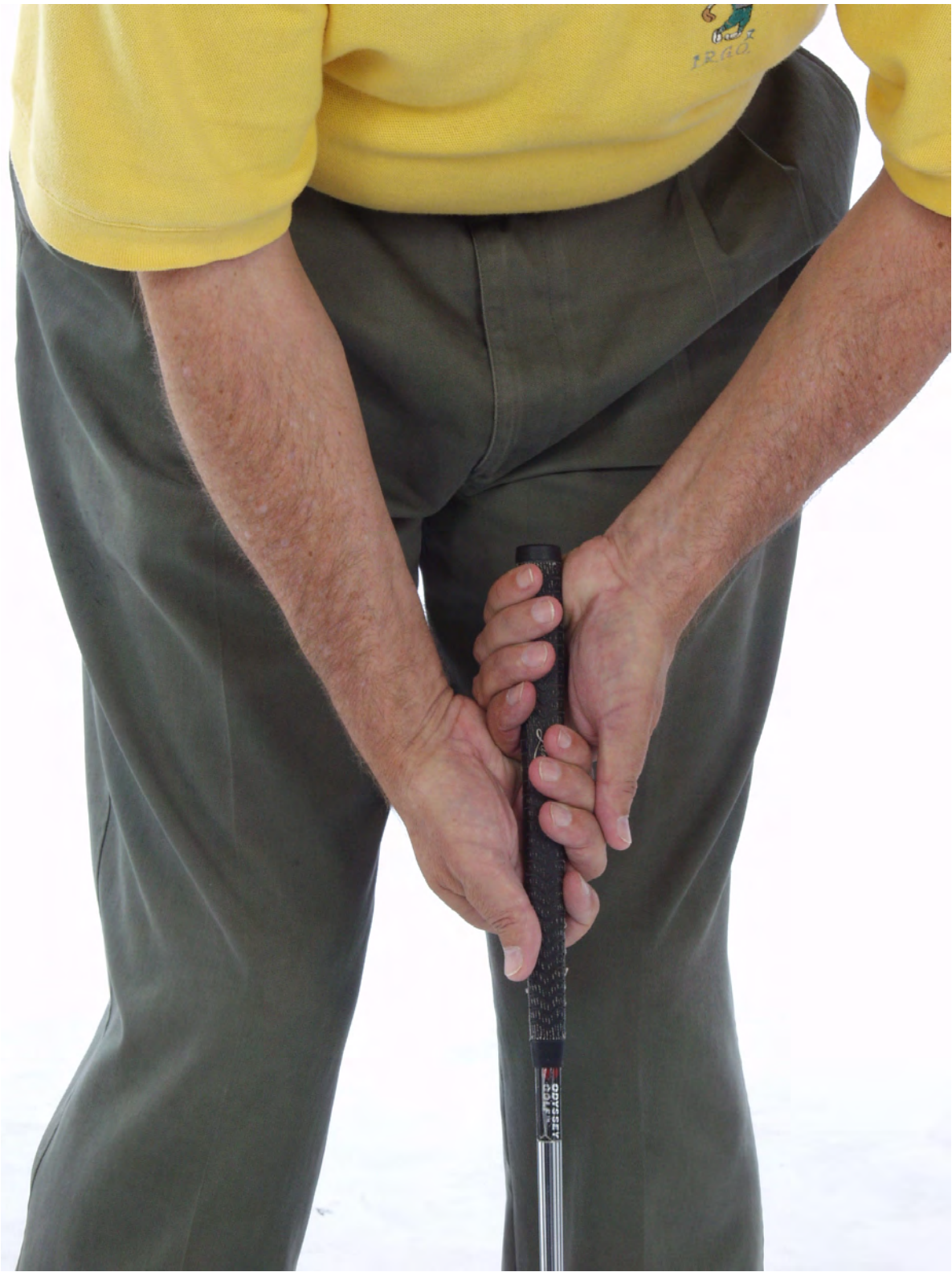
Use a 'Flat Surfaced Grip' which is squarely aligned to the putter face. In other words, the flat surface should be 'UP'.

People with smaller Hands should use a smaller grip such as the very traditional 'Pro Only' model. Those of you with larger Hands or longer fingers, should use a larger grip such as the 'Classic' traditional.

With the putter face sitting on the deck, Square to the cup, move your STANCE, Knees, Hips and Shoulders Square to the putter face, weight Balanced equally on each foot, with your Target Toe slightly turned (Steering) to the Cup and your Brace Foot Squarish as usual.

Just gently stabilize the putter in its standing position with your Target or Swing Hand. Now, with very COMFORTABLE Shoulders and Brace Arm, reach out smoothly with your Brace Hand quite '**PALM UP**' placing it well '**UNDER**' the Grip while wrapping its fingers gently under and around the grip. Place the tip of your Brace 'Baby or Little Finger' so that it just reaches the top flat surface of the grip on the Target or front side. Depending on how 'Immobilized' you want your Brace Hand to be, you may place this Hand more 'Palm Up' thus wrapping the fingers more around the grip with the last digit or segment of your 'Baby Finger' on top of the Flat Surface.





Stuck Hands Grip

With this accomplished, softly, allow the 'Brace Hand' to now take over control of the club, even removing your Target Hand slightly.

Now, gently touch the inside of you 'Target Hand Thumb', just beside the fingernail, to the tip of your Brace Hand 'Baby Finger', with the back of the Target Hand's being SQUARE to the Target Line or Cup and set this Target Hand on the grip. This is a 'WEAK POSITION' which is essential to a steady stroke. Gently swing the Clubhead back and forth. You will 'FEEL' quite '**Stuck Hands**' or as though your wrists have reduced rotational capability or 'Range of Motion'. This is the very object of this putting Grip. I want your Hands to be very stable or immobilized. With this technique, they will not rotate. They cannot do so.

Your 'Brace Hand Palm and Target Hand Palm' will be as much as 70 to 80 degrees open-opposed with the Target palm quite Square to the Cup and the Brace quite Palm-Up. Taking the rotational freedom out of one Hand, the notorious 'Brace or Hitting Hand', automatically takes it away from the 'Swinging Hand' as they are mutually fixed to a common object, the 'Putter Handle'.

Work with this on short putts at first, inside ten feet, and 'FEEL the Line to Dead Centre of the Cup'. Swing along it!

Your Hands will travel more along the 'Target Line' without that natural tendency to 'Pull or Radius' to the 'Roundhouse' or inside. If you tend to 'Push' toward the outside, this tenancy will be reduced. As I said, those 'Flippy or Yippy Hands' will enjoy this Grip. I hope this helps some of you. It works for me.

#### 65) **FOUR TEXT BOOK GRIPS:**

Of course, if you are perfect, use a perfect textbook grip, but I am boldly convinced that if it works repeatedly under pressure, textbook or not, it is '**PERFECT**'. That is a bit 'Old School' but you may tend to agree. I personally have three grips that I am very comfortable with and am quite capable of switching with the shortest of notice to myself! Fickle as I am, and 'GOLF' tends to be, having this versatility has been a blessing.

Five Favourite Grips  
Standard Grip, Ten Finger, Standard Overlap Vardon  
Reverse Overlap, Target Hand Low  
also called Cross Handed

'BEST OF LUCK' in this fantasy art-form called 'PUTTING' where the show can be seen but the dough is usually earned.

"OH for twenty four (24) putts per round!" You know, "My Kingdom for a Horse!" Would that quality of putting take the pressure off a weak driver or what?

66) **CROSS-HANDED:**

'TARGET HAND LOW' keeps the putting stroke simple and 'Pendular'. Why might this 'Cross-Handed Stuff' work?

Firstly, a low Target Hand keeps the Shoulders naturally parallel to the Target Line. This makes it easier to move the putter blade straight back and straight through the Ball while maintaining the selected Ball Rolling Line, whether it is to the Target or Top of Break Point. You recall that 'All Putts are Straight'.

Secondly, with the Target Arm and Hand in Control, the face of the putter stays more naturally SQUARE to the Target or Target Line. Using this 'Target Hand Low' method, you will be able to allow the Brace Hand to provide slightly more POWER in the stroke without its 'Manipulating' the Clubface and Clubhead 'off-line'; without turning it 'Open or Closed'. Using this GRIP, as with any other, you must NOT allow any Tension or Tightness to grow in your Swing or Target Elbow. Keep those Hands and Wrists soft.

I think, when using this technique, you can more focus on 'LINE and SPEED', or 'DIRECTION and DISTANCE or WEIGHT'. Its mechanical simplicity makes it less 'Worrysome', allowing us to focus on the stroke and hole, like we used to do at 13 years of age when most of the twelve footers were in the bucket. Perhaps this Grip will put a little more 'Youth' in our games!

Might I suggest that this 'GRIP' be of the 'TEN FINGER' variety, perhaps with your Brace Index Finger's being fully extended right down the shaft line. The three little fingers in your Target Hand then 'Overlap' this long Brace Index Finger. The long finger provides a little more '#3 Pressure Point Force' (the longer finger is a longer lever) and seems to create a more 'Connected FEEL' in the Hands.

Remember, the 'Target Hand, Arm and Shoulder CONTROLS the Clubhead throughout the entire Swinging Trip'.

67)           **'THIS WILL MAKE YOU THINK AND SMILE':**

There are 'Tricks of the Trade', some of which most of us will never know or even hear of. But rub shoulders with 'Savvy Players' long enough and they will give them to you on the right day after a great round which makes them feel benevolent!

**'Balancing Your Balls'**

OH Really?  
You've got to be kidding!

What about those '\$3.00 to \$5.00' wonder balls that have the 'Titanium, Two Piece, Three Piece, the SURLYN stuff, Lithium material, Balata Cover, Wound, Solid Core, Liquid Core, Metal Ball Bearing Core, Strata This, Magnum That, Double-Cover, Triple Cover, No Cover (that's what is left after John Daly speaks to it!)  
... and more and more.

Are they not already 'Balanced' and 'Perfect'?

**SELDOM**

68)           **'HOW TO BALANCE YOUR BALLS':**  
              The 'DEAD SEA Method'

1) Take a wide mouth juice or 'Scotch' glass and fill it one third with 'Epsom Salts' and add warm water to almost full. Stir it until the salts are fully dissolved. Won't take long.

2) Add one tea spoon of dish soap or 'Jet Dry' and let it sit on top of the water.

3) Gently place your Ball in the water so that you do not splash water out of the glass. It is not a Sand Wedge out of shallow water shot. Make sure the water level is very close to the top of the glass. About the top 1/4 (3/8") of the Ball should be above the water line.

4) Now, with one or two fingers, gently 'Spin the Ball' around the equatorial or horizontal, Y Axis, keeping the Ball

generally in the centre of the glass. It should spin around several times. Then allow it to stop or come to rest. Do this twice and observe the motion.

5) Take a felt or marker pen and place a 'Dot' on the very top of the Ball.

6) Spin it again and the 'Dot' should come back to the top 'ONLY if the Ball has a heavy spot on the bottom'. 'Dot' or light spot up. Do it one more time to make certain your test is consistent.

This method will tell you where the heavy spot or 'Internal Centre of Mass' is in your Ball. Balls that have heavy spots will tend to roll toward the heavy spot like a spit-ball in baseball. If you want to better understand the real action of imbalance, take a beach-ball and tape two silver dollars or 'Loonies' to one location. Now roll it. Nothing more need be said. Your Golf Ball reacts the same for improper weighting.

7) The 'Good Ball' will roll several times with the 'Dot' not coming back to the top. When you place several 'Dots' on one Ball and find it to be 'Uniform', remove it from the glass, dry it and place a solid 'RED DOT' on it in a consistent location. Near the name-brand or number will do. Now you know which Balls to use when you are putting for the match. They should be kept in a special pocket in your bag.

**'ALTERNATIVELY':**

If you have to putt with a 'Black Dot Ball', always put it with the 'Dot On Top' and roll it smoothly end over end.

You can buy an electric 'Spin or Gyro-Balancer' if you want to invest the money in a high-tech contraption.

Learn something every day!

69) **TEACHER'S INSTRUCTION:**

Always practise your Putting with the Balls you play in the matches. Putting is significantly a matter of FEEL so you want to develop a FEEL for your real game balls' response coming off the

putter face. Not some super hard, long-lasting driving range ball or even another brand you do not use.

Make your practice as real as possible, even creating very high stakes in pressure-packed situations that are pure 'Fantasy'. You know the ones: the eighteenth green at the U.S. Open; twelve feet for birdie and the win!

70)           **MORE SAVVY:**  
          (learned from a famous pro)

Have you ever struck an absolute '**Leaner**'? You know, a Ball that were the wind whispering toward the cup, it would have toppled in?

If this is the case and you see it clearly as a 'Two-Blades-of-Grass Leaner' walk directly over to inspect the situation and once inside ten feet '**Walk Very Heavily With THUMPING STEPS**' but do not be theatrical. More often than you might think, heavy, low-frequency vibrations will do the trick.

Don't tell anyone I told you so!

71)           **JUST ONE MORE TRICK:**  
          (from a player you all know)

Another wonderful and very lasting competitor who occasionally plays on the U.S. P.G.A. Senior Circuit and on the invited major P.G.A. roster, as well as all over the world, although now seldom, revealed to me this very personal strategy while playing in the Bahamas.

Having struck a perfect abbreviated pitch to inside a foot, he explained his technique. Although this is not a putting tip, it is very close to the dance floor.

"My Ball flies about 1/3 of the Distance and rolls the other 2/3's. I know this from hundreds of shots. I need to know where the 1/3 landing point is so I deliberately pace it off, usually in and out. I would like to mark the 'Landing Spot' with a tee but rules do not permit, as you well know, but I mark it another way."

"Walking back to my Ball, I pace off 2/3's of my count and when I get to this point, I pause and turn to look back at the Cup. No one

finds fault with this look. When I turn, I twist my pivot foot a little and leave small cleat marks on the green that are quite visible from standing behind my ball. Now I strike my Ball dead onto these cleat marks and it rolls close or, if I have judged it correctly for line, it will go to the bottom of the cup."

I earned this tip over an extended period. Your are welcome!

72)           **A NEW SPIN ON THINGS:**

"Draw the Ball? Fade it? Of course, I can!"

**"DRAW or FADE a Putt?" "You have got to be kidding!"**

I'm not.

You know that the Draw Turn on the X-Axis (the North South Pole) is towards the 'Low-Energy Side' of the fairway. Similarly, we know that the Fade Turn is in the opposite direction or to the 'High-Energy Side' of the fairway.

Remember putts are micro drives so, to some degree, what happens in the drive Ball Flight may very well happen in the putting Ball Roll. It does.

If you impart SPIN on your putt, it will turn or move in the direction of the SPIN and proportionately to the Spin-Rate. The faster it spins the move it will move off-straight-line.

So cut to the chase!

If your putting Clubhead Path is Outside-In with an Open Clubface you will impart spin towards the 'Low-Energy Side' of the fairway. Plain and simple. Just like what a fade or slice is made of. The other side of the coin is true. The draw or hook results from an Inside-Out Clubhead Path with a Closed Clubface. You already know this.

A slightly less well-known fact is that of the result of your Ball's making contact with the Putter Face OFF CENTRE, ie. on the toe or heel. If you strike the Ball outside the Centre of Mass, outside the Sweet Spot, on the TOE, there will be a tendency for the Clubface to OPEN through simple IMPACT Torque. Likewise, if you



strike the Ball inside the Centre of Mass, inside the Sweet Spot, on the heel, there will equally be a tendency to CLOSE the Clubface. The mass of the Ball will decelerate the Heel which proportionately speeds up the toe. The Toe passes the Heel and thus 'Shuts Down' the Toe.

So what?

Simple. If you desire to cause your Ball to work slightly to either the Low or High-Energy Side of the dead straight line from your Ball to the centre of the cup, Set it up either on the Toe or Heel and you will generally impart some spin resulting in your Ball's working one way or the other.

So why?

There may be a rare occasion when you want your Ball to curve while moving towards the Cup. You could argue that striking it uphill to the break-line will off-set the break. It will. But you may want to have the Ball curve gently Uphill to hold its line, as it would do with a fade into a cross-wind. The fade action will off-set the tendency of the wind to blow the Ball down-wind. We all know this. If you have a very slight cross-line downslope on the green, from your front to your back, you can set-up the ball slightly on the Toe, about 1/2" to 3/4" will do, and then make your stroke down the chosen Target Line. The Ball will come off the Clubface with some spin the will cause it to work Uphill. This will make it hold its line better in this circumstance.

Something to think about.

**Believe in your PUTTING ABILITY!  
even when it is not working**

73) **THE PUTTING STROKE CLOSEST TO HOME:**  
Routine

This is the primary style I have used reliably for a very long time and do not see it changing any time soon.

It is different from those following in that the Target Lever,

especially the Shoulder, takes the Clubhead away to TOP or 'Limit of Backswing', while the 'Brace Arm and Hand' maintain '**WIDE and FLAT**' and restores '**DEEP** through IMPACT'.

After you have read or surveyed the green to your satisfaction, so you can trust your 'FEELINGS' about the Putt you are about to make; after you have taken your last 'Down-the-Line Look' and walked your circular path around the Foot Line Side of the Ball and have approached it to within a comfortable Brace Arm and Hand length or distance from the Ball.

With the putter in my Brace Hand, about mid grip will do, I reach in slightly, Brace Foot leading, and place the blade DEAD SQUARE behind the Ball, AIMED Dead at the Hole or Down the Target Line. The Ball must be placed absolutely in front of the Sweet Spot or 'Optimal Percussion Area' of the Clubface. If you do not know where yours is, find out!

I actually set the weight of the putter on the ground at this point, all the time checking to ensure I have it AIMED Dead at the centre of the cup (primary AIMING Point) or AIMED Dead Square to the 'Top of Break Point' ('Secondary AIMING Point') I have recently selected and trust. Simultaneously, I am always ensuring that my Shoulders, then Hips, Knees and Feet are properly ALIGNED, Foot Line generally parallel to Target Line.

#### 74)           **STANCE & ALIGNMENT VARIATIONS:**

I have students whose 'STANCE and ALIGNMENT' I have adjusted to suit their body styles and stroke patterns. It is frequent that I set them up 'ALIGNED OPEN Foot Line to Target Line'. That is, I have their Foot Line Pointing in front of the Ball to the High-Energy Side of the Target Line. I have done so mainly to ensure more 'Comfort and Clearance' in front of their chests (Sternum) with which to swing the Golf Club. If you do not have Clearance to Swing your putter back, forth and through, your Brace Hand will either 'Manipulate' it, or you will 'Wrist Flick' it. These Range of Motion restrictions, stemming from the Feet, foundation of your Golf Swing, almost unavoidably cause your stationery wrist angles to the putter shaft to break down or change during the swing.

This 'Triangular Breakdown' is the 'Baddest Of Bads'!

Once the putter head is Set-Up in the correct position, properly 'AIMED' with the Ball in the 'Optimal Percussion Area', still holding the Grip very gently between my Brace Hand thumb and index fingers, I now step into the Ball with my Target or Pivot Foot. Remember, I have been stepped in on my weighted Brace Foot to this point with the Ball just inside my Brace Foot big toe. This places the Ball about 'Clavicle'.

I want now to take any 'Reach Out' and start getting my dominant EYE coming in line with the Golf Ball's Target Line. This ensures my seeing the Ball Rolling Line better, more from behind than beside. I am now oriented very much 'Down the Line'. Doing this, I bring my Target Foot right in beside my established Brace Foot (not more than two inches of separation), both still SQUARE to the Target Line. Now I 'OPEN my Target Foot STANCE so that the TOE is STEERING', turned as much as 30 degrees, as I do with every stroke I take. I want to Consistently 'FEEL' where I am going '**In My FEET**' and want to add that, when your 'Target Foot' is steering properly, you will have less of a tendency to 'Pull' or manipulate the putter head through IMPACT Zone. You know that any manipulation that worked was a mistake that worked out! It was NOT a stroke Down-the-Line. Most manipulations do not work out!

Both Feet in place, Target Foot Toe Steering, I consider how far the putt must travel. If it is over 11 feet, I step my 'Brace Foot aft to my wide Putting STANCE'. If it is 11 feet or less, I assume my narrow 'STANCE WIDTH' which is about the two inches already established. This was discussed above in the 'One Inch Rule' section.

Incidentally, I look at the green in terms of '8 Foot' units. When I was a young, hard upstart, I build houses and, in the process, used truckloads of 4 ft. by 8 ft. sheets of plywood on the roof, walls and floors. I learned to see 8 feet and have never lost that perspective. Twelve footers are one and a half sheets long!

All the time I have been going through this 'ROUTINE' so far, I have had my 'Target Lever Assembly hanging loosely from the Shoulder Socket'. Just before I move it forward, with my body and specifically the Target Foot, in a very low swing arc to the putter grip, I generally wiggle my fingers or shake my hand to ensure both a 'DEEP and Loose FEELING'. This is essential to making the forthcoming stroke.

Now I move my 'Target Hand to the Grip' and place it gently on,

thumb on top, little finger rolling around the grip first followed by the ring and middle fingers. **'The Target Index Finger and thumb are allowed to ONLY make contact and NOT to GRIP the Club'**. There must be no pressure in these 'Pincher Fingers', now or at any time throughout the entire 'Set-Up or full Swinging Cycle'. PERIOD!

This having been done, I ensure that my **'5 CONTROLS'** are actually in place. This absolute ROUTINE sequence or discipline never gets left out of any stroke at any time or place. PERIOD!

Now the weight and Control of the Putter has been given over to the 'Target Hand'. It stays in Control until the trip is over!

The released 'Brace Hand' now very gently, not disturbing or moving the 'Butt of the Grip Position', is set back onto the Grip in a 'Ten Finger' format. The first finger to make contact with the Grip is, again, the Little Finger. It rolls around the Grip until the tip of the Little Finger makes positive but gentle contact with the leading side of the Target Hand Thumb. This action sets the two **'WRIST ANGLES'** in relationship to the 'Butt of the Grip and Shaft Centre-Line'.

There is very light but positive contact between the Brace Little Finger and the Target Index Finger that still does not have any 'SQUEEZE' applied. The Brace Hand is now fully placed in contact with the Grip.

I now slide my 'Target Index Finger' smoothly down off the 'Brace Little Finger' and, keeping contact with it, slide this 'Target Index Finger' around and over the 'Brace Little Finger', to the slot between this and the Brace Ring Finger. This is called a **'REVERSE OVERLAP GRIP'**.

#### **MORE ON THAT REVERSE OVERLAP GRIP:**

**The 'Reverse Overlap Grip' tends to strengthen the Target Hand and reduce the dominance of the 'Brace Side'**. If you find that you are still 'Pulling' putts, you can lower this Target Index Finger into the Ring-Middle Finger Slot. If you can manage and be comfortable, you might even extend it to the straight position where it points down the Shaft Line and may make contact with the tip of your Brace Index Finger between the first and second joints. I do not find this Comfortable, so I do not use it. The 3 C's again.

Now to the Brace Hand again for a moment. With a normal diameter Grip. I will just 'FEEL' contact between my Brace Thumb and Index Fingers. Light contact with NO squeeze.

I envision having an 'X' drawn on my first Index Finger Joint just on the 'Carpal Bone'. I also apply an 'X' to the 'Brace Hand Heel Pad' so it also faces the 'Target'.

**When I execute my smooth stroke, Down-the-Line, I visualize these two 'Xs' pointing at the 'Target or Ball Rolling Line' all the way through the entire stroke, finishing 'POINTING AT THE STICK or in the CUP'.**

If you happen to play with a 'Long Brace Index Finger', extended right down the shaft, then finish pointing this finger tip dead in the hole. I do not like the 'Extended Brace Index Finger'! If you 'Stick It Out' you will likely 'Sue It' too! Don't pull it out unless you fully intend to use it!

I do not use it as I 'FEEL' it is just slightly uncomfortable and might apply too much 'Leverage in the Back Swing'. The longer finger is less 'Passive' than a short one. Simply, there is less 'TENSION' and muscular effort required for a short finger than one which is fully extended. Anything that even hints at being capable of precipitating Tension, in my game, is out. Believe me, there are still things that I would like to discard for this reason, but cannot. Sometimes the source is between my ears!

75)           **THOSE DELICATE TRANSITION PHASES:**

a)           **THE START OF THE BACK SWING:**

We have discussed these 'Transition Phases' before. You will recall them as the transition from REST to MOTION; from ADDRESS to Swinging. When I start my 'Back Swing', I must do it very smoothly and with very Low-Energy so as to NOT force the putter head off-line.

This is personal, but, just before I initiate my 'Low and Slow' take away, I gently squeeze my knees together so they have positive contact. With this, I FEEL the Lower Body Machine to be very stable. If there is the slightest movement, rocking or bobbing motion, I Feel it in my Knees. This is like a little alarm bell. Always that '**Remembered FEEL**' theme, so important to good Golf. By

the way, if you cannot get your Knees to touch, don't worry about it.

#### **BACK TO BUSINESS:**

Take the Clubhead away as slowly as you can at first, Do it with your Shoulders led by your Target Shoulder. The benefit of this POWER SOURCE is that it is 'Big Muscle Generated' which means it can be smooth and slow, Your small-muscled Hands are very capable of making moves that are fast and a little jerky ....not suited to the Little Golf Stroke, in most circumstances and individuals. The Hands and Forearms. Lower Lever Assemblies, FEEL or suffer from TENSION earlier than any other part of your body. Notice I differentiate Mind and Body. That old 'Grey Matter Box' starts all the tight stuff!

#### b) **THE START OF THE FRONT SWING:**

The same applies to the transition between the 'Limit of Back Swing' or 'Top of Back Swing' and the very initial move in the forward swing. I think this 'very initial forward move' is accomplished by Newton's GRAVITY. I think one should let the raised Clubhead FALL initially, with the Brace Hand's FEELING **WIDE, then FLAT and then DEEP** all the way T H R O U G H IMPACT or Ball Contact. Somehow I prefer the word 'Contact' as any though, conscious or subconscious, of hitting the Ball with the Clubhead is a serious misconception.

It is interesting and very important to realize that, if your Brace Hand can simply remain FEELING **Wide, then Flat and always DEEP**, the perfect performance is 'Close At Hand'. That little Feeling, with the Big Results, can be experienced and shared by us if you put your mind and some time in getting there from here. Now you have the understanding and tools.

#### 76) **CADENCE: (A TEMPO, RHYTHM and TIMING THING)**

The 'Transition Phases' or 'Moments of Low Inertia' in the 'Direction Changes' that I have talked about, not only in this Putting Stroke but also in the Full and Less-Than-Full Swings, can use some gentle help keeping 'Smooth and Steady' ENERGY Levels, increasing or decreasing.

In Putting, I would like to suggest to you that perhaps 'Counting' may help you keeping this 'Smoothness' during acceleration.

You may count two ways or using two sets of words;

- a) '**ONE & TWO**' where 'One' is said in the backswing, '&' when you stop, reach the 'Limit of your Backswing' and make the 'Turn or Direction Change', followed by 'Two' when you begin to make the forward swing or 'Trip back to the Ball'.
- b) '**ONE & THRU**' is even, I think, a better alternative in that it 'connotes or gives the subliminal message of not 'Hitting At the Ball', but swinging the Clubhead THRU the Ball and then 'To and THRU the Target'. Making certain that the Blade is SQUARE to the 'Ball Rolling Line' at 'Separation' is quite essential. You know this!

This is all very much like our 'Trigger Word Sequences' which, as you will remember, are '**Sweep & See It, BALL PIN**' or subtle variation on this theme. Remember that you can substitute the 'See It' with simple words such as 'TURN' or 'PUSH' or just use the variation '**Sweep & BALL PIN**' or '**Sweep & TURN PIN**' or '**Sweep & PINCH PIN**' if your deficiency or focus is either 'Seeing the Ball Come Off the Clubface', or 'Pushing off your Brace Foot and ROTATION' or 'Extensor Action' in your Brace Elbow which is so necessary in getting both full POWER and IMPACT as well as the leading edges of the Clubface's being or travelling through the South Pole of the 'Little White Ball'.

It is always worthwhile to remind ourselves that this 'Extensor Action' is responsible for actually '**SQUARING UP THE CLUBFACE**' at 'Separation' so we can CONTROL Direction and Spin Rate. 'Ball Flight' is a premium product in this silly Game we call GOLF! If you relax this 'Extensor Action', soften and shorten your Brace Lever by relaxing the 'Push Down or Out ACTION', your Brace Hand will 'OPEN' slightly. If it does so, your Clubface will as well! Leaky Low-Energy Ball Flights are not pretty!

We all know the FEELING! Get Extended! '**PUSH & PINCH**'.



77)           **STILL THOSE '5' CONTROLS:**

In more detail, the '**5 CONTROLS**' in place, club weight in my Target Hand and long Target Arm with the loose Elbow, I, very Low-Energy and Smoothly, take the Clubhead away from the Ball with my Target Shoulder, with emphasis on keeping the **X** on my Brace Index Finger Second Joint, and the Sweet Spot (O.P.C.) dead on the Target Line, all the way back to the T.O.B., however short or long it may be. Short is anything from half an inch to about 8 inches. Long would be no longer than 20 to 24 inches for putts as long as required. If your Stroke Distance is any longer, perhaps a wedge or a 'Bump & Run' #8 Iron might suffice!

Remember our careful discussions of the '**One Inch Rule**' earlier in this chapter. It addresses this Stroke Distance concept. Visit it again right now if there is any 'Fuzz' on the page.

Once at the 'Top Of Back Swing', FEELING that Limit of Back Swing, come to a full-stop. '**Do NOT 'Bounce Off Your Back Swing Wall'**'. This energy change or 'Bounce Direction Change' method will certainly throw your Clubhead 'Off Line' or 'Out Of Orbit'. You will likely not recover once the 'Orbit' is disturbed. From this backswing 'Point Of Rest', let the Clubhead **FALL** down the line FEELING Comfortably extended ARMS, both Lever Assemblies. Since the Target Side gently took the Clubhead back, 'One Piece', then the Target Side has to relax to start this fall.

In this initial forward phase, the Target Side still retains 'Swinging Control' of the Swing Radius which Pivots from the Target Shoulder Socket, but the Brace Hand returns the Clubhead back to the waiting Ball on a **WIDE, FLAT and DEEP** Clubhead Path. This FEEL is protected right THROUGH IMPACT and well Down the Target Line. Keep the Brace Index Finger '**X**' pointing at the Target Line. Finish with it pointing in the cup. You will then know you are still 'On Plane'.

Finally, I think it is beneficial to occasionally 'Check List' that the 'Back of your Target Hand is FEELING SQUARE to the Target quite throughout the entire Putting Swing'. Remember again, that 'Target Hand CONTROLS the Clubhead and Clubface' and, thus the back of the 'Target Hand, being AIMED with the Clubface', should control or MIRROR it.

**FEEL that the Back of your Target Hand  
and the Palm of your Brace Hand (especially Heel Pad)  
is pointing and moving directly at your Target,  
(Down the B.R.L.)  
into the cup or at Top of Break  
AIMING POINT during all putts.**

**Might I even suggest that you FEEL the back  
of your Target hand as being the Putter Head.  
Further, I suggest that you Never FEEL  
your Hands or Elbows as part of your putting stroke.  
In fact, that you Do Not FEEL Them At All !**

If the Putt is breaking in nature, 'FEEL like the Back of your Target Hand' is 'Tracking Dead at the Top Of Break'. Then play absolutely nothing other than 'WEIGHT'. The Direction tasks were taken care of during the 'Set-Up ROUTINE' so keep it out of your mind. The less on it the better. Once Execution starts, it's all Feeling WEIGHT and Visualizing the 'BOTTOM of the CUP'! Let your 'Inner Mind's Eye' do its job and do not interrupt a good thing for any reason.

Stay natural in your Hand Feels. This means that your Brace Hand, after IMPACT, will roll over the Target Hand. The palm of your Target Hand will have Rolled Over facing the sky at completion of a longish putt. This is necessary for the 'X' on your Brace Index Finger second knuckle's being able to point in the hole (same as 'Two Points Advancing'). If it does not point in the hole, you have left your Clubface 'Open' and the Ball will have gone, 'LEAKY', Low-Energy Side. This is similar to your irons, but on a micro scale.

Put a good roll on the Ball. Stroke. Stroke. Stroke.  
(a little thin)

Finally, be '**COCKY and CONSERVATIVE**' about your Putting. If you do not trust you, no one else can help make them fall.

78) **AN ALIGNMENT CONSIDERATION:**

We have discussed this scientific reality of 'ALIGNMENT' in Golf many times and will continue to do so. When it is the topic, we think of Target Line, Foot Line, 'FEET, KNEES, HIPS and SHOULDERS', being parallel to the Target Line as a general rule.

There is one more facet in putting that has merit. It is that of the '**ALIGNMENT Of Your Forearms**' in setting up for the putting stroke.

Up off your fanny and grab your 'Short Stick' for a moment.

Set-Up, '**5 CONTROLS**' in place. Do all the Routine tasks we have outlined and even ones we may have not, as long as they are productive, practical and make sense. Ready to make the stroke? Good!

Now, without moving or changing your Set-Up position, observe the 'LINE' across your forearms, about midway between your Elbows and Wrists. Have a friend lay an iron across them. Properly and safely Set-Up to make a natural putting stroke, the mid-point of your forearms should be two things;

- 1) 'Levelish to the Ground' and
- 2) 'ALIGNED to the Target'

Put another way, the line through you Elbows should be parallel to the '**BRL**'. This being the case, so too will be your Wrists.

**ELBOW ALIGNMENT:**

Just mentioned, it is important to have your 'Elbow Axis' (the line between your Elbows) quite parallel to your Shoulder Axis and even, perhaps, with your Foot Axis, although I have seen some great 'Putters of the Ball' set-up ranging from slightly to quite 'OPEN' in the Foot ALIGNMENT.

If one does so, it will be difficult to ALIGN your Shoudlers Parallel' to any other AXIS and roll the Ball consistently. If you do so, you will be and 'FEEL' '**Cork-Screwed**', a term I used very early on in this book. If you 'ALIGN Open, Open, Open, Open',

'Feet, Knees, Hips and Shoulders' all open, your 'Stroke Procedure' cannot be simply 'Rock Your Shoulders' as you will roll the Ball dead to where your Feet are ALIGNED. So, if you 'ALIGN Open', you will have to utilize some 'BRACE HAND PUSH' in your 'Stroke Procedure' in order to roll the Ball on the 'Ball Rolling Line'. Your 'Brace Hand Delivery PATH' will NOT be able to Match your 'Shoulder ALIGNMENT' to deliver the Clubhead and the Ball down the 'BRL'. This 'Procedure' is necessarily a 'Manipulation'.

Putting with Open ALIGNMENT,  
'Brace Hand PUSH Procedure'

I want to point out here, that if your Target Elbow is closer to your body than is your Brace Elbow, in other words your 'Elbow Axis' is 'OPEN to the Ball Rolling Line' (BRL), you will naturally tend to Putt the Ball to the 'High ENERGY Side' of your 'BRL'. You will 'PULL' or 'Round-House' or you may just 'FEEL' or be of the opinion that you 'Pulled or Round-Housed' when you really did not. You will become frustrated.

#### **ROUND-HOUSING ('the PULL'):**

This is the act of keeping your 'Target Elbow the same distance from your 'Target Hip through the IMPACT Zone' and continually so to Swing Sequence #8. (see Swing Segments and Sequences). **In this manner, your Clubhead will NOT travel 'Down The Line'** or follow the proper or most beneficial 'Geometric Clubhead PATH Shape' we have come to know as 'D.O.F.T.' and must continue to respect as necessary. If you 'PIVOT' your 'Target Elbow' around your 'Target Hip' the process or movement will more resemble the 'Motion of a Drafting Compass' (circular) than a Golf Club, making arcs rather than lines. **Your 'Target Elbow and Hands' will 'TRACK OR RADIUS TOWARDS YOUR TARGET HIP'**. The 'Clubhead Release' we should find useful will not be present and we will 'FEEL' like we are attempting to 'Make IT Happen' and not 'Letting IT Happen'. Relaxation plays such an enormous part in this 'Clubhead Swinging Motion'. We must become accustomed to doing or being so. A challenge that, once overcome will become a mountain climbed with a view making the traverse worthwhile!

### **NOT A FULL SWING:**

Putting is not precisely like the 'Full Swing' with its abundant 'OUT' (DOFT), but the 'Clubhead PATH' must be, at least momentarily, 'LINEAR' to give yourself the best opportunity to roll the Ball purely down the 'BRL' or 'Target Line' depending on whether there is 'Break' or not. This 'Golf Swing' must abide by the 'Laws of Nature' and follow natural 'Physical Procedures' in order to be 'Consistent' and fully 'Satisfying'.

Remember, as stated before, your Target Elbow, in all 'Swing Procedures', must 'TRACK Away From Your Target Hip Through the IMPACT Zone'. There must be 'CLEARANCE or SPACE' created between your Target Hip and Target Elbow through Swing Segment #3F or at Swing Sequence #8, #8a and #9. ('Chase & Follow')

### **MATCHING COMPONENTS AND PROCEDURES:**

I guess a good way to look at this 'Putting Stroke' and, in fact, all 'Golf Strokes' is that, if you have 'Components and/or Procedures' that 'DO NOT MATCH', you will have to 'Manipulate the Clubhead' in order to cause the Ball to travel to your intended destination. If you 'SET-UP' for a relaxed 'Pendular, Rock Your Shoulders Procedure' you must produce it and not get your 'Brace Hand PATH' other than 'Pendular'. You must not get your 'Brace Hand Active' and apply any 'Brace Push or Piston Action' as this 'Motion' element will not 'Match the Components that were SET-UP'. The less the 'Components and Procedures' match, the more you will have to 'Manipulate' and the more you will 'FEEL' as though you have to 'Cause, Force or Make Shots Happen' instead of 'Letting Them Happen'. Golf, allowed to abide by the 'Laws Of Nature', becomes very natural! What a great experience that is!

### **IDEALLY:**

To summarize, with your Feet to Shoulders Axes properly ALIGNED Parallel to the 'Ball Rolling Line' ('BRL') simply make your smooth and reliable 'Putting Stroke' by rocking those soft Shoulders around your Spine. Do so by simply moving the 'Lever Assemblies'

**'STRAIGHT BACK and STRAIGHT THROUGH'.**

As mentioned (with caution), your FEELING should be a little 'Push Back to and through the Target'; returning relaxed but firm Square at IMPACT and then 'Pushing Forward' slightly. I personally think this takes some of the roundness or natural 'Radius and Round-Housing' tendency out of your putting stroke and give you some useful '**Straight Back and Straight Through**ness'. It is quite acceptable to have radius or arc, but it is safer not to have it.

When my student is open to new 'FEELS' I like to promote that he or she 'FEEL' as though the 'Putter Head Follows the Ball down the BRL' to the 'Spot Putting Mark'.

Whatever your putting 'Stroke Pattern', you must be '**5 CONTROLS**' and Comfortable. You must be Focused and have a solid trusting 'VISUALIZATION' of your task. You must 'See the Ball Rolling Path' in your '**Mind's Eye**'. You must approach putting with a 'Trusting Attitude' seasoned with some 'Cocky and Confident'.

This is the formula that influences all great putters.

79)           **LENGTH, LOFT AND LIE:**  
                  (Putter Mechanics)

Just as we dealt in detail with 'Club Conditions' with our Woods and, especially, our Irons, these characteristics are 'In Play' with our 'Putting Tools'. Having them correct for our needs is of some importance. Don't compromise! It's your neck and stroke!

a)    **LOFT** is rather a mute, or muffled, point since the putter is our 'Upright Blade', more or less at least. You can procure putters with adjusted 'Lofts' from minus 1 or 2 degrees 'Weak' to ZERO Loft, to plus 1, 2, 3, or 4 degrees 'Strong'. This all depends on the intricate ideosyncrasies of the owner, some perhaps more in the mind than manifested in the body. I personally do not want my ball to place any 'Downward Pressure or Down Force' on my Ball during IMPACT and Separation. I, therefore, do NOT want any or minimal 'Loft' on my Putter Blade. As you are aware, I advocate that we pick the Blade up off the deck just prior to Take-Away (using our Knees) and then make my Putts 'Thin'. You are the drinker of your own poison or victor's nectar as the case may be.

b) **LENGTH** is an important factor with a great deal of variation allowed and used. Assuming that we hold the Grip in both Hands and not one of the numerous 'One Handed Holds' needed with long-shafted tools, the 'Longer' the Shaft the farther away the Blade is from our Hands and thus our Feet and Body. Our 'Ball Location' will be farther in front of our chests the longer the shaft becomes. The 'Ball Location', which sits on the Target Line gets farther or nearer to the Foot or Body Line as the 'Length' of the Shaft increases or decreases.

The 'Longer' the Shaft becomes the more '**Inside - Square - Inside**' (**ISI**) our Clubhead PATH will become as well.

The 'Shorter' the Shaft becomes the more '**Outside - Square - Outside**' (**OSO**) will become our Clubhead PATH.

At just the right Length and with an appropriate POSTURE Component to match, our Clubhead PATH may very well be '**Square - Square - Square**' (**SSS**) as well. This is my 'Stroke Pattern or Clubhead PATH of Preference'.

c) **LIE** becomes a definite factor when we either alter the 'Length' of the Shaft or vary our POSTURE very much when Putting. Keeping our POSTURE Consistent, when we increase the 'Length' of the Shaft, we will need to decrease the 'Lie' of the Putter Head so that it avoids becoming too 'Toe Up'.

Likewise, when we decrease the 'Length' of the Shaft, we will need to increase the amount of 'Toe Up' or 'Lie' to make it possible to strike the Ball on the Centre of Mass of the Blade with the sole of the Putter Head Level to the ground or 'Putting Surface'.

As you understand, there are a wide range of variations in Putter 'Configurations' that may all be just right for someone. But we must have the specifications of the Tool being compatible in order to put full trust in the Club. You will have seen Isao Aioki's Set-Up and Putting Procedure. He stands very far from the Ball and putts with the Toe of his Putter very elevated from the putting surface. He has a lot of 'Positive LIE Angle' and makes it work.

It is my opinion, however, that, were he to get the specifications brought into 'Match or Bracket' for his 'Components and Procedures', he would make more putts.



There are no alternatives or excuses for not having the perfectly fitted Golf Clubs for your Game; with or without ideosyncrasies!

80)           **THE JUICE GLASS DRILL:**

Just before I leave this topic, I would like to give you a drill you can use to help develop steadier Hands, especially the Target Side, and smoother movements, especially the transition ones.

Find a juice glass and fill it to the top with water not juice. It is easier to clean up if you spill a little.

Set this glass on the floor in front of your Target Foot. Bend over at the Knees and pick it up in your fingers of both hands, right hand on the right side and the left on the left, palms opposed. Set yourself up in the 'Putting Address Position' that you have now carefully and effectively developed. Feel like you are about to make great putts.

Now, 'Transition from Rest to Motion' as smoothly as you would were this move for a four footer worth a buck! Back and forth five time using a 'Short Stroke Distance'. Do this for several cycles of five reps and, as long as the glass is still full, widen your STANCE and do another full set of five reps. Repeat this from very wide to very narrow. Remember the widths and once you have completed the exercise, perhaps you might make your putts with the 'STANCE' that did not spill a drop.

You are finding your 'Movement Comfort Zone'. Good putting needs to operate from this zone.

This drill will get you FEELING smooth and making the transitions with ease. It will help you make putts without watering the green.

81)           **HAND POSITIONS:**

A little earlier on we addressed 'Alignment And How It Affects The Putting Stroke'. Well there is another aspect that is important. That is your actual 'Hand Position'. When you have totally 'Neutral Hands' ready to 'Putt' they are at the ends of very comfortably long arms that just hang from the 'Shoulder Sockets'. They can be Pre-Positioned from there in several ways. You can 'Forward Press' which sets the 'Hands In Motion' perhaps a little more effectively

but it also 'DeLofts The Clubface' and tends to make you hit down on the Ball. Both 'Forward Weight Distribution' and 'Forward Press' create a steeper 'Angle Of Attack' which means less 'Sweep' and potentially more 'Pinch'. You can 'Aft Press' which does the opposite.

You can 'SET-UP' your 'Hands' closer to your Body ('Body Line') from neutral. You can 'SET-UP' farther away from your body ('Body Line'). Getting closer affects both your 'Clubhead PATH and Clubshaft PLANE'. The closer you 'PreSet Your Hands' the more Upright will be your 'PLANE' and the more 'Inside Out' will be your 'Take-Away' PATH. This usually creates a net 'Looping PATH'. This tends to impart 'Cut Action' and 'Spin Rate' which I generally do not like.

You can 'SET-UP' your 'Hands' farther away from your 'Body Line' which will affect your 'Hand and Clubhead PATH'. It will create a more Outside-In 'Take-Away' and then also produce a flatter 'Swing or Shaft PLANE' as well. Neutral 'SQ to SQ to SQ' is best!

The absolute best 'Clubhead PATH' is 'Straight Back and Then Straight Through the Ball' with a little 'Chase' set up by the properly positioned 'Target Elbow' which should flow 'ON PLANE' and 'Clear from the Target Hip' during the 'Front and Down Swing Segment'. If it does not 'Flow' you know what the alternative is, don't you? The 'Roundhouse Pull'! Ugly and problematic!

## 82)           **FORWARD PRESS:**

A small point, but worthwhile considering!

When we are all 'SET-UP' with our '**5 CONTROLS**' and our '**B.E.S.T.**' Procedural Check-List completed, we can utilize what I call the 'Forward Press' Hands and Grip configuration in 'Putting'.

It is quite simple!

When we are at our 'Address Ready Putting Position', with the Levers just 'Hanging from the Shoulder Sockets', we can elect to move our Hands very slightly 'Forward Toward the Target' before or as we perform our 'Take Away'. This causes the 'Handle or Grip' to be slightly closer to the Cup than the Clubhead. This 'SET-UP' positions us perhaps slightly 'Weight Forward' and tends to prevent our moving the Clubhead with our 'Brace Hand' and allowing any

'Lower Body Movement' as some of us have the tendency to so.

This 'Forward Press' also 'De-Lofts or further Reduces the Loft of the Putter Head or Face'. You will have to take care or be aware that you may cause your stroke to more 'Pinch' the Ball than you might desire. If this is the case, take your putter to a local craftsman and have him adjust the putter head to have slightly more 'LOFT' than it now has.

You do not want to 'Pinch Putts'!

Along the same lines of discussion, I would also like you to '**PUTT THIN**' so as to promote immediate 'Top Spin or Over Spin' on your Golf Ball with this 'Short Stroke'. Over-Spin helps to dampen some of the imperfections of the 'Putting Surface' such as spike and ball marks as well as very small pieces of debris. You do not want any 'Skidding ACTION' in the initial Ball Rolling ACTION either. Skidding and Hopping tend to cause the Ball to Roll 'OFF LINE'. We have all we can handle without deliberately throwing more fuel on the fire!

To 'Putt Thin', simply 'Take the Weight Off Your Putter Head', lift it off the ground about 1/2 to 5/8 of an inch, before your 'Breathing-Out Take-Away'.

Within reason, do whatever you need to do to create 'Top or Over Spin' early in your 'Putting Strokes'. You will soon become known as 'One Who can Really Roll a Putt!

They stay 'On Line' better that way. 'On Line' is COOL !

83)           **CLOSING THE LOOP:**  
          'Hands Over Shoulders'  
          (just before we leave this topic)

I want to tie all this together. Now that's one hell of a knot!

You recall my saying that the "**Drive Is A Hugh Putt**" and likewise that "**Putt Is A Micro Drive**". I am convinced that this metaphor or analogous approach to the game is true.

This being the case, I dealt much earlier with a problem which I term "**Arms Over Legs**" which means that we are trying to 'Hit the Ball' with our Upper Body machine only, with our Arms and Hands, with those Lever Assemblies. The arms are working over the legs or independent of the Lower Body Machine. You understand this concept. We have all seen it more on the courses than two putts! How does this relate to Putting?

Having studied and worked on my 'Putting Stroke' for a very long time, and with some dedication I might add, we can putt 'Arms Over Legs' as well. But we do NOT have any 'Leg Action' in our putting stroke so the precise term does not fit precisely. Let's change it slightly.

I think we can run into a putting swing fault I call '**HANDS OVER ARMS**' and Shoulders.

You will also recall our use of the term '**Triangular One Piece Take Away**' as well as '**Pointing the Hole in Our Butts at the Hole in our Tummies**'. This all refers or relates to getting the bigger slower muscles involved before or not worse than simultaneously to the smaller faster muscles.

In putting we must get the 'Bigger Muscles' involved before the smaller ones. In fact, I am certain that we do not want the smaller, faster, Hand and Lower Arm muscles actively involved at all. They are, of course, passively involved, but the operative word is clearly and emphatically '**Passive**'.

As mentioned more than once, you should initiate and POWER the backswing of your Putting Stroke with your Target Shoulder moving away from the Target but still quite 'Down The Line'. I have called this '**Rocking The Cradle**' and still think this is a good term.

You must NOT initiate your putting stroke back swing with any 'Hand Movements' or muscular FEEL. Your Target Elbow again must be very soft and passive, allowing your Target or Swing Hand's FEELING like it is simply '**Hanging From The Target Shoulder Socket**' and being 'One Piece Taken Away' by that shoulder or your shoulders.

While on this topic, remember you must still FEEL **Deep Flat and Wide** with your Clubhead both in the Back Swing and Front Swing which promotes good '**Extension**' through IMPACT Zone. You see this is the same jargon we use in the 'Full Swing' and it makes perfect sense as there are only 'Two Swing in our Bag'; the 'Full' and the 'Less Than Full Swing'. The putt is a 'Less Than Full Swing' that

requires solidly controlled '**Clubhead PATH**', '**Clubface AIM**' and '**Optimal Percussion IMPACT**'; in other words, our putter heads must contact the Ball in the Centre of Mass or Sweet Spot.

This results in Square T H R O U G H IMPACT, 'Down The Line' motion which breeds good stock!, low numbers! and lots more pleasure than any alternative.

You see Putts are just '**Micro Drives**'. Agreed?

Thank you again for your time and attention.

I hope some of this 'Short Stick Stuff'  
helps, even in a small way.

## A LITTLE RELIEF

1) "The conscious mind allows itself to be trained like a parrot, but the subconscious or unconscious does not. This is why St. Augustine thanked God for not making him responsible for his dreams."

Carl Jung

2) "I could go on but I am restricted by my sense of good taste and tolerance! So I am going to steal off on my dromedary eastward over the dunes to the oasis where I shall find abundant food and water. Then I shall wrap up in a several heavy blankets to shield me from the cold desert night. As the sun and moon exchange places in the heavens over the desert-scape, we shall meet again! Gratefully, we might always be in eachother's minds even while those celestial partners chase eachother through the ever lightening and darkening space. Luck having its way, we may even be again in eachother's arms."

Dr. Karl Fischer  
Short Story Writings  
'About My Soul Mate'

3) An old gentleman in his 80's got up out of his recliner and was putting on his coat when his wife asked, "Where are you going?"

"To the Doctors", he replied.

Surprised, his wife asked, "Why? Are you sick?"

"No", he blurted. "I'm going to get me some of those Viagra pills."

With that, the elderly lady got up out of her rocking chair by the big bay window and started putting on her sweater. Surprised, the husband asked, "What are you up to? Going somewhere?"

"To the doctor too!" she replied.

"Why?"

Matter-of-factly, she said, "If you are going to start using that rusty old thing, I'm going to get a tetanus Shot!"

4) What is definition of a 'Tom Cat'? It is a 'Ball-Bearing Mouse Trap'! Just a little like your great golf clubs. Good servants! Tend to them a little regularly and they will look after long-term!

5) A professor of Greek takes his suit to a Greek tailor. The tailor looks at the pants and says, "Euripides!" to which he replies, "Yes, Eumenides!"

6) An lone electric eel was becoming very depressed and his keeper asked if there was anything he could do.

"Well, it's getting a little lonely in here," replied the eel.

So the next day the keeper dropped a female eel into the tank, but after swimming around for quite a bit the male was equally depressed.

"What's the matter now?" asked the keeper.

The eel gestured to his new tank mate and in a tone of resignation said, 'D.C.'



7) What is the difference between a cat and a comma?

A cat has its claws at the end of its paws and a comma has its pause at the end of its clause.

8)A group of bats, hanging from the ceiling of their cave, discovers a single bat STANDING upright below them on the floor of the cave. Surprised by this unusual behaviour, they asked this fellow; "What the hell are your doing down there?"

The odd fellow shouts back, "Yoga!"

8)Living on Earth is expensive, but it does include a free yearly trip around the Sun!

9)What did the bull elephant say to the naked man? "It's cute, but can it pick up peanuts?"

10)I am reading a most interesting book about anti-gravity. I just can't put it down!

11)All he asked for was a little good-night kiss, but she refused him with, "I don't do that sort of thing on my first date." To which he promptly replied, "Well, how about on our last date?"

12)There was this guy who went golfing every Saturday and Sunday. It did not matter what kind of weather it was, he was hooked on a round of golf on his days off.

One Saturday he left the house early and headed for the golf course, but it was so bitterly cold that he decided he wouldn't play that day and went back home.

His wife was still in bed when he pulled into the garage, so he quietly entered the back door, went to the bedroom, took off his

clothes and snuggled up to his wife's backside and said, "Terrible weather out there!"

She replied, "Yeah, and can you believe my stupid husband went golfing?"

13)How times change!

The United States once issued a '5 Cent Paper Bill'. Now all our bills are only worth 5 cents!

14)Women shouldn't have children after 35. Really, 35 children should be enough for anybody!

15)Isn't having a 'Smoking Section' in a restaurant rather like having a 'Peeing Section' in a public swimming pool?

(Makes me think of spelling class! 'P S E U D O'. The 'P' is silent like the 'Pee' in swimming!

16) The salesman of the year in a major corporation with over 550 sales staff was asked what his secrets to success were.

He gave a shrug of his shoulders and nonchalantly replied, "There are the usual things that our system requires. 'Know the product'; 'Make the calls' and 'Never take no for an answer'. You know this stuff!"

Then, after a moment, Dick carried on, "But frankly, I owe my success to consistently missing three foot putts by two inches!"

(Who ever said 'The Great Game Of Golf' has no place in business or life? Dick found it did!)

17) Two men are talking at work early Monday morning reminiscing the weekends events.

"What did you do this weekend Charlie?"

"Dropped some hooks into the water."

"Fishing eh?"

'No, golfing!"

18) It was mealtime on a small northeast feeder airline.

"Would you like dinner?" the cabin attendant politely asked.

"What are my choices?" the passenger asked.

"Yes or No" she blurted!

19) "This golf writer fills a much need gap!"

Moses Hadas (1900 - 1966)

From a literary review

Always keep a gentle and balanced mixture of 'Hard Work and Humour' as it makes 'Life' pass productively and tolerably.

Good luck in your 'Journey' too!



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## Dr. Karl M. Fischer / Certified International Master Teaching Professional



**Karl is a 40 year dedicated veteran who has come up through the golf trenches. Having provided in excess of 100,000 golf lessons, before long ago stopping count, Dr. Fischer continues helping good people improve and have more fun on a daily basis.**

He says, *"We can make smart changes in clients' swings very much faster than they expect. Our proven system involves less cost and reduced frustration. Quicker smiles are a good thing!"*

It is estimated that the number of 'Junior Lessons' during Karl's career, years ago, totaled in excess of 30,000. Every year Fischer organized golf clinics for bright-eyed youngsters helping them to better understand the 'Golf Swing' and thus have more 'FUN'.

Seventy to eighty students per day, four days a week for ten to twelve weeks every summer adds up. His personal client list numbers well in excess of 10,000 students, a third of whom are still on his mailing list and contact him regularly for advice!

He says, *"This battle tested and proven '555 Golf System' quickly prevents or fixes negative playing issues ... permanently! We do not rebuild our patients. It is more prudent to simply modify rather than doing major surgery! Smart little steps we take are very predictable with certain outcome!"*