

THE GOLF MYTH COLLECTION

BOOK E VOLUME 1

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BOOK E
Volume #1

The
'555 GOLF ACADEMY'

'Where Passion Meets Performance'

and
where you can achieve

'PERFORMANCE EXCELLENCE'

with help from
the '555 TEAM'

C1]

MUSIC

Don't just play the notes!

If you just play the notes

You will Miss **'IT'**!

GOLF

Don't just make shots!

If you just 'Make Disconnected Shots'

Ones without 'Passion'

Ones without a feel for the course

Without recognition of your relationship with 'HER'

Your beads will not be connected on a string!

You will miss **'IT'**!

Play the 'Great Game' with some 'Passion'
every minute of every round!
Every day!

C2]

COMPLAINING?

Teacher? Instructor? Parent? Friend? Associate? Adversary? Are you 'Blaming or Complaining' to change someone else? If so, stop! If this other person, the object of your concern, makes pressurized changes, it will be for the wrong reasons, likely just to appease you and not to better himself.

This is why effective 'Teachers' define needs and benefits, clearly establish a mutually-agreed '**CHANGE STRATEGY**' and place lots of rewards in the student's path. We cannot 'Push String Uphill' except in a pile! Your '555 TEAM' has been around! We must enforce mutual decisions and '**Follow Through**' with what we know works.

Better With A Carrot Than A Stick!

Every Teacher or instructor should carefully consider the above. I have never seen the 'Whip' train a horse effectively with long-term results. Even the tough, almost renegade cayoose really wants to please the person with the carrot. If the relationship started as one of respect, perhaps with a little fear, it had better soon find a foot-hold on admiration. Teachers must be sure-footed, a little demanding and very ready to praise good results. Our position of influence is very special indeed!

This in mind, if we have no 'Desire' or 'Position Of Influence', if our client ignores our earnest instructions, quickly resign the post! There is another instructor who deserves this student more than we! Afterall, it is only our reputation at stake here! A student who will NOT listen to good advice will be equally prepared and energetically willing to tell others of our shortcomings!

Who needs it?

A '**Word Of Wisdom**': If I have told 100 clients that they really would be "Better Served Finding A New Teacher", 98 of them assessed the situation and committed to paying more attention and being more receptive to suggestions. So your risk, as a teacher or instructor, in this situation of '**Drawing The Line In The Sand**' is about 2%. Much better than suffering ongoing 'Ignore' with bad press!

Exercise you prerogative!

C3]

PRELUDE TO PROTOCOLS

Remember, there are only '2 Swings In Your Bag' and rather minimal varieties thereto! Thus, there are not many 'Protocols' either!

Before I get into this topic of '**CHARACTERISTICS**', I want to remind you that all this 'GOLF' is about fine-tuning the 'Mental and Mechanical' aspects of our 'Machines' so that we can 'Privately and Sociably' experience more 'PLEASURE'.

This subject and its 'Dynamic Application' to our lives and well-being is all about those old '**COMPONENTS & PROCEDURES**'.

Remember;

'**COMPONENTS**' are '**Static, Passive and are SET-UP**' aspects; the 'Parts or the Tools'. The only 'Shot Variations', from a 'Full Swing Perspective', are primarily found in the 'Tools' and the 'Environmental Elements' and not in your 'Swing'. So let us approach 'Golf' in this manner. Change the 'Tool'. Make the same 'Swing' if at all possible. Firstly produce variation with 'Tools'!

'**PROCEDURES**' are '**Dynamic, Active and are EXECUTION**' aspects; the 'Movements or the Motions'. (all made with but one consistent Body)

I think 'Golf Is Balletic', more 'Poetry Than Prose', more 'Art Than Science', more 'Mental Than Physical'.

The better and more simply we comprehend and understand this, the more '**FUN**' we are going to have in this 'Game We Call GOLF'; as silly as it may seem to be caught '**Chasing A Little White Ball With A Peculiar Stick**' around a very large, usually well-maintained lawn with ponds, flowers and things we call 'Hazards'!

What you are about to read concerns 'Components and Procedures' and some hints as to the most efficient manner by which you might combines these aspects. Always '**SET-UPS and EXECUTIONS**'; 'Getting Ready and Making 'IT' Happen' just for '**FUN**'.

That's 'GOLF'.

C4]

WISDOM

The 'Best Things In Life Are Free And Equally As Simple'!

I think your 'Short Game', to generalize and perhaps to repeat myself, is anything inside your 'Full Swing Pitching Wedge'. We already know that the 'Full Swing' is a simple 'Turn Brace & Re-Turn Target' 'ROTATIONAL or PIVOT MOVE' about a stable, 'Pre-Set Spinal Crankshaft', from the top of which hangs or 'Pivots' two comfortable 'Lever Assemblies', one of which contains a 'Golf Club' and is called the 'Target Lever Assembly' ('Swing Arm'). The other, we know as the 'Brace Lever Assembly' ('Hitting Arm').

Please visualize our old friend the 'Tether Ball and Pole Image'.

'Old Hat', right?

In your 'Short Game', which is exactly that, 'Shots Made From Short Distances', including 'Putting, Chipping, Bump and Run and 'Less Than Full Swing Pitching', we must develop '**VISION**' (a 'Mental Image'), '**PROCEDURES**' and '**REAL FEEL**' for what is about to take place. In this manner, and this manner ONLY, may we become proficient at this 'Short Game' so vitally important to having the most 'FUN' possible chasing that 'Little White Ball About on the pristine 150 Acre Grassy Billiards Table'. We deserve this 'FUN' but must earn it.

To 'Produce and Reproduce FEEL' reliably, repeatedly and gain the necessary 'CONFIDENCE' to do so,

'YOU MUST PRACTISE'!

Perfect Practice Makes Permanent!

JUST BEFORE PROTOCOLS

Just before we proceed into the realm of '**STROKE CHARACTERISTICS**', let me share several thoughts with you.

- 1) Whenever you are within short range of the 'Dance Floor', perhaps 'Fringe In' and without obstacles such as bad divots, rough ground or deepish grass etc., '**PUTT IF YOU CAN**'. The old 'Flat Stick' is clearly the safest 'Stroke Maker Available' in your 'Golf Tool Box', better known as your 'Golf Bag'. What if the 'Distance' across the green is 125 feet? Well, make better 'Approach Shots'! If the grass between you and the cup is smooth ... still 'Putt'!

- 2) Whenever you are in this 'Short Range' always generally strive to get your 'Target Hand LEADING the Clubhead to the Ball' ('Stage One Procedure', see 'Putting and Chipping Protocols'). We have defined the 'STAGES of the Golf Swing' being 'One, Two and Three'. Knowing that Stage One has '**No Wrist Cock or PIVOT**'; that Stage Two has '**Wrist Cock but No PIVOT**' and that Stage Three has both '**Wrist Cock and PIVOT**' will really help us understand and stabilize our 'Stroke Procedures'. Likewise we know that a 'Full Swing' involves the 'Brace Hand's' raising up to the 'Brace Shoulder' or above so that we also know that the 'Less Than Full Swing' means our 'Brace Hand's' not getting as high as the 'Brace Shoulder'. (see 'Body Parts Clocking')

Logical! Right?

- 3) The '**LONGER THE SHAFT**', the '**WIDER THE STANCE**' (but not too wide) and the more we will tend to get our 'Weight Distribution Towards the Brace Foot or Side'. You will soon read that the 'Drive Set-Up' requires considerable 'Aft-Tilt and Weight onto the Brace Foot and Side'. So, conversely, the 'Shorter the Shaft', the narrower the 'STANCE' and the more we will tend to get our 'Weight Distribution Towards the Target Foot or Side'. You will soon read that the 'Chipping Set-Up' requires 'Forward Tilt and Weight onto the Target Foot or Side' with 'BALL LOCATION' slightly 'Aft'. (see 'Protocols')

- 4) It is important to understand that **'The More You 'Pre-LOAD Your Weight To The Target Or Front Foot Or Side' The 'Steeper Will Be Your Angle Of Attack'**. The opposite is, of course, true. That is why the **'Aft-Tilted Driver Characteristics' Tend To Produce A 'Flatter Swing PLANE and More Inside-Out Clubhead PATH'**. Makes sense to this 'Old Country Golf Teacher'! The longer 'Shaft' is a definite factor as well. When your 'SET-UP Shaft Plane' is flatter, it should 'Swing' as such.
- 5) All our 'Clubhead PATH Profiles', except that of the 'Drive with its 'Teed-Up Ball Condition and Forward Location', are either **'Descending or Level Blows'** so we must not only plan but generally 'Execute IMPACT' 'On the Way Down or Level' and not 'On the Way Up'. We must learn to 'PINCH' the Ball slightly through 'IMPACT' and not strike it 'THIN'. It is a useful image to envision taking just a little grass just after we make contact with the 'Little White Ball'. Remember we take the 'Little White Ball before striking the Big Green Ball'. (known as Earth)('Descending Blow') Remember, we are always **'Swinging D.O.F.T.'** which is the 'Geometrical Shape of our Clubhead PATH'.

The 'Bottom Of Swing Arc' is 'AFTER RELEASE, IMPACT and SEPARATION'. That is why good 'Players' even tend to take 'Divots' from the 'Teeing Ground with Irons' when the Ball is 'Teed-Up' on a very short tee.

In light of these statements, we always have 'Brace Lever Down and Out Force or Extensor Action' throughout the entire 'Back and Front Swings'. This 'Out-Force' takes place at the '9 o'Clock Position' or what we call 'Swing Sequence #3-#4'. I can envision **'Down-Force'** when the Clubhead is 'Down'. Half way in my Back Swing I prefer to think of 'Extensor Action as OUT' producing **'Width'**.

This 'Extensor Action' requires that the 'Fatty Pad of your Brace Thumb' make and keep positive contact with 'Arch of your Target Thumb'. At least 'Feel' the contact throughout the entire 'Back and Front Swings'. I have a 'Drill' that I use a lot for good people with very poor 'Down and Out Force', with poor contact. I place 'One Thin Dime' on the 'Arch of the Target Thumb' and have them NOT drop it during the 'Swing'. You might try that once in a while regardless of your 'Extensor Pressure'.

'Extensor Action' is generally a function of 'Centrifugal FORCE' more than an exercise of tight muscles and 'WORK'. Sling or Free-Wheel the Clubhead '**Down, Out, Forward and Through The Ball**' (the Geometric Swing Shape). The same applies to the 'Short Game Shots' where 'GRAVITY' may play a greater 'FEEL Role' as the shots are 'Low ENERGY'. You may not 'FEEL' as though you are boldly 'Pushing Down and Out' (Brace Lever Extensor Action). With only short distances to be covered, we require softer or 'Lower ENERGY or Lower Velocity IMPACTS'. As the TENSION in our 'Lever Assemblies' subsides, we will not have to make as much effort to get this '**D.O.F.T.**' to take place. You will experience more natural 'Sling and Drop Action' created by the 'Laws Of Nature'. The 'Brace Hand' provides the 'Motive Force' while the Target Lever acts more like the 'Dead Rope' function down to which we drop and throw our Hands. You know, the nice red delicious apple falling from the tree; Sir Isaac Newton stuff!

When we are starting to develop or change a 'Swing Habit' mental and physical effort will be required for a time. Be patient and persistent. Although we are on the gravel at present, there is paved road ahead. 'Patience and Perseverance' help this learning process.

- 6) '**UNDERHANDED BALL TOSSES**', as I have addressed before, are very useful in the development and perfection of these 'Short Game Skills' of 'Putting, Chipping, Bump and Run and Pitching'. Using a 'Soft Brace Lever and the Rocking Chair Shoulders Motion' the Clubhead Swings from the 'Target Shoulder Socket' in that 'Dead Rope Manner' that we have discussed. Let your 'Target Lever FEEL like it is just Hanging' during these very 'Short Game Procedures'. In this manner you will create good 'Timing, Rhythm and Pace' more with the 'Shoulders and Brace Lever'. You do not want the 'Clubface Shutting Down' through IMPACT so you must keep your 'Target Hand' relatively inactive as it controls the 'Clubface'. An active 'Rolling Over' back of your Target Hand means the same action in your Clubface.

Remember, the 'Back Of Your Target Hand' or 'Your Target Hand' controls the 'Clubface AIM' while the 'Brace Hand' takes out the 'Clubhead LAG' or forces the 'Open or Late

Toe' to catch up and get 'SQUARE At Separation'. In a way, the Hands 'Monitor Velocity and TIMING'. Do not force 'Pronation' or the 'Rolling Of Your Brace Hand Over The Target Hand' unless you are a 'Blocker'. Then your 'Corrective Drill' may require active 'Conscious Roll'.

'Centrifugal FORCE' takes care of 'Squaring Up The Clubface At The Moment Of Separation' as long as your 'GRIP SET-UP' is correct and you ('Tension') do not get in the way!

'RELAX TO RELEASE'.

- 7) **'THE HANDS LEAD THE CLUBHEAD TO THE BALL'** is about as important a 'Physical Task' as you might consider in making solid 'Golf Shots' whether 'Full or Less-Than-Full'. ('Stage 1, 2 or 3'). **'THE BALL GOES WHERE YOUR HANDS GO'!** Work on these disciplines at every opportunity. Your knowledge of 'IMPACT FIX' will help. The only slight exception to this rule is the 'Driver' where the 'BALL LOCATION' is properly quite forward and approximately even with the 'Target Shoulder Socket'. (see 'Swing Fulcrum')

Sounds like more **'STEER SO YOU CAN CLEAR'**, doesn't it?

Do you think 'Breathing Out During your Swing' will make you tighter or more relaxed? Of course! An relaxed miscles are faster than tight ones too! Common sense that may not be so common?

Don't leave home without these key thoughts!

Hope this short review helps.

I need to review all the time.

It's **'Country Boy Simple'**.

PROTOCOLS

These 'Protocols' are the '**Simple Digested Down Golf Discipline**' by which we can always reliably get our various 'Components' ('**Variables**') sorted and in the right place at the right time ('Timing'). By this orderly method we can then repeat 'Pre-Selected Procedures' making them into '**Swing Constants**' that hold up on the course under intense fire!

**That Will Suit My Teaching
And Playing Needs To A Tee!**

Yours?

Soon you shall become aware and accustomed to the concept of '**Remembered Feel**'. This 'Gentle Magic' will open the door and lead you to the 'Solved Golf Mystery' which will enable you to arrive at the '**Miracle Of Reflex Golf**'.

When you get there, you will be empowered to simply 'Look At The Target', 'Visualize Your Pre-Selected Ball Flight', 'Select The Appropriate Golf Club' ('Component') and thus '**Make The Most Natural, Effortless, Mindless Swing**' you can muster.

Do you know what?

The will be all you need to do!

Stick to this programme.

This '**Miracle Of Reflex Golf**' is even better than it sounds!

You shall soon arrive!

"Welcome Aboard!"

"Enjoy The Ride!"

CHIPPING PROTOCOLS ('PUSH BASIC')

The '**5 CONTROLS**' always!

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

I want to add that whenever you are practising your 'Chipping' always have your 'Six Chipping Putters', the #7, #8, #9, #PW, #SW and #LW close at hand. By varying your 'Tools' with the same selected 'Chipping Motion', you will learn how the Ball comes off the Clubface with different strokes. You will learn 'TOUCH & FEEL'. Don't just 'hang out' and hit the same old shots for hours. Pay full attention to every stroke. Chip well!

You will have noticed we did NOT as yet include the 'PUTTING PROTOCOLS'.

They are specifically included in or around the 'PUTTING CHAPTER' which may be more convenient for you, our special clients and students.

We could have placed it here as well?

The printing company advise that we were 'Windy Enough' and might exercise a little constraint and save paper!

I explained we are an 'Encyclopaedia'! A special educational literary effort! A benchmark in the 'Golf Realm'!

Do you know how many times I have been out-voted recently?

So we're 'Saving Paper'!

REALLY GLAD YOU ARE HERE!

BUMP & RUN PROTOCOLS

The '5 CONTROLS' always!

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

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

LOB PROTOCOLS

The '**5 CONTROLS**' always!

- 1) Similar 'SET-UP' as utilized in 'Pitching'.
- 2) 'Higher Trajectory' due to the 'Clubface LOFT' (60 degrees)
- 3) '**MINIMUM ROLL TIME AND MAXIMUM AIR TIME**'
- 4) 'FEEL' like you are 'Sliding the Leading Edge of the Clubface under the Ball'.
- 5) '**POSTURE**' must be 'CHIN Tallish & MATADOR PROUD' for the delicate accuracy of this Procedure.
- 6) '**GRIP**' Pressure light to moderate
- 7) '**STANCE**' Open Target Toe and under your Shoulders
- 8) '**BALL LOCATION**' slightly forward similar to Sand Shots.
- 9) '**ALIGNMENT**' Open
- 10) '**WEIGHT DISTRIBUTION**' 50:50 or very slightly forward.
- 11) Minimal Forward Press but the 'Hands LEAD'. Utilize the 'LOFT' or perhaps a slightly 'Open Clubface' (60 to 64 degrees does not need more 'LOFT'). This is a 'Flop Shot' and your Ball will not 'Flop' unless your 'Clubface somewhat 'Slides Under the Ball' (Chilli Dip. Be aware of the amount of grass under the Ball). This is a 'FEEL Drill or Shot' so 'FEEL' your Clubface Sliding Under the Backside of the Ball'.
- 12) 'Sweep Take-Away', Low and Slow, Deep-Flat-Wide in order to 'Set-Up' proper Forward Swing 'Angle Of Attack' or 'PATH'.
- 13) '**NORMAL WRIST COCK**' but generally 'Hinges Early' in the 'Slow Lazyish Back Swing'.
- 14) '**NORMAL CLUBHEAD PATH**' and '**ANGLE OF ATTACK**'
- 15) Relatively quite 'Lower Body Machine', Not too much Coil
- 16) '**SWING DOWN THE BODY/FOOT LINE**'

(see '**5 WAYS TO SHORTEN YOUR DISTANCE**')

PITCHING PROTOCOLS

The '**5 CONTROLS**' always!

- 1) Stroke is executed with both '**Wrist Cock and Pivot**' 'Components' involved and is, therefore, very close to being a Full Swing just with less 'COIL-UnCOIL' (ROM).
- 2) Pitching is simply an 'Extended' version of the 'Chipping Stroke'. There is more 'Range of Motion' and thus, more 'Clubhead Speed'. The Ball goes farther! Trajectory is simply a matter of the factories 'Loft'.
- 3) **There is a 'Putting Stroke' in the 'Pitching Stroke'**.
- 4) '**MORE AIR TIME THAN GROUND ROLL TIME**'. Ball tends to
- 5) Run very little upon contacting the ground and, if there is much 'Back Spin', the Ball may even 'Back Up'.
- 6) '**BRACE GRIP Slightly Stronger**' than in Putting and Chipping.
- 7) '**GRIP**' may be Shortened (Choked Down).
- 8) '**Moderate GRIP Pressure**'. Don't squeeze and kill the chicken!
- 9) '**STANCE**' is just outside the 'Rib Cage' of under the Arm Pits. It is not too wide.
- 10) '**BALL LOCATION**' relatively 'Centre of Stance' or forward under your Clavicle (Proximal End).
- 11) '**ALIGNMENT**' may be slightly OPEN or Parallel but NOT Closed.
- 12) '**STANCE**' (Target Foot) is OPEN so the Hips can Rotate and Clear to the Target.
- 13) '**WEIGHT DISTRIBUTION**' is relatively centred or may be very slightly forward to promote a more vertical 'Angle of Attack'. Pitched Balls must be 'Pinched Balls'.
- 14) Slight 'Forward Press' of the Club Handle is generally beneficial.
**'Hands must lead the Clubhead
Through the IMPACT and SEPARATION Zone'**.
- 15) 'Wrist Cocking' is quite early in the 'Back Swing'. The Swing is quite 'Up & Down'.
- 16) There is reduced 'Loading Rotation, Coil or Pivot' in this 'Procedure' as compared with the 'Full Swing'.
- 17) Finish (Swing Sequence #8 - #9) with 'Belly Button or Belt Buckle Square to the Target and Hands in front of your Chest'. You may not have a SS #9.
- 18) '**DISTANCE**' is controlled by '**CLOCKING**'
- 19) '**DISTANCE**' is controlled by '**Choking Down on the GRIP**'
- 20) '**DISTANCE**' is controlled by the '**Narrowing the Width of your**

'STANCE'. This reduces the length of your Swing or the 'Circumference of the Circle' and thus reduces the Clubhead Speed with little or no 'FEEL' Change other than in the 'SET-UP' Mode. How Simple!

21) **'SWING DOWN THE BODY/FOOT LINE'**

(see **'5 WAYS TO SHORTEN YOUR DISTANCE'**)

When you know how to make a 'Full Swing' '#PW Procedure' to your **'Calibrate Approach Distance'** ('CAD'), you are actually very close to being able to make that same 'Component Procedure' but with 'Less Brace Hand Travel Distance' ('BHTD').

This means that you 'ACCUMULATE, LOAD and STORE' 'Less Potential Energy' and thus strike the 'Ball' a 'Shorter Distance'. You directly develop less 'Clubhead SPEED' ('DELIVER & RELEASE Of Potential Energy in the Form Of Kinetic Enregy') and amazingly do 'Less WORK'! (see 'ALSDR')

You can do this 'Precise Discipline' with all your 'Short Sticks' and learn the 'Skill Drills' that enable you to stroke any 'Short Game Shot' 'Dead Rope - Dead Stick'!

Money shots!

How cool is that"

I guesss today I should really say **"WAY COOL MAN!"**

Stay 'On Board' and **"Keep Enjoying The Ride!"**

KNOCK DOWN PROTOCOLS ('PUNCH BASIC')

The '**5 CONTROLS**' always!

- 1) Stroke is executed with both '**Wrist Cock and Pivot**' 'Components' involved and is, therefore, very close to being a Full Swing just with less 'COIL/Un-COIL' ('ROM')('BHTD').
- 2) Knock Down is simply an 'Extended' version of the 'Chipping Stroke'. There is more 'Range of Motion' and thus, more 'Clubhead Speed'. The Ball goes farther! Trajectory is simply a matter of the factories 'Loft'.
- 3) **There is a 'Putting Stroke' in the 'Knock Down Stroke'**.
- 4) **'MORE AIR TIME THAN GROUND ROLL TIME'**. Ball tends to Run very little upon contacting the ground and, if there is much 'Back Spin', the Ball may even 'Back Up'.
- 5) **'GRIP'** may be Shortened ('Choked Down').
- 6) **'Moderate GRIP Pressure'**. Don't squeeze and kill the chicken!
- 7) **'STANCE'** is just outside the 'Rib Cage' of under the Arm Pits. It is not too wide.
- 8) **'BALL LOCATION'** is relatively 'Centre of Stance' or forward under your Clavicle (Proximal End).
- 9) **'ALIGNMENT'** may be slightly OPEN or Parallel but NOT Closed.
- 10) **'STANCE'** (Target Foot) is OPEN so the Hips can Rotate and Clear to the Target.
- 11) **'WEIGHT DISTRIBUTION'** is relatively centred or may be very slightly forward to promote a more vertical 'Angle of Attack'. Pitched Balls must be 'Pinched Balls'.
- 12) Slight 'Forward Press' of the Club Handle is generally beneficial.
**'Hands must lead the Clubhead
Through the IMPACT and SEPARATION Zone'**.
- 13) 'Wrist Cocking' is quite early in the 'Back Swing'. The Swing is quite 'Up & Down'.
- 14) There is reduced 'Loading Rotation, Coil or Pivot' in this 'Procedure' as compared with the 'Full Swing'.
- 15) Finish (Swing Sequence #8 - #9) with 'Belly Button or Belt Buckle Square to the Target and Hands in front of your Chest'. You may not have a SS #9.
- 16) **'DISTANCE'** is controlled by **'CLOCKING'**
- 17) **'DISTANCE'** is controlled by **'Choking Down on the GRIP'**

- 18) **'DISTANCE'** is controlled by the **'Narrowing the Width of your 'STANCE'**. This reduces the length of your Swing or the 'Circumference of the Circle' and thus reduces the Clubhead Speed with little or no 'FEEL' Change other than in the 'SET-UP' Mode.
How Simple!
- 19) **'SWING DOWN THE BODY/FOOT LINE'**

Your '555 TEAM' also calls these 'PUNCH SHOTS'.

You do not always have to 'Make Full Swings', 'Bottom Top Bottom' and can, at will, 'Modulate Your Brace Hand Travel Distance' ('BHTD') to suit your needs. We will deal with such 'Specialty Shots' in between these 'Hard Bound Covers'! (under the intellectual comforter so to speak! Keep it clean!)

The 'PUNCH or Knock Down Shot' enables us to reduce 'Ball Flight Trajectory' and increase our 'Control' somewhat in challenging conditions such as 'Cross Winds'.

UNUSUAL LIE PROTOCOLS

The '5 CONTROLS' always!

- 1) **'EVALUATE'** The Environmental Elements' first.
- 2) **'VISUALIZE'** the 'Ball Flight' and 'Shot Pattern'
- 3) **'KNOW YOUR YARDAGES'**
- 4) **'SELECT THE RIGHT CLUB'**
- 5) **'5 SET-UPS'** and **'5 CONTROLS'**

6) 'Clubface AIM'. 'Measure To The Ball'. 'Set Your Feet'.

7) **'MATCH YOUR SHOULDERS TO THE SLOPE'**. It is interesting to note that , this 'Matching Of Components' is precisely what we already do now. Our 'Shoulders' already 'Match The Slope Of The Ground' with normal shots! Nothing new! If you are 'On The Level', level Shoulders. If you are striking the Ball **'DOWNSLOPE'**, you shoulders should be parallel to the 'Down Slope'. If you are striking the Ball **'UPSLOPE'**, your shoulders should be parallel to the 'Upslope'. Picture if they were level in this 'Upslope Situation'. If you were to make the swing with this 'Configuration' you would simply 'Drive Your Clubhead Into The Ground'! Consider your 'Spine Angles' and 'Weight Distribution On Your Feet' (to the Toes & Heels) in each of these situations. You will NOT be 'Flat-Footed'.

8) **'Stepping Up or Down The Slope'** in your 'Follow-Through' may be beneficial. Allow it!

9) **'SIDEHILL–Ball Above Your Feet'**. **'WEIGHT DISTRIBUTION'** and 'SET-UP' must be right which means 'In Balance'. Your 'Swing Plane' will be **'FLATTER'**. Your 'Clubhead LIE Angle' (toe up) will be amplified and will cause your 'Clubface AIM' to be a little to the 'High Energy Side Of The Target Line'. Either 'OPEN the Clubface' and 'Play A Cut' or simply aim a little to the 'Low Energy Side' and make a very normal Strike. STANCE is key! **'STEER SO YOU CAN CLEAR'**. Make your 'PIVOT'.

10) **'SIDEHILL–Ball Below Your Feet'**. **'WEIGHT DISTRIBUTION'** and 'SET-UP' must be right which means 'In Balance'. Your 'Swing Plane' will be **'STEEPER'**. Your 'Clubhead LIE Angle' (toe up) will be reduced and will cause your 'Clubface AIM' to be a little to the 'Low Energy Side Of The Target Line'. Either 'CLOSE the Clubface' and 'Play A Draw' or simply aim a little to the 'High Energy Side' and make a very normal Strike. STANCE is key! **'STEER SO YOU CAN CLEAR'**. Make your 'PIVOT'.

11) **'Do Not Over Swing'**

12) **'The Ball Goes Where Your Hands Go'**

You must grasp that these 'Procedures' are not threatening! Once you assess the situation, use your 'Pre-Shot Routine' to create safety and comfort. The key element is to 'Set Your Feet' so as to be able to adjust your 'Axes' to handle the 'Natural Elements' while being very stable. Avoid over-swinging if at all possible. Select the right club to get the job done so you do not have to 'Force The Shot'! Always 'Swing In Balance'!

WIND PLAY PROTOCOLS

The **'5 CONTROLS** always!

1) **'EVALUATE'** the wind's 'Direction and Velocity' remembering that these change significantly with height above the ground and when trees and other factors are present.

2) **'VISUALIZE'** the 'Ball Flight' or 'Shot Pattern'.

3) **'KEEP UNDER THE WIND'**. Logically, if there were no wind or less wind, you could do less to compensate for it. There is generally less of it closest to the ground ('Shift & Veer'). More simply put, the closer you are to the ground, the less time and margin there is for error to take place. Putts are less effected by the wind than are 'Drives'.

4) **'CLUB SELECTION'** during your 'Pre-Shot Routine' is always important. Still the case! You want lower **'Trajectory'** so as to **'Stay Under The Wind'** therefore select less loft. The smaller the number on the 'Clubhead' the 'Less The Loft' and the longer the shaft. This means that your 'Clubhead Speed' will be greater with perhaps less effort. So farther and lower can result from proper 'Club Selection'. Generally **"Take More Club"** with 'Head or Cross Winds' and less with 'Tail Winds'. When you 'Feed The Ball' up into the 'Tail-Wind', it gets a bigger ride!

5) **'STANCE'** is key. **'Stand For Stability'** as always. You may 'Pre-Select a slightly wider **'STANCE Component'** to counteract the force of the wind on your body. Don't just widen without cause. You must still 'Steer So You Can Clear' as the 'Procedure' you have selected is likely a 'Full Swing' or 'Stage Three'. Watch your 'Target Foot'. You must 'Rotate'!

6) **'BALL LOCATION'** is important. Our identified desire is to 'Keep The Ball Below The Wind' so less loft is vital. To produce reduced **'Net Effective Loft'** move the 'Ball Location' slightly aft of what would be your normal station.

7) **'ABBREVIATED SWING LENGTH'** is beneficial. The longer the 'Swing' the higher your 'Hands' will get above your 'Head and Shoulders'; higher into the wind and more exposed. Also you are 'Less Balance and Less Stable' when your 'Hands' are high. You have your '4 B's' that help produce your 'Swing'. If you say "**Brace Hand Brace Shoulder**", you will generally abbreviate slightly. 'Feel It'. If you must shorten further, think 'Punch Shot or Action' and start **'BODY CLOCKING'**.

9) **'The Ball Goes Where Your Hands Go'** is key.

10) **'ALIGNMENT'** is key. Always set your '5 Axes' to accomplish your most natural 'Swing' 'Down The Body Line'.

11) **'FEED THE WIND'** is key. Rather the opposite to 'Keeping Under The Wind'. Always make straight, 'Low Side Spin Rate' shots first. If you can master the 'Straight Shot' you can bring most every golf course to its knees! This in mind for wind play, once you have determined item #1 above, 'Velocity and Direction', strike the Ball to the upwind side of the Target and allow the wind to carry it back to 'Target Line' or selected 'Ball Flight Line'. This will take care of your 'Cross Wind Component'. The greater the 'Velocity' the more the 'Upwind Aiming Component' will be. With no 'Cross Wind Component', all you have to do is determine the 'Up or Down Wind Component' and plan accordingly. Send the 'Ball' 'High For Downwind' and 'Low for Upwind'. You 'Feed the Ball to the Down Wind' and 'Fight the Upwind' by 'Hiding From It' or, again, 'Staying Under It'. Remember, a 'Golf Ball' with a 'Tail Wind Component' (Downwind) will NOT stop readily. Approach shots 'Downwind' will NOT bite and hold as well as those that are 'Into or Upwind'. Factor 'Run or Roll' to score well. Airplane pilots should have this wired!

12) **'CUT INTO THE WIND'** is a second 'Direction' choice. You can either 'Draw, Hook or Fade, Slice Your Golf Ball Into The Cross Wind To Hold Your Pre-Selected Ball Flight Line'. Decide! You can 'Draw or Fade' in one of two ways. You can 'Align To Draw or Fade'. You can also 'Adjust Your 'Clubface AIM' To Draw or Fade' and make the same 'Natural Swing'. To 'Hook or Slice' you will likely adjust your 'STANCE and/or ALIGNMENT' ever so slightly. Both are 'SET-UP' (Passive or Static) compensations and NOT 'Swing Changes' (Active or Dynamic). You must always 'Swing Down Your Body or Foot Line'. The stronger the 'Cross Wind Component' the more 'SET-UP Component Change' you will require. As stated, if the 'Cross Wind Component' is really brutal, you may have to 'Hook or Slice' to compensate. Don't put up your umbrella!

13) **'SWING MORE SMOOTHLY'**. Do not try to overpower the wind. That will not work.

14) **'Dress Appropriately'**. Comfort is key.

15) **'Be Patient'**. Remember, everyone is in it with you! The lowest numbers still win, even if they are higher.

16) **'Play A to B Golf'** first. Then utilize 'Spin Rate' to offset the 'Direction and Velocity' of the wind. 'Work Smart!' 'Manage your Game'! Then it will not run you!

17) **'Take A Nice Deep Breath And Relax'** in the wind.

18) **'Be Confident'**

19) **'PORTA-POTTIES'** blowing over, 'Stay Out and Go Home'!

All this 'Wind Stuff' makes me feel a bit like a sailor!

Play well!

BUNKER PROTOCOLS

'The 555 CONTROLS always!'

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

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

On the grass, you want to contact the 'Ball First' and then take some grass. ('Little White World First, Big Green World Second'). On the 'Beach' you want to contact the **'Sand First'** so you 'SET-UP' to deliberately strike behind the ball, a little 'FAT'. Again, **'Taking ½ Inch Of Sand Out From Below The South Pole Of The Ball'** is a very useful mental image. Thump the sand!

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

Once the proper 'SET-UP' is accomplished, just make a 'Normal Swing' with good ascending and descending action! The 'Take-Away, Back Swing' and 'Down Swings' in 'Bunker Shots' are a little more 'Vertical'; more 'Pick Up and Drop'. The 'Front Swing' has a 'Steeper Angle Of Attach'. 'STANCE needs to

'MATCH the Procedural Requirement'. You know how! Take a deep relaxing breath ('Deep Deliberate Diaphragmatic Breathing') and let's get on with it!

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

Spin', the Ball may even 'Back Up'. But knowing that you can produce quite a 'Flat Trajectory' with quite a lot of run with a 'Bunker Shot' as well.

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

- 13) **'STANCE'** 'Target Foot' is OPEN so the Hips can Rotate and Clear to the Target. This is a 'PVOT Procedure' ('Stage Three') unless it is a very short 'Bunker Shot', just clearing the lip!
- 14) **'WEIGHT DISTRIBUTION'** is relatively centred or may be slightly forward to promote a more vertical 'Angle of Attack'. You are still going to 'FEEL' as though you are 'PINCHING the Sand' but just behind the Ball. 'PINCH' will create 'SPLASH'! Proper 'Sand Procedures' require that you very distinctly 'FEEL' the 'Bottom Of Swing Arc' and a very 'Straightened Brace Elbow'.
- 15) **'SLIGHT FORWARD PRESS'** of the Club Handle is generally beneficial. Hands must still lead the Clubhead 'Through the IMPACT Zone'. If the 'Club Handle' is much less than 'Vertical' (behind the Clubhead) you will tend to produce 'Throw-Away' and strike the 'Bunker Shot' 'THIN'. You will NOT like that result! 'Skulled Bunker Shots' are as ugly as any other 'Skulled Shot'!
- 16) **'WRIST COCKING'** is quite early in the 'Back Swing'. The Swing is quite 'Up & Down'. My overall impression of making a 'Bunker Shot' is to 'SPLASH the Sand and Ball Out Of or Off The Beach'. A bit like 'Splashing Water Out Of A Swimming Pool With the Palm of Your Hand'. You must make this a 'T H R O U G H Stroke'.
- 17) There is reduced 'Loading Rotation, Coil or Pivot' in this 'Procedure' as compared with the 'Full Swing'. You do not want to make your 'Brace Foot Spin Out' so do not get too 'Explosive With The Brace Leg Drive'. If your 'Brace Foot' slips, you are toast!
- 18) Finish (Swing Sequence #8-#9) with 'Belly Button or Belt Buckle Square to the Target and Hands in front of your Chest'. You may not have a SS #9 and that is quit acceptable but do not 'Punch Bunker Shots' (generally). The only instance when you may have to do so is when you are up against or quite close to the lip of the bunker and cannot 'Swing Through'. In this situation, you will have to be quite 'Vertical in your Take-Away' and in your Front Swing Angle Of Attach' to avoid striking the 'Lip' which could injure your 'Hands'.
- 19) 'DISTANCE' is controlled by **'BODY PARTS CLOCKING'**
(Brace Lever Travel Distance')

- 20) 'DISTANCE' is controlled by **'CHOKING DOWN ON THE GRIP'**
- 21) 'DISTANCE' is controlled by the **'Narrowing The Width Of Your 'STANCE'**. As you know, this 'Procedural Adjustment' reduces the 'Length of Your Swing' or the 'Circumference of the Circle' and thus reduces the 'Clubhead Speed' with little or no 'FEEL' Change other than in the 'SET-UP' Mode. How Simple!
- 22) **'SWING DOWN THE 'BODY/FOOT LINE'** (not Target Line)
- 23) FINISH and HOLD to 'Evaluate' and 'Swing In Balance'.
- 24) 'See The Ball' and 'FEEL The Target'. ('Heads or Tails Drill')

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

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

When did you last say your **'Daily Affirmation'**?

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

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

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

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

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

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

"Welcome Aboard!"

"Enjoy The Ride!"

A BIT MORE ON THE 'FAIRWAY' BEACH:

'Fairway Bunker Shots' are more like simple fairway and 'Pitching Shots' than deep bunker work. If the sand in the fairway bunker is quite firm, once you have 'Set Your Feet', simply make a normal stroke. **'Strike The Ball First'**. Keep it smooth and you may, perhaps, select one extra club (lower number than usual) as long as you can safely clear the lip of the 'Bunker'. 'Catch The Ball Before The Sand'. It's a clean pick! You need a well 'Braced and Posted Brace Foot'. The 'BALL LOCATION' will be slightly 'Aft' to ensure striking the Ball First. Do not overdue your Coil and forward Pivot ('Lower Body Action') as your Feet may 'Spin Out' or you may 'Slide' causing poor contact and undesirable 'Ball Flight'.

The 'Upper Body Machine' is relatively 'Quiet'. Again, make sure that you have enough 'Loft' on your 'Clubface' to clear the lip of the bunker. Breathe Out throughout your entire 'Front and Back Swing'. Be 'Ball Aware and Target Oriented'. Always 'See the Ball' and 'FEEL the PIN'.

A BIT OF 'BOTTOM LINE':

One of the bottom lines in working 'On The Beach' is that **'Your Ball Goes Where The Sand Flies and NOT Where Your Clubface Is AIMED'**. When the 'Foot-Body Line' is AIMED 'Left 20 degrees and the Clubface is AIMED right 20 degrees', what I call 'Open/Open', your Ball Flight will be roughly in the middle, where the sand flies! This is technically called the 'Resultant Ball Flight'. Makes sense? Open your 'ALIGNMENT' which directly affects your 'Clubhead PATH'. Open your 'Clubface AIM'. Then Swing down your 'Body/Foot Line' and get the average of the two 'PATH and AIM Components' as a result of good 'Procedures'. These are 'CUT SHOTS'!

It is very important to remember and practice **'ALWAYS SWINGING DOWN THE BODY LINE'** when you make normal 'Open/Open' adjustments. If you 'Do NOT Swing Down The Body Line' you will necessarily be **'Pushing or Pulling'** 'Across The Body Line'. This Swinging 'ACROSS the Body Line', either 'Inside-Out' or 'Outside-In', to any excess is less than optimal 'Clubhead PATH' in the sand or elsewhere. ('Cut')

**The 'Short Game' is an 'ARTFORM'.
Good Luck in your Artistry!**

C7]

PASSION

Q1)

'If your **PASSION** is Golf,
then
your **PLEASURE** shall be found in the Short Game'.

Dr. Karl M. Fischer

I think it is true that the '**Closer You Get To The Hole**', the quicker the breath, the higher the blood pressure, the stronger the focus, the greater the anxiety, the more the beads of sweat squeeze out of your skin, the shorter the strokes and the purer the celebration. Enjoy!

There is something more special about '**The Bottom Of The Cup**' than any non-golfer, who thinks the 'Wedgewood' holds only minute tea-leaves and dregs, can or will ever know!

Their cup and saucer might rattle on occasion, but it's the result of an earthquake or unsteady hand. That is as close as they may ever become to the Game. Pity!

The 'Golf Cup' is sweeter too.

'THE 555 GOLF ACADEMY' Is A Magical Institution.

C8]

**GOOD ADVICE FOR
APPROACH SHOTS AND PUTTING**

**Always 'Leave' Your Ball
Inside the 5/10/15 Foot Circles
and
Strive To Putt
From 'Below' The Hole.**

(see 'Quadranting The Green')

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!)

Q2)

**Make your Approach and Putting Strokes
'Mentally and Physically'
your 'Last Shot Of The Hole'.**

Dr. Karl M. Fischer

JUST BEFORE SHORT GAME

We have discussed the various specific 'Protocols' for 'Putting, Chipping, 'Bump & Run', 'Punching', 'Pitching', 'Knock-Down', 'Bunker Work', 'Specialty Shots' and 'Unusual Lies'.

I want to just touch briefly on this 'Knock-Down or Bump & Run Stroke' again for a moment.

The 'Chipping Procedure' is similar where we have quite 'Fixed Wrist Triangles' which may involve some 'Forward Press' ('Weight Distribution and Hands Forward') where **'The Back Of The Target Hand Very Much LEADS The Clubhead To And Throught The Ball'** or 'To and Throught the IMPACT & SEPARATION Zone' with that 'Flat Target Wrist'. This 'SET-UP' insures a 'Steeper Angle Of Attack', more 'Pinch' and a more 'Delofted Clubface' at the time the 'Ball Separates from the Clubface'. Again, the 'Net Effective LOFT At Separation' will be reduced ... very useful for the 'Knock-Down or Bump & Run'! (More acting like a Putt' and less like a 'Pitch')

I want to talk you through one such 'Procedure'.

'5 CONTROLS' of course!

'BRACE TOE PRESSURE' for 'Connection and Stability' of course! This simple little discipline ensures 'Brace Foot Pre-Load' and supports 'Brace Leg Drive' (the 'Stage Three Engine').

'THE FOUR STEP ROUTINE' of course!

You have 'Visualized Down-the-Line' (DTL) so your 'Mental Picture' is complete and accurtate. You 'FEEL the PIN or Target'. You have a solid 'Grip' on your 'Golf Club'. You are quite prepared.

Make your 'Circular Walk' from 'DTL' around behind the Ball to your 'Shoulders Parallel To Ball Flight Line Position'. Step in to a little 'Reaching Position'. Set your 'Clubface Leading Edge' very 'Square' to your 'Pre-Selected Lauch Line' or 'Initial Ball Flight Line'. 'BALL LOCATION' quite to well aft, depending on your 'Pre-Selected Lauch Angle'. 'Feet and Shoulder ALIGNMENT' quite 'Open' to match your 'Initial Ball Flight Line'. This 'Forward Presses your Hands'. Remember, we call this 'IMPACT FIX' which we desire to repeat in the Motion. The Hands and Golf Club are 'Taken Back' to

the 'Pre-Selected Limit of Back Swing Set-Point' (see '**Brace Hand Travel Distance**' 'BHTD', and see 'Body Clocking').

Then you make your 'Hands Down, Out, Forward and Through PINCHING FEEL Stroke' that '**Compresses The Ball Down The Line Of Compression**' as we are 'Scientifically and by the Laws of Physics', supposed to accomplish.

I want to add that this 'Bump & Run or Knock Down Procedure', especially if you 'Pre-Selected Open STANCE and ALIGNMENT Components', will 'FEEL' quite or very 'Brace Hand Delivery' which is similar to our discussions of the 'Stroke FEEL' that we experience when we 'Putt' with very 'Open STANCE and ALIGNMENT'. (see 'Putting Chapters') This is a bit 'Manipulated'. Be careful!

I sometimes call this 'Bump & Run' the '**PUSH BASIC Procedure**' which to me makes sense as your 'Brace Hand' is quite or very dominant 'Down-The-Line. ('Bowling Delivery'). When we make 'Stage Three' 'Knock Down Shots' with solidly 'Connected Brace Leg Drive', we are into the very key '**PUNCH BASIC Procedure**'.

Strive to be most often 'Squarely or Parallel ALIGNED'. In this manner you will not be forced to 'Manipulate' however small that case might be. **90% Of The 'Short Sand Wedge Approach Shots' Around The Green Are 'Manipulated'**. They simply DO NOT make the 10% or better still, '5% Rule' whereby the ball comes to rest within 5% of the original distance it was away. When you have more 'LOFT' available in your bag, 'Select or Pull It First' before you adjust to any 'OPEN OPEN Protocol'.

Whatever you decide to utilize, you always '**Naturally Swing Down Your Body Line**'. If not, you are 'Manipulating'. This is key information and knowledge! Discipline. Don't get 'Flippy Handed'!

'Let your Lower Body Machine DO THE HORIZONTAL WORK'!

Now, "Good Luck" with your 'Short Game Experience'.

This is where you will separate the 'Wheat From the Chaff' and the 'B..... Form the Buckwheat'!

The 'Short Game' is where we really get down to knocking it in the hole in as 'Few Strokes As Is Humanly Personaly Possible'!

Stay focused and methodical. Keep earning improvement!

FRIENDS AND ENEMIES

We have and will talk more often about 'Assets and Liabilities', the 'Goods And The Bads' in the 'Strokes and Game Of Golf', which make up our professions and livelihoods! These diametrically opposed factions, things that work and don't, are a very big reality in the 'Game' and in 'Life' too.

**'TOO MUCH LOFT' And 'TOO MUCH SPIN RATE'
Are Very Often Our Enemies!**

Select the right 'Club' and always use 'Quiet Soft Hands'.

We just addressed the 'Characteristics Of Chipping' and its celebrate sister the 'Bump & Run'... not very exciting but really good to have around the place!

We will talk more about the 'Protocols Of Chipping and Bump & Run' as they are a very key part of the 'Scoring Side Of Things Golf'. (see '10% Rule' and '5% Rule')

Far too many 'Players' select the 'Lob Wedge' to move the ball short distances from around the green. Each man can do as he pleases, but every golfer must learn the 'Bump & Run'. As soon as the golfers I have come to know over three decades mastered the 'Bump & Run', they used the 'Lob Procedure' very seldom! Investigate what I am talking about. Reducing risk in 'Golf' never gets old!

We have dabbled in '**Spin Rate**', the dynamic characteristic the creates 'Curvature In Ball Flight'. It too is always highly pertinent. The Ball has a very difficult time flying through the air with no 'Spin Rate'. It 'Mushes' and looks like the 'Knuckle Ball' in baseball. Could a batter readily create a knuckle ball off his bat? It is even more difficult to strike a 'Knuckle Ball' in 'Golf' than pitching one in baseball. Very similar challenges in the two sports disciplines.

We call these 'Disciplines' for a reason! If you want to excel in either baseball or 'Golf', you had better be disciplined! There is work to be done and tasks to be accomplished!

SPIN RATE:

'Spin Rate' is generally NOT your friend or ally in this 'Ball & Stick' addiction! You will recall the various types of 'Spin Rate' and, if not, turn to your 'Friendly Tour Guide INDEX' and do so at your urgent leisure. To recap just a little. There are two 'Rotational Axes' in a sphere like the earth and a 'Golf Ball'; 1)the '**Vertical or Polar Axis**' about which the 'Horizontal Spin Action' takes place and 2)the '**Horizontal or Equitorial Axis**' about which the 'Vertical, Top/Bottom and Over/Under Spin, the 'End Over End' action takes place. The permeations are 'NO SPIN or SPIN'. 'Vertical Spin or Horizontal Spin'. Combinations of the actions about these two axes is sometimes called 'Resultant or Average Motion'. The most common condition is a mixture or combination of the separate elements. 'Zero Spin Rate' is rare!

I want to tell you right here and now that 'Spin Rate' about the 'Vertical Axis' or 'Side Spin', as it is generally called, is very seldom a friend of the golfer. Side Spin causes 'Curvature In Ball Flight' better, or worse known as 'Fade Slice and Draw Hook'! There is no better 'Golf Shot' than the straight ball!

The other associate condition is 'Under or Over-Spin' or what has been called 'End Over End' action. 'Over-Spin' naturally increases the 'RUN' while 'Under-Spin' decreases 'RUN'. When you put a reasonable amount of 'Under-Spin' on a 'Pitching Wedge' fired nice and high and soft at a holding green, the Ball will 'One Hop and Check'. It is said to 'Bite'. If you put a lot of 'Back-Spin' on the same 'Short Iron' (more 'Vertical Action' or 'Angle Of Attack' in the 'Clubhead PATH'), the Ball will even 'Back Up' and quite a lot as you have seen.

Here is some real life stuff just for a moment!

I see a lot of relatively good ball strikers come to me and ask me to assist them in making 'The Ball Back-Up Harder' ... like reverse in an automobile transmission. I advise them that to do so or even want to do so is folly with hundreds of nationally televised reasons and ample proof of the 'Risk'. You know the scenario! The 'Ball Mark' is nine inches from the edge of the cup with the Ball's having come to rest about seventeen feet out to the uneven side of the green across that damned 'Hogs Back Ridge' that give us fits so often. The 'One Hop Stop' that would have **"SAT DOWN AT Three Feet Instead Of RUN AWAY To Seventeen"** makes more sense to this 'Old Teacher and Ball Striker'! Of course you like the

challenge of the hard-breaking up-hill seventeen footer, right? You like it better than the down-hiller!

Remember, the option is a three footer just below the 'Bottom Of The Cup'!

LET'S AGREE ON ONE THING:

Let's agree on one thing! If at all possible **'DON'T FIGHT MOTHER NATURE'**! Leave your ball just below the hole and keep the Ball Action (Spin Rate) in the air or on the ground minimal.

Greater 'Spin Rate' requires more 'ENERGY'. The greater the 'ENERGY' the greater the 'RISK' or tendency to increased 'Ball Action'. There is no better ball than a straight one with proper 'Factory Designed Trajectory' and 'Ball Flight'! When you get this result you know that you have **'Let The Club Do The WORK'!** The 'Least Amount of Applied ENERGY Doing The Greatest Amount of WORK' means efficiency. Great basis upon which to stand weith your game. More about this 'ENERGY'. Again too much 'Under-Spin' is not an ally and makes 'NO SENSE' unless you are executing a 'Procedure' that requires 'Holding' your Ball on a 'Down Slope Platform' that is running away from your direction of 'Ball Flight'. If this is the situation on the green at which you are shooting, I suggest you research who designed it and 'Shoot The Sadistical So And So'!

Too much or too little 'Height' in your 'Trajectory' is generally not advantageous unless you are knocking down a shot under a tree or flying one high over it. These are environmental or natural elemental considerations that are a reality!

Adding excessive 'ENERGY' adds 'RISK'. Always use the least amount of 'ENERGY' required to just get the job done. This will reduce your likelihood of error and increase your tendency to score well and win. Always improve your odds at every opportunity. Your 19th hole pay offs may moderate or even reverse in direction! Not a bad payback for 'Working Smarter'!

A SOFT RULE:

So this leads me to a 'Soft Rule' you might tuck away in the back of your mind. Generally use the 'Least Lofted Club' in your 'Selection Range' that will get your job done expeditiously.

Remember you have to get the Ball just far enough and high enough to cross and clear any obstacles.

Especially in this topic of 'Short Game', 'Chipping and Bump & Run', you should always strive to get more 'Ground Time (RUN or ROLL) and less 'Air Time' (Trajectory). As I and my '555 Golf Team' has said many times, "**When 'Chipping or Bump & Running' any Ball, get the thing on the 'Putting Surface' as soon as possible and quickly acting like a Putt.**" That is the safest and lowest 'ENERGY Component Selection and Procedure'.

I shall add here that, when the 'Fairways and Approach Zones or Lanes' are hard and fast, you will want to come at the 'Putting Surface' with high soft-landing characteristics and with a bit of 'Back or Under-Spin'. Or you may want to run it up and on if there are no hazards blocking your 'Bowling Lane'! Golf is a whole 'Pot Pourrie' of conditions and factors that we must work diligently at understanding. Just like 'Reading The Greens'. It is an art as much as a science without which you cannot get competitive unless your opponents are worse at the skill than you are! When in 'OPEN' competition format, I don't like your chances of surviving by just 'Getting Lucky' more than usual! Remember, the venues are generally 'Four Rounders' which takes out a lot of the 'Luck' component. You are going to have to be good at your trade my friends!

You can and should love and respect 'Mother Nature' but she is not impartial to her science and reality she has allowed us to aptly name 'Physics' and 'The Laws Of Nature'! Gravity and Energy are very real!

Plan Effectively! Find a good teacher who admires you and you him or her! Understand and practise sound fundamentals as directed! Keep a realistic and bit cocky attitude! Work Smart! Be Patient! And then you shall get 'More Lucky' more often!

Who knows where that might lead?

I know the Pros who we, the public, so revere. They all came from or via this type of hard earned path and know, as well, how to stay on it! Out of the gravel and on the pavement out of the 'Rough and in the Short Stuff' heading directly or 'Dead Aim' at the Target!

Best of Luck!

C11]

BECOMING A VERTICAL GAME

This modern 'Game Of Golf' is rapidly becoming a '**Vertical Game**'!

In the last couple decades, with the advent of very hard and small guarded greens in North America, one cannot take the British approach to '**Running The Ball On**' which their playing 'Under the Wind' invites. You will notice that the British and European courses, ones designed by Europeans, in any case, seldom have big sand bunkers or hazards directly in front of the greens on line with the centre of the fairways. They have distinct alternatives! 'Running The Ball On' does not like centre line hazards!

Our version of Golf in the 'Western Hemisphere' is generally not played on 'Links-Style Pitches' and our influence is being strongly felt abroad. It is an era of 'Target Golf' and less specialty shots such as 'Running Cut Shots'. Our brand has become mechanically simpler? Fly the ball in as high as practical and land it soft in a 5 foot, 10foot or 15 Foot Circle. If the wind is howling, that can be a tough order to fill!

The British and European links tend to offer nearly gorse, heather that is impossible to get out of, high grass that more resembles a farmers hay than backyard grass, nasty deep small pot bunkers, with and without sand, as well as places like the 'Valley Of Death'. Every race and place has its ways to punish all comers!

We other world folks have become accustomed to danger lurking all the way around the greens. It comes in many insidious and punishing forms, including water, grassy swales, encroaching shrubs (some higher than others), sharp dog-legs, bunkers, menacing hillocks, rough and more. The only limiting factor to these is the designer's lack of compassion!

This creative approach is precisely why the 'Lob Wedge' with its 60 degrees and the 'Extreme Wedge' with its 64 degree face came into being and application. '**High and Soft**' is more the name of the Game as time passes and evolution takes its course. We so often need our Golf Balls to '**Land And Sit Like A Butterfly With Sore Feet**' so as to hold the green and not 'Draw - Hook and Run' off the 'Dance Floor's Tempermental Surface' like a darting field mouse, frantic chipmunk or predatory weasel!

We live in the 'Land Of The One Hop Stopper'!

We had better soon get a handle on these primary approaches to the 'Dance Floor'! We had better learn to come up below the cup! The downhill sliders are a deadly but avoidable curse! I have often had quite sound players come to me asking for some help drawing the Ball! "Oh really?", I ask.

What they actually want is to eliminate or reduce their 'Fade Slice Low Energy Shape' that goes the other way, but don't have the courage and honesty to say that!

Amazingly, folks, your 'Savvy Old Country Gentleman Golf Teacher' already knows your plight and is more comfortable with it than you! These swarthy old pioneers can help you directly improve if only you could find the 'Desire' and wherewithall to step up to the plate!

There is no magic!

THE DRAW - HOOK:

Balls with 'X Axis Rotation' in the direction of the 'High ENERGY Side of the Fairway' (better known as the 'Draw') tend to 'Over-Spin' and run quite hard in that direction once having made their 'Touch-Down' or contact with 'Mother Nature's Short Grass' which includes grass longer than found on the 'Dance-Floor'. Your Ball will run.

That is precisely why so many very talented 'Ball Strikers' cannot score! They cannot hold the greens. I bet you the 'Greenskeepers' and 'Course Designers' know that!

We must adapt to their sadition!

Sooner beter than later!

There is absolutely '**No Better Ball In Golf**' than one that goes 'Straight' which happens when you can strike it properly without all that 'Cut' 'Side Spin Rate' and resultant 'Curvature'.

Glancing blows in 'The Great Game' really suck!

C12]

WHAT THE SHORT GAME IS ALL ABOUT

I know many ways to explain the 'Short Game' and will provide you with several over these next few pages.

I really think that viewing and conceptualizing that all your 'Approach Shots Are Your Last Shot For That Hole' is truly sound thinking. A strong 'Mental Approach' is a fierce lethal weapon!

One of my clearest explanations of 'Short Game' is that **'The Short Game Is The Progressive Conversion Of Yardages to Feet and Inches Directly Towards Precise Targets!'**

My pen-ultimate description of a great 'Short Game Shot' would be to have 150 yards remaining to the cup; to be standing in the fairway with an eight iron in hand with no wind and a clearly 'Visualized Mental Image' of 'Ball Flight Shape' and with the 'Pin' in sight; to make a near perfect 'One And Through' Swing resulting in a one hop stopper to inside a foot! You know what 'Perfect' would have been! I missed it by less than a foot!

Now that's converting 'Yardages to Inches'!

That's near 'Perfection'!

That's 'Low Numbers and Big Smiles'!

That's satisfaction!

At least for this 'Old Country Boy'!

Who is a 'Passionate Teacher'!

How about you?

Play well for many rewarding years!

You deserve it!

I WANT TO SAY THIS

Conversation with my students early in our 'Short Game Clinics' always includes some basic good advice. Taking it is up to the listener!

Here is some of it.

1) **'Select a Club and Stroke'** with which you are intimately familiar and **'Confident'** of making eight out of ten times under pressure.

2) Let us consider a shot from the first cut of the fringe around the green. Your **'Stroke Of Choice'** is the 'PUTTING STROKE'. It is without question, the safest and easiest 'Stroke In Golf'.

3) Your **'Club Of Choice'** is the 'PUTTER'. You will be generally more accurate with the 'Flat Stick' than an other club in your bag from this situation and lie, especially the 'Sand Wedge'.

4) **'LOFT Is Not Always Your Friend!'** The more height you get in your 'Ball Flight', in this 'Around The Green' scenario, the more risk you will have and the less likely you will be to get it close. An example of what I mean is a fifty footer (flat Putting surface is fine) with a 'Lob Wedge'. Fifty feet high and fifty feet far! How difficult is that? How difficult is that 'Energy and Trajectory Management'? Now take your 'Putter'. How many times could you safely get your Ball within about 10% of your 'Roll Distance' to the hole? In this case that 10% would be five feet. I think you could get this job done regularly. If you were to get inside the 'Ten Foot Circle' you could survive. How often would you get within these limits with a very high 'Flop Shot Lob Wedge'?

5) **'Get Your Ball On The Putting Surface And Rolling, Acting Like A Putt, As Soon As Possible'**.

6) Always prepare for any 'Fringe-In Strokes' with your reliable **'Pre-Shot Routine'** which includes careful thorough 'Green Reading'.

7) Your 'Mental Attitude' should be that any of these shots is your **'Last Shot For This Hole'**. The 'Power Of Positive Thinking' works.

8) Use our **'555 Golf Tools'** well! These includes the thought that 'All PUTTS and CHIPS are (mechanically) Dead Straight from a

delivery or 'Execution' perspective. **'Read The Greens Well'**. You cannot practise this skill too much! Your 'Tools' include the making of those **'Three Brush Strokes Before You Paint The Picture'**. Use your **'B.E.S.T. Rule'**. Remember the 'Baseboard Moulding Drill'. Know your **'One Inch Rule'** for 'Distance Control'. Never lose sight of your **'5 Essential Elements'**. They are constantly in every 'Golf Strike' you will ever make. Know your '5 SET-UPS' and your '5 CONTROLS'. Use them every shot. Whatever you do, remember that the **'Number One ALIGNMENT In The Great Game Of Golf Is Clubface AIM'** and you simply 'Match All Your Other Alignments To This 'Primary ALIGNMENT''. This is a 'Gut Issue'!

Never make even one single 'Stroke' without your consistent 'Tempo Generating Trigger Words'. Help me recall it please! OK. What do you say or 'FEEL' during every single 'Swinging Motion' you will ever make? Right! **"ONE AND THROUGH"!**

Remember the **'Head or Tails'** trick? We should always 'See The Ball Come Off The Clubface'. In order that we do NOT move our 'Eyes, Ears and Head Off The Ball' it is beneficial to look at the spot under the Ball after it has departed. The advantage of a 'Steady Head' is not in question. If you move your 'EYES, you will likely move your Ears and then your Shoulders are committed as well. You are Cooked and must 'Manipulate' to succeed! Manipulators are hackers! Nice people but hackers! If you were to place a thin dime under your 'Putting Ball' and then make the stroke, you should be able to 'Read the Dime, Heads or Tails'!

One final aspect that we always find useful is that we apply some **'FOLLOW OR CHASE'** in the 'Through Stroke'. As you know, we are here discussing 'Swing Sequence #8 (IMPACT & SEPARATION Zone), #8A (Chase) and SS#9 (Follow)'. If you have any doubt about what I am referring to, turn to your 'Table Of Contents' and then turn to the 'Video Analysis' area of the books. You will be well served to review the '4 Swing Segments and 11 Swing Sequences' If you prefer, turn to your 'Friendly Tour-Guide INDEX'. 'Always At Your Service'!

Dedicate to 'Consistency'. Do your 'Bullet-Proof Drills' often!

These are all very good foundations for making solid 'Golf Strokes'. I cannot force you to use them, but when you make **'Reliable Repetitive Shots'** as a result, I suspect you will make the right decisions and develop improved habits.

You see, I am just baiting the hook or showing you where the big

fish are hiding! Now I can help, but 'Casting the Bait' is your action!

Always think '**YES I CAN**'! This is your sound '**Frame Of Mind Will Frame Yor Shot**'!

I know you can do it!

Perhaps you might read this insertion just one more time before we proceed to the 'Shot Game Practice Area'. You might even write key words on a 3X5 card as a cheat-sheet for your bag or back pocket! These foundation '555 Golf Academy' items that you are learning to respect and use to your advantage will never grow old!

Remember, 75% of your carded 'Total Strokes' will be made inside your 'Full Swing Pitching Wedge'. This area is called your 'Short Game'! Learn it well! The dividends are huge!

Thank you for taking this moment.

We are getting you there from here and we know where there is too!

Stay on board!

TRUST YOUR TEACHER!

or get a new one

Q3)

Good Set Up + Poor Swing = Hope
Poor Set Up + Good Swing = No Hope

Jack Nicklaus

THE SHORT GAME

(Strokes Inside Your Full Swing #PW)

This is a game of 'Fairways, Greens & Putts'! 'Visualization Comes First' even before 'SET-UP'. We are best served by a great imagination seasoned with pinch of 'Courage'. See the 'Shot Comfortably In Your Mind' before you 'Pull A Club'. Then you might want to 'FEEL' it in some 'Practice Swings'. 'Touch' will not develop without 'Visualization' and a 'Dress Rehearsal'! **The name of the game is 'FAIRWAYS', 'GREENS IN REGULATION' and 'QUADRANTING' SO YOU CAN STICK APPROACH SHOTS AND MAKE PUTTS'**. Suffice to say that 'Fairways' simply means hitting a 'Precise Advantageous Target' off the 'Tee Box' so your next shot is the best possible.

1) **GREENS IN REGULATION ('GIR'):**

Firstly, the beginner, novice or high-handicapper, those who score highest, need and will benefit from a carefully-honed 'Short Game' more than any other category of player. These folks get off the teeing ground with less skill, play their long irons with, at best, a guarded and testy result and likely struggle often in the mid-iron part of their bags. That leaves the 'Short Game', that aspect from the 'Full Swing Pitching Wedge' and in. To bring this range into very common perspective, the 'Short Game' takes place from roughly inside 80 to 120 yards.

Novice and high handicappers hit fewer 'Greens In Regulation' than do better players and this means they require more 'Less-Than-Full Swing Short Iron Shots' than anyone else. If this aspect of your bag is the bread and butter of your survival and success, you had better give it the attention it deserves; No, that it demands!

**You do not have to be an athlete to develop and own a great
'Short Game' that reliably scores well!**

PIVITAL:

What I am about to tell you is '**PIVITAL**'. The 'Short Game' and your 'Mental Game' are areas of Golf that you can tackle and improve as sure as 'God Made Little Green Apples'. You need basic skills and

some strength to make this happen easily, but those who are neither supremely blessed with 'God-Given Talent' nor have much natural muscular power, can accomplish wonderful results inside 100 yards. Although we never want to make shots 'Decelerating', but always 'Accelerating through Impact', you certainly have enough 'MOTOR' to get this 'Short Game' job done with quality results. When I say quality, I mean with improvement likely beyond your wildest dreams as long as you focus on sound basics. Hopefully this can be personally delivered by talented teachers. These skills, combined with the 'Touch or FEEL' about which I so often speak, will make you proud and exhilarated over your own performance.

Why start spending your valuable time, getting frustrated over failing to strike 300 yard howitzers down the middle when you will likely never do it or come to mastering this feat with any consistency? When it is not consistent, you will need either a good 'Short Game' or lots of 'Drops and Reloads' to complete holes. This produces high numbers with high anxiety! Unless I am mistaken, we have not undertaken Golf to gather from the fairways of life more pressure or stress.

How many times have you heard the flippant statement, **"Having Fun Yet?"** spoken on the links, practice area or nineteenth hole? Me too!

I want to inform you right here and now that, with the right exercises and drills, coaching and attitude, the 'Short Game' is by far the most rewarding arena in which Golf is played or practiced. I personally not only love to play my 'Short Game', but also to work on it!

If you have any doubt about the rewards of being a very accomplished player inside 100 yards, just consider Tom Kite's power area and balance his accomplishments against dozens of tour folks who outdrive him by two or three clubs. Just consider his earnings. Reflect for a moment on his 1993 **'35 Under Par'** at the 'Bob Hope Chrysler Classic' which I watched under the desert sky with both pride and amazement. His Ryder Cup performance further supports the mastery and magic of this nice man's game inside his 'Full Swing Pitching Wedge'. Finishing in the top ten 21 out of 25 tournaments in the 1980-1981 year shows what Tom Kite is made of ... now good eyes and a lazer 'Short Game'. He will be good for years to come and that is what I want your and my game to become ... **'LASTING EFFICIENCY AND SUCCESS'!**

A good touch and discipline inside even fifty or sixty yards will keep us all in telephone calls for games with Saturday early tee times followed by 'Lunch At The Club' with the finest people known as long as we can just get around reasonably well. Thank the Good Lord for Golf!

2) **APPROACH APRON RATIO:**

Your 'Short Game' will help your 'Long Game' in every way, but your long game may not help your short game at all. If your long game were perfect, you would hit all greens in regulation and, thus, would only require a putter. The long game makes the short irons a necessity, not the other way around.

David Duval recently in the Bob Hope Chrysler Classic held at La Quinta, California, shot a marvellous 59 where par was 72. There were accolades about his 22 putting strokes over the last eighteen holes. Of course any round of 22 putts is worthy of mention. But it was not David's putter that made this magic materialize.

It was his laser accurate '**APPROACH SHOTS**'. In sequence, here are his 18 holes broken down into distance from the cup and number of strokes required to find its bottom. (hole #, length of putt and strokes required plus result [Birdie Par]) 1/5/1B, 2/3/1B, 3/3/1B, 4/15/2P, 5/5/1B, 6/30/2P, 7/40/2P, 8/6/1B, 9/8/1B, 10/4/1B, 11/4/1B, 12/2/1B, 13/12/2P, 14/10/1B, 15/1/1B, 16/.5/1B, 17/20/2P and 18/6/1E. That makes 13 under par which wins matches, even when coming from behind by six strokes. One player described the sensation of playing in front of Duval, and being in his lead by a full handful of strokes, as that of a "freight train passing groups of sheep standing by the railway track". By the way, David left three or four strokes on the table!

It may not seem realistic to you, but any reasonably competent putter could have made eleven of those putts for David. They were 6 feet and inside on fair greens. My best 'Putting Round' ever was also a '22' and I know precisely why it happened; 'Only 8 GIR with great Chips'! Holed three! A 'Chip Is A Putt' you know!

Give me a wedge game like that and I will score low numbers. So will you. So let's work on yours!

MY 22:

I mentioned earlier that my best round of 'Putting' in my entire career was a 22, 10 out and 12 in, and I know precisely why it happened. It was not due to precision long-range work or accurate 'Approach Shots'. I barely missed 10 greens in regulation leaving little easily-managed wedges or 'Bump & Run Chips' cozied up to the hole from the fringe. There were a total of eleven 'One Putts' from inside five feet and, at that time in my life, I suffered no 'Putting Stress' inside 6 feet. I also holed three of these short run-on strokes as well, two going out and one coming home. The end result would have been better were I to have hit all my approaches to within a 'Cozy Putting Range'! At least eight to ten strokes better! A 61 or 59 would have been very nice, but!

Opportunity knocks more than once. Just keep on firing balls smoothly at 'Good Visualized Sticks' and your time will come; more often than you think too.

Q4)

"A docile disposition will,
with application,
reasonable and intelligent effort,
surmount every hurtle and difficulty."

Manilius

David Duval is precisely this type of confident docility. Cool under fire; Inwardly stable; At peace with himself, yet driving towards his goals; Gentle in spirit but firmly resolved; Carefully disciplined enough to know that when a shot is over, good or bad, turn the page and get on with the walk to the next shot; Proud enough to return for more and courageous enough to get up from the canvas knowing that the round is never over until the end. There is no such thing as a 'T.K.O or K.O.' in Golf. We're all in it for the personal long haul. If not, reassess!

3) **INSIDE YOUR WEDGE:**

Half of our strokes are made within the '**Half Distance Of Our Pitching Wedge**'... about 40 to 60 yards. In the range of 75% of all strokes in a full round are inside our 'Full Swing Pitching Wedge' or approximately 130 yards for my game. ('OAD Optimal Approach Distance') Better if they were all 'Full-Swing Pitching Wedges'!

The average golfer can make Golf such a simple game. If you '**BELIEVE**' that you can get 'Up and Down' in two or less from 60 yards, then you take the pressure off yourself on your 'Approach Shots and Putts'. Magically this takes pressure off each one of us on the tee box as well!

We all have one club that we trust within 60 yards or from the 'Full Swing #PW' and if not, develop one. In fact, develop a precise and specific stroke with one club that you know will travel '1/2 your Full Swing Pitching Wedge Distance'.

You need confidence not only that you can get on the green in regulation, but also that you can and WILL get very close; within one makable Putt's distance more than not. Now that will work!

Practise and perfect one club, one shot from a particular distance that you '**KNOW**' you can make eight out of ten times or more! For myself I carry four wedges, #PW (130 yds), #AW (115 yds), #SW (100 yds) and #LW (85) and that half Pitching Wedge from 55-65 yards.

I trust these yardages implicitly when I am working my game.

C. A. D.:

Learn to employ the '**Pitching Wedge Rule**' with no hitches.

That 'C.A.D.' shot!
(**Calibrated Average Distance**)
Calibrate Your Bag

Three reliable wedges are better than one because they allow you to make three 'Full Swings' before even considering that more demanding 'Less-Than-Full Swing', a much more difficult 'Finesse Shot' mastered by few.

4) **BY THE WAY:**

If your 'Full Swing Pitching Wedge' (130 yards) is deadly and you can get it inside the 'Ten or Five Foot Circle', even seven out of ten times, it makes very little sense to hit any Ball to even 55 to 65 yards where it may be a perfect 'Less Than Full Swing Distance'. It still requires more 'FEEL' or 'Finesse'.

Getting to and working the Ball from your 'Full Swing Pitching Wedge Distance' will generally make having a Bullet-Proof 60 yard strike superfluous. But don't discard it!

Now that you have mastered this approach, your 'Short Game'....

**"You can be my partner anytime.
You know where you can contact me.
Here are all my numbers!"**

5) **SHORT GAME TIPS:**

When you are close to the green, well within sight of the flagstick, (cup located directly below), we must start becoming very '**Target Specific**' and this does not always mean firing at the 'PIN' directly. We must assess the characteristics of the 'Green' and its 'Apron' as we intend to make contact with one of them every 'Approach Shot'.

"Why the Apron?", you ask. Because, especially with links style courses, for several reasons such as wind, greens that are not accepting Balls because they are too hard and your shot preference, one often elects to '**Run the Ball On or In**' as opposed to flying it to the 'Putting Surface'. A great many North American holes have bunkers or hazards directly on the 'Target Line' which precludes 'Running On', but this approach method is still very useful indeed.

When you are making these 'Chips or Short Pitches' be very aware of the 'Length Of Your Back Swing' ('Clocking') and roughly 'Match the Length of your Back and Front Swings'. Be smooth. Don't 'Flip' or 'Over-Release Your Wrists'. 'Maintain Your Wrist to Club Shaft Lines and Triangles'. '**These Shots 'FEEL' A Little Cut!**' Don't look up early to admire the beauty of your mastery! You know why. You cannot see both the 'BALL And The PIN At The Same Time And During The Swing'. 'Seeing The Ball Come Off The Clubface' is '**Job #1**'.

'See The BALL' and 'FEEL the PIN'.

You know the Drill!

6) **DEAD AT THE STICK! :**

Generally in short 'Putts' and 'Bump & Runs' we might aim 'Dead Centre of the Cup', but more often than not, the 'BALL PATH', 'Flight or Rolling', is NOT a straight line. We should pay particular attention to the '**Top Of Break**' and 'Swing the Clubhead' Through this point adjusting 'Weight or Force' to create the correct Distance. Always select 'Precise Targets'!

Similarly, in our 'Chipping and Pitching' we must not try to fly the Ball to the Pin or into the hole as the risk-reward is very high indeed. If we fire at the flag and miss the cloth by one inch, we will likely sail the Green or go well beyond the hole. This is quite simple to visualize. What we need to do is examine the Green for its physical features, determining where the ball will roll after landing. This is called the 'Roll Line or Path'. Once we have evaluated the green and chosen a landing area, about a '**12" CIRCLE**' and no bigger, into which we gently but positively land the ball and from which it should follow this 'Roll Path' into the cup, then make several practice strokes, 'Tick Tocks', 'FEELING' the Swing with particular attention to 'Clubhead Travel Distance' or 'Swing Path Length'. The '555 Team' refers to this as '**Clocking**'. Simulate before you actuate! 'Hail Marys' seldom work in Golf.

A little good advice on 'Chipping' is to always use a Club with just enough loft to get the ball into the 12" circle, on the 'Putting Surface' and '**ROLLING AS SOON AS POSSIBLE**'. As I said, the Ball is much safer rolling, as a Putt does, than flying as a missile might do to a Target.

Again, really assess the Green and find the '**12 INCH LANDING CIRCLE**' before you proceed. Put the 'Quarter' in the centre and land your 'Chip or Pitch' on it. Work on this process diligently and you will be favourably rewarded.

"TAKE DEAD AIM"

Harvey Penick

7) **CHIP, PITCH AND LOB:**

As we mentioned earlier, it is beneficial to **'Get The Ball On The Ground And Rolling As Soon As Possible'**. Make it resemble a Putt quickly. It's safer and more accurate. I call this the **'Dance Floor Rule'** but would like to think it is more common sense than a rule.

What are these 'Short Game Shots'? Simplistically, the 'LOB' goes higher than it goes far. It has more 'Air Time' than it does 'Ground Time'. The Pitch covers slightly more ground while the Chip gets, perhaps the least height and the most run.

This 'Great Game Of GOLF' is an unlimited range of shots made with an almost unlimited selection of tools. It is worthy and timely to note that this 'Chipping and Pitching', the very last few yards before the Putter is pulled, is accomplished with a much larger club selection than generally imagined. Inside twenty yards one might easily and fruitfully use #7, #8, #9 #PW, #AW, #SW, #LW and the Putter to get the job done.

The final selection of club really depends on what **'TRAJECTORY'** you desire or require. The safest 'Ball Action' on the green is the 'Rolling Action' and NOT flying high over its surface.

Of course, if we have a ten foot tall azalea bush or a short stubby pine tree directly in our 'Flight Path' we will be prompted to use a more lofted club, lofted enough to get us over the obstacle and onto the 'Putting Surface' generally as soon as possible.

8) **TREMENDOUS TOUCH:**

I must mention the tremendous touch and skill of great players and strikers such as Fred Couples, Phil Mickelson and others who have that earned ability to play the high soft lob to within inches of the hole, where it lands and sticks. That 'Flop Shot'! Very delicate and very useful. I wish I had that 'Any-Time-You-Need-It' touch. Well I have not earned it and kept it honed to their level of perfection. You can accomplish that shot reliably if you set your mind to it.

9) **AN EXERCISE:**

A useful exercise to help you hone your 'Short Game' might be the following: Take a bucket of balls to the Putting, or better still, the Chip and Pitch green or practice area. Pick a Target, one of the flags, and move about sixty feet back from the cup. Survey the Green to determine its roll characteristics just as though you were Putting. Select the '**12 INCH LANDING CIRCLE**' and try this:

10) **TOSSING BALLS:**

There are a series of great '**FEEL Drills**' that you can perform both with ease and with very good, almost 'Subliminal' results. You can learn 'FEEL' by just doing them correctly. You will not have to accomplish much 'Intellectualizing' which is 'Good In Golf'.

Perhaps it is generally true that 'Golf' does not require a great deal of 'Intellect', but the skill requires generous amounts of 'Diligence' and 'Discipline' seasoned with more than 'Pinches of Patience'.

These 'Drills' require that you make 'Underarm or Under-Handed Short to Longer to Even Longer Tosses' of a Golf Ball 'Down-The-Line' to a relatively close but varying Target. **Remember that 'Where You Finish Your Hands, The Ball Will Travel'. If you 'Finish High-Handed' your 'Ball Flight Will Be High' as well. If you finish 'Low-Handed' or below your waist, your 'Ball Flight' will be low.** The 'Tossing Balls Drill' will sharpen your 'FEEL' for both 'ENERGY, Length and Height of the Toss' focusing on your smooth and controlled 'Release'. These take place from varying 'Bottom Of Swing Arc Hand Position' ranging from your 'Brace Knee to Thigh to Hip to Tummy to Lower Rib Cage to Mid and Upper Rib Cage', and not likely higher.

Remember the '**#8 IRON PUSH DRILL**' too. It is a great drill if not the best 'Bullet-Proof Drill' I have ever devised and proven. It is easy and has benefits including 'Efficient Practice', 'Green Reading Control', 'PIVOT Control', 'Brace Foot PIVOT Release Down-The-Line Control', 'RPM Control', 'Point The X Discipline', 'Breathing Control', 'POSTURE Control', 'Visualization' and more! Not a bad value!

Here are the 'Bullet-Proof Drills' I call 'Tossing Balls'. (see 'Underhand Soft Ball Tosses')

A) FEEL THE CHIP:

Now toss a ball, underarm, releasing the ball from your 'Hand below your Knees'. It will get on the ground quickly and 'Run' to the Pin, covering most of the distance rolling. This is a '**BRACE HAND FEEL DRILL**'. You will soon discover that the higher your 'Brace Hand' finishes, the higher your Ball will fly. We know that 'Trajectory' is largely a function of the manner in which you finish 'Your Hand Action' as well as the 'Loft of the Clubface'. A low-handed finish (with the mandatory 'Flat Target Wrist') will generally produce low-flying balls which will usually 'Check Up' upon making contact with the 'Putting Surface'. Useful Right?

(Bump & Run)

CHIP GUIDELINES:

- * **RELAX and BREATHE.** Get into the 'TRUSTING MODE'.
- * Use your normal 'Full Swing Grip' or you can use a modified 'Putting Grip' as discussed in the 'Chipping Putt' or 'Pitching Putt' section.
- * Your 'STANCE' may be slightly 'Open to the Target Line' and your 'PEDESTAL' should be quite narrow. (about six inches)
- * 'GRIP Down' or 'Shorten Your GRIP' to your 'Second or Third' location to increase 'Control' and shorten your 'Swing Radius'.
- * Position your 'HANDS' slightly forward of sternum (Forward Press) which is about even with your 'Target Thigh'.
- * 'BALL LOCATION' (**5 SET-UPS**) should be 'Under Your Calcicle' ranging from the 'Shoulder Socket to forward of Sternum'.
- * Preload your 'Target Foot' with about 70% to 80% of your 'Weight Distribution'.
- * Make a 'Normal Pendular Putting Stroke or MOTION' straight back and straight THROUGH the backside of the Ball, Down the Line to the TARGET PIN CUP.
- * '**CLOCKING**' Swing Length Distance and Duration Control

* Think and 'FEEL' **BALL - PIN** (5 EXECUTIONS)

THE PITCH:

This 'Procedure' is a '**Less Than Full Swing**' and thus requires more precise control of 'Variables' than does a 'Full Swing'. We have to accomplish proper '**Body Clocking**' ('BHTD') in order to control 'Energy Management and Distance' ('BHTD induces COIL').

The difficulty or demand for precision in making a solid 'Pitch' should not be underestimated at any time. It require dedication to '**SET-UP ROUTINE**' and a good understanding of the 'EXECUTION PROCEDURES' ('From The Ground Up'). Your 'Components & Procedures' are critical to success! Learning your 'Protocols' will help.

'Pitching' is demanding because there are so many 'Variables' involved. We must consider all of these in order to make a success of this very necessary 'Procedure'. We must convert our list of 'Variables to Constants'. Steady 'Components & Procedures' are reliable and will fuel your success for years to come! You cannot win without the ability to perform your 'Short Game Disciplines'.

If you want to strike a 'Pitch Shot' that will stop precisely at the hole, you must earn the right to accomplish this 'Procedure'. It requires skill. This is a clear matter of your '**5 Essential Elements**'. If you want to fly your 'Ball' to the 'Five Foot Circle' and make it stop, you must impart the correct amount of 'Back Spin' so as to enable the 'Ball To Stop' or even back up if you will. This feat is never knowingly accidental.

If you want to strike a 'Pitch Shot' that will fly half way to the hole and then release and run the balance, you will necessarily have to again 'SET-UP' and impart the desired 'Elements and Properties' on the 'Ball' with your 'Clubhead'. This is done with a whole collaboration of your 'Lower & Upper Body Machines'. It is all about '**Pre-Selected Components & Procedures Matching Your Desires For An Effective Ball Flight Outcome**'. You can do it!

If we fly the 'Ball' to the hole with very little 'Ground Time' we increase the 'Risk'. It is far safer to 'Roll The Ball To The Target Hole' like a 'Putt' than to 'Lob' it in there. So, '**Get Your Ball On The Ground Acting Like A Putt As Soon As Possible**'. Pick your 'Landing Spot' and utilize the correct 'Body Clocking Take

Away' or '**Brace Hand Travel Distance**' ('BHTD') to transfer adequate 'Energy' to the 'Ball' to get it from 'A To B'.

If you cannot 'Putt It' on a clear grass rolling runway, 'Chip It'. If you cannot 'Chip It', 'Bump & Run It'. Only if you cannot roll it, might you consider 'Loft, Altitude or Amplified Trajectory'.

B) **FEEL THE PITCH:**

Now do the same 'Toss The Ball' but releasing the ball at just below 'Hip High'. This ball will fly higher, travel more Distance in the air and roll less to the cup.

PITCH GUIDELINES:

- * **RELAX and BREATHE.** Get into your 'Trusting Mode'.
- * Use your normal 'Full Swing GRIP' or you can use a modified 'Putting Grip' as discussed in the 'Chipping Putt' or the 'Pitching Putt' section.
- * Your 'STANCE' may be slightly 'Open to the Target Line' and your 'PEDESTAL' should be quite narrow. (about 6" to 8" inches)
- * 'GRIP Down or Shorten Your GRIP' to your 'Second or Third' location to increase 'Control' and shorten your 'Swing Radius'.
- * Position your 'HANDS' slightly forward of Sternum (Forward Press) which is about even with your 'Target Thigh'.
- * 'BALL LOCATION' ('**5 SET-UPS**') should be under your standard 'Clavicle Position' (OBL).
- * Preload your 'Target Foot' with about 70% to 80% of your 'Weight Distribution'.
- * Make your normal 'Pendular Stroke Motion' using the '**CLOCKING**' method of setting the 'Length of your Back Swing' as this factor will directly influence, even 'Control your Clubhead Speed; and thus your 'DISTANCE'. The 'Length of your Swing will control the Length of your Ball Flight'. Set-Up S M O O T H N E S S and 'THROUGH the BALL', will control your 'DIRECTION'.

* Complete this 'Back Swing' and ACCELERATE THROUGH THE BALL so you do not 'WHIFF IT'.

* Think and 'FEEL' 'BALL - PIN' ('5 EXECUTIONS')

MIRROR RULE:

Ensure that the 'Length of your 'Back Swing' and your 'Front Swing' or 'Follow THROUGH' are quite the same length with the Front Swing's being to the 'Target Shoulder Completion Point' as often as possible. The 'Front and Back Swings' 'MIRROR' each other for 'Timing, Tempo, Rhythm, Cadence, Pace and Balance' so essential in the 'SHORT GAME' where all the money is made!

BODY LINE RULE:

'Set-Up' properly, 'Components and Procedures Pre-Selected' and then '**Swing Down The Body Line**'. Don't cross your lines! That is pure 'Manipulation' and makes consistent 'Golf' a bit mythological!

WORTHY OF NOTE:

The 'Front Swing' tends to finish slightly higher as the 'Energy-Application' is 'T H R O U G H the Bottom of Swing Arc' and expelled in the direction of the 'PIN or Target' (forward) and thus, naturally 'Circularly Upward in the FOLLOW-FINISH Segment' (#3F and #4F) of the 'Swing Circle'.

I want you to 'FEEL' like the Back Side equals generally the Front Side. This is to accomplish or enhance '**BALANCE**' in your overall 'Swing Profile' anything I can do to promote '**Symmetrical Smoothness**' in that great developing swing of yours!

'**FEEL THE STEEL**' at all times throughout your Swing, start to finish whether 'Back Swing or Front Swing'. Know where the Clubhead is. That piece of metal is going to your 'Work', very soon.

JUST A THOUGHT:

'Chip' with your 'Arms and Shoulders'. When you get the length of your 'Back Swing' increased, adequate to be classified as a 'Pitch', add more 'Wrist Action'. Let me add, you will do so 'Naturally' if you do not get in your own way with 'Tension'.

C) FEEL THE LOB:

The third 'Style of Ball Flight' can be accomplished by making the same 'Ball Tossing Motion' but releasing the ball at your tummy or lower chest level creating a higher flying Path with even less Roll or Run (more Air Time with minimal Ground Time).

I would recommend that you use this basic exercise to develop a 'Short Game Practice Format' that will pay big dividends. It is a wise strategy on which we can build our game so it stands up under pressure.

NOW DO THE EXERCISE:

Still at the 'Chip and Pitch Practice Green', select that place to stand some distance off the green and from the flag. Take one ball at a time out of the bucket and 'Under-Hand Toss' it to the precisely predetermined '**12 INCH LANDING CIRCLE**' that will allow the Ball to 'Roll Positively' into the cup. Once you have accomplished this 'By Hand', select a Club that will produce the same 'Loft and Run'. Pull the Club and '**Let IT Happen**'. If it is the wrong Club, reselect and do it again until you can do so reliably. '**THE BALL GOES WHERE THE HANDS GO**'!

Carrying on with the same general physical tasking, move to a new location but shooting at the same flag and cup. Visualize the 'Ball Flight and Roll', use your 'Under Hand Toss' to the selected '12" Landing Circle' and test your game-plan. Once it is adjusted as required and works, pull the Club that will reproduce this 'Shot Profile or Ball Flight and Roll' and 'Let IT Happen' with this Club. Remember to 'Get The Ball On The Ground Rolling As Soon As Possible'!

Vary your 'Style of Ball Flight and Roll', in other words try a 'Chip', then a 'Pitch' and finally a 'Lob' from the same location. Which was safer and easier to repeat three times? This self-

evaluation will tell you volumes about the reality of the 'Short Game'. These 'Bullet-Proof Drills' will reveal what works safely and guide you to doing it comfortably.

Check the environment, (wind, topography and vegetation), **PICTURE YOUR SHOT, SELECT YOUR CLUB**, do your **TICK TOCKS** so that you can 'FEEL' the Swing, and '**SET YOUR CLOCK**' so you have Swing Length/Distance and Duration control.

If you have any doubts in this general 'Procedure and Routine', think, evaluate and change if you so desire, then '**JUST DO IT NOW**' ... '**Let IT Happen**'. Notice each 'Golf Shot' is 'In Your Mind First' and then 'Through The Stick', onto the ball and into the record book!

10) **THIS 60 MINUTE CLOCKING:**
 (applied with Tools)

'Clocking' is '**ENERGY MANAGEMENT**' or 'Swing Length Control' which directly controls 'Clubhead Speed' which absolutely dictates 'Distance'. Producing various 'Distances' with one Club necessarily requires various amounts of 'ENERGY' to get the job done. 'Distance Control' is very easily accomplished and you need this type of arsenal in your bag to be a player! (see Chapter '5 Ways To Shorten Your Distance')

You have heard this term, 'Distance Control' mentioned in each of the three specific 'Golf Motions' above, the 'Chip', the 'Pitch' and the 'Lob'. The '**SHORT GAME**' is built around this 'KEY CONCEPT of Clocking'. If and when you can 'Control the Swing Length and ENERGY' of each Golf Club shorter than Full Swing by whatever method you adopt, you will score better by far.

As in the clock on our kitchen wall, there are '**60 Minute Increments In The One Hour**'. I do not want to tackle '60 specific Swing Positons'. So what do we do the accomplish this 'Clocking' in a relatively manageable manner, 'Country Boy Style'?

Remember, our 'Clocking Concept' is one to be applied generally to the 'Back Swing' and not to the 'Clubhead Path Past Impact' or the #8 Swing Sequence Point ('IMPACT FIX & SEPARATION').

To keep it simple, learn three (3) 'Clocking Positions'; that of 07:30, 09:00 and 10:30 in the Back Swing Segments #2B & #1B. '**FEEL**

The Hour Hand Position'. If your 'Target Shoulder Socket' is the 'Hub of the Clock's Hands' then your 'Target Primary Lever', 'Shoulder Arm and Hand' is the actual 'Clocking Hour Hand'.

When, in your 'Take Away', your 'Target Hand' (with a nicely extended Lever) reaches the elevation of your 'Brace Hip', you have arrived at about this '07:30 Clock'. Similarly, when your 'Target Lever and Hand' reaches about 'Level to the Ground', across your Chest, your 'Time is about 09:00 o'clock'. Progressively, when the extended 'Target Lever' reaches the approximate line drawn from your 'Target Hip through your Brace Shoulder', all the 'Components' being 'In Place and Balanced', you will be at the 10:30 o'clock or 'Clocking Position'.

'TIME CLOCKING' just means that we feel like we are standing in a big pocket watch. If we swing 'L To L' that would be 9 o'clock to 3 o'clock.

When the 'Brace Hand reaches the 'Brace Shoulder Elevation', you are in what is purely and scientifically a 'FULL SWING'. (12 o'clock)

How you apply the 'Coil and Torque-Load of the Hip Turn or PIVOT', how you '**Unload The Coil**' determines quite purely whether you are making a 'Finesse Golf Shot or simply a ragged 'Full Swing'.

So now we have mastered, or at least explored, the three 'Primary Times or Clocking Positions' in our 'Swing Repertoire'.

11) **PUTTING THIS CLOCKING TO WORK:**

Now lets apply some 'TOOLS'. (from a Wedge Perspective)

If I carry a '**Four Wedge System**', including the Pitch (48 degree), Approach (52 degree), the Sand (56-58 degree) and the Lob (60 degree) wedges, and I swing each one of these to my '**Three Times**', which I can easily do once I reasonably master the 'Three Clocking Positions or Back Swing Limits', I will have '**Twelve 12 Shots**' in my bag each with a 'Repeatable Distance' on which I can 'Depend' day in and day out. (3 Clocks with 4 Clubs = 12 separate Distances and distinct Ball Flight Shapes or Profiles)

That does not purely make for scoring, but '**GREAT SCORING**' (Approach Shots inside the '**10 FOOT CIRCLE**') followed by 'Holed One Putts' does. I guarantee that if you can make precise 'Stage One

Basic Strokes', those gentle finesse 'Bump & Runs', you will be 'Holing Approach Shots' from around the Green. That will make your Putter look dazzling!

12) **CLOCKING FROM ONE MORE PERSPECTIVE:**

If we carry 14 clubs in our bag (maximum allowed by the Rules) perhaps including three or four wedges, once we master 'CLOCKING' ('Times') we can effectively consider that we have either

3 Wedges With Three (3) 'TIMES' = 9 Shot Distances

or

4 Wedges With Three (3) 'TIMES' = 12 Shot Distances

Unless I am mistaken, if I do not include the 'FULL SWING Stroke and Distance', if each 'Clocking Swing' is Less-Than-Full Swing, this 'CLOCKING' gives me the equivalent of 9 or 12 more clubs in my bag with which I have 'Deadly Scoring Accuracy'.

As an added bonus, consider for a moment that this 'CLOCKING', the '**Three Primary TIMES**', can be applied or used with my #7, #8 and #9 Irons for 'Shot Game Shots' (ie. Chips, Pitches and Bump & Runs) which is daily the case, my newly mastered 'CLOCKING' technique, (**Stage 1, Stage 2 and Stage 3 Swings**), effectively increases my arsenal by yet another 9 short game shots. They are #7 (7:30, 9:00 and 10:30), #8 (7,9,10) and #9 (7,9,10). Now that's both 'Control and Variety' leading to lower scoring!

That is '**9 More Reliable Scoring Shots**' at my disposal! Our excuses or 'Need For Excuses' rather 'Melts Away'. Isn't that wonderful? I can acquire, earn, '21 Short Game Shots' with reliably different 'Shapes, Trajectories and Distances' with which to 'SCORE'! Look out '**5 FOOT CIRCLE**'!

13) **PERFORMANCE GRID:**

In my schools, I use a 'Performance Grid' to assist the students in

getting to know their '**Clock-Work**' better. Here is what it looks like for a full array of clubs, #7/#8/#9/#PW/#AW/#SW/#LW, which I think is generally all the Club one needs for 'Chipping and Pitching Procedures', perhaps too many!

Do the Math! If we omit the '10:30 Target Lever Clock', which I do because it is almost Full Swing, the 'Shapes and DISTANCES' are substantial. As you will see in a moment, using a 'DROP' and a 'Drop THRUST' variable and six Clubs, we produce '**24 DISTANCES**' excluding the 10:30 o'clock! ...certainly adequate or more than we need! Want some 'Good Advice'? ...'MASTER Two Club and Clocks, first and then Four'!

Of course, you have seen people make 'Chip-Shots' with a III Wood, but such options are always open. I have seen pros 'Putt' with a Driver too! When this happens, they have usually discarded their 'Upright Stick' on the previous hole! So be it.

In the 'Performance Grid' I use the number '7' instead of 07:30 to save ink! The letter 'D' stands for '**DROP**' as in a purely 'Gravitational Angular' acceleration without 'Thrust' ('T').

Then I use 'DT' which stands for '**DROP THRUST**' which defines a 'Stroke Procedure' that is 'Initialized' by 'Gravitational Drop' and then accelerated or receives additional 'POWER or THRUST' from the 'Brace Side' in the 'Bottom Of The Swing Arc'. I explain it to my students as some 'Brace Toe Pressure, that stimulates 'Brace Foot PreLoad', that automatically activates or stimulates the 'Brace Leg Drive' which causes 'PIVOT to provides THRUST' through effective 'RESISTANCE of Mother Earth to moving away from Swing'. You can 'FEEL this Reality' by simply performing a '07:30 Drop with your Brace Toe Off The Ground' (Isolate the Parts); or 'Un-Loaded or Un-Pressurized'. The resulting 'DISTANCE' will be quite short. If you then simply 'Pressurize Your Brace Toe', 'FEEL like it is Sticking in or pinching the Sand', your 'DISTANCE' will comfortably and naturally increase substantially without the 'FEELING' of doing a great deal more 'WORK'. Now that is a very good FEELING! More for Less? Almost!

This 'Performance Grid' does NOT include delicate little 'Chip Shots', but a '7D' is still a 'Putting Procedure' with 'No Wrist Cock', with very little 'Shoulder PIVOT' but 'NO Hip PIVOT or ROTATION'. It becomes a '**STAGE TWO**' Procedure at about '9 o'clock and NEVER a 'Stage Three'. (see Chapter 'Stage One, Two, Three').

This 'Performance Grid' includes the 'Full Swing', which is outside

the realm of the 'Short Game', just to give you the entire 'Picture'. With F/S you have a 'Grid' with thirty-five (35) controlable, repeatable, reliable 'DISTANCES'. Learn the 'Top Of Back Swing' Brace Hand Position' as a 'Key FEEL' in addition to your 'Target Hand Position' I prefer to locate my 'Brace Dominant Hand'.

C15]

THE 'TIME CLOCKING PERFORMANCE GRID'

	7D	7DT	9D	9DT	FS	
#7
#8
#9
#PW
#AW
#SW
#LW

This 'GRID' details in written form '**Thirty Five Specific Stroke Patterns, Components and Procedures**' that you can perform. You will, however, narrow your choice to likely some ten to fifteen. The knowledge as to how they are accomplished is the real value. What I have developed, and you can adopt when you put your 'Mind and Body' to it, is a huge selection (35) of quite easily repeatable 'Short Game Shots' that will earn you scores only before dreamed about as '**For Someone Else**'. No longer! Believe that if it is 'Inside 100 Yards' you make the money. Now go out, bag and bank it!

If you apply the item #3 '**STANCE Widths**' and #4 '**GRIP Depths**' of the '**5 Methods of Shortening Your Distance**' and then apply #5, which is '**BODY CLOCKING**', you simply increase your options hugely! Remember your 'Clocking Performance Grid' uses the 'Numeral 7 & 9' which, with 'Body Clocking' become 'Thigh, Hip, Lower Rib Cage and Arm Pit'. Try it. Hip-Point first and then 'Arm-Pit' are very key.

You too, like the best 'Short Game' professionals, can work the Ball into the '**10 FOOT CIRCLE**' like '**CLOCK-WORK**'.

15) **BODY CLOCKING AND THE ONE INCH RULE:**
 Everything Else Putting

'Putting' uses the 'Inching Technique or Rule'. The rest of your 'Brace Hand Travel Distance' (BHTD) employs the 'Body Clocking Method' to accomplish swing amplification.

I have covered this more in the 'Book D', under 'Bullet-Proof Putting Drills' but I want to touch on it again right now. We now understand this 'Clocking Concept' right? If not go back a few pages and read the material over again.

So we develop and set natural '**BODY PARTS LIMITS**' to control our 'Swing Length'. Clocking is about '**Clubhead or Brace Hand Travel Distance Control**' ('BHTD') which directly effects 'Clubhead Speed' and thus your 'Ball Flight Distance' among other 'Ball Flight Behaviour' such as 'Spin-Rate' on all axes. This knowledge and ability enables us to control the behaviour of our 'Golf Balls' and make better scores.

While 'Clocking' involves generally a bigger than 'Putting and Short Chipping Procedure', we can 'Miniaturize' the concept to benefit us in our very important 'Putting and Chipping Procedures'

as well.

The longer the 'Clubhead Travel Distance' the greater the actual 'Clubhead Speed' at the 'Point Of Separation' and the resulting 'Ball Flight Distance'. We all know this!

So if we can control the 'Clubhead Speed of our Putter Blade' we too will control our 'Putting Distance'. (see 'Base Board Moulding Drill' and the 'One Inch Rule')

If we utilize the 'One Inch Rule', which precisely controls the 'Clubhead Travel Distance', the 'Blade Take-Away Point to a second precise point, we can control 'Clubhead Speed'. We have established three very positive points; the 'Inside Brace Foot, to the Toe of the Brade Foot and to the Outside of the Brace Foot. Thus, we have control of our 'Swing Length' in very accurate two inch increments. You know that your foot is about 4" across at the ball of your foot. So you also know that it is just about 2" from the inside Brace Foot to the Brace Toe and another 2" from the Toe to the outside of the Brace Foot. That makes four inches total. The 'One Inch Rule' tells us that we should get about four more feet or average level green speed 'Ball Rolling Distance' (BRD), if we take the 'Leading Edge Of The Putter Head' from the backside of the Ball to the outside of our Brace Foot than if we were to take it just to the inside or the Brace Foot. So now you carry a gret control ruler with you at all times! One that the rules officials cannot deny your using!

This '**ONE INCH RULE**' absolutely works! You may have to experiment to really dial in your own precise performance, but it is well worth the time and effort. Remember, your primary focus and Motion in the 'One Inch Zone' of up to several inches outside your Brace Foot is 'Pendular' and without any 'Hit' or Brace Hand Thrust' applied. If you apply 'Thrust' your 'One Inch Rule' and 'Ball Rolling Distances'(BRD) will be erratic. For me, there is 'No Brace Hand Thrust' until I am normally outside about 15 feet. Practise and you too will master this great 'One Inch Rule Tool'.

So now you have both the 'Short Game Clocking Measure' and the 'Miniature Clocking Measure' that we call the 'One Inch Rule'. You are really becoming well armed to make your assault on the greens! As you get more proficient in this very short aspect of the game, you are going to love it even more! (or hate it less)

16) **SHORT GAME TECHNIQUE:**

It is important that we keep on the old '**TEN BASICS**' throughout this 'GOLF' ... Solving the Complexity Myth' while we touch on any facets of the Game. The '**10 BASICS**' are never far from the centre of the 'Components and Procedures' or task.

'OLD' May Never Really Get Old.

Remember, there are still those two (2) basic swings in our bags;

- 1) that '**FULL SWING**' and
- 2) the '**LESS THAN FULL SWING**'.

You now know the 'Short Game' is generally 'Less Than Full Swing'. The swings are 'Abbreviated' or DO NOT go Bottom - Top - Bottom. So how do we make this type of action work reliably and repetitively? It will take a few adjustments from Full Swing.

Remember the fact that the 'Full Swing' properly 'Grooved' is the most reliable tool in your bag. The weight at the end of the full length string (PENDULUM) circling with centrifugal force is the most reliable and efficient power and speed generator known to man. So understand and use it well.

Once you reduce the 'Clubhead Travel Distance', the size of 'Clubhead Arc', to 'Less Than Full Swing' it is like 'No Man's Land' in tennis. That is the area in mid-court; too far from the base-line for full shots and too far from the net for net or effective and safe 'Block Shots'. 'Golf Shots' other than 'Full Swing' are bordering on 'Feel Shots' and that can test your patience !

So what do we do to minimize variation and inconsistency?

Let us look at the 'Pitching Wedge' as an example. If my 'Full Swing Pitching Wedge' travels 125 yards, one hop stop, what do I do to hit it 'Shorter'? Wetting your curiosity.

For the further detailed answer, see Chapter '5 Ways to Shorten Your Distance'. Fetch it up anytime! 'Chipping & Pitching' are 'Short Game' finesse shots.

Remember to give some attention to the 'Stage One, Two and Three Concepts'. If you do not have a clear mental picture, you know the drill! Right, turn to your ever 'Trusty and Friendly Tour Guide INDEX' and look up 'Staging'.

17) **CLOCKING AND STAGE TWO:**

This may seem redundant as we have mentioned the topic elsewhere, but we are right into the gut of your '**SHORT GAME**' and it is appropriate to touch on this material again. Not much more important in your time on the links than the 'SHORT GAME'. 'Short Game' is about 'Energy Control' and 'Clubface AIM Control At Separation'. I feel this subject may be multi-faceted but it is very impinged upon 'Putting' (Stage One) and 'Chipping' (Stage Two). I shall try not to bore you!

The '**Pendular Stroke Procedure**' ('Stage One') is optimally created by the 'Up & Down Motion Of The Brace Shoulder' or what we at the '555 Golf Academy' call the 'Rocking Chair Shoudlers Motion'.

The '**FIVE ESSENTIAL ELEMENTS**' must always be understood and observed with loyal dedication. If you have the slightest doubt as to what they are, get to your 'Tour Guide INDEX' without delay and stimulate your memory!

This 'Pendular Stroke' is perhaps best supported by '**5 PARALLEL ALIGNED AXES**' but there are component variables. I remember them by the 'F K H S E' five letters. That is called 'Nemonic Memory Pegging'. It stands for 'Feet, Knees, Hips, Shoudlers and Ears'. Just a little friendly reminder! Your welcome!

Your 'Lever Assemblies' (UBM), which should basically hang from the top of the 'Lower Body Machine', by the 'Shoudler Sockets', best clear the 'Body' (LBM) when your 'Spinal Component is Forward Inclined' to an adequate degree. Of interest, you should have but one 'Full Swing Forward Inclination' regardless of 'Club Selection' and if you select any variation, it should be very slight. The 'Spinal Crankshaft' does not have a lot of range in its 'OPTIMIZED SET-UP'. 'Turn Brace - Turn Target' does not require many alternatives from an 'Engine' perspective. 'ALIGNMENT (Body Line) Parallel To The Target Line or slightly 'Open' to promote easy clearance works best. 'STANCE Square-Open' is essential. 'Rib-Cage WIDTH Feet' with relatively equal or balanced 'Weight Distribution' will serve your needs.

Your '**5 CONTROLS**' must never be neglected unless you have a better alternative. That is not likely as, to me, better means more thorough and simpler. If you desire to improve on the '5 CONTROLS', these conditions must apply.

In the 'Stage One Procedure' (Body Clocking Limit will be about Brace Knee or Thigh High) ones 'Motive Force' is sourced at the 'Shoulders'. There is no 'Wrist Cock or Pivot'. This means there is relatively minimal UBM and absolutely no LBM activity involved. Remember, a short 'Chip' is definitely a 'Stage One Procedure'.

Let us now shift gears to the '**STAGE TWO PROCEDURE**'. This progression simply involves greater 'Hand Travel' in order to create more 'Momentum, Inertia, Velocity' (MIV) which causes the Ball to travel farther. Greater 'Hand Travel' provides more 'Time and Distance' by which one might generate more 'Clubhead Speed' which uniquely creates more 'Distance'.

When we want the Ball to travel a little farther or a little higher (trajectory) we firstly accomplish this end by 'Club Selection'. Then we must effect a larger 'Body Clock' to produce more 'Clubhead Speed'. Where the 'Putting Stroke' might maximize at the 'Brace Thigh', the 'Stage Two, Chipping Procedure' has a 'Range Of Motion' that extends from the 'Brace Thigh, through the 'Brace Hip and up to the Brace Lower Rib-Cage'.

'STAGE TWO INCREASED HAND TRAVEL' naturally involves or stimulates 'Wrist Cocking Action'. You do not have to consciously produce it. If you do not agree or are interested in proof, simply take your 'Clubhead' away to the 'Shaft Horizontal To The Ground Position' while keeping your 'Clubface AIM Square To The Target or Target Line'. You will 'FEEL' what I mean by "Natural Wrist Cock"!

If you ascribe to the '555 Golf' reality or discipline that the 'Target Lever' is really a 'Dead Rope Component' whose two tasks are to create and maintain 'Swing Radius' as well as to support the 'Target Hand' which is really just a 'Clamp' that holds onto the 'Golf Club', then the 'Stage Two Motion' is created primarily by the 'Brace Hand Travel'. The 'Brace Hand' moves to the 'Brace Shoulder' (4 B's) in the 'Full Swing' and thus 'Winds Up the 'Lower Body Machine' and in that manner prepares for the 'Work' to be done or take place. 'Potential Energy's' being converted to useful 'Kinetic Energy'.

A 'Stage Two' still has 'NO PIVOT or Body Rotation' as the 'LBM' is not yet active due to the 'Brace Hand Travel Limit' not being adequate to stimulate 'LBM Action'. The degree of 'Brace Hand Travel' is not sufficient to produce 'COIL' and thus 'ReCOIL' or 'WIND and UnWIND'. The 'Motive Force' is still exclusively a matter of the 'Upper Body Machine'.

So what is the 'Motive Force'? The picking up and dropping down of the 'Golf Club, the 'Clubhead' by the 'Brace Hand'. You may recall the 'Short Game Grid' or will soon get acquainted. It deals with two conditions; the '**DROP and DROP THRUST**' to accomplish 'Motive Force' ('MIV'-Momentum, Inertia & Velocity). When we refer to 'Thrust', we are directly concerned with some smooth 'Brace Leg Action or Drive' that catches the 'Clubhead Drop Momentum' towards the 'Bottom Of Swing Arc' and gives it just a little boost. The 'Brace Leg Drive' adds more 'Energy' and thus creates more 'Distance'. Remember, when we have 'Brace Leg Action' we are into 'Stage Three' which involves 'PIVOT or Rotation'. Plain and simple!

18) **STAGE TWO GROWING UP! :**

I want to tell you right here, that when your 'Brace Hand Travel' exceeds the 'Brace Hip Clock' and moves into and towards the 'Brace Lower Rib Cage', you are naturally going to get some 'Coiling'. This purely means you are 'transitioning' into early 'Stage Three Conditions'.

'Stage Two' ('Wrist Cock but No PIVOT') soon and subtly becomes a 'Stage Three' rather simply based on the 'Brace Hand Travel' creating 'COIL' ('**Winding Up From The Top Down**'). When you have 'COIL or WIND' in the 'Lower Body Machine', which necessitates or stimulates 'Brace Leg Drive' and 'Rotational Release', you are 'Stage Three'. It is a smooth transition from 'Stage Two to Stage Three'. When you have even a little 'Brace Leg Reflex' you will NOT be able to execute a purely 'DROP PROCEDURE' as there is 'THRUST'. I will now supply you with the very useful '**BODY CLOCKING GRID**'.

You might want to ask me "Why did we do the 'Clocking Grid' when we have the 'Body Clocking Grid'?" The answer is simple. The industry knows the 'Clock Positions' but this 'BODY CLOCKING CONCEPT' is fresh and new. Your '555 Academy Team' developed it.

I felt it to be logical to present the old before the new!

Remember, your 'THIGH and HIP CLOCKS' are the 'Key Chipping Clocks' where there is 'No or Very Little Wrist Cock and NO PIVOT'. To be thorough, we include the full 'Range Of Motion' right to your 'Full Swing'. I only really practise up to my 'Lower Rib Cage' and struggle with 'Arm Pit Clock' as it is very close to my Full Swing. If I need the yardages from the 'Arm Pit Drop And Drop Thrust', I get them from 'Club Selection'. Here is your 'Stage One, Stage Two and Stage Three' 'BODY CLOCKING GRID' as promised.

"WORK SMART"!

Here is a strong 'Hint'!

There are a lot of '**Body Clocking Combinations**' above. Don't get all wrapped up in 'Mastering All Of Them'!

There are 'Two Primary Clocks' you must know. Get your 'Hip and Lower Rib Cage Body Drop Thrust Clocks' wired! These are absolutely essential to your 'Short Approach Game'. They must be smooth! Do not flirt with 'Jerky'! '**Let Your Brace Hand' and a 'Lever Assemblies Initiate The Down Out Forward and Through ('DOFT') Swing' 'GRAVITATIONALLY' and then gently and smoothly 'Catch & Boost' that 'Vertical Motion' with a positive 'Brace Leg Drive'**. Use your 'Parallel Thrust Lines' and 'Direct Your Energy' knowledge wisely!

'TBGWYHG'

The Ball Goes Where Your Hands Go

'FEED THE STICK'

'DELIVER THE BALL WITH YOUR BRACE LEG DRIVE'

(see 'Parallel Thrust Lines')

good thoughts!

19) **ACTUAL BODY CLOCK POSITIONS:**

We have touched upon some of the 'Stage One' and 'Stage Two' 'Procedures'. These are ways of defining 'Body Clocking' or 'Body Clocking' is a great way of defining 'Stage-ing'!

Here again are the '5 Body Clocking Part' which you must become familiar and comfortable with before you can really get a 'Grip On Things Golf', especially 'Things Short Game' where you make the bulk of your money!

Your '5 Body Clocking Parts' are ...

- 1) Brace Thigh
- 2) Brace Hip
- 3) Brace Lower Rib Cage
- 4) Brace Arm Pit
- 5) Brace Shoulder

When you effect a 'Brace Handed Take-Away' to any of these '5 Clocking Parts' you directly modulate and control 'Accumulated, Loaded and Stored Energy' (see 'ALS DR'). When you control the amount of 'Potential Energy', you absolutely control the amount of your 'Delivered or Released Energy' as well. This directly controls your 'Clubhead Speed' and thus the 'Distance' you strike your 'Golf Ball'. We can control 'Kinetic Energy' and thus master our 'Distance'. Now that is a great asset!

PRIMARY BODY CLOCKS:

For me, there are two really important 'Feel Positions' for your 'Short Game'. They are the 'Low Hip Body Clock' and the 'Rib Cage Body Clock'. I use these a great deal more than the other three.

The 'Thigh Body Clock' is very important to your 'Chipping and Bump & Run'. Don't leave home without that either!

Just below is the 'Full Version Of The Body Clocking Grid'.

Enjoy its practicality!

C16]

SHORT GAME DISTANCE CONTROL
'LONG FORM BODY PARTS CLOCKING GRID'

	TD	TDT	HD	HDT	LRC D	LRC DT	AP D	AP DT	F/S
#XW (64)
#LW (60)
#SW (56)
#AW (52)
#PW (48)
#9
#8
#7

JUST ONE MORE POINT:

Your **'BODY PARTS CLOCKING'** involves **'Nine Clocking Procedures'**. These are 1)Thigh Drop, 2)Thigh Drop Thrust, 3)Hip Drop, 4)Hip Drop Thrust, 5)Lower Rib Cage Drop, 6)Lower Rib Cage Drop Thrust, 7)Arm Pit Drop, 8)Arm Pit Drop Thrust and 9)the 'Personal Full Swing' which generally involves the 'Brace Hand Travel' reaching the 'Brace Shoulder' or slightly above.

It should be noted herein that the purely 'Drop Motion', once you are up to or above the 'Lower Rib Cage', is not likely possible or, at best, will be awkward. You will get some **'Brace Hand Winding Of The Lower Body Machine'** ('COIL') by this 'Clock' so there will necessarily be 'PIVOT Release' ('UnCOIL & Thrust') in the 'Front or Down Swing'. That is 'Stage Three'! Just perfect! This very slight 'Leg Drive' will work well in your 'Short Game' too. Remember, the 'Narrowish STANCE' is a 'Direct Clubhead Speed and Distance Controller'. (see 'The Five Ways To Reduce Your Distance')

You will love the results you are going to get from this very smart 'GRID WORK'! Remember, **'WHEN YOU LOAD YOUR FIRE'**!

'MASTER HIP AND LOWER RIB CAGE As Primary Clocks'. Huge assets!

How are you doing? Write and tell us!

'LOWER RIB CAGE BODY CLOCK':

A little 'Brace Leg Drive' being the case in the 'Lower Rib Cage Body Clock', we must prepare for its taking place. We need to create room for the increased action to occur. We must 'SET-UP FOR SUCCESS'! We must **'STEER SO WE CAN CLEAR'** as you well know. (see 'Chipping and Pitching Protocols') If we 'Set-Up' for a 'Putting Procedure' (Stage One) and attempt to effect a 'Full Swing', we are in for a awakening moment! The 'Body' will be in the way of the 'Hands and Arms' which will not be able to 'Clear'. Without 'Swing Clearance' you will be forced to 'Manipulate Your Upper Body Machine' in order to accomplish anything close to what you 'Pre-Selected' as a 'Component & Procedure Combination'. This is a 'NO NO'!

So what then?

SET-UP SMARTLY! :

Again, the '555 Golf Academy' strongly suggests that you make appropriate adjustments in your 'Set-Up' to promote a good 'Execution'. Always **'AIM The Clubface Down The Target or Ball Flight Line'** in these 'Stage Two or Three Procedures'. It is the **'CLUBFACE AIM IS THE NUMBER ONE ALIGNMENT IN THE GAME OF GOLF'**.

Next, 'Parallel or Open your Alignment'. Adjust your 'Five Axes' so the 'Components & Procedures MATCH'!

Next, 'Open Your Target Foot STANCE' adequate to support the degree of the swing. 'Full Swings' require more 'Steering' than do 'Less Than Full Swings'. You know that!

When you 'Pre-Select Greater Brace Hand Travel Distance', you 'WIND UP The Lower Body Machine' and store more 'Potential Energy' that must soon be 'Released'. When you 'Load The PIVOT' you must prepare for it to **'RELEASE'** or accomplish what I call the **'RESPONSE PIVOT'**. The 'Release of Stored or Accumulated Energy' to the 'Brace Side' necessarily produces 'Motion Towards The Target'(MIV). We must prepare for its 'Release or Dissipation'. We must provide it with somewhere to go. We must **'STEER SO WE CAN CLEAR'!**

The 'Medium or Large Stage Three Stroke Procedure' involves extended 'Range Of Motion' in both the 'Upper and Lower Body Machines'. More 'Energy' requires more parts moving farther and thus more 'Action'. This is where we develop the terms 'Accumulate, Load, Store, Deliver and Release' (ALSDR) which you have come to visit. Need to know more about it or refresh, make an appointment with your 'Trusty Tour Guide INDEX' right away!

Just a small point of interest is that since the 'Brace Lever Pivots or Fulcrums From The Brace Shoulder Socket' its 'Take-Away To The Brace Side' is roomy or has adequate room to function. But, if you do not prepare for the 'Hips' to easily 'CLEAR IN THE FORWARD SWING' there will not be enough room for the 'Lever Assemblies' to get around and passed the Body in the Front or Down Swing. Open Alignment and Stance accomplish this 'Clearance'.

Remember, your 'Components & Procedures' must 'MATCH' in order for you to have any hope of becoming a proficient 'Golfer'. If you want and need to strike a 'Strong Full Swing', you must prepare for the event. Sensible and simple enough?

ALIGNMENT REALITY?:

This is 'Meat & Potatoes' stuff! You know it from the appropriate chapter if you have read this 'Collection Of Books' in order.

A '**PARALLEL ALIGNMENT**' is the general way that we approach our 'Set-Up'. That means that both our 'Brace and Target Heels' are 'Parallel To The Target or Body Line'. Slightly 'OPEN', as mentioned above, will promote better 'Rotation and Clearing'. Then your 'Five Axes' should 'MATCH' this 'Configuration' which is, incidentally, dialed into the 'Squarely AIMED Clubface' as the 'Number One Alignment'.

'**STANCE**' is also progressively adjusted to 'MATCH The Pre-Selected Ball Flight Requirements'. More 'WIND-UP or COIL' requires an appropriate 'STANCE and ALIGNMENT' component. 'STEER SO YOU CAN CLEAR' at all times.

So, when you need to get the 'Lower Body Machine' out of the way of the advancing 'Upper Body Machine' or 'Leading the Lagging But Catching Up Lever Assemblies', (Stage Three) we must again 'STEER SO WE CAN CLEAR'. If the 'LBM Gate Is Closed, Your UBM Ain't Getting Through It My Friend'! I and my cohorts at the '555 Golf Academy' hope this material is useful in your better understanding what makes 'Golf Balls Go Away' where you intend them to go!

18) **DRIVING FOR SHOW AND PUTTING FOR DOUGH:**

The Game is played, won and lost, inside your 'Pitching Wedge' so learn that 'Short Game' very well indeed. When you think you have mastered it, rededicate to it's mastery and never leave a stone unturned. When you think you've got it, you might have earned a rest from practice, but after the break, go back and tackle it one more time, making every shot counts as though it were for \$30,000 U.S. with ten times that many people watching. What a rush! What a way to approach the 'GAME of GOLF' that will reap rewards that never cease and will forever amaze you when you need to be amazed.

Your 'Short Tools' should be your friends. When you are lonely, take them out of the bag and give them a chance to help you. Their friendship will pay great dividends, beyond your wildest dreams. Ask any real player. Ask Tom Kite whose game he says "Is built around my Wedges." When the 'Short Game' heat is on, you would want Tom Kite on your team.

19) **WHERE HELP COMES FROM:**

You **can** fix a bad 'Drive' with a great 'Long-Iron'.

You **can** improve the plight of a poorly struck 'Long-Iron' with a great 'Approach Shot'.

You **can** save a poor 'Approach Shot' with a magical little 'Chip or Bump and Run'.

But you **cannot** fix a 'Missed Putt' with anything other than yet another Putt!

The closer your get to the 'Stick', the more you run out of options and recovery room.

Playing 'Billiards Golf' with a very 'Positive Attitude' is a big bold first step towards overcoming this unfolding of a round with you as simply a 'Painful Eighteen Hole Passenger'!

Q5)

Making a PAR after chipping out of the trees
and deep rough can destabilize an opponent
as much as a natural eagle!

Taking a DOUBLE or TRIPLE BOGIE
as a result of attempting a 'Miracle Shot'
can destroy **'YOUR'** game!

**Don't follow up a bad shot
with a stupid shot!**

20) **QUADRANTING YOUR APPROACH SHOTS:**
 The Sign Of A Managing Professional

WHERE TO LAND YOUR BALL
(dividing the green into four 'Cross-Haired' sections)
 square to the fairway centre line

We have discussed that many golfers are satisfied with just 'Getting On The Green' with an approach shot. Well, it is better than not being on the dance-floor, but more attention to details and the actual pure 'Target - Pin - Quarter' will help make lower scores. The hole is not over until you get your ball to come to rest at the 'Bottom Of The Cup' and 'It Is Thereafter Removed'.

We often see the pro's caddie giving him yardages and discussion on 'Club Selection'. There is more to it than just the number of yards from the Ball to somewhere.

So what is all the discussion about?

It is the caddies job to know precisely how far the player's Ball is from the very front of the green, the point where the green makes contact with the centre line of the fairway. Thereafter, the caddie carries a detailed layout of every green showing today's 'Pin Placement'. The scaled diagrams of each green will have distances to the edge of the green 90 degrees right, left, to the front and to the back measured in feet or yards. You may have heard the caddie tell the player "the cup is four paces from the front" or a certain yardage from the right edge etc. It is in this manner that the pro knows precisely how far it is from his Ball to the 'Bottom of the Cup' and that is what he demands.

Well, almost!

21) **THERE'S MORE:**

When I get this information, I want to know more. The actual '**PROFILE OF THE GREEN**' is key to scoring successfully. One is best always coming at the Hole from below! 'Uphill Putts' are always easier and less risk than are 'Downhill Sliders'!

How many times have you seen a seemingly great 'Approach Shot' that has really come to rest in a terribly difficult location on the green leaving downhill slider Putts on a 'Dance-Floor' fast as the proverbial 'Bikini Waxed Surface'. If one could move the Ball to another place, it would provide either level or uphill strokes.

You can now see that the caddies job is more than just the correct yardages, remembering that ultimately all information accepted and processed is the risk and responsibility of the one striking the Ball. You can fire your caddies but you can only alter your ball position with yet another stroke! Ultimately it's your ticket! and you have to sign it before handing it in!

So the question must be asked, **"In what 'QUADRANT OF THE GREEN' must I place the Ball in order to have the best Putt available?"** Always approach every hole from 'Below'.



Aiming Down the Fairway



Quadranting The Green around an obstruction



Quadranting The Green ... Flagstick is in Quadrant #3
Numbering is from 1 o'clock clockwise

There is yet another factor to be carefully explored. That is, "Where can I fly the Ball to the green with the most **'SAFETY'** as well?" For example the 'Optimal Putting Position' may be only two paces on the green directly in line, but that may well be to a surface bordering on a pond. This is, as I have mentioned, called a **'Sucker Pin'** and had best prompt a second opinion.

This overall **'QUADRANTING'** is simple but very important indeed. Once you achieve the higher level of scoring and competition, you must more carefully define your 'Landing or Touch Down Zone'. Now your caddie may give you information and discuss such options as your landing point's being **"Quadrant Three, Five Paces On And Eight Paces From The Left Edge"**. This would be the case when the 'Green Slopes Right to left, front to back and the Pin is in about the center of the green, 'Seven Paces On and Ten Paces In'. Our goal is to always 'Putt From Below The Hole'.

Just to extend this topic just a 'Bump & Run' farther, let's define the 'Quadrant Concept' a bit more. You have a green sloping downhill from back to front and from right to left. Draw you 'Gun-Sight Axis' across the green with the center of the cross in the center of the green, in the normal fashion as diagrammed! We are 'Putting'!

So your numbers are clockwise from top right 1, 2, 3, and 4. The 'Flag-Stick' is at the cross. We have landed our "Pitching Wedge Rule Approach Shot' at the very front center edge. In this described situation, 'Slope BF and LR', how many beneficial locations might you roll your 'Putts' to on this green considering that you missed and did not deliberately want to come up short and below the hole setting up the optimal next 'Putt'? OK, into what quadrant? If you were to come to rest in 'Quadrants #2 or #3' you had **'ZERO CHANCE OF MAKING THE PUTT!'** "90% of my Putts that come up short do not go in!" (Yogi Berra) Likewise, if you were to come up anywhere in 'Quadrant #4' you also had **'ZERO CHANCE'**. Putts that start out or end up 'Below The Hole' cannot roll in. It's uphill and, the last time I checked, 'Putts' do not break uphill!

So the answer to this basic question is 'One Must Only End up in 'Quadrant #1' to have had any chance to make this 'Putt'! Keep this strategy and 'Physical Fact' in mind.

Who would not try to sink the first 'Putt' from the front center edge even if it were a 40 footer? Some people say "Nice Lag Putt!" but no one of any real substance would generally ever make a deliberate 'Lag Putt'! Ask Gary Player! (truly one of my heros) He

would say you were 'C_____ S_____' if you were to deliberately attempt to come up short! Good 'Post-Shot' declaration, however! "That is exactly what I tried to do!" Ya, sure!

This type of information for 'Quadranting The Green' in an 'Approach Shot' is enhanced by using clear reference points such as the Pin, or a prominent front-edge bunker or even a back-drop specific tree. The desired 'Ball Landing and Coming-To-Rest Location' is always finally related to the Cup as that is our ultimate goal.

22) **CADDIE COMMENTS:**
 could be something like this:

"We are 150 to the front edge. The pin is eight paces (158) on in quadrant three. (just behind the bunker as can be seen) The green slopes uphill so we want to be below the hole. It's slippery! There is a slight breeze coming on our noses at tree-top; about half a club, (five yards) so that makes us 163 to the stick. If you put it in there with no back spin (soft), we need about 162. The big bunker has almost five paces from its back to the fringe and for your game today, it is not a factor. It's a firm #8 Iron. This shot's made for you!"

With or without the help of a very savvy bag-man, each one of us must still evaluate the situation and come to good conclusions. The sooner you begin thinking precisely about approach shots, the sooner you will be tighter to the pin, make fewer putts and score better.

23) **CROWD COMMENTS:**

"If that 'So and So' just outside the ropes across from that bad bunker lie had opened his mouth just one more syllable, I'd have made my practice swing through his jaw!"

No not that kind of comment!

Often when we strike great shots with the long irons or even the fairway woods, we are out of the Line of Sight to the Target, usually the green. We cannot see the ball land and roll. On its way, both my caddie and I have good ideas as to the FEEL of Impact, the initial and general Line of Flight, and, of course the 'Club

Selection' as he is responsible for yardage and some analysis of obstacles and me, (who is hopefully not an obstacle). That we do not really have any precise information about the actual lie of our ball, and no forecaddie is spotting for us, what is our first indication of 'Being Close'? The '**Roar Of The Crowd**'. This having happened, you know something's up.

Let's consider the approach shot for a moment in the same light. Often the flag is blocked from view or, if it is visible, we cannot see the putting surface. This means we can neither see the Ball make contact nor its run or Roll Line. So we end up again listening to the gallery.

What if there is no gallery? Then there are no cheers or 'Audience Feed-Back'.

Not trying to state the obvious or be 'Too Country-Boy Simple' but it's true. Let's assume from 86 yards we can see the 'Linen' but nothing below it. The putting surface is not visible within fifty feet of the Cup. When we make the shot, we get immediate and progressive 'Feed-Back' on the Line (Direction) but nothing on the Distance. How often have you made a shot and commented, 'I'm all over it!' and then, having made the walk, find out that it released and went by twenty six feet? or even just outside the 'Ten Foot Circle' into '**SWEATER TERRITORY**'? Me too!

We know where it landed because there is a '**BALL MARK**' which we promptly repair along with one from the last guy, 'For The Next Guy'! **RIGHT?** Of course. All couteous player do that.

The shot-point here as it relates to the our 'Short Game Analysis and Improvement': The sooner we gather accurate feed-back, the better we learn from our results. We can see the 'Line' quickly and progressively as our Ball advances on the Target. I think this is a very sound reason we get quite accurate with Direction in our Short Game, while our 'Range or Distance Control' comes in a significant second place to '**IMMEDIATE LINE FEED-BACK**'.

'**DELAYED OR NO RANGE FEED-BACK**', as is often the case with our game inside the 'Full Pitching Wedge', causes us to, simply, get no feed-back until we are 'Making The Walk' and even actually step up onto the putting surface if it is very elevated and especially if it is sloping away from the fairway. I think this is a very sound reason we get less accurate with judging and controlling Distance in our Short Game, other than the fact that it is comprised of so

much FEEL Component.

When we analyze and assess or compute immediate data from results, we get more benefit from the computations. The gun is still smoking. The memory is more firmly implanted and, if we actually consider accurate 'Cause and Effect', we can better avoid repeating negative events in the future. We have learned more.

This 'Short Game', being almost exclusively 'Less Than Full Swing', is often controlled primarily by carefully-conditioned FEEL earned or developed from thousands of specific strokes over hundreds of hours. This being the case, we must have it very tuned. Just consider Tom Kite and Ben Hogan's dedication to ruthless practice under task-masters that lived primarily 'Inside'. They certainly got to this degree of Consistent Accuracy the 'Old Fashioned Way, They Earned It!'

Perhaps neither you nor I have the time or even the drive or desire to 'Do The Time'. We then have to accomplish our personal degree of performance satisfaction in varied methods.

You will find, or have already found, specific information dealing with this '555 Academy Short Game Distance and Direction Control'. It is under such topics as 'The Five Way to Shorten Your Distance', '**BODY CLOCKING**' and '**Staging Your Swing**'. You will find practice Drills in the book as well. I happen to think, to know, that these slightly more 'Mechanical Procedures', than just 'FEEL Golf', work reliably and can be mastered with relative ease and lasting benefits. These procedures and skills can be repeated with Confidence, with good Ball 'Compression' and with accurate 'Distance and Direction'.

Those **2 D's**, precisely executed, make Golf Balls go in the hole!

24) **POSITIVE-MINDED:**

Nick Price once related to me that Jeff 'Squeaky' Medlan, who lost a battle with leukemia and will be sorely missed, was the eternal wise optimist. Nick both trusted and appreciated his caddie.

An example was as follows: The pin was cut up front-right with only five paces separating it from a deep threatening bunker, white against green. Nick was in contention. There were few holes

remaining to gain any ground.

Distances and comments from a caddie could have been related to the shortage of room to land the ball on the green as it factually related to the bunker. But 'Squeeky' made it sound safe and more comfortable by relating the yardages and shot consideration to the room 'Behind the Pin'. His well seasoned comments went something like this: 'There's lots of room behind the flagstick and your putt will be flat or slightly back uphill. Put it there and it's a birdie opportunity. That will help us.'

You see, it is not always what you say that is most important but firstly your perspective and attitude that underlines your approach to viewing the task and then making the shot.

In '**QUADRANTING THE GREEN**' you will find more hope than despair. Nick Price has set up a charity foundation in JEFF 'Squeeky' MEDLAN's memory. It is designed to assist those who suffer from blood disorders such as leukemia to better fare their trials and tribulations, as well as to help to fund research being done to overcome this disease. With the help of such great sports role-models as Nick Price, we will all be better in many ways.

I want to express my respect and admiration for Nick. He has set commendable standards both on and off the links. If one were to seek footsteps to follow, Nick's are very large and afford room for placing our feet. He is an asset to 'GOLF' and I thank him for being what and who he is; a leader for our children and us.

He's human too! For any of you having watched the 1999 P.G.A. Championship at Medina Golf Club in Chicago, you would have seen a very confident Nick Price, methodically experienced as always, who lost some focus and perspective over the closing stretch. He made several mediocre shots which seemed to cause him to think he was falling out of contention. He is a perfectionist and the shortfall visibly angered him. His putter 'brush-stroked' the hole four times to miss birdies on the 'Homeward Nine' and I suspect someone neglected to tell Nick that Tiger came back to him three strokes while Sergio closed the #1 - #2 gap by five strokes in two holes. Nick had still been very much in contention.

Golf and Life's like that. Good Old 20-20 Hindsight!

Our admiration for Nick Price, the leading money winner of the 1990's, continues to grow and here's a man with a 'Short Game'!

For your example and leadership, Nick, thank you!

25) **TOO LONG ... TOO SHORT TOO BAD!**

Just in summarizing my thoughts on the 'Short Game Shots', I came to the option of being 'Long or Short' with the very short 'Approach Shots'; the 'Pitch', the 'Chip' and the 'Bump & Run', or even a 'Lag Putt'. Is short or long always bad?

A fact that is always on the table is that any ball which doesn't reach the cup will not go in. Balls on the 'High-Side', the 'Pro Side', have a chance to drop down (break) and go into the hole. Try to take advantage of these two realities. They reap rewards. A factor which might fall strongly into your calculation basket is that the approach shot or putt is uphill or downhill. When a stroke is uphill; 'Get There'. When a stroke is downhill; 'Get there'. Just don't 'Get **TO** There' when they are slippery downhillers.

Some hope!

Remember, when you are making a 'Downhiller', slider or not, you are expecting to get it to or by the hole. This being the case or plan, you are about to be presented with an advantage. Don't miss it. Your Ball, going past the cup, even two feet, (ten is stretching the concept of 'Getting It There'), gives you some very valuable information. Your Ball likely just brushed the lip or was quite close as our 'Direction Control' is better in our very short strokes than our 'Distance Control'. When it goes 'BY', how many of you get preoccupied by saying something nasty and banging your Clubhead on the ground? Don't!

When you did this you just missed an opportunity; an opportunity to get deadly accurate, real-time information about 'Break' just at the Cup. Too bad you missed it as you are about to make another putt almost in the opposite Direction as the one you just missed. Had you been paying attention, while it slid by, you would know now that the 'Six Inch Break' you think you see, is **ONLY** a 'Two Inch Break'.

Treat such great opportunities as you might treat a chance to glance at a fine human specimen who might appeal visually to you. Don't miss a look! (however subtle)

You see, there is a glimmer of light in every dark cavern. There is a bright little sliver of light about to pierce even the darkest of clouds.

Perhaps this is a matter of 'Composure'.

Don't lose your 'Composure' on the links.

Stay Aware and Positive!

26) **SHORT GAME PROCEDURE:**

You will recall the '**BRUSH STROKE RULE**'. Keep it not only 'In Mind' but in your 'Active Procedures' or 'Pre-Shot ROUTINE'.

This 'Brush Stroke Procedure' may directly apply to the 'Full Swing' to varying degrees, but it is essential in the 'Less-Than-Full Swings' emphasizing the more delicate strokes needing it more than the more powerful or 'Higher-Energy Motions'.

The 'Brush Stroke Procedure' allows us to do a rehearsal of our 'Pre-Selected Procedures and Components' before the actual Stroke. This simple little 'Pre-Shot ROUTINE' allows us to 'TEST and PROVE' to ourselves that we are on the right track!

We know this is truly simply by watching 'Pre-Putting ROUTINES' on television. Very few players ever step up to a Putt and execute without first making a few 'Practice Swings or Waggles' in order to 'FEEL the ENERGY' (length of Back Swing) required to accomplish the necessary 'DISTANCE or Weight' required to get the Ball to and slightly past the cup.

The same holds true to 'Chipping and Pitching', but, especially to 'Chipping' (Stage One) as it is really very similar to the 'Putting Stroke' (Stage One), even to the point of many players using the same 'GRIP' in both Strokes or Procedures.

Use this '**THREE BRUSH STROKE ROUTINE**'. You know what this 'BRUSH STROKE' business is about!

It's that, '**You Can Be The 'B. E. S. T.'** Putter Around' if you use a ROUTINE and Proper Procedures.

B lade
E YES
S TANCE & Shoulders
T ouch (Stroke Energy)

You remember that the 'THREE BRUSH STROKES', in the 'Chipping and Pitching Procedures', give us valuable information about how much 'DRAG' the grass is going to provide in our present 'LIE'. This is very important information, without which 'DISTANCE Control' is and will always be just a 'Myth in your Game'.

'THREE BRUSH STROKES' and then 'PAINT THE PICTURE'

(These PROVE and GROOVE your Swing!)

not before!

I want to add here that, if you are 'Mentally Ready and have a great clear picture and 'Feel' for your next shot, 'Trigger and Take It'! If sure, don't delay success. Be instinctive!

There are no 'Instant Replays' on course from a 'Pencil and Card' perspective. A Stroke is a Stroke!

These ideas and 'Procedures' have helped hundreds of my clients and will help you too!

Of this I am certain!

27) **FOUNDATION THOUGHT:**

I always try to keep 'Things Golf' on their absolute basic level of 'Concept and Performance'. This means that the 'SET-UP and the EXECUTION' must be 'Subliminal or Subconscious'. Remember, we execute the actual 'Golf Swing' in our 'SUBCONSCIOUS MIND' and if we interfere we will be punished. Get a little used to that!

In your 'Short Game', especially with your 'Short Pitches, Bump & Runs, Chips, Chipping Putts' and, of course, your actual 'Putting', always use the same 'ROUTINE'.

ALL THE 'SET-UPS' AND 'EXECUTIONS IN PUTTING' APPLY TO CHIPPING AND THE OTHER STROKES JUST MENTIONED ABOVE.

If you can 'Conceptualize and Intellectualize' this TRUTH, you will be able to 'Actualize' it.

Anything more complex or diversified than the same 'SET-UPS and EXECUTIONS' for the entire 'Short Game' is 'Divergent of Simplicity'.

Who, in his right mind, would willingly and deliberately cause his own personal grief. Making the simple into something more complex than it really is makes no sense to this old teacher!

Try using your 'Putting ROUTINE' (as long as it is complete and correct) for all shots within 'SEEING DISTANCE of the CUP'. Why not the flag? Because you can see this 'Locator' when you cannot see the 'Putting Surface'. You cannot evaluate the 'Green' until you can see it completely.

All these 'Short Game Shots', 'Apron and In' or just slightly farther, should benefit from the 'Quadranting The Green' procedure. In fact, all your 'Approach Shots' will benefit. Evaluate the 'Configuration of the Green' in your practice rounds and 'Walk Arounnds'. Get to know the 'Lay-Of-The-Land' because it is soon going to be your 'Territory'; the battleground on which you will succeed or fail. It is the 'Big Green Canvas' on which you will 'Paint Your Own Picture'. Learn its intimacy. And it is!

What an opportunity! It may only knock once or a limited number of times. Prepare and be ready to "Let 'IT' Happen".

28) **SHORT GAME SHOT RATIOS:**

In the 'Short Game' we must '**Visualize**', '**Select the Proper Tool or Component**' and then '**Execute**'. It is the same with every shot situation except when you are on the 'Dance Floor'.

With shots within about 100 feet or thirty to thirty-five yards, we must take a good look around, especially at the ground between our Ball and the Cup. Is it flat, uphill or downhill, sidehill left or right? Is it smooth or undulating? Is the grass long, medium or short? These are all good and necessary questions.

So why do we ask them?

My bottom line is that I must determine whether I want to '**Run the Ball In**' or '**Roll the Ball In**'. There more than several ways to traverse the Distance from Ball to Pin.

There are several ways of describing the Ball Flight Shape and Trajectory. I call this 'Ratio Business' '**Air Time to Ground Time**' (a little aeronautical) or '**Fly to Run or Roll Time**'

We must select how we want the Ball to get to the hole as easily, simply and safely as possible. I always want 'Low Risk Shots'. 'High-Flying Shots', with or without Back-Spin, have more risk than do the 'Low-Flying and Running' versions.

So we must learn how to 'Evaluate' the shot and make good decisions. We must become accustomed to determining 'Fly to Run Ratio' and then learn how to chose the correct club to create this 'Ball Flight Shape'.

THE MENTAL PICTURE:

I like to think of the Distance be it 30, 40, 50 or more feet from Ball to Cup, as being comprised of 'Two Zones';

- 1) the Apron or Fringe
- 2) the Green or Putting Surface

What is the 'Ratio of Apron to Green'?



Apron to Green Ratio
Chipping 'FLY-RUN' Ratios



Apron To The Green, Minimal Fringe, Bump & Run



Apron To Green, Chip or Bump & Run
Alignment Open, Clubface Aim Open,
Aft Ball Location

This illustration show us how to 'Visualize and Evaluate' the total ground profile and condition between us and the Target.

My 'Primary Criteria' when 'Chipping or Bump & Running' is to get the Ball onto the Putting Surface as soon as possible and acting like a Putt, thus 'Rolling'. This is the safest condition you can elect to perform. You should strive to execute 'Run Procedures'.

If our Ball is in location **X1**, quite far off the Putting Surface and the Cup is in location **Y2**, quite well onto the Putting Surface, about equidistant '**X and Y**', I would want to 'Run the Ball' as much as possible.

To determine if this 'First Option' is a 'Working Option' I must look over the condition of the 'Apron' to determine if it is suitable to 'Roll the Ball Over'. I must consider the 'Flatness and Condition' of the grass or surface. If there are irregularities of difficulties, I will adjust my 'Method of Attacking the Objective'.

If the surface is 'Inviting', I will accept the invitation and select the 'Chip or Bump & Run' procedure. Next I will select the proper 'LOFT' to produce the 'Pre-Selected Ball Flight Shape'. I must now determine where I want to 'Land My Ball' which is where it will commence its 'Rolling PATH' 'Down-The-Line' to the Cup. Now my 'Pre-Shot Routine' and then promptly and 'Boldly Execute'.

In the '**X1 to Y2**' scenario I can use a lower-lofted Club such as, perhaps a #6 or #7 Iron (a III Wood will do the job too). The '**APRON or 'A' Segment**' will allow the Ball to Roll over its surface, so I can plan to do so. The #6 or #7 Iron will NOT produce adequate Trajectory to clear the Apron.

As the condition of the '**APRON**' deteriorates, my options reduce. I must now 'Fly More and Roll Less'. I would be forced to reselect Clubs to one with a Higher Loft so my 'CARRY or Air Time' is greater. Always 'Visualize' thoroughly. The proper 'Mind Picture' will very much contribute to converting this 'Picture's being painted on the Big Green Canvas'!

If our ball is in location '**X1**' and the Pin is in location '**Y1**' our oprions are affected. The question "Can I roll my Ball with complete confidence across 'Apron Segment 'A' or not? If yes, a low-lofted Clubface will be a good choice and our #7 or #8 will do. We can use the III Wood in this situation as well. If the Ground Condition is poor or will not receive a 'Rolling Ball', we will

have to 'FLY' it more and 'Roll' it less. The 'Pre-Selected Component' will have to be a #PW, #AW, #SW or a #LW so we can produce the required 'Trajectory' to clear the poor ground between the Ball and the Cup.

With added 'Height or Trajectory' we might in this instance require more 'Back Spin' to help us stop the Ball from rolling well past the Cup. We will have to 'Pre-Select the Procedures' to accomplish this 'Spin Rate' and 'Ground Rolling Characteristic' needed.

If we are in location 'X2' and going to location 'Y1' and the grass is conducive to 'Rolling the Ball', we can use the Putter or any low-lofted Clubface to 'Roll the Ball'. If we are in 'Long Grass' we will lose this comfortable option and have to 'Flop the Ball' out of this 'Lie'. Tricky to say the least.

If we are in location 'X2' and going to location 'Y2' we have options. The 'Lie' is a key factor. A 'Tight Lie' leaves us use of the Putter to the #6 or #7 Iron to the III Wood again. If the 'Lie' is deeper, will have to select a Clubface that enables us to get the Ball up and out of the 'Poor Lie'. We will also have to 'Pre-Select Procedures' that fit our 'Ball Flight Shape'. We may have to use a 'Vertical Pick Up and Drop ACTION', a 'Steep Angle of Attack' to extricate the Ball. Only lots of practice will give us the ability to select and execute properly.

You will have noticed that I have not addressed the difference between 'Chipping / Bump & Run and Pitching'. Chipping and Bump & Run Procedures make the Ball '**Run More Than It Flies**'. The Pitching Procedure make the Ball '**Fly More Than It Runs**'. This is about as basic and simple as I can make it.

Remember that your 'Putting and Short Chipping' is a 'Stage One Procedure' (all Chips are Bump & Runs). Big 'Chipping Strokes' involve some 'Wrist Cock' and are thus a 'Stage Two Procedure'. The 'Punch or Pitching Stroke' involves both 'Wrist Cock and PIVOT' so it is a 'Stage Three Procedure'. Learn these 'Procedures' well.

I just want to add that if you are 'Bumping & Running' if you err in your Distance, err to the long side as any Ball that comes up short will never go in. Give your 'Stroke' a chance. Remember to treat these 'From the Fringe In Strokes' as if they were basic 'Putts'. Read the Green and prepare for the shot very much as you would prepare to make a 'Longish Putt'.

CHIPPING RATIOS:

We spoke about the fact that the 'Ratio' or '**Air Time To Ground Time**' or what is also called '**Carry To Roll**' in 'Chipping and Pitching', in fact all 'Golf Shots' where the Ball get off the ground and employs 'Trajectory', everything but 'Putting', is worthy of discussion. Just above above we created a 'Mental Picture Procedure' where we visualized 'Apron or Fringe to Green'. I know this works well as is centered around good solid 'Green Reading' unlying with a 'Good Imagination'. This will produce a better sense of 'Touch and FEEL'. So far we have been working on this aspect of 'FEEL' which is fundamental. There is one more approach that I want to explore with your help.

This 'Fringe and Green Work' is at the very 'Inside Short Game'. Remember, I consider the 'Full Swing Wedges' to be in the 'Approach Shot Realm' but not quite included in the Short Game Bag Of Tricks'. The 'Short Game' is a 'Less Than Full Swing' consideration.

This 'Inside Short Game' can be accomplished with a little more Math than what we have entertained so far. So let me explain how. Firstly I want to tell you that those who are not quite numbers comfortable or efficient will generally find this 'Procedure' good but not as useful as might the mathematician.

We know each 'LOFT' is a 'Physical or Mathematical' consideration. 'LOFT' produces 'Launch Angle' as this creates that '**Air Time To Ground Time**' or '**Carry To Roll**' relationship we understand. This being the case, we can predict the 'Carry Roll' of each 'Chipping and Pitching Club'; in fact of all Clubheads'.

CARRY TO ROLL RATIO OF CHIPPING CLUBS:

(to a flat green)

	CARRY	:	ROLL	
1) #LW	1	:	0.7	
2) #SW	1	:	0.8	very little roll
3) #AW	1	:	0.9	
4) #PW	1	:	1	equal carry:roll
5) #9	1	:	2	
6) #8	1	:	3	more run & roll
7) #7	1	:	4	
8) #6	1	:	5	



Landing Circles and Air Time to Ground Time Ratios
Choice Of Club is important for 'Trajectory & Shape'
Body Clocking is very 'Energy Relevant'.

This savvy 'Old Country Gentleman Golf Teacher' has been around a few miles, a few less holes and lot of moments!

Here is another very easy set of 'Mathematical Values' that might just help you to better manage your 'Carry To Roll Ratio'. It is really numerically simple!

We assume herein that our '# Sand Wedge', with an average yet well struck 'Clubface AIM' and without any 'Throw-Away or Flip Handed Deliver', causes the ball to fly about the same in the air ('Airtime') as it does on the ground ('Ground Time'). So that is our '1 to 1 Ratio' in this instance. So now lets take ourselves down the 'Clubline'. It looks like this:

Here we refer to the results as a 'Part Flight' to a 'part Roll'. Works out and says the same, but want you to know both!

	FLIGHT TIME	:	GROUND TIME
1) #LW	3 parts	:	1 part
2) #SW	2 part	:	1 part
3) #AW	1 part	:	1 part
4) #PW	1 part	:	2 parts
5) #9 Iron	1 part	:	3 parts
6) #8 Iron	1 part	:	4 parts
7) #7 Iron	1 part	:	5 parts
8) #6 Iron	1 part	:	6 parts

More like mixing a brilliant martini, a good Manhattan or a sharp marguerita? Well, that might be good!

Notice that this method produces a little more 'Run or Roll' to 'Carry or Flight' than the above table. There are many very proficient golfers who utilize a little 'Forward Press' in their "SET-UP" for the 'Bum & Run Procedure'. This automatically 'De-Lofts The Clubface' and produces a higher run ratio.

Is this good? The best policy and 'Approach' to this breed of 'Approach Shot' is to move the ball very positively and get it on the ground behaving like a 'Putt' as soon as possible!

Constantly 'Reduce Risk!'

29) **THAT 12" LANDING CIRCLE:**

It is usually beneficial for a 'Student Of The Great Game' to select a 'Short Game Landing Area' on the green into which to land his or her ball from one of these 'Chip or Pitch Situation'. For those of you who have played 'Lawn Darts', we often used a 'Jarts Circle' as a 'Chip & Pitch Target'. Following this simple procedure also helps to produce a good 'Visual' or 'Mental Image'. Once we get it in our heads, we can very often create it on the '150 Acre Billiards Table'!

30) **SOME OLD RULES:**

There are some old 'Rock Of Gibraltar' rules that we beat stay close to. Here are some more hints!

Always 'Visualize' the 'Loft' and 'Ball Flight Trajectory' as generated by the 'Clubhead Speed or Energy' ('MIV').

Remember, 'Mother Nature's Elements' are very much a factor, so give them due respect and consideration. 'Do Your Math'!

Remember, '**WEIGHT DISTRIBUTION**' is '**Forward Steep, Aft Shallow**'.

I want to tell you that I have never really felt much affinity with these ratios since they never work precisely for me. I wanted to throw them at you because you might find the math of interest. It is a good basis by which you can start to judge your 'Chipping' performance. At least you will have some relevant formula as a foundation from which to work. Simply remember that each 'Tool' has slightly different 'LOFT' which creates a slightly different 'Trajectory' or 'Ball Flight Shape' that is useful. I like to call this stuff 'Hop To Run Ratio'. This ratio is truly different for each Club and that is what you should learn rather than the above science.

In any case, here is how this works. A practical situation! Your Ball is located two paces off the green in the uniform fringe and, by 'Reading The Green' thoroughly, you have determined that you want your Ball to 'Fly and Land' one pace onto the 'Putting Surface', (in other words to 'Carry Three Paces Air Time'). We generally select or try to land the Ball about one or two paces

onto the 'Putting Surface'. This is because we have already agreed that, in 'Chipping Procedures', we should strive to get the Ball onto the 'Green' and acting like a 'Putt' as soon as possible.

Simple enough? We are going to carry the Ball Three Paces or about nine feet which lands us 'One Pace On' where we immediately begin becoming a 'Putt'.

Now, the Cup is Twelve Paces from the 'Landing Spot' or about 36 feet farther onto the Green.

Here is the math. Divide your 'ROLL DISTANCE' by the 'CARRY DISTANCE' or 36 feet divided by 9 feet or '12 Paces divided by 3 Paces' which equals '4'. So now we know this is a 'Air to Ground or Carry to Roll Ratio of '1:4'.

Which 'LOFT' or which 'Club' provides us about a '1:4 Carry TO Roll Ratio'? (see your 'CARRY to ROLL Table' above)

So the answer is the '#7 Iron' and we would be wise to select this Club ('Component') with which to execute this 'Chipping Procedure'.

AN OPTION:

For a 'Bump & Run', I almost always use my #8 Iron. If I need a little more 'Run Than Rise', I apply a little more 'Forward Press', which 'De-Lofts The AIMED Clubface' and thus creates a little less 'Trajectory'. I personally do not like to use really long shafted clubs for 'Chipping or Bump & Run'. The grip tends to get caught up in my shirt or sweater. That a problem!

Many of you have seen the 'Tour Players' use a fairway metal to 'Chip or Bump & Run'. That is quite alright for any individual, aslong as he or she has a 'Specific Procedure or Protocol' to follow.

The 'III or V Wood' is a great head by which to move a golf ball a short distance in the air and then to run it along the green. It is just that the ret of it is a bit long for my liking!

So now you have yet another 'Tool In Your Arsenal' or 'Trick In Your Bag Of Tricks' by which you can challenge the nasty architect's skills and avorice! At times it seems to be pure malice from may perspectives! How Western or North American it is to make a very generous living being deliberately nasty shaping 150 acre 'Billiard Tables'!

Don't get hung-up on this math. Just be aware that it exists and keep it factoring in the back of your mind. Practise lots!

I suggest you copy this section and carry it in your bag pocket. It is a great 'Legal Cheat Sheet'.

31) **TRAJECTORY CONTROL:**

This is about '**Ball Flight Shape**'; '**Air Time versus Ground Time**'. Pure and simple! Remember, 'Loft Is A Factory Issue'! 'Dead Hands' it whenever possible! **Minimize your 'Hand Action'**.

This important aspect of every shot is controlled by several physical conditions. They are 1)Clubface LOFT, 2)Angle of Attack, 3) Ball Location and 4) Type of Ball Construction. These are things we CAN control. An example of something we CANNOT control is the 'Head and Tail Wind'. Don't forget to factor all of these considerations as '**The Short Game is always a matter of 'Holing the Ball' with this Stroke**'. This array of 'Stroke Options' are all what I term as '**LAST SHOTS**' and never 'Second to the Last Shots'. As Gary Player once told us, 'Intend to make every Shot that is Inside the Fringe'. Mr. Player did not consider the 'LAG Chip or Putt' as reasonable options. "The 'LAG' was just a 'Missed Stroke'!" Don't forget, an absolute key consideration when making shots from the 'Fringe' is '**Whether the Ball will or can Roll Across the Surface between the Ball and the Cup**'. Please don't overlook this consideration.

Finally, in your practice sessions 'Have FUN', be creative and try your 'High-Risk Shots' at this time so you can do one of two things; 1) Get them out of your system, 2) Become proficient enough at them to actually use such risk during play to get reward. Always 'Play Smart'.

Remember, 'We never Plan to Fail. We generally Fail to Plan'. So 'Visualize and think your way through the shot before you ever 'Pull A Club'. Then and only then can you 'Commit To The Shot'.

32) **GETTING UP & DOWN:**

(not talking about bed or off the couch)
or anything else!

When we use this term, we mean that we got into a little trouble,

as small as missing a 'Green In Regulation', and then after 'Chipping or Pitching On', 'Recovering from the Trouble', we 'Putted Out' for a PAR. We 'Saved PAR'.

Now that's good and deserves its own name; **'GETTING UP & DOWN'**.

If you were off the green and happened to 'CHIP IN', which means 'NO PUTTS', that's good too! You definitely 'Saved PAR'!

You know this 'Game Of Golf' is certainly intriguing, even fascinating. All these 'Term, Inuendos, Slang, Jargon, Rules, Penalties, Crime and Punishment, Tradition, Pecking Orders, What-To-Does and What-Not-To-Does, Etiquette, When-To-Do and When-Not-To-Do, Top and Bottom to the Social Ladder, Whos Whos, Wet & Dry, Fat & Thin, Skulling (and Cross Bones!) etc. It's a 'Deveil of a Game'!

Heck, early on, I though **'GETTING UP & DOWN'** had somethig to do with shorts and the 'Porta-Potty at the Turn'. Then I didn't know what the 'Turn' was so it didn't matter anyway!

Now, maturing, I know what 'Getting Them Up & Down' really means, most of the time!

I hope you have as much FUN in this 'GOLF THING' as I do.

33) **'FRINGE TO FRINGE' DRILL:**

While we are directly on this function of 'Reading Greens' and making basic 'Putting Strokes', we might deal with a great 'Bullet Proof Drill' that will be helpful. I call it the **'Fringe To Fringe Drill'** and it is aptly named. It is a 'Weight or ENERGY Management Drill'. It will help you to become accustomed to the 'FEEL' of the 'Practice Green' which is **'Supposed To Be'** the same 'STIMP, Texture and Grain' as the real 'On Course Greens'.

Take six tournament quality or 'Playing Balls' and lay them about a foot apart on the 'Fringe of the Practice Green'. Pick a precise 'Target'. 'Read the Green' or utilize your 'Pre-SHOT ROUTINE' that you have been working so diligently to groove! Now 'Putt or Chip' these six Balls to that point.

You should repeat this 'Drill' several times from various locations

so as to evaluate both 'Break and Texture'.

That is 'SHORT GAME STUFF'!

Best Of Luck!

C17]

SHORT FORM BODY PARTS CLOCKING GRID

	TD	HD	HDT	LRC DT	AP DT	F/S
#XW (64)		X		X	X	
#LW (60)		X		X	X	
#SW (56)		X		X	X	
#AW (52)		X		X	X	
#PW (48)		X		X	X	
#9		X		X	X	
#8		X		X	X	
#7		X		X	X	

PACE OFF YOUR SHORT GAME

'Putting, Chipping and Bump & Run' are all varying degrees of 'Putting'. One is wise to utilize a thorough professional 'Putting Pre-Shot Routine' in all these 'Procedures'. We know that these 'Strokes' are just 'Distance and Direction'. We know that 'All Putts Are Dead Straight' from a 'Delivery Path Perspective'. The same is true about 'Chips and Bump & Runs'. Thus we prepare and let them go on a 'Straight Line Delivery Path' and let 'Mother Nature Do The Fine Tuning' with her 'Slope, Break, Grass Texture and Elements'. Get to know 'Her' well. She is not your adversary but your honest ally! Because we know the above to be true, your '555 TEAM' has invested many hours in 'Examining Golf Specific Procedures' and the various techniques used to 'EXECUTE' them effectively and repeatedly.

'Pacing Your Putts' and the other 'Short Game Procedures' is very important for more than one reason. 'Pacing Your Putts' verifies half the 'Stroke Data'. You thus easily know half of the requirements for your next stroke. This 'Routine' and all carefully designed 'Pre-Shot Routines' make you relaxed and confident! They provide accurate information and data that enables your 'Head Machine' to compute accurate elements and prepare accurate 'Procedural' matters. You post lower numbers! Your performance is directly enhanced. You focus on the 'Trusting Process'. Marvelous stuff!

Make the statement! Back up the content! So how much better do we 'Putt, Chip and Bump & Run' if we discipline ourselves to 'PACE'? ... to accurately determine how many feet the 'Ball' has to travel in a specific shot? Your '555 TEAM' completed hundreds of recorded client trials in this area over several years. There were two distinct procedures. Monitored 'Putts' were made from precise distances. The process included five putts from 12, 18, 24, 30 and 36 feet with the subject's not knowing the precise distance. They then repeated the same five strokes knowing how far the 'Procedural Distances' actually were. The alternative was to make 'Five At Random Distances' between 12 and 36 feet followed by 'Five At Specific Distances' but from new locations so the test subject did not learn from the random series. This simply tightened parameters and made the comparison more real life. Results? 29% better results after the precise distance was determined! Does this get your attention? How would you like to easily reduce your strokes 6 shots per round?

C19]

UNDER THE COVER OF DARKNESS

I almost typed **'Under The Covers At Night'**! Faux Pas! Well, I guess that might be considered a 'Specialty Short Game' too?

How many of you good 'Golf Addicts' might regularly practise at night? I bet not many!

Well the **'555 Golf Academy'**, with its rather 'Unique Teaching Staff', does just that and with paying clients!

There is some method to our madness!

At night our **'Standard Senses'** are inhibited. Better if you are a 'Muti-Sensory Being' who has and trusts 'Intuition'! Work on that and, above all, be aware that your 'Soul Is And Will Be Talking To You Regularly'! Best be listening too!

Remember that **'Our Visual Sense Is The Priamry Data Gathering Sense For The Great Game Of Golf'**. Your two 'Baby Blues' collect about 80% to 90% of all the information that your brain receives and processes in order for you to 'Execute A Golf Swing', successfully or not. If your 'Captain EYES' are at 'Full Battle Stations', you will certainly be at an advantage or have an 'Enhanced Opportunity' to make a 'Good Golf Shot'.

We always plan to complete our regular 'Lesson or Clinic' about fifteen minutes before sunset. That gives us a ten minute breather.

All the regular skills are completed. We have addressed the 'SHORT GAME' and have at least a rudimentary understanding of 'Bunker Work'. That means we have a **'Firm Grasp On Body Clocking'**!

So here is how it goes!

We have set up a 'Short Game Practice Station' that has a 'Bunker' involved as a primary focus.

The 'Ball Striking Station', with a matt preferred, is set-up about 40 yards from the **'Entry End Of A Nice, Well-Defined Bunker'**. You will have a 'White Reference Shaft' stuck in the ground at 10, 20, 30 and 40 yards. The 'Bunker' is best about 20 yards long so the

'Entry Point' is 40 yards and the mid-point is at 50 yards. At the **'Exit End Of The Trap'** (60 yards) you should have about another 20 or more yards of upslope grass, if possible. There will be more 'White Reference Shafts' at 70 and 80 yards. When you practise, make sure you have good solid accurate 'Ball Flight Reference Points' by which to judge your performance.

The scene is set. It is still relatively light but hot for long so we had better get at it.

Here is our challenge and **'Bullet-Proof SKILL DRILL'**.

You have your **'SHORT GAME PERFORMANCE GRID'** especially for your 'Pitching Wedge'. We will use our 'Pitching Wedge' as the 'Primary Tool'.

Start striking 'Golf Balls' from the 'Hitting Station' first with nice little controlled 20 then 30 then 40 yard 'Pitches'. Your 'Body Clocking' is essential! Next, increase your 'Clock' so that the 'Balls' drop mid bunker, then just onto the grass at the 'Exit End' and then on to 70 and 80 yards.

It will soon get dark!

The 'Little Twist'!

Remember, **'Golf Is A Game Of A TO B' or 'BALL To PIN'**.

In this 'Drill', all you will soon be able to see is the 'Ball' which has a slight 'Glow' from the 'Driving Range Path Overhead Lights'. The 'Bunker' will all but disappear unless you have a street or cart path light close by as we do. We can see the white shaft markers reasonably well. Our ears are the telling component. We can hear the difference between the ball's landing on the grass and in the bunker sand. This is how we really know what is going on once it is fully dark! This is 'Golf By Brail and Ear'!

If you are really serious about this **'CLOCKING or ENERGY CONTROL'**, you might bring along a 'Coleman Camping Lantern' to light up your teeing matt. Not too bright or you will reduce your night vision. A weak flashlight will actually be just fine! Then, place your camp lantern behind a **'Chipping Or Hitting Net To The Side Of The Bunker'**. Now it is like a movie theatre practice ground! With 'Fun and Perfection', you can stay all night! Bring friends! Sleeping bags! Pretzels, cookies and hot cocoa!

Better invite the 'Head Pro, Groundskeeper and Security' too!

Five to ten balls at a time to each length before dark. Then work primarily on the '40, 50 and 60 yard 'Reference Shafts'. Be accurate and 'Stick To Basics'. 'Solid Pre-Shot Routine' and be very 'Target Oriented'. **'SEE THE BALL and FEEL THE PIN'**. Make 'Shots' and don't just 'Kill Balls' or all this will just be a novel and commonly chronic waste of time.

'NEVER STRIKE ONE SINGLE GOLF BALL WITHOUT A PRECISE TARGET'!
that means in practice or play!

If you are really serious!

When you have hit a bucket of 40, 50, 60 yarders, walk up to the 40 and 60 yards areas and check your actual results. Your 'Golf Balls' should be 'On Line' or in small **'Five Foot Circles'** to perhaps 'Ten Foot Circles'. This is a 'Target Golf Skill Drill' that matters so you should have 'Tight Dispersion'.

How is your 'Dispersion' in the 'Bunker At The 50 Yard Marker'?
Make an honest assessment!

Now, after patting yourself on the back for producing such a tight cluster, 'Chip These 40 and 60 Yard Balls Into The Bunker'. Do it with proper 'Mechanics' and your **'Chipping Protocols'**.

Done?

Now what?

You guessed it!

With a very 'Smooth Trusted Swing'. Perhaps in the 'Trusting Mentality' ('Competition Role Play', 'Bunker Shot At The 18th Green to Win') take your 'Sand Wedge' and extricate all the 'Golf Balls' from the bunker to the most defined short Target you can see. We have taken a Coleman lantern to the practice area in our Canadian training facility. This helps but keeps us at it longer than perhaps we might have been! The process is a bit different but fun!

There you have it!

The '**UNDER THE COVER OF DARKNESS**' '**Bullet-Proof DRILL**' is completed and memorably so, I hope.

You never cease to be amazed by the antics of your '555 GOLF ACADEMY TEAM' do you?

Don't expect anything different!

Won't happen!

If you have any comments or questions, you have the telephone numbers, the 'E-Mail Addresses' and the 'WebSite' 'URL' that always has the 'Contact Us Tabs' in clear view.

Use them!

We are here because you are there!

And we like our jobs!

C20]

TOUGH SHOTS

Q6)

"To illustrate how difficult this shot is, go out into your front yard and chip a ball from the lawn down the driveway onto the hood of your car and make it stop. Pretty hard to do, huh? Well, this one is tougher".

Gary McCord

(on an approach shot to the 16th at the Memorial)

Q7)

"The hardest shot is the chip at 90 yards from the green where the ball has to be played off an ancient oak tree, made to bounce back into the sand trap, hitting a large stone, bouncing onto the front edge of a down-hill green and then rolling into the cup. That shot is so difficult, I have only made it once."

Zeppo Marx, comedian

Q8)

"A bitter and perplexed 'What Shall I Do Now?' is worse for a man than to be faced with a worse necessity."

Coleridge

Evaluate, intellectualize, decide, visualize, execute and live with your results. Indecision is the father of failure and the introduction to decay of whatever situation one is facing.

RULE #36:

The 'CELLULAR' Rule

LEAVE THE DAMN ELECTRONIC DEVICES IN THE CAR!

If you are playing by yourself, find a companion. GOLF, although quite a solitary adventure, is meant to be unfolded in the presence of a good understanding friend; one who is equally as frail and struck by the mysteries and wonders of this 'Ball and Stick'.

To have one of those rude electronic alarms interrupt another's concentration, or worse yet, his temporary escape into another world, shows everything other than respect.

It is even worse to have it interrupt your own work of art.

I suppose it is right to admit one's own criteria, tough as it might be? If any of my playing associates or competitors have an armed or live 'Cellular' on the course during play and it goes off, I advise them once to turn it off. If it goes off again the match is concluded! I'm not compromising the true meaning and objective of the 'Game'. 'Golf' was not designed and has not evolved to be interrupted in this manner. 'Mother Nature' has the right to halt action but not humans!

SOLUTION: Book your 'Golf Time OFF'!

You deserve a break today!

A LITTLE RELIEF

1) Our last fight was really my fault. My wife politely asked. "What's on TV?" to which I replied, "Dust!"

2) My brother had a hamster. He took it to the veterinarian. To me that is like bringing a disposable lighter in for repairs!

3) I gave my cat a bath the other day. He just sat there purring. Actually, I think he rather enjoyed it. Wasn't that much fun for me though. His fur kinda stuck to my tongue!

Steve Martin

4) For a while my husband and I had opposing schedules. He worked days and I worked nights. One morning I noticed he had left himself a note on the fridge that said "Stamps". As a helpful surprise, I bought him some at the local post office and put them on the fridge door with one of our decorative magnets. The next morning I found the same note with the word "Stamps" crossed out. Underneath was written "One Million Dollars!"

5) A teacher was giving a lesson on the circulation of blood in the human body. Trying to make the matter clearer, he said, "Now, boys and girls, if I stood on my head the blood, as you know, would rush into it and I should turn red in the face."

"Yes Sir, the students responded,

The ten asked, "Why then, is it that, while I am standing upright in this ordinary position, my blood does not run into my feet?"

A little fellow shouted in response, "Cause yer feets ain't empty!"

6) I was going to buy a copy of 'The Power Of Positive Thinking' but, I took a few moments to think about it and finally decided, "What good would that do?"

7) "Ask a question and you may be a fool for three minutes. Do not ask and you may be a fool for the rest of your life!"

Chinese Proverb

8) "My sister's going to have a baby and I don't know if I am going to be an uncle or an aunt!"

Chuck Nevitt,
North Carolina State

This was the 1982 response during practice of the basketball team junior to Coach Jim Valvano when the coach found him to be really nervous and asked what the problem might be!

9) Two elderly couples were enjoying friendly conversation when one of the men asked the other, "Greg, how was that memory clinic you went to late last month?"

"Outstanding", Greg replied. "They taught us all the latest psychological techniques; 'Visualization', 'Association', 'Pegging', 'Nemonic Ordering', etc. It was great!"

"Wow! What was the name of the clinic?"

Greg went blank. He thought and thought. The pained look on his face was indicative of his frustration and struggle, but he could not remember. Then a smile broke across his face as he asked, "What do you call that flower with the long stem and thorns?"

"You mean a rose?"

"Yes! That's it!", he blurted as he turned to his wife, saying, "Rose, what was the name of that memory clinic?"

10) A lady is having a bad day at the Las Vegas roulette tables. She is down to her last \$50. Exasperated she exclaims out loud, "What rotten luck! What in the world should I do now?"

A man standing next to her suggests, 'I don't know for sure ... why don't you play your age?"

He walks away. Moments later, his attention is grabbed by a great commotion at the roulette table. Maybe she won! He rushes back to the table and pushes his way through the crowd of nosey on-lookers. The lady is lying quite ashen white and unconscious on the floor with the table operator kneeling over her.

The man is stunned! He asks, "What happened? Is she all right? Is she alive?"

The operator, remembering this man, replies, "I don't know for sure. She put all her money on 29 and 36 came up! Then she just passed out and fell to the floor!"

11) 'Don't buy a new putter until you had a chance to throw it a couple of times!'

12) 'I'm in the woods so often I have come to know which plants are edible!'

13) 'Real golfers do not cry over their fourth putts!'

14) 'Golf is a test of your skill over your opponent's luck!'

GOLFERS TEND TO BE HISTORIANS

15) ... so here's a little 'Historical Information' for you!

'In the 16th and 17th centuries everything had to basically be transported any distance by ships. The horse-drawn lawries still had very small capacities. In England, or the British Isles, if you wanted to go very far, you went around by sea.

There was no commercial chemical fertilizer in this era. Manure was well known for its growth promotion! Large shipments were common. It was shipped dry as the wet variety was far too heavy and loose to handle! Sun baked and then transported well done in bales!

Now, once sea water washed the decks and spilled below to the nutritious cargo, the process of fermentation began. A by-product of this process is 'Methane Gas'. So you know what happened. The gas built up in the hold and the first time someone came below with an open-flame lantern, which was all that they had in those days, you know what happened! A violent explosion!

Ships were lost in this manner before the cause was determined!

After the scientific minds set about some solution or prevention, all the bundles of dried 'manure' were stamped with the 'Notice' '**Ship High In Transit**'. This meant the longshoremen would take care to load the bundles high enough above the lower deck floor to prevent their soaking up standing water. The volatile cargo was kept dry and the production of 'Methane' was defused!

Thus evolved the term or acronym '**S.H.I.T.**'

Like throwing '**IT**' against the barn door, it has stuck down through the ages and is often used to this very day!

You probably did not know the true history of this word. Neither did I! always thought it was a 'Golf Term'!

16) While on the subject! You may have heard the term 'SKAT' referring to animal droppings or 'Ship High In Transit'! Where did this term come from? Of interest, in the Greek language the word for 'Feces' or 'Animal Waste' is 'SKATA'. So now you know the rest of the story!

Just a little 'Enclitic' while we are on a roll! A few of you may have heard the term "Cut the B.S!" Where did that originate? From the Greeks again! 'SKATA' plus the word for 'COW' which is 'BOVINE'. So, 'BOVINE SKATA' abbreviated to 'B.S.'.

There is always a background and explanation or just a very light touch of the historical! 'Education Courtesy Of Golf'!

DRIVING PROTOCOLS

The '**5 CONTROLS**' always!

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

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

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

21) Do NOT 'Over Swing' and try to HIT the Ball hard. This is a '**SWINGING ACTION**' with a very strong '**PIVOT**'. It is a 'Free-Wheeling, Slinging of the Lever Assemblies ACTION'.

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

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

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

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

'The HANDS Control the Golf Club'.

'The ARMS Support the Hands'.

'The BODY Transports The Arms'.

So, if you want 'ANY Forward or Backward Horizontal Motion', the Body must create and POWER this '**ROUND AND ROUND MOTION**'. Period! You must effect your Swing with these 'Three Zones' moving in a common 'RPM' through the 'IMPACT Zone'. This is key or you will get too much '**Clubhead LAG**' or not enough which is called '**Throw-Away**'. Both these conditions are created by an

'Excess of Something' ('Lack Of Balance In Components and Procedures') which will show up in your 'Ball Flight' which is the 'Number One Critic of your Golf Swing'!

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

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

2) **WORD OF ADVICE:**

When you are beginning with your 'Golf Journey', when you are in those 'Early Trips', it is a wise decision to use, perhaps only a III Wood (Metal Wood) off the 'Tee Box' as your Driver'. You will benefit from having more 'Loft' to propel the Ball with more optimal 'Spin-Rates'. You want to get the 'Ball into the Air'; 'Get It Up'!

A rough criteria we use in this regard is that, if your 'Clubhead Speed' is less than about 70 mph, use a 16 degree 'Golf Club' which, in today's parlance would be a weak III Wood.

QUESTION:

I hear those 'Good Questions' coming at me! "How in the heck am I to know what 70 mph is? I am not a traffic cop!"

ANSWER:

You will either have to purchase or borrow a 'Clubhead Speed Monitoring Device' (Belltronics Swing Speed Radar Gun) or just know when the Ball is struck with more authority and speed. When your 'Clubhead Speed' and your overall ability is coming along nicely, your 'Golf Ball Flight Shape', on the Vertical and Horizontal Planes', will improve. When you 'FEEL' your 'Ball Flight' is getting too high of a 'Trajectory', it is time to select a 'Less Lofted Club'.

When you are getting stronger and Swinging better, you will

generate more 'Clubhead Speed'. The 'Clubhead' will be moving faster at the 'Moment of IMPACT and Separation'. Your Balls will start going farther. When this occurs, you can graduate to a 'Less Lofted Clubface'.

At about 70-80 mph you might use 12 to 15 degrees of loft or a 'Strong III Wood'.

Later. With more speed and control (80 to 90 mph), start using an 11 to 12 degree Driver (I).

Only when you are striking the Ball very solidly (90 to 100 mph) should you graduate to a Driver of about 10 degrees of Loft. Any less 'Loft' must be guarded.

RECOLLECTIONS

I once had a conversation with a very savvy player friend of mine who is still an influence. We were both mellow, focused and simply honest. The environment was perfect. It was late one dreary drizzly Sunday afternoon just off the grass under the cover of the patio. We could hear the rain on the aluminium awning. There was no wind. It was quite comfortably quiet and warm. The crackling, pitch-smelling fireplace was our primary background. Brandies!

Between us, we agreed that the **'DRIVER MOVE'** might be high-lighted with the following statement:

"While 'Seeing the Ball', take 'IT' out ('One Triangular Piece, Brace HAND to Brace Shoulder') with the relaxed 'Deep, Flat & Wide Brace Hand Controlling FEEL and MOTION to the Top Of The Back Swing' ('TOB'), then, 'Dropping The Lever Assemblies', return it 'From the Ground Up' (HANDS Dropping straight to the Ball ('VRBP #1') , ('Hand Delivery Path'), Brace Leg Driving, Hips 'Lower Body Machine LEADING') with the 'Brace Elbow Snuggling and Lagging Naturally to the Brace Hip', 'HANDS', 'Upper Body Machine LAGGING' Down, Out and Forward' ('DOFT'), then 'Clubhead' completely 'LEG DRIVING THROUGH' the Butt of the Ball to the Target, 'Chasing or Following it to and THROUGH the PIN with some 'Power Still Momentarily On'. Finish Standing Tall on your Target Leg! Breathing Out! Lungs emptying! Eyes focused on the precise Target. ('VRBP #2') Swing Smoothly THROUGH The Ball With Your Legs and Not AT It With Your Hands and Arms!"

I recall this meeting with my good Canadian friend Gordon. If his feet were sound, this 'Old Salt' could really play! I still think this material is relevant and accurate.

It was almost twenty years ago at the 'Marine Drive Golf Course' in Vancouver, Canada; still a colourful hot-bed of 'Grinding Golf' and home to the 'Big-Bertha Bunker'. Their historical clubhouse burned down. They have a very nice new one. You would enjoy the place.

It was always a pleasure just to be there! The quality of the company was a bonus. One day again, soon I hope.

Q9)

Swing Big and Hit Hard.
The Ball Will Come Down Somewhere!

If you do not like where it came down,
Take a Better Picture!

C23]

THE DRIVER

This 'Procedure' is about '**Brace Leg Drive Creating Primary Engine Clubhead Speed**' and '**Lower Body Pivot or Round & Round Dominance**' while 'Sliging The Lever Assemblies Centripedally' around the 'Pivot Axis' 'On Plane' and 'In Time or RPM'. 'Clubface AIM At The Moment Of Separation' is about having a 'GRIP' that is properly applied and aimed. It must be primarily soft before it gets natuarally firm. (see 'Primary Golf Engine')

This is the second 'Simplest' stroke or Swing in your bag, the first absolutely being your 'Putter', as explained.

Another point you may find of interest is the fact that the Driver is the Club that places the 'Least' importance on 'DISTANCE' and perhaps the 'Most' on 'DIRECTION'. How could that be when the whole world watches, breathlessly, the likes of John Daly, Tiger Woods, Jason Zuback, Jack Hamm, Kelly Murray, Kirby Romans, strike Golf Balls routinely into 'Inner Space'. I personally got very excited when I watched one of the nicest fellow I have ever met, (in the list) strike a real Golf Ball just over 425 yards; with a Golf Club and not out of a gun!

Forgetting the importance of the 'Piching Wedge Rule' for a moment; on a long Par 4 of about 450 yards, especially for the average 'Civilian Golfer', what difference does it make whether the Ball flies 220, 230, 240 or 250 yards? It's another shot likely to a 'Lay Up' position. The 'Next Shot' now takes on another perspective. It really has a 'Target' we call a Green or even,

perhaps, a Cup at which we should precisely 'Take Dead AIM'. We even call it by another name; 'The Approach Shot'. If the 'Tee Shot' flies 'Dead Straight', center cut, to 220 yards, the owner still has 230 to go. So, it's a 'Lay Up'.

Now 'Billiards Golf' and that 'Pitching Wedge Rule' carries some importance. This person may want to play a 80 yard #PW to the stick, so now the Math needs to be done. 230 to go, less 80 yards for his favourite wedge 'C.A.D.', leaves $(230 - 80 = 150)$ 150 yards, so he must select a club that can comfortably and reliably reach the 80 yards out point 'Looking At the Cup'. It may be a #5 Iron, but whatever the club, the strike off the 'Tee Box' was really the least important event of this Par 4.

Don't get me wrong, a great Drive sets up the hole both 'Physically nad Mentally'. But, as long as it is 'Straight', you can use whatever club in your bag that enables you to play 'Billiards Golf' and score a PAR.

With your Drive 'DIRECTION' is a more valuable commodity than that sometimes over-rated sister we know as 'DISTANCE'.

'Straight Is Always Cool!' 'THE BALL GOES WHERE YOUR HANDS GO!'

(If you 'Swing Your Hands Down The Middle Of The Fairway',
you cannot Hook or Slice!)

STATE OF MIND:

Learn to '**DRIVE THE BALL**' very reliably. It sets up your long holes and your 'State Of Mind'.

If you disagree and are having trouble with the 'Zero Lofted Stick', it is not the Putter's fault. Persevere!

Now this longest of Golf Tools can and will set the pace of the hole and thus will influence your entire game. It follows great putts and generally sets up wonderful approach shots, neither of which is given their best chance without the solid performance of the 'Big Stick'. This club merits our proper attention; that is an 'In Perspective' focus on the task of driving a 'Golf Ball' as far as personally possible with one powerful blow.....**Straight!** All other clubs in our bag should strike Balls a shorter Distance, all of which should be dead straight as well!

still those

1) **ONLY TWO SWINGS IN OUR BAG:**

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

The driver is always a '**FULL SWING**' (Bottom Top Bottom) and must be executed in total relaxation making the **3 C's** a reality and getting the **2 D's** job done effectively and as precisely as possible under the circumstances and conditions of play.

The task of striking the ball with your driver is one of making a full swinging (and not a HITTING) of the Clubhead in a big circle back, out, up and back down moving the speeding hammer or Clubhead **THROUGH** the butt of the ball. In order to be successful at this 'Driving Task', which drives far too many golfers to destruction or Purgatory, or to constant labour and unnecessary driving range punishment, one must focus on this '**Swinging The Clubhead THROUGH The Ball**' and NOT of HITTING the ball hard as hell.

Remember a good strike is the result of the swinging motion of the Clubhead **THROUGH** the Ball and NOT just getting the Clubhead **ONTO** the Ball. Contact and **IMPACT** is the result of the Clubhead passing **THROUGH** the Ball and not simply making contact. Make sure you strive diligently to move the speeding Clubhead smoothly **THROUGH** the Ball and not just **TO** the Ball. The Clubhead passes **THROUGH** the Ball and does not stop at it like a hammer hitting a wall. The Ball Location is NOT the culmination or termination point of the swing...the Target / Pin / Quarter is this destination; and we should **FEEL** as though our Clubhead is even passing through this point.

'**RHYTHM**' is always seen as a relatively smooth progression. We know our swings should have Rhythm and Timing. Timing is being in the right place at the right time, meaning, in Golf, that our Clubhead makes contact with the Butt of the Ball when everything attached to it and behind it has properly delivered the Clubhead to this small white round intermediate Target.

Sincerely, I want you to **FEEL** the Clubhead not only striking the ball but moving through it and '**Down The Line To And Through The TARGET**' as opposed to thinking the culmination of a great effort is just in meeting or smashing the Ball. Nothing good will come of this '**CRUSH**' approach or mentality so avoid it right from the

beginning. If you are not at the beginning of your GOLF CAREER, alter any FEELINGS of HITTING the BALL right now.

2) **CLUBHEAD SPEED:**

Clubhead Speed will not be generated by the big strong, tight HITTING mentality and approach to striking the 'Little White Ball With The Stick'. Remember FEEL 'OILY' and very smooth, extended and long-armed throughout the entire swinging trip.

3) **SET-UP:**

Feeling 'Inside and Behind' the Ball. If you look at the 'Bottom Inside Cheek' of the Ball (VRBP #1), this Set-Up position will almost be assured.

It will promote a good Inside-Out Clubhead Path which will serve you better than its ugly step-sister, the Outside-In variety.

4) **TRANSPORT TRUCK:**

I would like to compare the driver to a fully-loaded transport truck.

This analogy is in stark contrast to your driver's being a corvette or dragster. The sports-car can accelerate from 0 to 60 in say 200 feet and six seconds. Perhaps your #9 Iron can duplicate this in a 'Punch Shot' task but your 'Transport Truck Driver' simply cannot. A loaded semi requires a third to half a mile to get up to highway speed and so too does your 'Full Swing' driver.

Remember to always complete your Back Swing in the driver. In other words, always have your ' & ' in the 'Trigger Word Sequence' deliberately in place at the T.O.B. so that you know you got this 'Back Swing' completed. The driver is always a 'Full Trip Club'.

Q10)

**You Cannot Make A Full Driver Swing
With Half A Clubhead Trip.
Finish your Back Swing (&) Before Your Front Swing**

Any 'Hitting The Ball Hard As Hell' approach that so often makes up our 'Driver Psychology' makes more Slices than Hooks, but contributes to both. The excessive, wrongly directed POWER applied by the 'Operator' causes the Clubhead to stray 'Off Target Line' or proper improperly timed and executed Clubhead Path and Clubface Aim.

Excessive 'TENSION', that we FEEL when we want to 'Crush the Ball', can create the cast shoulder or the 'Outside In' Clubhead Path with tight-muscles or 'Blocked Hands' resulting in that dreaded 'SLICE'. (Outside-In Path...Open Clubface). Anyone facing a Golf driving wager, without proper muscular discipline, is prone to Tension and the resulting Ball Flight errors. I have made considerable money betting other golfers just one dollar on their ability to strike long and straight with the big stick. The bet makes tension and tension kills a good swing.

If one makes a nice 'Inside Out' swing but with very powerful hands that may be overly-active, especially with slow Hips and a reduced turn and Uncoil, the hands will outrun the hips and close the Clubface Down at 'IMPACT' producing the unpopular 'HOOK'. (Inside-Out Path...Closed Clubface) This 'Hooking' is perhaps looked upon as an improvement over the Slice, but ONLY until you have a bad 'HOOK'. In the bush is in the bush; right or left is generally of little consolation.

Both Slices and Hooks may each terminate off the fairway, not in the 'Short Stuff', of little consequence whether left side or right. Bush is bush!

Become a little more 'Transport Truck' with your long clubs always performing in the 'Full Swing' mode.

5) **FRED COUPLES:**

I believe it was Freddy (if not I apologize) who once said that he would swing his driver FEELING like it was at all time as far away from his chest as he could comfortably keep it. He said this Motion made it 'FEEL' like his Shoulders, Arms, Hands and Golf Club were pulling out of the 'Shoulder Sockets or 'Slinging'. This is a result of the pure 'Centrifugal Motion' and 'Angular Momentum' created by the 'Swinging Motion'.

This means a well-placed Swing or Target Arm, acting very much like

the spoke in an old hay-wagon wheel. It is always the same length and keeps the steel wheel both round and rolling along.

You know, turning, coiling and uncoiling around the '**Tallish CHIN**' and Sternal or Spinal Pivot.

This Motion will 'Sling those '**DEEP FLAT & WIDE**' FEELING Hands around the Stable Centre and create Clubhead Speed applied to the Ball via a speeding Clubhead that is on Path, Square at Impact and Down the Line.

- 6) those
 VISUAL REFERENCE BALANCE POINTS:
 'V.R.B.P. #1 and #2'

Remembering that there are only 'TWO' absolutely physical objects or points in every stroke that matter. Whether we are executing a 2 1/2 foot putt or a 250 yard drive, they both have a Ball and a Target - Quarter - Pin. Point worthy of mention as earlier, there may be a tree in the way. If so, you either fly it dead at the stick or you lay it up. If you choose to lay up, you also select a new Target so pull the stick out of the cup on the green and push it in the ground on the fairway from which you can make a safe and reliable second approach shot.

Seldom would you ever want to throw sense to the wind and try to strike your ball through the tree. Whoever said "Trees are 90% air was full of more than hot air!"

- 7) **THOSE 'CAPTAIN' EYES:**

Let your 'CAPTAIN EYES' do all the work they are intended to do in GOLF.

'Swing The Clubhead' THROUGH the 'Bottom Inside Cheek' of the Ball (#1 Visual Reference Balance Point V.R.B.P.) and make sure you continue to feel like you are '**Throwing The Clubhead Down The Line All The Way To The Target or Pin**'. (#2 Visual Reference Balance Point V.R.B.P.)

This '**Through Swing Feeling**' will go a very long way to reducing your Slices and Hooks in minutes. I assist in solving these 'Purgatories' every day with the help of the person suffering the

punishment or doing the time. I can NOT do it without their cooperation. Once you understand the problem you are MORE than half way there!

8) **THE BOTTOM LINE TO DRIVING A GOLF BALL!**
('Acceleration')

**SWINGING the Clubhead 'T H R O U G H' and not just 'TO'
and certainly not 'AT' the Ball.**

Throughout this book I have made comments about developing and maintaining a '**FREE-WHEELING**' feeling especially with your driver and long clubs. This approach to making the driver work warrants your precise attention.

You must strive to swing the driver head a long way from your Sternum, maintaining good clearance, while, pushing **POWERFULLY** yet smoothly with your Brace Foot in the forward swing segment with, perhaps the greatest foot pressure being applied as your Hands are travelling below your armpits and then past your Hips **THROUGH** the Ball, Down the Line to and through the Target Pin.

In this 'Extended Swinging Motion', keep your Eye on the 'Bottom Inside Cheek' or Butt of the Ball and swing through this point which will generate an 'Inside-Out' Swing or Clubhead Path necessary to move the Ball down the fairway in a straight line.

Remember our '**D.O.F.T.**' Clubhead Path. You should **FEEL** slightly as though you are swinging toward the second baseman's chest or to the 'Low Energy Side' of the fairway and **NOT** strictly right down the middle. We want to 'Sling' the driver head through the 'Bottom Inside Cheek' of the Ball and not allow any 'Pounding It' feel to creep into our efforts. Make sure you **FEEL** like you are accelerating **THROUGH** the Ball producing your greatest Clubhead Speed about 15" to 18" past the tee.

The only reliable part of your body that can drive the Clubhead fully toward the Target is your Brace Foot. Absolutely **FEEL** it working through **IMPACT**. Your 'Brace Foot Pre-load' or striking pressure should **FEEL** like it is moving through your body '**FROM THE GROUND UP**' right to the tips of your Brace Hand Fingers. **FEEL** like the Energy stored in the golf shaft is being delivered out of your

Brace Hand Index Finger as lightning might be discharged from a steel rod.

We used the 'POWER Application Sequence' ('ALSDR') earlier that I term '**PUSH and FIRE**' which means that we generate 'PUSH' early in our forward swing with our Brace Foot and delay the 'HANDS FIRING' until very late in the 'IMPACT and SEPARATION Zone'.

'PUSH EARLY FIRE LATE'
(**'Hit Late'**)

'FROM THE GROUND UP' and **'FROM THE INSIDE OUT'**

Finally, '**Swing the Clubhead T H R O U G H the Bottom Inside Cheek Of The Ball**' and DO NOT HIT or FEEL like you are hitting it. Any sensation of 'Killing It' will produce Tension in your Lever Assembly, Shoulders, Elbows and Wrists and this will cause you grief in the many ways we all have come to know something about, the hard way!

9) **CUTTING OFF THE SUGAR CANE:**

As discussed before, picture your Clubhead as a cutter and the Flagstick as a straight piece of sugar cane. Through your front swing, FEEL like you are 'Cutting Off The Sugar Cane'. This exercise is sourced from your 'Pre-Loaded Brace Foot' where the PUSH assists in Uncoiling those Turned Hips which POWERS those unwinding Shoulders from which flails those two co-operative Lever Assemblies (Arms) ending in Live Navigator Hands which are our only connection to the Golf Club.

10) **RECKLESS ABANDON:**

To a degree, I think that driver swinging motion is a bit of a 'Let It All Hang Out' exercise under a '**Stable Tallish CHIN**'.

Ensure your '5 CONTROLS' are in place.
Swing Big,
Hit Hard Through the Ball
and
Don't Miss the Atlantic Ocean.

'Complete Your Back Swing'
'See The Ball Come Off The Clubhead'
'FEEL the PIN'
'FOLLOW FINISH'
'Breathing Out RELAXED'

11) **A GAME OF EXTREMES:**

As you have heard me say before, this Game of Golf is an exercise in 'Extremes or Opposites'. With this in mind, I want you to consider the following again and, if you think it warrants, find a place to put it in your permanent memory and very approach to 'Swinging The Clubhead'.

The driver is a 'Full Swing' club. So this is a 'Bottom Top Bottom' topic.

12) **FOCAL POINT:**

Where do we focus or on what might we focus to help us accomplish a nice full and complete Golf Swing?

Rather than have your Ball as the 'Big Problem' and becoming 'Ball Bound' as I call it, focus on your 'Follow - Finish' (SS #9 and #10) position and NOT on IMPACT. If IMPACT is our ultimate goal, we may have a tendency to pile every ounce of energy we can muster onto this '6 o'clock, Bottom of Swing Arc' location in the 'Big Circle of Golf' which will not produce the desired results. If you

are very interested in this aspect, you might see the chapter on Slicing called '**It's Been a Slice!**'. The two sections are very inter-related.

With this 'Extremes or Opposites' in mind, our swing trip goes from T.O.B. to T.O.F. as you well know. The Ball Location is right mid-way in the overall 'Clubhead Trip' and NOT at the terminus.

Having 'IMPACT' as your paramount objective is a sure formula for a 'Blocked, Pulled or Sliced' Ball Flight.

Think of the 'End Result' in your Swing and NOT the means (except briefly in practice). To promote this, while standing on the tee-box, mentally play your shot right through to your absolutely completed 'Follow - Finish'. Do not see it as hitting the ball, but getting completed to the T.O.B. and zero energy. Let's focus on a completed job, the results or the '**EFFECT**' and not the '**CAUSE**'.

'VISUALIZE and EVALUATE'. This is 'Pre-SHOT and Post-SHOT ROUTINE', It's primary Golf business. Tend to it! If you do not have a very specific and trusted ROUTINE, design and develop one without any further delay. I might add, you have one. Just get to know it and refine the steps.

EARLY CHILDHOOD:

I have an early childhood tendency to hit hard early in my 'Forward Swing'. This came from not having a teacher within the first two hours of picking up my first club. You want to see a 'Controlled Slice', 160 yards on a rope, turn right 60 degrees, just ask me!

Most Sunday afternoon '19th Holers' are really far too consumed by 'Effect Golf' and far too estranged from 'Cause Golf'. If you want valid long-term improvement you will want to know what the real root problem is before your start tampering with what may be basically a good swing platform. Don't start taking any old medication until you are sure it is headed in the right direction. Being a Golf-Guinea Pig makes little sense to me.

If you are a 'Block-Pull-Slice' tendency, might I suggest that you, in your 'Pre-Shot Routine', do your Tick Tocks with the final one going all the way to your full Follow-Finish position. FEEL it, Lock it in your active memory. Get to it smoothly through your actual swing. You cannot make a full shot driver with a Less-Than-

Full-Swing and, put another way, you cannot produce a full shot distance with less than a full trip.

Tag this FEELing and Concept in your 'Execution Routine' and get to it as smoothly as you can.

Brace Foot driving, good leg-work, swing that Clubhead right through the Ball with your maximum acceleration 15 to 18 inches past the tee. Keep the 'Big Circle' in motion all the way to full Follow - Finish.

Always remember, a Drive is a 'Full Swing - Full Circle' exercise so do not leave the nest part of it, the second half, on the table. Like a hand of cards, play it. The second half of the circle is the most rewarding. Enjoy every inch of it!

Q11)

**"Swing Big, Hit Hard and your Ball will come down somewhere.
If you do not like what you see, Take A Better Picture!"**

Karl M. Fischer

Q12)

"You've just one problem. You are standing too close
to the ball after you've hit it!"

Sam Snead

(to a pupil who hadn't got it
and wondered where it was)

Q13)

"Real golfers, no matter what the provocation,
would never strike a caddie with a driver.
The sand wedge is far more effective!"

perhaps a Caddie's words

C24]

SPLITTING HAIRS and Fairways!

I do not recall where I heard this or who might have originally come up with the notion, but you may find this of interest; at least momentarily entertainng.

To get the absolute best results from your Dirver (Distance and Direction), tee your Ball Up relatively high and '**TILT OR LEAN THE TEE SLIGHTLY FORWARD**' so the Ball can come off the Tee with ever-so-slightly more ease and less resistance!

I knew you would agree with the title 'Splitting Hairs'!

Isn't this the 'Fascination Of Golf'?

Some of the smallest details can become meaningful or important, even if only in our minds.

Little details really do add up to the 'Whole' and matter in the 'Golf Scheme of Things'.

No little item is ever too small to consider, even if very momentarily.

That's the 'Magic' of this silly 'Chasing a Ball with a Curved Stick about in the Thicket and Heather in all the Elements'!

Have FUN!

Q14)

'Learn One Basic Shot' that you can hit under pressure and stick with it. If you have a good basic shot, you will rarely ever have to hit a fancy one!

('Might I Suggest The Punch Shot')

FIVE WAYS TO SHORTEN YOUR DISTANCE

We are assuming that you have pulled a Club that moves the Ball too far for the Distance at hand.

One aspiring to become a 'Player' must be able to reliably strike a 'Golf Ball' to a specific 'Distance and Direction Point' on the course. The 'Short Game' must be very dependable. To control 'Less Than Full Swing Distance' to within '10%' is fundamental. If you have 'Lofty Goals', control your length to a '5% Bracket'. You must be able to make strikes into the 'Fifteen, Ten Foot and Five Foot Circles'. You know which one makes 'Putting' easiest and when you get to this level is quite a matter of intelligent dedication. 'All Golf Is Target Golf'!

1) HERE ARE 'THE 5 WAYS':

[1] DECELERATION:

(A WEAK OPTION? hell it's no option!)

Maintaining your standard '#PW STANCE' and retaining the 'Bottom-Top-Bottom Swing', you can simply reduce your Power, but the risk is 'Deceleration'. This means that your 'Clubhead is not Accelerating Through the Ball'. It may be 'Slowing Down Through IMPACT'. This will produce a huge variation of uncontrolled 'Distance and Direction' and you will not like the results.

You must always be 'Accelerating T H R O U G H the Ball' from the shortest 'Putts' to the longest 'Drives'. Although deceleration might work, it is neither technically correct nor reliable. Save yourself the agony of frustration and defeat!

NEXT

THERE ARE FOUR 'SMART' WAYS TO VARY YOUR LENGTH:

[2] **SELECT THE NEXT 'SHORTER' CLUB IN YOUR BAG.
BIGGER NUMBER AND HIGHER-LOFTED**

(Now that's smart! I knew there was
a reason for carrying all those clubs.)

[3] **NARROW YOUR STANCE**

VARY THE WIDTH OF YOUR STANCE TO CONTROL DISTANCE:

(Reduced Pedestal reduces the length of your 'Swing
Circumference' while maintaining your '**FULL SWING FEEL**')

When you reduce your 'Pedestal', the width that your feet are apart, your 'Swing Length', 'Swing Arc' or the 'Circumference of your Swing Circle' automatically reduces. Simply then, the shorter your Clubhead travels in it's 'Forward Travel Segment' (#1F and #2F), the slower it's 'IMPACT Clubhead Speed' will be. Thus, the 'Ball Flight Speed or Velocity' is accordingly reduced. Thus, the 'Ball Flight Distance' is proportionately reduced by this rudimentary physics. 'Clubhead Speed' ('MIV' with pure 'IMPACT') directly produces 'Distance'.

Stand up right now and 'FEEL' this Physics.



STANCE, Very Narrow
Called a '0-0' Stance



STANCE, Narrow
Called a '4-4' Stance



STANCE, Arm Pit or Hip Width
Target Toe Flared to invite Target Hip Clearing
Very important 'Set-Up Element'

THE PICTURE PUT INTO PRACTICE:

'Set-Up' firstly in your usual 'STANCE' with standard width or distance between your Feet. You will be at your 'CHIN TALLISH' 'IMPACT FIX'. Now move both Feet, the 'Target and then the Brace', two inches closer 'EACH' (about half of one foot width). Take a moment to check where the Ball is. The 'BALL LOCATION' should NOT change markedly from it's adjusted or 'Set-Up Under Clavicle Location'. It should still be relative close to your 'Target Heel'. Now, with your feet narrower and in 'Medium Motion', make what will feel like a 'Full Swing', 'HIP LOADED' snugly at the top.

Make sure you complete your 'Back Swing'. Do a couple of 'TICK TOCKS' and then strike five Balls using this method. Make sure you are 'Comfortable and Free-Wheeling'. Don't swing harder or softer. Swing 'FULL', 'Bottom Top Bottom', your 'Back Swing Target Shoulder' making positive contact with your stable 'Tallish Chin'. Record or monitor the landing place and the yardages. You will find as much as ten yards reduction in Distance for every four inches foot reduction in Stance Width (2" each foot). I call this 'STANCE Adjustment a "22" for obvious reasons.

Depending on original '**STANCE**' (Width & Aim), you should be able to make three reductions to where your heels might be as little as six inches apart at 'Set-Up' (great little finesse position). I prefer that you perfect two 'STANCE Positions' before working on three. As stated, the first is narrower two inches (1/2 foot width) with each foot. The second is four inches (full foot width) with each foot and the third might be 1 1/2 foot widths. Set these up carefully and execute what 'FEELS like Full Swings' until comfortable. Remember, we are working with a 'Full Stance Width' of just outside or under your Shoulders so a 'Three Phase Reduction' of four inches total each reduces your 'Stance Pedestal' some 12 inches. That is a huge reduction considering a man's Shoulder Width may be about 20 inches! 60% reduction is a considerable structural adjustment. The 'Ball Flight' modification will be equally meaningful.

From a width reduction to this third degree, you will find the 'Full Swing FEEL' will hit Balls considerably shorter with much better than 'Full Swing Accuracy'; playing less feel and finesse. This is really quite a safe 'Mechanical Adjustment or Discipline' which will serve you very well indeed once you comprehend and learn the technique. I do NOT think premium 'Short Game' accuracy can be a 'Just Learn the FEEL Stroke'. To accomplish 'Feel Accuracy' to a

'Player Level' takes repetitive 'Mechanics'. Nothing else will get this job done and 'Get Lucky Golf' does not get you into tour money but perhaps once in a lifetime. It's four rounds my friend!

When you narrow your 'STANCE', which shortens your 'Swing Length' 'Reducing your Distance', make sure you do not get 'Mouse-Trappy' or very quick back and through. The Back Swing is always 'Low-Energy' like backing your car out of that garage ... 'Low Throttle'. You '**Cadence is always ONE & THRU**'.

THE 125 YARD PITCHING WEDGE:

(More C.A.D.)

Based on the original '125 yard Pitching Wedge', you will be able to reduce Distance by as much as forty (40) to even fifty (50) yards with reliable Comfort and not sacrifice any accuracy. Most importantly, it is accomplished with a '**FULL SWING FEEL**'. This keeps you out of the 'No Man's Land' as in tennis. 'Reducing your Distance simply by FEEL', or even by the 'Clocking Method' are tasks that you will have to adopt once you have shortened the Distance generated by a reduced 'STANCE'. But think about it, you can get your wedge down to as short as eighty-five (85) yards or less before you attempt the much more nebulous 'Clocking' or the risky 'Simple Feel Methods'.

I am not sure if there is a more accurate Club in your Bag than the 'Full Swing Pitching Wedge'. This 'Procedure' can stay 'Full Swing' accurate from 125 yards down to 85 yards and less with 'STANCE ADJUSTMENT'. That is a powerful 'Weapon in your Golf Arsenal'.

4) **PUTTING DEFINITION TO THIS 'FOOT-WORK':**

As hinted above, using simple numbers will help us keep it simple. From your standard 'Set Point STANCE' for a specific club, (we should really dedicate this adjustment method to our Short or Wedge Game as it belongs in that world), one can call the 'Progressively Narrower STANCE Positions' '**2-2 or 4-4 or 6-6**' depending on the two inch narrowing increments of each stage. To keep it most simple I call it my '**2 or 4 or 6 STANCE**' and this will soon fit into the other 'Distance Reduction Techniques' as you will see.



STANCE 'Width' ADJUSTMENT
22, 44, 66 Progressive Stance Width
This is a 66 STANCE WIDTH
based on the 0-0 Narrow Stance Width
Key Short Game Skills

I want to tell you right now that this process is an 'EARNED

ABILITY' and will not just happen one morning when the Sun is properly aligned with the waning Moon'! You must get the 'Narrowing STANCE Increments' right. It will help if you place a 'Tee In The Ground' in front of each 'SQUARE' toe. Don't 'Open or AIM Your Target Toe' until you have the 'Width' accomplished first. When you work on all of the 'STANCE and ALIGNMENT' issues in one single 'Move' you are at risk.

With the 'Middle Toe Tees' in place at 'Full Stance', put two more in the ground; one on the 'Inside Of Each Foot' and one on the 'Outside Of Each Foot'. Now you have a specific gauge by which to observe, verify and regulate your various positions.

Make five smooth 'Strikes' from each of these 'SET-UPS' to measured stakes in the driving range ground. Record the results. You will soon realize the specific results. Soon thereafter you will also also learn to appreciate this new ability!

[4] **GRIP**

SHORTEN YOUR GRIP: GRIPPING DOWN ON THE HANDLE:

When you 'Shorten The Swing Radius' you also 'Reduce the Clubhead Travel Distance' which directly reduces your 'Clubhead Speed' which directly reduces your 'Distance'. 'Physics and Mechanics'!

'Shortening The Grip Reduces Leverage'.

This is my 'Fourth Element for Reducing Distance' and I suggest that you shorten your 'GRIP' in 'One Inch Increments' for Consistency and do so '**To A Maximum Of Three Inches**'. Two is better otherwise your 'Swing Radius' will become too short and the Club 'Swing Weight' will be effectively reduced to a point where you may not be able to 'FEEL the Swing Weight' in Balance. Also, if you shorten beyond 2" or 3" your 'Net Effective Clubhead Lie Angle' will become too 'Toe Down'; not generally beneficial. Your 'Brace Index Finger' should not be on the bare shaft.

With too short a 'GRIP', your 'FEEL' will be negatively effected

and you will find your 'Clubhead PATH's' being a little too close to your 'FEET'. Again, this will create a 'TOE DOWN or FLAT LIE ANGLE' in your Clubhead which will in-turn cause your toe to strike the ground before the heel tending to 'OPEN YOUR CLUBFACE Through IMPACT'. The Ball will then naturally have a tendency to fly to the 'Low Energy Side of the Fairway'.

5) **PUTTING A NAME TO THIS 'HANDI-WORK':**

Consistent with the above Foot-Work, '**PAINT BY NUMBERS**'! If you 'Grip Down or Shorten your GRIP' by one inch, call it a '**1**'. If you shorten by two inches, call it a '**2**' etc. My kind of numbers!

'SMALL'

Remember, we are always intending to keep these skills in a 'Check-List Format' so we can recall them in the 'Heat of Battle'! You will see what I mean shortly.



Shortening Your Brace GRIP



Shortening your Target Grip
Tight Grip Pressure, Yellow Finger Nails

[5] **BODY CLOCKING**

VARY LENGTH OF YOUR SWING ARC TO CONTROL DISTANCE:

(This **'BHTD'** directly controls Clubhead Speed)

How do we do this reliably and consistently? Same old questions, RIGHT? Any swing or hit, as long as it repeats itself over and over under pressure and puts the Ball where you want it to go, is a great asset !

Look at yourself as a clock. In your 'Back Swing', when your 'Primary Lever Assembly' is horizontal to the floor, you are at '9 o'clock'; a little lower is '07:30 o'clock'; a little higher is '10:30 o'clock' and so on. If you can 'Groove This CLOCKING FEEL' you can make firm, consistent shots from each 'Time Point' and by doing so reduce your 'Swing Length' and thus your 'Clubhead Speed' which will thus reduce your 'Distance'. You make these 'Clocking Moves' with your 'Brace Hand' so practise the 'Actions' until you get them precise. Otherwise your 'Distance' and Control' will be unreliable.

Getting this right will take some work and discipline, but when done, it will serve you well. This 'Short Game' is 'Feel Shot Territory' that has to be earned and not guessed at.

6) **PUTTING A NAME TO THIS CLOCK-WORK:**

A simple task indeed! When you take your 'HANDS in the Back Swing' to '09:00 o'clock' call it a **'9'** (Arm Pit). When you take your HANDS to the '07:30 o'clock' position call it an **'7'** (Thigh). '08:00 o'clock' or **'8'** is Hip. '10:30 o'clock' or **'10'** is almost a 'Full Swing'. **'11 or 12'** is 'Full Swing' depending on your flexibility and 'Pre-Selected Range Of Motion' (ROM). EASY! Right? I really utilize two basic 'Short Game Clocking Positions' (Thigh and Arm Pit) more than others. More **'BODY CLOCKING'** later.

If you are anxious to learn more sooner, turn to your 'Friendly Tour-Guide INDEX' and 'Surf This Collection Of Books'! Might I suggest that you look under 'Short Game', 'Specialty Shots' and, believe it or not, 'Clocking' and 'Body Clocking'!

Stay with this material until you 'Get a Handle on It'. 'Master the Concept and Skill'. It is worth every minute you invest and will reward you for years to come, where it counts, inside your 'Full

Swing Pitching Wedge'; in your 'Short Game'.

"Wow, can that fellow ever find the hole when he is close!"

7) **SUMMARY:**

In summary, I feel the proper order for this 'Shortening of Your Ball Flight' should be as follows:

Using **'FULL SWING FEEL'**

1) **SELECT ANOTHER CLUB**

2) **NARROW YOUR PEDESTAL
(STANCE)**

Using **'FULL SWING FEEL'**

3) **SHORTEN YOUR GRIP**

Using **'LESS THAN FULL SWING'**

4) **CLOCKING**
(with full and then shortened grip)

'WEAKEST NON OPTION'

Using **'FULL or LESS THAN FULL SWING'**

5) REDUCING YOUR POWER
(DECELERATION IS A NO NO)

Now
A SYSTEM FOR YOU!

- 8) **BY THE NUMBERS:**
(like painting, works of a master, but with less talent)

Put it all together in a simple formula or sequence that makes sense, something we can put into use on the course with ease and reliably to accomplish 'Consistent Accuracy'.

Let us consider a Pitching Wedge that must make the Ball fly considerably shorter than our 'FULL SWING' optimal Distance. Mine is very 'Confidently, Comfortably and Consistently' '125 to 130 yards at sea level'. (Standard Adiabatic Lapse Rate) Yours may vary but the 'Principle and Practise' is the same.

Let us see what happens when we employ all 'THREE' of the separate techniques '**STANCE, GRIP and CLOCKING**'.

Let me narrow my '**STANCE**' by '2 inches in the Target and the Brace Feet'. I call it '**2 + 2**' or just simply '**2**'.

Let me shorten my '**GRIP**' by one inch which I call a '**1**'.

Let me make my Low-Energy, '**CLOCKING**' SWEEP DEEP FLAT and WIDE, FLOATING UP, 'Back Swing' to the '09:00 o'clock 'HANDS FEEL' Position', which I quite understandably call a '**9**'.

- 9) **PUT IT ALL TOGETHER 'BY THE NUMBERS':**
 ('Body Clocking Later')

This 'SHORT GAME Wedge Shot Performance' is numerically labelled as explained

'2...1...9'

and when we '555 GOLF' teaching professionals or our converts to this method employ it, we actually call it a **"219 Pitching Wedge"**. I want to tell you, when your caddie calls out a '219 Wedge' you are going to raise some eyebrows. Don't explain!

Makes good sense to me !

You might find this daunting at first, but just think about the soon-to-be-gained length accuracy through **'SIMPLE SHORT SWING CONTROLS'**, that must always be supported by the **'5 CONTROLS'** I am always harping on. Good teachers are persistent because they know what waits at the end of the tunnel. (other than a head-light attached to a speeding train!) Good discipline supports good results.

Give me a **'219 Pitching Wedge Dead At The Stick'** my friend!

- 10) **PUTTING THE NUMBERS TO USE:**

Let's give ourselves a challenge or actual Golfing task to attempt with this new system of distance modification:

FROM A PERSONAL PERSPECTIVE:

I would like to strike my 'Pitching Wedge' about ten (10) yards shorter than my 'Optimal Performance Distance' which is approximately 125 yards this day with this set. If I 'Narrow My STANCE' two inches with each foot, I reduce the yardage by about five yards for each two inches reduction in 'STANCE' width. Therefore, if I adjust overall four (4) inches narrower, I should reduce my striking distance by about ten (10) yards.

To accomplish this '10 Yard Shorter' task, I would call my 'Set-Up' adjustment numerically as above explained a **'2...0...F'** which means I have adjusted my feet or 'STANCE' narrower by two (2) inches each

side (half a shoe width) while neither altering my 'GRIP' nor the length of my swing by 'CLOCKING'. Remember that this 'CLOCKING' adjusts the 'FULL SWING' from 'FULL to LESS THAN FULL'. All I have done is reduce my 'STANCE' Width, a purely mechanical 'Set-Up' adjustment, NOT a FEEL exercise as yet. 'CLOCKING' is a 'FEEL Exercise'.

If you want to reduce your 'Optimal Performance Distance' without altering your basic Swing discipline, ie. Full Swing with acceleration, start by narrowing your STANCE and then by shortening your GRIP while FEELING 'Full Swing'. It is likely that a '2...0...F' will reel in 10 yards; that a '4...0...F' will reel in 20 yards and that shortening your 'GRIP' will even bring your shot Distance 'closer to your bag'.

11) **THE PIECES ALL IN A STRING:**
 like those 'Rosary Beads'

 the ' 4...2...9 ' SWING

If you can remember the meaning this number sequence, you will always have the ability to better Control you shorter than Full Swing shots. You will score better and make more money. Your GOLFING rewards will increase in whatever form you so desire. When you say '4...2...9', you will immediately recall the discipline of 'Four Inches Narrower STANCE With Each Foot' (Ball Location is quite Fixed Clavicle) then 'Two One Inch Increments Shortened Grip' and a 'One-Piece Take Away, DEEP, FLAT & WIDE, On Target Line With Your Hands FEELING the '9 o'clock or Arm Pit Position Or Body Clock' with good comfortable 'Wrist Cock' and 'Brace Foot Pre-Load' ready to smoothly transition to the controlled forward swing to and THROUGH IMPACT, 'BALL-PIN', 'FOLLOW-FINISH' 'Tallish' and 'RELAXED'.

12) **BASICS, BASICS, BASICS:**

We have discussed that there are only two (2) swing in our bags as you will remember. They are the 'FULL' or 'Bottom Top Bottom' and the 'LESS THAN FULL' which is anything other than full.

Set up some situations that suit your needs and try them until they

become familiar, you become CONFIDENT, the swing becomes COMFORTABLE and CONSISTENT. **'BE PATIENT! Stick to Basics.** This is a GOLF JOURNEY in which the **'4...2...9'** stuff is like a single trip. Don't over-work or force the exercise as you want it to be natural as soon as possible. Remember, the **'STANCE' and the 'GRIP' aspects are simply 'SET-UP Mechanical' and 'NOT FEEL'**. The 'Clocking' is the 'FEEL and EXECUTION' aspect and 'One Good Feel' is enough to handle at one time!

In this process you will discover the 'Distance and Trajectory' of each special **'NUMBER'** Set-Up, thus requiring further **'CALIBRATING YOUR BAG'** beyond the standard reliable 'Full Swing'. You are adding some very important repertoire to your arsenal of tricks and weapons. You will enjoy **'Working The Ball From Inside Your Full Swing Pitching Wedge'**, perhaps for the first time in your Golf career.

New skills are really exciting!

Practise smart and earn it!

13) **THE WHOLE PICTURE:**
(possibly!)

Please do not lose sight of the fact that this is an exercise in adjusting our 'Optimal Performance Distance' by **'SIMPLE MECHANICAL MEANS'** as opposed to by the less reliable 'Hail Mary', 'Hope This Works' or 'Something Like This Should Do It' method. How many times have you heard good golfers say **"Gads, I've Lost My 'FEEL' And My 'Short Game' Has Gone To Hell!"**

What would it take for you to develop a 'Pitching Wedge Swing' that will deliver a Golf Ball 55 yards, plus or minus 5.5 yards, nine out of ten times, under pressure? That is called a **'10% Error Index'** which is about half as good as required to win on Tour! Being within 2.75 yards (8.25 feet) in a 55 yard shot will test your metal and make you money!

But, earning this ability will make you 'FEEL' like a champion. Being within a **'5% Error Index'** is championship stuff!

14) **THE SYSTEM:**

The following striking progression is based on my Pitching Wedge with an 'Optimal Performance Distance' ('**O.P.D.**') of 125 yards for say my Rifle steel shafted clubs in Canada. My filament-wound graphite shafted set in Phoenix, Arizona has a 135 yard #PW and I know this because I have calibrated them. As I told you, I remember what the calibration is because I 'felt penned' the number 130 (average #PW Distance) on the back of my U.S.G.A. bag tag.

These are personal numbers which will certainly vary for your game.

How I have made the mechanical '**STANCE-GRIP-CLOCKING**' work for me. You may find this over-kill but give it some attention! You do not have to adopt all of it you know!

STANCE ADJUSTED

i)	Full Swing Wedge, mid power, '0'...0...Full	125 yds
ii)	Full Swing Wedge, mid power, '2'...0...Full	115 yds
iii)	Full Swing Wedge, mid power, '4'...0...Full	105 yds
iv)	Full Swing Wedge, mid power, '6'...0...Full	95 yds

GRIP ADJUSTED

v)	Full Swing Wedge, mid power, 4... '1' ...F	100 yds
vi)	Full Swing Wedge, mid Power, 4... '2' ...F	95 yds
vii)	Full Swing Wedge, mid power, 4... '3' ...F	85 yds

CLOCK ADJUSTED

(Less Than Full Swing)

viii)	#PW, mid power, 4...2... '11'	85 yds
ix)	#PW, mid power, 4...2... '10'	70 yds
x)	#PW, mid power, 4...2... '9'	55 yds
xi)	#PW, mid power, 4...2... '8'	35 yds
xii)	#PW, mid power, 4...2... '7'	15 yds
		or less

Please note that all these numbers are affected by the course and atmospheric conditions, especially the texture, length and moisture content of the grass. I call this 'Evaluating the Environment'. You will learn to treat this earned talent and skill as you do your putting ability. It's a real learned skill.

Once you have earned this ability, using my method or one of your own, you will be able to make some very rewarding shots. Notice above that I can, using my most reliable Full Swing, and by ONLY mechanically adjusting the 'STANCE and GRIP', reduce my 'Pitching Wedge Distance' from the 'O.P.D.' of 125 yards all the way down to 95 yards. What a wonderful benefit.

Applying 'FEEL By The Numbers', which is quite more reliable than a lot of those 'Hail Mary' methods I have seen daily, I can now reliably reduce my 'Pitching Wedge Distance' by an additional

'80 YARDS'!

This means I can use my 'Pitching Wedge' from 125 yards in, (squeezed to 130 if necessary), with 'Confidence and Control'.

15) **FRINGE & IN PUTTING STROKE:**

You also know by our discussions here that any place around the apron or fringe of the green, I generally might still use my Pitching Wedge to advance the Ball but by using purely a '**Putting Stroke With A Putting Grip**' which as you know, produces a 'Putt With A Hop In It'. If you want to control the amount of Hop, distance in the air, '**Air Time (Flight) vs. Ground Time (Roll)**', use your #7, #8, #9, #PW or #SW. Generally, get that ball on the ground rolling safely like a putt as soon as possible.

Our following 'Specialty Shot' chapter deals with this 'Short Game' material in more detail.

I hope this insight helps.

Remember, you have to 'Calibrate Your Own Bag'. I am not you. My numbers above may not work for you.

The announcer at a recent tournament informed us that Tiger Woods struck a '6" Deep Rough Shot' **184 Yards!** ... with his #PW!

I am always slightly dubious of the 'Club Call' as he hit a #8 Iron 185 yards two holes later.

You and I know there are 'Variables' but a '184 yard #PW out of 6" moist Deep Rough' tests my fantasy! My biggest 'Clean Lie #PW' went 160 when I was 'yonger and ate 2X4's for breakfast'! Tiger is about that capability above the field so I continue to be amazed weekly. Boy! Has he ever stimulated the 'Event We Call Golf!

And I want to tell you that the pack behind him is going to have to turn it up a few notches. It is going to take the field six months to respond and another six months to give Tiger a weekly match. But it shall happen! He will be beaten regularly once the 'Sleeping Lions Awake' realizing that all their 'Lionesses' are at risk along with their 'Pride'! (pun intended) We know those 'Lion's Names' and I can tell you several more in the wings sharpening their claws and honing their hunting skills! The real winner in this scenario is we the viewers. Ready yourself for a great ride!

Q15)

"My best score ever is 103,
but then I've only been playing 15 years."

Alex Karras
(Detroit Lions football)

SHORTENING YOUR DISTANCE PUT ANOTHER WAY:

- 16) **PUTTING THESE '5 METHODS' TO USE:**
(using a mid iron as well)

An Enjoyable Exercise:

the **'ONE CLUB ONLY ROUND'**

Objective: Resourceful
Innovative
Creative
Imaginative

PRACTICE ...

Consider the course you have selected as the challenge. Ponder length, general layout, the trouble quotient, your state of mind, the competition, your strong and weak points and about everything you might feel worthy of a moment of your time before going off to the battlefield 'lightly armed'. (You might want to have on your fast shoes and some camouflage to avoid flack potential)

Make your Club Selection.

"#5 Iron". I can adjust 'Ball Position In Stance' one Ball back to deloft the #5 to a #3 as well as move the Ball forward to make the iron an over-length #7 Iron; not a bad artillery selection!

So I can work the Ball comfortably from 160 yards out to 200 yards with 'Full Swings' and then improvise inside 160 yards.

What about inside 160 yards?

A little talented reduction of yardage ('Distance Control') Can be accomplished by 'THREE Basic Adjustment Methods'. Actually there are five and the two (2) missing options in this exercise are to

'Select Another Club' which is the '**PRIMARY METHOD**'. 'Decelerating the Clubhead' works but it is a 'No No'! You can 'Shorten Your Distance' as follows:

REDUCING BRACE LEG DRIVE REDUCES CLUBHEAD SPEED:

You notice we have already 'Selected The Correct' or 'Optimal Golf Club' (Component) for the 'Pre-Selected Procedure'. This is a matter of 'Course Management' and good 'ROUTINE'.

1) '**REDUCING APPLIED POWER**' ('Reduce PIVOT Pressure and Speed', 'Reduced Brace Foot PreLOAD' and 'Reduced Brace Leg Drive'), Swinging easier (but NOT Decelerating), is one method of reducing Distance but I think it is the least reliable method of adjustment and would not generally recommend it. This method has a tendency to cause 'Deceleration' before or during 'IMPACT' which is simply quite unacceptable. One must 'ALWAYS Accelerate' through the Ball even in the most delicate and shortest of putts.

I think you can easily adjust 'Lower Body Machine POWER or THRUST' (Less Brace Leg Drive) plus or minus five yards in a 'FULL SWING' #7 Iron as well as in a #3 Iron. Again, 'Reducing Applied POWER' is NOT 'Deceleration'. All Golf Shots or Strokes are made 'Accelerating'. This absolutely includes 'Putting'.

SECONDARY METHODS OF REDUCING CLUBHEAD SPEED:

2) '**NARROWING THE STANCE PEDESTAL**' to reduce the 'Swing Arc' which reduces 'Swing Duration and Clubhead Travel Distance' ('Circumference') and thus 'Clubhead Speed' and thus 'Distance',

3) '**SHORTENING THE GRIP**' to reduce 'Swing Radius' and thus 'Clubhead Speed' and therefore 'Distance', and finally

4) '**CLOCKING**' which is the third method of controlling 'Clubhead Speed' through reduced 'Swing Arc or Clubhead Travel Distance' and 'Swing Duration' thus reducing 'Distance'.

- 17) **BODY PARTS CLOCKING:**
(the simplest form of 'Energy Control')

We absolutely need a '**Systematic Approach To Distance Control**'!

This is a very fresh and useful method of 'Controlling Your Hand Travel Distance' that I prefer. It is certainly a version of the 'Time Piece' but may be easier to comprehend. I have had a lot of students ask me several times to redress the 'Time Piece Method'. **"Which is the '09:00 and the 03:00' positions? I am still a little confused. Heck, I don't even really know where 09 o'clock is!"**

This technique eliminates the necessity to tell time! Besides how many spouses have accused each one of us of not being able to tell time when we come home a little late from the links? I think some of us have an inherent inability to actually tell time! 'Body Parts Clocking' in the 'Great Game Of Golf' is our out! It is a universal solution too!

Your 'BODY PARTS CLOCK' is simply 'THIGH', 'HIP', 'LOWER RIB CAGE', 'ARM PIT' or 'Brace Shoulder'. You do NOT need more than five! Remember, one of the 'Constants' in this 'Variable CLOCKING Exercise' is that one must always 'Accelerate' through the 'Golf Ball' and NOT 'Decelerate'. As the 'Clocking' reduces the 'Swing Arc and Duration', one may 'FEEL' as though there is some 'PUNCHING' action developing through the 'IMPACT ZONE'. That's because there may well be.

It will be useful to be aware of and perhaps use the '**THREE BRACE FOOT PRESSURES**' a well. They are 1)Light, 2) Regular and 3)Firm, just like 'Graphite Shaft Flexes'! 'Brace Foot Pressure' 'POWERS the PIVOT' and modulates 'Clubhead Speed'. 'Step On The Throttle' is a '**Mind Picture**' that works for me! You will recall or learn that, with the '**SHORT GAME GRID**' we used two 'ACTIONS', '**DROP**' with no 'Brace Foot PreLOAD and Leg Drive' and '**DROP THRUST**' which utilizes 'Leg Drive'.

Once you master this 'Body Parts Clocking Technique', make sure you complete your 'GRID' and 'Calibrate Your BAG'! You have got to know two things to become a great 'Short Game Guru', 1)Accurate Distances Ball to Target and 2)What Club to pull! 'Clocking' takes care of the 'Swing'.

18) **PUTTING WITH THE #5 IRON:**
(necessary in the 'One Clubber')

I almost forgot to mention this miniature / micro driving stroke so necessary to play the 'Great Game of Golf'and you noticed !

Well all you have to do to putt with your #5 IRON is to set up as though you were making a normal Putt, 'POSTURE, GRIP, STANCE, BALL LOCATION and ALIGNMENT'. Follow your well developed 'ROUTINE' to the letter.

Now just before you 'Pull the Trigger' or 'Take the Clubhead Away' 'Shorten your GRIP' 3/4 of an inch, set your 'CHIN normally Tallish' and gently lift the Clubhead Sole 3/4 of an inch up off the 'Putting Surface'. Now make your normal great stroke through the 'Butt of the Ball'. You have to 'Putt Thin With a Lofted Iron'.

You will, of course, 'Strike the Ball with the 'Leading Edge' of the #5 Iron' contacting at the 'Equator' or fully '**THIN**' which will create a zero loft situation, cause '**NO LIFT**' and make the Ball 'Roll on Line to the Bottom of the Cup'. **You can also even 'SLIGHTLY TOP The BALL' to guarantee 'Over Spin and Roll'.**

So now you have the 'Rest of the Story' !

Have Fun.

19) **NOT MOUSETRAPPY:**

Avoid getting too 'QUICK' or what I call 'MOUSETRAPPY' in your short stroke 'Tempo and Rhythm'. Just like in your 'Putting Drills', keep your '**Motions ONE & THRU Smooth**'.

It is my opinion that the 'Back Swing' in all the short game shots is still very 'Low Energy' (just enough THROTTLE or power to SWEEP the Clubhead back and float it up to your T.O.B. (Top of Backswing), or 'Clocking Point' which, of course includes even an '8 o'clock Swing'. Once at the 'T.O.B.' let the 'Forward Swing' commence by allowing 'Gravity' to start the 'Lever Assemblies dropping 'DOWN' directly to the Ground' before you apply the progressive and smooth 'OUT and FORWARD' firing action. Remember, the 'Full Swinging Motion' is 'D.O.F.T.' (Down Out Forward and

Through) and even in the micro stroke area, this 'Clubhead Swing Profile or Path' persists but to a lesser degree.

Except for very specialized shots or strokes, your basic 'Swing Mechanics and FEEL' should serve your needs from the full driver right down to those strokes around the apron which, as I explained, then become putting strokes with various club selection to satisfy 'Air Time vs. Ground Time'.

The 'Laws of Physics' never fail. The pendulum moves precisely the same in short swings as it does in longer travel. Work on making your 'Golf Swing Trip' slightly more 'Newtonian' every opportunity. Your 'Golf Journey' will then never get far off course and the many Trips will become enjoyable parts of the whole.

There will be questions, so make sure you contact our staff directly if you feel the need.

20) **ACCELERATION & DECELERATION:**

I was just asked by a customer over our 'Toll Free Service Line' a question regarding her 'Inability' to 'Control her DISTANCE and Ball Flight Shape'. Gloria was struggling to produce reliable 'Short Game Shots' over an extended period of time. I have heard the story before!

The 'KEY' to her 'Acceleration-Deceleration **PROBLEM**' is firstly '**VISUALIZATION**' or creating a 'Mental Picture' to be artfully 'Painted On The Big Green Canvas' we have come to know as the Links or Golf Course. If we do not have the properly developed 'Mental Vision' of what we want to accomplish, it is highly unlikely we will get the job done with a Golf Club and Ball.

The 'Key' to Gloria's '**SOLUTION**' then is to 'Select the Correct Club to produce her Mental Image'. She needs the proper 'COMPONENTS and PROCEDURES'; the 'Tools, Body Parts and the Motions' put together in the right 'Sequence and Timing with good Tempo'. Choose the Clubhead that will produce your Pre-Selected Ball Flight Shape (Trajectory), Path (Direction) and Length (Distance). Not allowing any adjustments divergent from 'Full Swing', we are now capable of striking the 'Little White Ball' from 350 to 200 yards with our Drivers down to approximately 110 to 60 yards with our Sand Wedge.

After this 'Full Swing Environment' we necessarily have to venture into the 'Less-Than-Full Swing' territory. This is a fun and very rewarding place to be. It is where we learn to skillfully and wisely 'Adjust The ENERGY Level or Content of each Shot'. ENERGY is transferred from the 'Speeding Clubhead MASS or INERTIA' to the passively-waiting Ball. Not a 'Rocket Science' task or challenge by any means. So let's always strive to keep it simple!

21) **BALL FLIGHT SHAPE:**

We know that the Ball travels in a 'Three Dimensional Space' including combinations that are 1) **DISTANCE**, 2) **DIRECTION** and 3) **TRAJECTORY** (height or elevation).

I do not want to further address 1) '**DISTANCE**' as it is a pure function of 'Clubhead Speed and Pure IMPACT' (Optimal IMPACT or Percussion Area 'O.P.A.').

I do not want to further address 2) '**DIRECTION**' as it is a relatively simple matter of 'Clubface AIM and Clubhead PATH' tempered by O.P.A. (Sweet Spot)

I want here to deal specifically with 3) '**TRAJECTORY**' as it is a relatively easily understood function of only a few 'Conditions' which we have come to know as 'Components and Procedures'.

Trajectory is primarily accomplished by;

 '**CLUB SELECTION**' ('Component')

This topic is then broken down into six more categories;

a) '**LOFT**' (Component) is the 'Angle' that the Clubface makes to two important reference or DATUM Planes; the 'Plumb Line Shaft' and the 'Horizontal or Level Earth'. If we do not 'PreSet any Forward Press or Forward Lean or Slope to the Shaft, in other words it is 'Pirpendicular to Mother Earth', the '**LOFT**' performs as the factory intended when it cast of forged the Golf Head.



Loft

b) '**LAUNCH ANGLE**' (Result of Component and Procedure)
If the 'Pitching Wedge' has 48 degrees of Loft and the Clubhead PATH is 'LEVEL', the Ball will have a 'Launch Angle' of 48 degrees to 'Horizontal'. This assumes some relatively standard 'Spin Rates' on both the X and Y Axes which, for this discussion, we will assume are absolutely standard. No tricks. So do not throw 'Red Herrings' into the arena. This is not a 'Jousting of the Minds'. It is simply a revealing of some very basic Physical functions.



Launch Angle

c) '**BALL LOCATION**' (Component) must be 'Optimized' for the properly 'Timed' IMPACT and Separation.

d) '**ANGLE OF ATTACK**' (result of Component & Procedure) of the Clubhead both away from the Ball (Back Swing) and returning to it on the Front Swing. If we were to make our 'Back Swing and Front Swing on a 'Railway Rail' (always in contact with the Rail) that is 'Rail Level to a Level Earth' and do so with a purely 'Parallel or Square Clubhead PATH', we would impart 'Zero Side-Spin' (X Axis) and a substantial amount of 'Under-Spin' (Y

Axis). The Ball would 'Launch' at the 'LOFT Angle' affected by the 'Vertical or Y Axis Spin Rate'. The Ball would 'Climb' on a nice standard 'Trajectory'. Its 'Ball Flight Shape' would be as 'Pre-Selected'.

If our Clubhead were to be taken away at a 'Positive Climb Angle or Slope', 'Ascending or Climbing' and, after completing it 'Pre-Selected Back Swing Length', return to the Ball on the same 'SLOPE' but now 'Descending', the 'Contact' of the Clubface to the Butt of the Ball would be a different situation.

If the 'Back Swing Slope' were say 30 degrees positive to Horizontal, then our 'Net LOFT at IMPACT and Separation' will be increased. The MATH is #PW Loft 48 degrees plus the 'Angle of Attack' of 30 degrees = 78 degrees 'Net Effective Loft'. So, in this situation, the 'Launch Angle' will be higher than were we to 'Sweep the Sole of the Clubhead along the Rail'. Then, of course, our 'Ball Flight Shape' varies due to the 'Pre-Selected Procedure' (Angle Of Attack). The absolutely 'Level or Horizontal 'Angle of Attack' will produce a considerably 'Lower or shallower Trajectory'.

So you can now see that, by altering our 'Pre-Selected Take Away Procedures, Steeper than Shallower 'Angle of Attack', our 'Launch Angle, '**SPIN RATE**' and 'Trajectory' vary.



Angle Of Attack
Works Both Directions

e) **'WRIST POSITIONS and HAND ACTIONS'** (Component and Procedure) also directly affect the **'Clubface Net Effective Loft at Separation'** as well as the **'Club-Face AIM'** and **'Launch Angle'** of the Ball. Of course, we know we must religiously **'SET-UP'** and Maintain that imperative **'FLAT TARGET WRIST'** throughout the entire Back and Front Swings. If we can do so, we will not experience any **'Clubface LOFT and AIM Variables'** that can and do alter the **'IMPACT Conditions'** severely. IF we **'Flip Our Target Wrist'** and allow it to **'BEND'** prior to or Through the **'IMPACT Zone'** the Clubhead will **'PASS'** the Target Hand and we will find out what **'Clubhead Throw-Away'**, **'Deceleration'**, **'ENERGY Decay'** and a whole host of other bad things are. You know that once our **'TRIPLE LEVER, SINGLE ACTION'** **'Brace Lever Assembly'** becomes **'IN LINE'** or straight, no **'COCK'** in either the Shoulder, Elbow or Wrist, the **ENERGY** is **'SPENT'** and the Clubhead is slowing down. When we alter this **'Wrist Hinge Position and Action'** we can alter the **'Net Launch Angle and Resultant Spin-Rate'** which directly affects **'Trajectory'** or the **'Ball Flight Shape'**.



Solid Wrist Hinge Position No Throw-Away



Bent Target Wrist 'Throw-Away'... Bent Flat & Bowed
In this very weak configuration, you have really
lost control of your Clubhead and are unable to
accomplish 'Compression and Line Of Compression'.
You cannot Deliver and Release what you do not have
In the first place!

So what is the 'Bottom Line' here with 'Ball Flight Shape'?

You want to strive diligently to 'NOT INTERFERE' with the 'Factory or Clubhead's ability to create the 'Ball Flight Shape'.

To behave yourself in this regard, you should not overdo your 'Pre-Selection of either Components or Procedures'. Your 'TOOL Selection' takes care of the 'LOFT' Component. In other words, thereafter, to accomplish the 'Pre-Selected LAUNCH ANGLE or TRAJECTORY with the correct DISTANCE and DIRECTION, we must **'MAINTAIN A FLAT TARGET WRIST'** which must be 'Stable' in all its ACTIONS; we must maintain 'Clubhead LAG Pressure and Shaft Plane'; we must **'Not PreSet or utilize too 'Steep of an Angle Of Attack'**; we must 'SET-UP' our **'BALL LOCATION'** in the 'Optimal Ball Location' (O.B.L.) and use the **'3 Rs; 'RELAX, ROUTINE, REPEAT'**. Not much more to **'IT'** !

22) **MY BOTTOM LINE TO 'BALL FLIGHT SHAPE':**

The 'Bottom Line' is truly 'SET-UP' and controlling 'Spin Rate'.

The 'GOLF SWING' is made **'FROM THE GROUND UP'** and **'FROM THE INSIDE-OUT'** which is the 'Secret to the Mystery'.

'Stage One' is 'No Wrist Cock' and 'No PIVOT'.

'Stage Two' has 'Wrist Cock' but 'No PIVOT'.

'Stage Three Swing Procedures' have both 'Wrist Cock and PIVOT'.

When we are into 'Stage Three Procedures' such as the Full and Less-Than-Full Swing 'PITCHES' we must allow our 'LOWER BODY MACHINE' (LBM) to POWER the 'UPPER BODY MACHINE' (UBM). We must not only allow our 'PIVOT to POWER' or **'Transport 'LEVER ASSEMBLIES' And The Clubhead Horizontally'** we must 'FEEL the Brace Leg Drive' doing the WORK and being the 'Dominant AGENT of FORCE'.

I have learned the hard way that very reliably 'Repeated' near perfect 'Short Game Shots', until they shorten to 'Mid-Range CHIPS' are and FEEL like 'PIVOT Generated Cut-Shots' executed by the 'Big Muscles' of the 'LBM'. My Hands are very soft and sensitive. They are well trained and disciplined. But I never plan to 'Execute Chips and Pitches with my Hands' as the 'Dominant Component or FEEL'. They are NOT THE ENGINE!

Please allow your 'L.B.M' to earn its keep whenever possible. If it is a 'Toss-Up' as to which of the 'LBM or UBM' dominates, intervene and make the 'Right Choice'.

AFTER A TERRIBLE ROUND

Q16)

"The flags on the green ought to be at half-mast."

Al Malatesta

23) **AT YOUR SERVICE:**

I hope these ideas and approaches to 'Making Shots' is easily understood and can be useful and practical to your GOLF well-being. If you have any questions, firstly reread the section. If your clarity is foggy, please invest in the time to pick up a telephone or E-Mail us directly at the '**555 Golf Academy**'. The '**555 TEAM**' is always at your service and loves to hear from you. That is how we can help! Contact us!

WebSite: www.555golf.com

E-MAIL: AskUs@555golf.com

Telephone: (817) 673-8888

24/7

Now you have the whole access routing and no excuses !

We are here because of and for you!

Nothing would make us happier than to directly assist you in your pursuit of better GOLF. It is our distinct purpose and would be our real pleasure.

Don't be bashful

Q17)

"I was only three over

one over a house,
one over a patio and
one over the cookoo's nest"

Didn't notice the nest!

Q18)

"I don't enjoy playing video golf because there's
nothing to throw."

Paul Azinger

Q19)

"If you like driving in the heavy memorial Day or Labour Day traffic and going to movies like 'Glory' where everybody gets killed at the end, then you'll love the U.S.Open. It isn't a golf tournament, it's a survival test!"

Nick Seitz, writer

C26]

WATER HAZARDS

Q20)

"Two balls in the water. Damn!
By God, I've got a good mind to jump in and make it four!"

Simon Hobday, Senior PGA pro

(after two balls in the drink 1994 Sr. PGA Championship)

Q21)

It is reported that 'Bobby Jones' once said to his 'Course Architect' ...

"There is a big difference between 'Bunkers and Hazards'.
The difference between a sand-filled 'Bunker' and a pond is similar to the difference between an automobile accident and a plane crash! You can usually walk away from a car crash but not so from a plane crash. You can usually make PAR from a 'Bunker' but a 'Water Hazard' is a totally different situation."

Bobby Jones

Q22)

Play the shot you can play best and NOT the shot that would look the best if you could play it.

Q23)

Is there an even lie anywhere
on this damned course"?

SPECIALTY SHOTS

Before I start this Chapter, I want to stress that each of these shots may be quite different in purpose and effect. For this reason suggested techniques will give you very different 'Feelings' and a perhaps approaches to 'IMPACT' and making the shots. This is my objective, more variety and skill for you! With virtually **'NO EXCEPTIONS'**, all shots are governed by the **'5 CONTROLS'**, your old friend. The **'Five Essential Elements'** are in play! Keep these very close at hand!

1) **CONTROLLED 'FAT SHOT':**

(taking some dirt after the Ball, not from behind it)
 You can take it before too in order to reduce 'Spin'
 and produce what we call 'Fliers or Runners' as
 a result of no Underspin on the Ball.

The absolute 'Bottom Line' in this section and proper 'Golf' is to **'STRIKE THE BALL FIRST'** and then take some of the world or turf. I want you to become aware of 'Striking The Ball' with a descending blow ('Hands Leading The Clubhead and Body Leading The Hands') and NOT with your Clubhead on the way up, 'Ahead Of Your Hands and Body' ('Throw-Away'). You must strive successfully to strike the 'Ball Down & Through'. If you struggle to accomplish that as well as you might like, learn to strike the **'Ball Down Down & Through'**! (see 'DOFT')

We have all seen the Pros take huge divots after 'IMPACT' when the 'BALL' has already departed. That is 'Body and Hands Leading The Clubhead To The Ball'. Primary stuff!

One can productively think of the 'Controlled Fat Shot' as a method of safely progressing the Ball, but, in true fact, we are again making Clubface contact with the Butt of the Ball before the ground. The professionals never want to make 'Thin Hits' and seldom do. Their 'Controlled Fat Shot' technique prevents 'Thin'. Pros don't like 'Thin'! It doesn't let the clubhead do the work it is designed to accomplish! Remember, really 'THIN' makes a 'Lob Wedge' into a #1 Iron or very high energy 'Putter'! Not all that practical or pleasing generally!

A classic example of the 'Controlled Fat Shot' that is really 'FAT' is a well struck 'Bunker Shot'. You will recall or find out that your '555 TEAM' simply wants you to work towards '**Taking Half An Inch Of Sand From Directly Below The South Pole Of The Ball**'. This is a 'Get Up So You Can Get Down' 'Procedure'. Can't make it much simpler than that! To make great 'Bunker Shots' one must 'Find The Bottom Of Swing Arc'. You must really be fully aware of your 'Dead Rope's function and get it to its maximum length. (see 'Target Lever Extension')

Make sure you take the full Ball and not the top half. Sometimes called 'Skully', taking the top half is functionally 'Thin' and no loft or 'Trajectory' will result. Daisy cutters and little low rockets! You get what you deserve, little low ground burners with no brakes and a high price.

The only purely 'Flat or Low Flying Ball' ('Shallow Angle Of Attack and Launch Angle') comes off your putter although the 'Bump and Run' may be very close. We will talk about this 'Shot' soon too.

2) **THE BOTTOM HALF OF THE BALL:**

To assist in taking the bottom half of the ball, visualize the Clubhead's leading edge (the cutting edge) or lowest point of your club face's taking out the South Pole of the ball. Take this portion of the ball first and then take a piece of the world in front of it if needs be. Your short irons especially are 'Descending Blows' and you must perceive '**NO LIFTING FEEL**'. You cannot help the ball into the air. You must allow and 'Trust' the loft of your iron to accomplish any lift. '**The factory makes your Ball go Up**'. '**You make their Clubfaces go DOWN**'. '**In order to get the Ball UP, you best strike DOWN and THROUGH**'. Roll the 'Big Clubhead Wheel' flatly Down the Line.

One Dimensional

This 'Controlled Fat Shot' is very narrowly similar to a 'Blasting or Explosion Shot' except that your 'Back Swing & Front Swing Clubhead Paths' are NOT overly steep. Here you may think I am on the topic of 'Sand Shots' but you may have to 'Blast or Explode' your Ball out of deep grass as well using this steeper 'Angle Of Attack'. In 'Controlled Fat Shots' you must still generally 'FEEL **Deep, Flat and Wide**' throughout your entire swing.



Angle of Attack
DEEP FLAT and WIDE
Hand Clubhead PATH

An exception is the 'Steep Angle of Attack', 'Cock and Pop Shot' which we shall discuss shortly.

Remember our normal forward Swing discipline is 'D.O.F.T.' (Geometric Shape of the Full Swing) and, with this Clubhead Path in mind, keeping your Chin Tallish, we should FEEL like our Hands and Arms are swinging the Clubhead '**Deep, Wide, Down and Through**' the butt of the Ball. Our Hands and Swinging Clubhead at the end of them should '**FEEL QUITE FAR FROM OUR STERNUM**' at all times throughout the swing; far away, extended, long-armed and 'Free Wheeling' like you are throwing the Clubhead at the end of a rope. Perhaps the Clubhead may even Feel like it is 'Pulling Away' from our chests. That is 'Centrifugal Force at Work'.

Keep the Tension out of your fingers, Hands and Arms during these executions. There may very well be tension in the air, but there is no place for it in your Mind and Body. Easier said than done, but imperative if you are to win and not get beat by yourself.

THIS 'CONTROLLED FAT SHOT':

(emphasis)

'Clean Picks' are great but if you get a little thin, there is less loft and a whole lot more 'Run'. Some circles call it the dreaded 'Skull'. Around the dancefloor, it's not a pretty sight! It's that little low-flying rocket I just mentioned that never manages to come to rest on the 'Putting Surface'. It is always a long way back to the hole! Avoid the 'Thins'! As stated, this condition makes all your 'Club Selections' '#1 Irons' or super hot 'Putters'.

3) **TWO INCHES BEHIND THE BALL?:**

I do not think one should aim 2" or 3" or 4" behind the ball in order to avoid 'Thin Hits'. If you accomplish this objective on the grass, you will be absolutely 'Fat' which, in specific circumstances, may be better than 'Thin' but it is still another avoidable error. Hitting a ball 100 feet instead of 100 yards will not make you happy!

Striking your 'Sand Wedge' much behind the Ball, especially on hard ground, may cause it to '**Bounce**' up 'Thinly' through the Ball. So you can strike behind the Ball and still get 'Thin'.

This striking the Ball 2" or 3" or 4" behind the Ball is promoted in sand shots but is not particularly effective or safe in the grass, light or medium rough. Swinging or even chopping through these 'Inch Points' is not generally a wise or productive IMPACT technique. I am not personally a strong proponent of this '**Inching Behind The Ball**' at all!

This 'Controlled Fat Shot' is an effective 'SAND SHOT' consideration with a 'Shallow Buried Lie' and in a 'Deeply Buried Lie' but the '**INCH POINT**' technique causes me concern.

I think you should pay very close attention to your 'Set-Up' and ensure you 'FEEL' your Hands to be '**DEEP FLAT and WIDE**' throughout the entire swing, 'Back and Front', in order to effect a proper 'Golf Motion' which requires consistent 'Target Lever Swing Radius and Brace Lever Extension'. You must almost always Swing 'DOFT' which means through the 'Bottom Of Swing Arc' ('Dead Rope') to produce consistent 'Contact and Compression'. This 'Down & Thru' will prevent 'Thin Hits' through 'Lifting or Reflexing your Target Elbow'. Always create some 'Distance between your Sternum and your Hands' ("Braced Up" as per my beloved teacher Percy Boomer) and 'Keep It There'.

When you chose a '**CONTROLLED FAT SHOT**', I would suggest that you place your ball perhaps one or two ball widths forward of your 'Optimal IMPACT FIX Ball Location' with 'Weight Distribution' slightly forward as well. This precipitates a more 'Descending Angle Of Attack' and earlier contact and it is safe as well as simple to 'Set-Up'. Other than remembering to do it, this is just a mechanical adjustment made in your 'Set-Up' phase of the Routine. Simple!

But, here is the key to avoiding the '**INCH POINT FUNCTION**' which the '555 TEAM' knows to be a distraction from primary foci. (Wow! What a name for more than one 'Focus Point' thanks again to the ancient Latins!) The 'Primary 'Focal Point' is always the 'Bottom Inside Cheek Of The Ball' ('**BIC**'), where the 'Clubface Sweet Spot' belongs. When we think of 'Entering The Sand' one, two, three or four inches aft of the Ball, we tend to dig our way to it, really 'FAT'! Results? No thanks!

If you do not believe me, just go to yur nearest busy practise area that has a 'Bunker Practice Section' and watch nice people work on their 'Bunker Procedures'. Failing this, just watch the 'Event' for real on the course. Dig and scoup or lift are all 'Operative

Words'! You know! Been there? Done That? Doing That? Time to get over these 'Swing Errors' of thye exist. The 'Sand Shot' is very easy and should not induce 'TENSION and FEAR'!

Here is the '555 TEAM' solution.

'SET-UP' in your regular 'Optimal Personal Manner' with the '5 SET-UPS' ('5 CONTROLS') in place balanced to your 'Swing Needs'. A trained teaching professional should know what these are. Ask! If you do not get specific answers, ask another teaching professional. When you get sound sensible, 'Physically Correct' answers, ask him or her for an appointment!

You know to 'SQUIRM YOUR FEET' a little to stabilize your 'STANCE' in the 'Particulate', almost like Latin for sand! When you are 'Feet-Settled' your 'Lever Assemblies' (Arms, Hands and Golf Club) will NOT be able to simply 'HANG FROM YOUR SHOULDER SOCKETS'. You will have to maintain a little 'Elbow Reflex or Bend' to avoid contacting the sand and taking a 'Two Stroke Penalty', 'Loss Of Hole' or worse!

So, in your 'Bunker Set-Up', ready to strike the Ball '**BIC**', you will NOT be able to get your 'Lever Assemblies' down to the normal 'Bottom Of Swing Arc' due to the unavoidable contact of 'Clubhead to Sand'.

"Now What Mister Teacher?"

Well, the answer is simple!

'SET-UP' with slightly 'Reflexed Or Bent Elbows' at 'Address Ready and IMPACT FIX'. In your 'Take-Away' your Hands will be slightly higher than optimal, but, as you make your 'Take-Away', usually 'Deep Flat and Wide', but now without the 'DEEP', allow the 'Hands' to get relaxed Deeper, to 'DEEP FLAT & WIDE' by the time you reach Swing Sequence #2 and to #3. You will recall that this 'Position is where your Clubhead and Clubshaft become 'Level To The Ground'. So, by the time you 'Hands and Clubshaft' get 'Horizontal to the Ground', you get your 'Levers Extended'. You get your 'Brace Thumb' pressuring that 'Target Hand' out to it 'Dead Rope Length' which is to the 'Bottom Of Swing Arc' or back out to 'Full Length and Width'.

"Now what again?"

Make you normal natural 'Forward Swing' with the 'Pre-Selected Leg

Drive' ('Rotational PIVOT Pressure', 'PUSH') combined or 'MATCHING' your 'Brace Lever Extensor Action or Down Force' ('PINCH'). The Ball will get in the way of the natural 'Clubhead PATH' which will again naturally enter the sand a 'Natural Distance Behind The Ball' so as to throw sand out of the bunker which carries the Ball with it **SPLASH!**

Said another way! If your mind 'VISUALIZES' the 'Bottom Inside Cheek Of The Ball' ('BIC'), if your mind knows where the 'South Pole Of The Ball' is located and you 'SET-UP' to take that portion of the Ball out at the 'Natural Bottom Of Swing Arc', you will get a very pleasant result when you make the type of 'Swing Procedure' you wisely 'Pre-Select'. There are really very few surprises in 'Golf Shots' when you prepare and execute wisely.

That '**BUNKER INCH POINT FUNCTION**' meets with my 'Knowledge' but not with my common sense and desire to make the easiest most naturally accomplished 'Golf Swings' possible! In summary, to make these 'SANDIES', hold your 'Elbows' in a very deliberate 'Up Position' while in your 'SET-UP Routine'. Then when you 'Trigger Take-Away' to about 'Shaft and Clubhead Horizontal To The Ground' or slightly before, let your 'Lever Assemblies' drop and extend to 'Bottom Of Swing Arc' ('Dead Rope') where they belong.

After that little easy change in 'Component Position' early in the Back Swing', maintain 'Lever Extensor Action or Out Force', transition smoothly from 'Top Of Back Swing' ('TOB') to the 'Down and Out Front Swing' and make the normal 'Brace Hand Down Force' ('PINCH'). You will soon like the results. **Taking half an inch of sand from below the 'South Pole Of The Ball' works magic!**

If you have questions, simply contact your personal '555 TEAM' 'Certified Master Teaching Professional' via the www.555golf.com 'WebSite' 'Contact Us Tab' or via the general 'E-Mail Address' which provides you 24/7 access to the '555 Team' and quick meaningful responses.

The 'E-Mail Address' is AskUs@555golf.com . You have our 'Telephone Numbers' as well. We invite your contact.

If you are not a '**LOCKER ROOM MEMBER**' ('LRM') with all the privileges that provides, navigate to the 'Website' and 'JOIN NOW!' From the 'Home Page' throughout the '555 Golf WebSite' you will be comfortably pleased. This 'Golf WebSite' is a valuable learning resource you should take advantage of without further delay.

Becoming an 'LRM' enables you to access your 'Clubhouse' and enjoy its ever-growing assets. Want to know more? **'JOIN NOW!' You will receive lots of 'GOOD FREE ADVICE'!**

4) **'5 CONTROLS':**

There is a very real tendency to create a 'Descending or Steep Angle Of Attack' swing path by **'DROPPING YOUR CHIN'** and violating the **'#1 CONTROL, Tallish CHIN'**. By this error, we really lower our 'Pivot Point and Target Shoulder Socket' (see 'Top Of The Tether Ball Pole') which drops the Clubhead below our intended 'Bottom Of Swing Arc'. This 'Swing Fault' might really make it fat, causing contact with the ground well behind the Ball which kills 'Clubhead Speed, Sweet Spot and Aim'. Not good conditions and results!

This **'5 CONTROLS'** error may even create (in the soft proud lie sand or other light deep material) the 'Dreaded Chilly Dip' which means the Clubhead passes completely under the Ball and fails to advance it. This never works and bears no reward!

CHILLI DIPPERS:

A good demonstration of this nasty little error can be easily made. Take one of the very long tees (2.5 to 3.5 inches), tee up a 'Ball' and make a very standard 'Open-Faced Sand Wedge Shot Right Along The Grass'. Your 'Sand Wedge Blade', the entire head, will simply pass under the ball while only knocking the tee out from under it. Your 'Ball' will move a very short distance if at all.

This subject and error is all about 'Bottom Of Swing Arc'.

'SHORTENING YOUR RADIUS':

(bending or reflexing your Target Elbow through the 'Bottom Of Swing Arc' is a NO NO!)

You need that **'Target Lever Dead Rope'**

Aiming or having a visual point well behind the ball sometimes develops the feeling of 'Scooping Or Lifting' the ball off it's defensive perch, especially out of a fluffy bunker and when it's a little too forward in your 'STANCE'. This 'Lifting FEELING' is almost always accompanied by the Clubhead's coming 'Off Line' to the 'High-Energy Side' and simultaneously becoming more 'Closed' than beneficial.

A 'Shortened Radius' ('Short Arming') always 'Reduces the Circumference of the Circle, or your Clubhead Path'. Bending the elbow always forces or pulls the Clubhead off-line from 'Set-Up Straight' to the High-Energy Side of your Target Line'. It's '**Non-Centrifugal Manipulation**'!

There should almost never be any feeling or actual 'Lifting Action' in the Clubhead. Remember the factory put 'LOFT' into each club and it is this design feature which produces 'Trajectory' and not our Hands and Arms shortening Radius. 'FEEL' like your 'Target Lever' is a 'Dead Rope' at the end of which you find a 'Clubhead'! **Swing Down to the End of the Rope with your Brace Hand Delivery Path.**

6) **TRY THIS NOW:**

If you do not have a clear picture of this 'Shortening Radius', let your 'Target or Swing Arm' hang directly to the floor ('Do It Now!') and point your index finger at your 'Target Big Toe'. The 'Target Lever Radius' is the distance of your finger-tip to the prominence of your 'Target Shoulder'. Your FEEL may be that your finger-tip is quite FAR from your Shoulder Socket or Sternum. Now raise your finger-tip up and touch the front of your 'Target Shoulder'.

What happens? You fully flex or bend your elbow, by lifting your Hand. The Distance from your finger-tip to shoulder becomes zero and we certainly 'FEEL' Hand Closer to Sternum. We have shortened our radius, which, during what should have been a nice 'Full Swing' lifts our Clubhead up above it's desired Hands-Deep' circumference where the Ball is waiting. Lifting action makes for '**Thin Hits**' and poor results.

This is why we teachers promote and use words such as 'Strike Down and Through The Ball'.

A useful minor variation on this exercise would be to set it up, pointing 'Target Finger at Target Toe', and then to simply lift that finger and hand, slide them, directly 6 inches up the seam of your Target Leg trouser. This forces you to bend your elbow. Now reach your Brace Hand over to join this elevated Target Hand, and in doing so you have produced that most common 'Shortening Of Your Swing Radius'. We commonly call it 'Chicken-Winging' and you know what that is!

While I have you here, 'PUSH' both arms back to 'Horizontally Extended' and then, with your Brace Foot, 'PUSH' your hips so that they are turning more towards 'TARGET SQUARE'. This is 'Leg Drive'. Point your 'Brace Index Finger' straight out and it will be pointing '**DOWN THE TARGET LINE**'. Amazingly, this action and 'FEEL' is what the pros 'FEEL' in their terrific 'Dead On Line' strikes; 'Brace Foot PUSHING the Brace Hand' (connected) and therefore the Clubhead Toe through the Pin.

Play and replay this '**Brace Foot CONNECTED to your Brace Hand and Clubhead**', extension FEEL. Practise it fifty times a day with your #PW in slow motion and then a little faster from HIP to HIP or about half swings. Once these are perfected, gradually increase to Full Swings, ensuring that the 'IMPACT and THROUGH Zone' has flawlessly the correct 'FEEL'.

Amazing stuff, Right?

Just wait until you strike Balls with it!

7) **MORE OLD CONSTANTS and VARIABLES:**

In every of these particular shots, '**SEE THE BALL COME OFF THE CLUBFACE**' and look at it's '**Bottom Inside Cheek**' ('BIC') so that your 'Eye-Hand Co-Ordination' ('Captain EYES') guides the Clubhead precisely to the 'Optimal Impact or Percussion Point'.

Of course, there is the 'Buried or Fried Egg Lie', as just mentioned above, where one cannot see the 'Butt of the Ball'. Now what?

I told you earlier that my objective is to '**Build Good Constants and Reduce The Poor Variables**'. It still is!

8) **'VISUALIZE IT'.**

See Clubface to Ball Contact in your mind's eye. This is no formidable task just because the Ball is slightly below the surface. The '**BUTT**' of the ball is in the same old place it always has been since you started '**KICKING IT**'; 90 degrees lower and directly behind the top of it's head. That's where my butt is! Yours? In this situation, it is simply obscured. You cannot see it but know precisely where it is. Flush it out.

Can you reach out in the pitch dark and turn on the bedside lamp that sits on the table beside your head and do so without seeing it?

'MIND'S EYE' and good old trained reflex movements.

These are **'Brain Macro Executions'**.
'Subconscious Motor Skills'.

'REMEMBERED FEEL'

'REFLEX GOLFER'

Q24)

"Once when I had been in a lot of bunkers, my caddie told me he was getting blisters from raking so much!"

Joanne Carner, LPGA pro

Perhaps Ms. Carner was privately using the rake to get out of the 'Sand Box' as well! It would work!

BUNKER WORK

The first thing I want to tell you is that there are two distinct schools of thought surrounding this most useful stroke. It may be better to also explain it as two distinct 'Methods'. There are 1) To 'Strike the Ball First' as one would do with a normal or light rough lie which impacts the Ball directly onto the Clubface causing '**Direct Energy Transfer**', 'Tool to Object Ball' and 2) to 'Strike the Sand First' which disperses the Energy of the Clubhead into many thousands of granules of sand which causes '**Indirect Energy Transfer**'. We refer to this method as the 'Splash Method'. The Clubhead impacts the sand, moves it first in a 'Splashing Fashion' out of the bunker taking the Ball with it. If the 'Sand' really very hard, the first method is a must! Treat it like Texas hardpan!

There is some debate as to the 'Direct Method's' requiring far too much precision 'IMPACT' to be practical and it does require this accuracy. But so does a tight lie shot from the fringe and really all other 'Golf Strokes'. The 'Sweet Spot is the Sweet Spot' regardless of the application or environmental considerations! What do you get when you strike a 'Tight Lie Lob Wedge' 'FAT or THIN'?

In fairness and all practicality, the 'Bunker or Sand Shot' is one of the easiest strokes situations in Golf. This is because it requires slightly less precision. The sand mass 'Explodes the Ball out of the Bunker as a Reaction and not so much as an Action'. It is easier.

But, (there is always a but) to execute perfect 'Sand Shots' one needs to be functionally as accurate as the 'Ball First Method'. You must still project the ten thousand granules precisely at the 'Dead AIM Target' which is that 'Quarter at the Bottom of the Cup'. Just as a scatter or shotgun must be very accurate, so too must be your 'Bunker Shots'. There may be more buckshot than the one carefully shaped lead bullet, but the 'Pattern' must be in the bullseye! The shotgun works well for moving targets, but we used to shoot pheasant and partridge with a small bore 22 calibre rifle and seldom miss. There were no annoying pieces of buckshot in the dinner that hurt your teeth either! These are the facts.

When we use the 'Sand First Method', the discussion necessarily involves careful consideration as to where the 'Bounce Sole of the Sand Iron' enters the sand. We are quite precise in its being 'One Inch, Two Inches, Three Inches' aft of the Ball. This 'Inch Position', as you will soon hear more about, when combined with

your 'Pre-Selected Angle Of Attack' (Component) must be 'Precise'. With a 60 degree 'Angle Of Attack' and striking the sand slightly farther aft than anticipated, you will get a very 'FAT SAND SHOT' which will not effectively project your Ball out of the bunker or hazard. It is my opinion that one must really be very 'Contact To Ground Accurate' with bunker work. As demandingly so as in the 'Tight Lie Lob Wedge'? Perhaps!

THE REST OF THE STORY:

So I say there is unavoidable precision in 'Bunker Shots'. One must 'SET-UP' properly. This is not a new necessity. One must 'SET-UP' with the proper '**POSTURE**', '**GRIP**', '**STANCE**', '**BALL LOCATION**' and '**ALIGNMENT**' ('5 SET-UPS'). One must 'EXECUTE' with the proper '**Timing, Tempo, Rhythm, Cadence, Pace and Balance**'. One must be generally 'From the Ground Up and From the Inside Out', 'On Plane' and with 'Clubhead LAG Pressure', 'Sweet Spot' (OPA) matters, 'Clubhead PATH' is key and that always important 'Clubface AIM at Separation' is never irrelevant. Sounds like we have been here before?

Whatever is our 'IMPACT Task' in the 'Great Game Of Golf', we must transfer 'Energy' precisely with the 'Clubhead Tool' directly or indirectly to the 'Object Ball' with the precise purpose of getting this Ball to come to rest in a precise location. 'Bunker Work' usually has the same Target as do the other very 'Short Game Strokes'. That Target is the 'Bottom Of The Cup'and not just close as so many good folks find acceptable.

Regardless of your skill level, always strive to 'Hole It Out' with but one pass of the Clubhead. Nothing to lose!

Isn't 'Attitude' forever part of the equation?

'Think You Can' and 'Think You Can't', both thoughts cost the same.

Which result would you prefer?

In Golf you really are in charge of your destiny.

I hope this 'Section' helps you find more 'Pleasure'.

Thanks for being here!

9) **SAND PLAY:**
(Out of the Bunker, Off the Beach)

'SetUp' in the normal fashion. Use that good solid 'Routine' we have been working on for some time now. A good 'ROUTINE' is your faithful servant and he is ever-present, loyal and free. Make sure your footing is solid. Generally don't ground your club, especially in a hazard such as the sand trap. You will incur a stroke penalty. In sand you might lower your butt slightly (one inch or whatever the buried lie amount is) by bending your knees about a 'Twitch' or 'Scosch' more than usual. However, this is not a reliable choice of getting your 'Lever Assembly' down to the Ball Location. 'Shortening Your Grip' is! You always need good 'Lever Extension' to get to the Ball. (see Characteristics Chapter)

The best procedure, however, is to set those feet solidly by twisting or squirming then back and forth several times. You will feel them settling or compressing the sand. This also tells you how firm the sand actually is which will affect your Clubhead's travelling through it. '**SETTING YOUR FEET**' also automatically lowers your 'Swing Body Machine' to the same elevation as the Ball occupies in its current lie. If the Ball has a 'Buried Lie' as a result of soft fluffy sand, you too will stand in a 'Feet Buried Lie' that has been 'Firmed Up' due to your 'Foot Squirming'. Good Footwork is a procedural priority.

This having been taken care of, simply 'Swing the Clubhead' forcefully 'Down Your Body/Foot Line' through the 'Bottom Inside Cheek Of The Ball' down the 'Target Line' to the centre of the bottom of the cup! You still need good 'Depth and Extension in your Target Lever' in order to accomplish these sand shots. More later.

10) **INCH POINTS?:**

'**SAND SHOTS ARE FAT SHOTS**'. The 'Stroke' is about 'Bottom Of Swing Arc'. This says a lot about the 'Procedure'. Take a moment to visualize this message. You 'SET-UP' to strike the Ball 'FAT'; 'World First - Ball Second'. You want deliberately to 'Hit Behind the Ball' ('FAT'). 'Ball Location' is key. Forward in your 'STANCE' is critical, especially in a buried lie as the 'Leading Edge' of your Clubface must enter the sand well before the actual 'Ball Location'. The Ball is sitting down below the surface, so your 'Leading Edge' has to eat some material, 'Take a Divot', earlier in order to not strike the Ball Thin, called a 'SKULL'.

You know that the 'SANDIE' is the only shot in Golf where the Clubface does NOT come into contact with the Ball. You 'SPLASH' Sand Out Of The 'Sandbox' and this material carries the Ball out with it! How novel!

As stated earlier, it is sometimes suggested that one look at a 'Spot or Point' in the sand trap a certain number of inches behind the Ball. Again, I am not a sincere advocate of this method although I clearly understand its merits and promote it at times.

So why, again, do I NOT want generally to look at an 'Inch Point' 2, 3 or 4 behind the ball in sand shots?

Because it is an 'Improper SET-UP or IMPACT FIX' and, although it works, this technique is not the safest simplest procedure. It has the bad tendency of starting you too steeply back, with too steep an 'Angle of Attack' forward at this false or secondary target. It is, in my opinion, a diversion from good maintenance or procedures. Set your Feet properly and swing normally. As mentioned, I prefer to always focus on the 'Bottom Inside Cheek Of The Ball' as either my 'Actual Visual Target' or as my 'Mental Target Image'.

Optionally, I feel that 'Taking Out Half An Inch Of Sand From Below The Ball Is A Useful Mental Target Image'. Experiment a little for yourself. Whatever you do, make normally 'SET-UP and EXECUTED Procedures' so you do not try to invent strange 'Motions' just to get out of or off the beach. Stay natural and 'Swing Normally' with the appropriate 'Protocols'. Keep it simple!

SERIOUSLY BURIED LIE CLOSE TO THE LIP:

If you were to have a seriously buried lie, so close to the lip of the bunker that it restricts your 'Front Swing', you may 'Visualize' entering the sand a number of inches behind the Ball, but I more simply just use a 'Steeper Angle of Attack' which I create through my 'Weight Distribution Forward and Take-Away Procedure' which will be 'Pick Up' rather than 'Drag Out'.

In this situation I would FEEL very 'Cock and Pop', 'Lift up and Down Extensor ACTION', Straighten the Bent Elbow, rather than any FEELING of 'Sweeping the Clubhead' 'Back and Up'. I FEEL or Programme myself to FEEL 'Lift Up and Drop Down', 'Raise and Lower' to the 'Bottom end of that Target Lever Dead Rope' so often mentioned. Throw the Clubhead Down at the 'End of the Dead Rope'

and through the Ball. It is rather a 'Splash Action' and not so much a 'Hitting Action'. I vary the amount of 'Down Thrust' (Extensor ACTION) to match my 'IMPACT' needs. If the Ball is very buried and I require a very vertical 'Launch Angle', I then 'Pre-Select the Take-Away Procedure' that will create my needed 'Ball Flight'.

The best way to understand and perfect this 'Bunker Work' is to step into the 'Sandbox' with a shag-bag full of Balls; dump them out and then remove them from the beach with your Sand Wedge and NOT your 'Foot or Hand Wedge'! I suggest that you experiment with your '#9 Iron', 'Pitching Wedge', 'Approach Wedge' and your 'Lob Wedge' as well. You may not like some of these results, but to know what you do NOT like will help you to select what you DO like!

Once you get this reliable, repeat the sequence at various market Targets. This will instill 'Distance Control' as well as 'Direction'. Always retain smooth 'Tempo' and 'Rhythm'.

11) **SETTING YOUR FEET:**

Worthy of mention, if your Feet will not 'Squirm or Twist' down into the sand, your Ball will not have sunk into it either. Remember your Feet are FEELING what your Ball already experienced.

A very key point is that, when you 'Set Your Feet' you will both firm up your 'Footing' and lower the 'Top Of Your Spinal Tether Ball Pole' which means you will cause your 'Clubhead' to swing to the bottom of your 'Foot Level' and thus 'Lower or Deeper Into The Sand'. This substantially takes care if the 'Inch Rule' and certainly makes me think twice about trying to strike farther behind the Ball than my now 'Properly SET-UP and Natural Swing RADIUS and PATH' will accomplish. Stay logical in all your approach to making 'Golf Swings'!

Interestingly, by the rules, you cannot 'FEEL' or test the texture of the sand with either your Hand or your Golf Club which in a 'Hazard'. You 'May NOT Ground or Sole Your Club'. You know the stroke penalty rule. Its take two just for good measure! But you can 'FEEL' the texture and resistance of the sand with your Feet, bare or with shoes! Don't miss the chance!

12) **POWER CONTROL:**

This is always a pertinent subject! How hard do I swing and thus how far do I need to take the Clubhead Back and Up?

We need answers and guidelines.

Firstly, it is always 'Clubhead Speed' only that is directly responsible for 'Distance' and it is 'Clubhead Path, Clubface AIM' and 'Optimal IMPACT Area or Sweet Spot' that are responsible for 'Direction. These combine to create all the 'Spin Rate' about either the 'X or Y Axes' which create 'Ball Flight Curvature' as well as that 'Initial Direction of Flight'. That simple yet there are a lot of factors with which we must contend, so I am not 'Making Light' of the matter; just keeping it manageable.

QUESTION:

So how far do I actually take the 'Clubhead Back and Up' for each 'Distance'? How much 'Energy or Clubhead Speed' do I require?

ANSWER:

You must get settled in the practice mode and location. You must experiment making about three exactly the same, very 'Consistent and Rhythmic Strokes' from the same spot to the same Target. In this manner you can 'Monitor Results' that you will 'Load into your Mental Library' to be pulled up in similar future situations.

GUIDELINES:

Although this is a matter of 'Practice and Repetition', during which we must 'FEEL' the challenge and the excitement of 'Practice', hopefully enjoying the sessions, I, as your teacher, can set some 'Guidelines' that will help you control 'Stroke Length, Clubhead Speed and the resulting Distance'. ('Clocking')

We have already established some 'FEEL Guidelines' for how much 'Balanced Back and Front Swing' we make with certain Clubs to create specific Distances. So you have some 'Mental Library' to draw upon. Good for you!

You will know roughly how much 'Balanced Back and Front Swing'

required to make a ten yard 'Sand Wedge Shot' from 'Light Rough'. Try this. You can 'FEEL' ten yards in your 'PreSHOT ROUTINE'. Now modify this 'FEEL' in your 'Practise Swings' to 'Feel' like 'Thirty Yards' or '**3 TIMES AS FAR**' which means about three times as much 'Back and Front Swing' as well as slightly more 'Brace Leg Drive' which results in appropriately more overall THRUST'.

Use this '**3 TO 1 RATIO**' to establish at least some initial parameters for your 'ENERGY Management'. This will help you build 'Confidence' so you can Play in that 'Trusting Mentality'. You must practise to get this 'Energy Management' right!

One final point. The 'Deeper the Lie', the more your Ball is buried or sitting down in the sand, the more sand or 'MASS' you are going to have to move in your Golf Swing. So, the more your Ball is Buried, the more you will have to turn up the ENERGY! The deeper the lie, the 'Higher the Ratio'.

When you 'Turn Up this ENERGY' make sure you do not get overly active in your 'Lower Body Machine'. Make sure you do NOT get too much 'Foot and Leg Action' as these 'Bunker Shots' require very reliable 'Clubhead PATH, Swing Radius, Swing Arc and IMPACT Zone Control'. Your 'IMPACT' must be relatively pure or precise in order to 'Splash the Right Amount of Sand Out of the Bunker' by which your Ball is removed.

You know, I do not know of any 'Golf Shot' that does not require a considerable amount of precision! This is all about 'IMPACT' which is getting the relatively small 'Clubface Sweet Spot' onto the 1.6 inch 'Little White Ball' accurately. (+-3/16th Of An Inch) This is what '**INERTIAL TRANSFER or ENERGY TRANSFER**' is all about.

13) **A LITTLE 'FEEL IT' DRILL:**
 ('Sweet Spot')

You know I always like to convert my word to your 'FEELS'. In that manner I can be more certain that I am succeeding in getting you prepared to 'Play Repeat the FEEL Golf'; getting you closer to being that very special 'Reflex Golfer' we have discussed.

I want you to 'FEEL' 'SWEET SPOT and ideal IMPACT' with your 'Brace Hand'. If you can do this, you can progress to better interpreting of 'Clubhead FEEL' when making 'Golf Shots'.

Borrow one of your kids or friends 'Volley Balls' or a light ball that is no larger. There are a lot of these around nowadays.

Hold it lightly in the 'Up-Turned Palm Of Your Target Hand' (Tee) and 'Swing the Palm of your Brace Hand' (Clubhead) directly at the 'Lower Inside Quadrant of its Butt' (Motion). Just as you might do with a 'Teed Up Golf Ball'. Not with too much FORCE but positively smack the Ball off your Target Palm'. Do this five to ten times varying where you make contact with your Brace Palm, very much like underhanded 'Volley Ball'. When you strike it on your fingers, towards your Wrist, on the Heel of your Hand or on the Top of your Hand towards your Index Finger, you will 'FEEL' the imperfection of poor IMPACT. Then ensure your striking it several times on the 'Centre or Sweet Spot of your Palm'.

So now you know what 'Sweet Spot' is from a very 'Fleshy Perspective'. Now, put this experience, which is knowledge, to use in your Golf Swings.

14) **USE YOUR IMAGINATION OR VISUALIZATION:**
(This is one of your most powerful weapons)

Proper and simple visualization is a much stronger and more reliable 'Sand Shot Tool and Procedure' than fooling yourself by a displaced 'Ground Contact Point' ('GCP') or Target. When your feet are settled in the sand by a slight squirming motion, the '**Bottom Of Both Feet**' will be at the same relative elevation or depth as the '**Bottom Of The Ball**'. With this 'SET-UP' the '**Bottom of Swing Arc**' (B.O.S.A.) will naturally adjust and take the ball away comfortably. Make your normal 'Accelerated Swing' through the ball and the results will be satisfying.

If you 'Flub It' a little, make more shots until the 'Feel and Technique' are stabilized or grooved. Missing in 'Practice or Play' is not a calamity or end of the world!

Success is always a great reward.

15) **PURE IMPACT:**

I know we have discussed this topic before, but it deserves a brief review.

With a properly executed '**FULL SWING**' one's Clubface accomplishes the 'Optimal Ball Flight' which produces '**Your**' comfortably solid distance for the selected club.

If one strikes the Ball less than 'Optimally' the 'Optimal Distance' will not happen. It can '**ONLY**' decrease. The maximum 'Club Distance' with a specific club is only generated by striking the Ball purely. You cannot mishit and get better results! Bad execution produces bad results. Golf teaches us 'Living Reality' and 'Truth'.

If you strike your perfect #5 Iron 180 yards, then with the next 'Perfect SWING' you drop your Chin and strike the Ball slightly '**FAT**', taking a nibble out of Clubhead Speed, your 'Optimal Distance' is reduced five or ten yards and you may well be slightly to the '**Open or Low-Energy Side of your Set-Up Target Path**'. If it is really Fat, the nibble's becoming a bite, your will lose even more. '**GOLF IS BOTH FAIR AND PREDICTABLE**'!

If you strike this perfect #5 Iron '**THIN**' your 'Optimal Distance' will again be reduced five or ten yards or more depending on the degree of thinness. '**THIN**' reduces backspin, directly affects Trajectory and in 'Line-Driving' it low to the ground, the Ball will make contact with 'Mother Earth' much sooner creating '**Increased Resistance**' and so it will stop sooner. **Pure results can only be produced by pure 'Execution and IMPACT'**. Occasionally you may make a bad swing and get lucky, resulting in a perfect result. TAKE IT humbly but gratefully!

16) **THE DREADED SKULL:**

To be accurate, because I know you are going to keep me that way, I must add that in one 'Procedure' '**THIN**' generates longer results than a 'Perfect IMPACT' might. How?

Your intention must be 'Less Than Full Swing', such as a Pitch or Chip, since nothing in Full Swing goes as far as a purely struck Ball. In Full Swing 'Fat or Thin' reduces Distance.

Take a moment and try to picture this 'Less-Than-Full-Swing' THIN problem in your mind. Visualize a fifteen yard Chip. The title of this section is a very big clue.

If one desires to Chip a nice delicate shot onto the green, and

strikes the Ball **'THIN'** (about at the butt equator) it will shoot across the green like a high-speed low pass, like a combat fighter on a strafing mission and, unless you strike the flag-stick dead centre, it will end up well past the green in some 'Golfer's Dungeon or Purgatory', deservedly I might add. **'The Ball always goes precisely where we strike it!'** (Golf Truth)

Been there...Done that? I have.

Why did you get this undesirable low-flying result?

The answer is as simple as the mistake. You likely did not 'SEE THE BALL COME OFF THE CLUBFACE' or tried to 'LIFT THE BALL INTO THE AIR', ever so gently as to get some beautiful loft with a soft landing dead to the Pin. Lift or Trajectory is almost always created singularly by the factories 'LOFT' so trying to help it happen is a mistake.

Remember the 'Reflexed Target Elbow' that shortens your 'Swing Radius' may make a '#SW into a 'Putter'.

'NEVER SHORTEN YOUR RADIUS'. When the 'Leading Edge of the Clubface' comes up above the 'South Pole' of the Ball and strikes the Ball at the 'Equator' the 'Effective Loft' of the Clubface, even with a #SW, is 'ZERO' and rather than swinging a wedge with 58 degrees of 'Loft', you have created a high-speed putter or #1 Iron. The Ball's 'Compression and Decompression' or 'Restoration' to it's original profile and energy state and the 'Launch Angle' are directly and negatively affected. The 'Launch Angle' is effectively almost horizontal or level to the ground ... not what we had hoped for!

So there is a case where 'Thin' goes farther but in only 'Less-Than-Full-Swing Procedures'. An overly active 'Brace Hand' and a 'Flippy Target Wrist' creates 'THINS' too! (see 'Throw Away')

Good Stuff? No, thank you very much!

I have two 'Thin Hit' situations in mind for you but later. A hint is that of using a Sand Wedge to more or less putt a Ball from the fringe or collar which has two inch grass. The second is that of using a #5 Iron for putting.

"When In Hell Would You Putt With A #5 Iron?"

You think I am losing it, right? Well, as mentioned before, we have a course-play format called the 'One Clubber' in which you can select any 'One Club' to use over 9 or 18 holes, but that one club must be used for every shot. Different? Yes. But a great exercise for creating more imagination and 'Specialty shots'. For more see you INDEX under 'One Clubber'.

17) **ONLY ONE GUARANTEE:**

In golf, working hard does not guarantee success. It can even make things worse. Doing the wrong thing in practice can ruin your golfing mind and burn your candle at the wrong end!

'To improve, you must practice, but the quality of your practice is more important than the quantity'.

When I practise and strike only half a dozen of the prescribed shots very well, I move on or quit! There is no point in killing a really good laying chicken! Change 'Clubs & Shots' or call it a 'Wrap'!

I had a very well-known international tour champion client who, before any tournament, would stretch less than he needed, make as many 'Putts, Chips and Bump & Runs' as he required to get warm. Then he would hit a wedge or two, a #8 Iron, a #6 Iron and, if they felt good, we would depart the driving range to make a few more fresh 'Reads & Putts'. A key purpose of the entire **'Warm Up Ritual'** is really **'Mental Warmth'** as much as 'Physical Warmth'. You do not have or want to overheat!

Your insurance or protection against performance and satisfaction or Comfort loss can be found in choosing better quality golfers as friends and companions. A teacher as one of these would be a great asset. Treat that person well, if and when you are fortunate enough to locate and bond with one.

SHORT GAME SKILLS

To start this section off on the right footing, might I define that the 'Short Game' is any shot inside your 'Full Swing Pitching Wedge'. If you are in the bush or rhubarb and need to 'Bump Your Way Out' of that dilemma, your required 'Procedure' comes out of

the 'Short Game' end of your bag! We never outgrow our need for 'Milk' and a great 'Short Game'. Never! When you feel you've **'GOT IT'**, keep practising precision every week, every day every, every hour you are out at the golf course! When you are actually 'Playing', you will use a 'Short Game Procedure' every hour!

18) **THE 'BUMP & RUN':**

This shot is played when you have an inviting green or one with an 'Open Mouth' and nothing in the way, such as bunkers, ponds, aggressive swales and rough between you and your Target Pin'. It is best executed on relatively level ground although slope, uphill or down, does not rule it out but gives you just a bit more to factor and execute. This 'Stroke Procedure' is really 'Bread & Butter'. You had better master this shot if you want to play well and be 'Golf Happy'!

The basic skill is to use a lofted club such as a #7 or #8 Iron and somewhat treat it as a 'Putter and Putting Stroke'. Do not 'FLY' the ball at the pin. Rather give it the minimal amount of 'Trajectory or Air Time' so it will get ground contact or 'Touch Down' as soon as possible and start behaving like a 'Putt'. A 'Rule of Thumb' might be to get the Ball 1/3 the way in the air and allow it to roll the remaining 2/3 distance.

If you have not got very far to travel, do not strike the ball but the minimum distance possible. Select your appropriately located **'12 INCH CIRCLE'** and fly the Ball into it. Do not over-fly the 'Touch Down Point' as the ball will have little or no 'Back-Spin' and thus very little brakes to apply.

'Backspin' is at a premium in this stroke method. There will be little or more likely 'NO BACKSPIN' generated by this 'Bump and Run' stroke and IMPACT, especially if you are a little 'Thin'. Once the 'Ball' makes ground contact it will have only induced Drag caused by the grass which immediately slows it's pace. Let it naturally die in the hole. Now that is as safe and simple as we at the '555 Golf Academy' can make it. (see 'Pitching Putt')

19) **BALL LOCATION OR PLACEMENT:**

The 'Ball Placement' for this type of 'Bump & Run Approach Shot' ('Chipping Procedure') is one more ball aft or behind your 'Mid-Iron-Set-Up-Point' which is usually 'Sternum'. This 'Aft IMPACT Point' or 'BALL LOCATION' reduces the clubface 'Effective Loft' a little which adds to the 'Run' aspect of the shot. **'Weight Distribution May Be Slightly Forward'** as well which increases your 'Angle Of Attack' insuring a solid strike. Thin hits are seldom great hits!

If we had a club selection for accuracy, generally it would call for the putter to be the 'Tool Of Choice'. The bump and run shot can be about as accurate from your half #SW, 50 yards and in. I feel more 'Comfortable and Confident' from about half that distance or 25 yards. These are 'Touch Shots' so work on your '**Touch**'.

One of my closest playing partners, when he strikes such Balls poorly, always says **"I Have The Touch Of A Rattle Snake"**. I more often feel like I exercise the finesse of a hungry grizzly bear swatting salmon out of a fast-running stream! The grizzlies results are about as accurate as mine and the bear at least gets a meal out of the deal. Not all bad for him! As for me well!

20) **'BUMP & RUN CLUB SELECTION':**

The actual club selection will depend on two factors:

- 1) Trajectory desired ('Ball Flight Shape') and
- 2) the ground distance to be covered in the air.

Another way of saying the same thing might be, select the club that produces 'The Distance You Have To 'Air' the ball in order to get quickly to the putting surface where you want the ball to behave like a putt, ie. 'Rolling'. If you have to fly eight feet of long-cut fringe, choose the loft which will get you comfortably across it. Visualize these shots before executing them. Always use your imagination.

A guideline used by some great players is to fly your short

approach shots one third of the way to the cup and roll the balance. Get that ball on the green, on the putting surface and acting like a putt as soon as possible.

You may use any iron for this specific **'BUMP & RUN'** shot but seldom will I use anything more than a #6 or #7 iron. I like to choke down or 'Shorten My Grip' and with any longer club, I start to feel like I am running out of grip or sticking the butt of the club into my tummy or catching it in my shirt. If I avoid this, it has to be by 'Toeing Up' the Clubhead, lowering my Hands, which, of course, 'Flattens my Club Shaft Plane'.

This 'Bump and Run Stroke' is a relatively 'Vertical or Up and Down Swing Plane and Angle Of Attack' and thus the shorter club length is a control asset. I would like to think and FEEL it somewhat as a 'Straight Back and Straight Through' stroke as well. You can often, execute your stroke with your putting Grip and stroke to produce what I have called that **'PUTT WITH A HOP'**.

In any of these short shots, one must NOT have the Brace Hand gripping below the actual grip. Brace Hand fingers on the shaft is not my kind of 'Comfort Feel', so I do not use it and strongly suggest you avoid it as well.

The actual **'BUMP & RUN SHOT'** is an abbreviated, 'HIP HIP' or less ...7:00 or 8:00 o'clock stroke when utilizing the **'Clocking Technique Of Shortening Ball Flight'**. It is a fairly shallow stroke with good swing action but with perhaps a little more 'Punch' just through IMPACT. You might set your **'Weight Slightly Forward Loaded'** and make sure you have solid 'Brace Foot Pre-Load And Chase' so that you stay 'On Line' through 'IMPACT'. Your Clubhead must be moving toward the Target or your Ball will not be. There is some more of that 'Good Old Common Sense' that Golf so appreciates.

You must keep your 'Chin Tall' and 'See The Ball Come Off the Clubface' (5 CONTROLS). This type of 'Finesse Shot' is precise and requires the utmost of 'Address and Repeat the Address' control. Small and shorter does not mean lazier or sloppier. These 'Short Shots' require precision and great 'FEEL' to avoid the 'Fats and Thin or Skulling Hits' that end up farther away from the Target than when you started or only getting half way home. Ugly!

This, finishing farther from the hole than when you started, in my opinion is the ultimate 'DOWNER' in golf. Ending up after the shot farther from the cup than when you started or not even getting out

of the parking lot does not cut it!

The 'Bump and Run' technique lends itself very well indeed to 'DISTANCE & DIRECTION Control'. Once you have mastered it, you will have a friend for life. Great 'Bump and Runs' or short game skills will make your putting statistics glisten.

21) **THE 'KNOCK DOWN SHOT':**

This what your '555 TEAM' generally calls the 'PUHCH SHOT' with a 'Less Lofted Golf Club'.

It is most useful, especially in the wind where and when you do not want to '**BALLOON THE SHOT**'. The farther you put the Ball up into the Wind, two things happen; i)It has more time in the wind and for the wind to affect its behaviour and 'Ball Flight', and ii)it is likely to get more exposed to the wind at higher velocity with more 'Wind Veer and Back'. Remember the wind changes direction the higher it is above the ground as well. A small factor? Perhaps, but a real factor nevertheless.

So, is this 'Shot' different or unique enough to have its own 'Protocols or Characteristics'? Of course!

PROTOCOLS

With the 'Knock Down Shot' you require:

1) '**BALL LOCATION SLIGHTLY AFT**' of your 'Optimal Ball Location (OBL)'. The lower you want your 'Ball Flight' to become, the farther you will move the Ball aft. I would suggest you start with about one Ball Width, progressing to two, to three and finally to four if you so desire and require. I place my BALL LOCATION as far back as opposite my Brace Toe and have gone even one ball aft of that when I desire a very high velocity 'Putting Ball Flight' or close. You must remember that you would strike your knock down shot with your Putter under certain circumstances which will include tight grass!

2) '**FORWARD PRESS YOUR HANDS**' ('Firm Wrist Hinges') in perhaps two inch increments. From directly above the 'BALL LOCATION' to two

or four or even six inches ahead of the Ball (Closer to the Target Side or Target). This 'Delofts the Factory Clubface' of makes the face of the Golf Club get closer to 'Vertical or Upright'. The putter is 'Upright' as is the 'Driver Face'. This 'Forward Press' reduces 'Wrist Action', especially in the 'Turn and Roll Axis' but affects the Cock and Uncock' as well as the 'Bow and Bend Axis'. There is considerable 'Brace Lever Down Force' with reduced 'Hand Action' overall. **'The Hands Must Get To The Ball Before The Clubface'**. Remember, if you want a 'Low Trajectory' with a specific 'Loft', you must swing your 'Hands Low In The Filow Through'. (see 'Swing Sequence #9', 'Follow Finish')

3) **'WEIGHT DISTRIBUTION IS FORWARD'**. This means that you will have say 60% to 70% of your 'Weight Distributed onto your Target Foot', quite the opposite to your 'Driver Protocols' which is about 60:40 meaning 60% on the Brace Foot and 40% on the Target Foot. This means, when I tell you '60:40' your weight is 60% Brace Foot and 40% Target Foot. Now you know what 40:60 means!

This 'Forward Weight Distribution' causes several 'Motions or Behaviours' to take place or to be more likely. Weight forward produces a **'STEEPER ANGLE OF ATTACK'** both in the Back and the Front Swings. It also reduces, impairs or impedes 'PIVOT' so that the 'Procedure' will be slightly more 'Levers And Less Legs'. Be cautious 'NOT TO SLIDE'. There is 'PIVOT'!

So you can see, the 'Knock Down Shot' is identified by progressive 'Ball Aft Location', progressive 'Forward Press' and progressive 'Weight Distribution'. The more you add each these to your 'Components and Procedures', the lower will be your 'Ball Flight Shape'.

Vary your 'Club Selection' for primary 'Component and Ball Flight Trajectory' and then adapt your 'Body Machine Parts' to support your 'Pre-Selected Procedure'. 'Club Selection' also directly affects your 'Distance' nad you know all about why.

An important point comes into play or factors as soon as I throw in the 'Club Selection Card'! What is it?

Your 'Grip'! You can shorten your 'Grip Depth' to get the 'Ball' closer to your Feet which will stimulate or 'SET-UP' a 'Steeper Angle Of Attack' or what you might call a 'Steeper Swing Plane'.

So, do you think the **'5 CONTROLS'** are still factoring?

If you want a Ball to travel farther you do two things from an equipment perspective. You select a longer shaft and you select a more vertical Clubface or Loft'. So, it stands to reason that you can mix and match a little. Lower Ball Flight can be produced with a #3 Iron but the 'Longer Shaft' means that the Ball may go too far due to too much 'Clubhead Speed'. If so 'Choke Down'. It is like Cutting off a few inches, one inch at a time.

Adjust in inches and not guesses!

The 'Short Game' is a matter of precision and not getting lucky so approach it as 'Precision Components and Procedure'. You know the stories! (see '5 Ways Of Shortening Your Distance')

22) **THE 'FLOP SHOT':**

This shot is used when you have an object that you must clear between your ball and the green with little green surface with which to work, ie. the pin is 'Up Front'. The preferred tool would generally be the #SW or even a #LW, if you carry one.

In this manner it is very different from the 'Bump & Run' where you have lots of green with which to work. The 'Ball Placement' will be slightly forward of the standard mid iron 'Ball Placement' as you want to accomplish a slightly higher 'Net Effective Loft' ('NEL') than normally created by this club. Remember higher and softer is the task.

You may elect to '**OPEN YOUR CLUBFACE AIM, STANCE AND ALIGNMENT**' as well to promote further 'Lofting' of your Clubface. '**ALIGN**' your feet slightly 'Open To Your Usual Target Line'. This is what we have come to call the 'High-Energy Side of the Target Line'. You know this already. Then to 'Balance Set-Up Components', 'Open' your 'Clubface AIM TO MATCH'. Now you are what I call '**OPEN/OPEN**'.

'Clubhead PATH' may be a little 'Outside-In' with good 'FOLLOW - FINISH'. Always 'Swing Down the Body/Foot Line'. Do not 'STAB' or 'MOUSETRAP' at the ball. Also in the same 'Get Proper Contact' vane, '**DO NOT SCOOP or try to LIFT The Ball Into The Air**'. The lifting action again is created ONLY by 'Clubface Loft', the reason you bought the clubs in the first place. Let the club do the work it was designed to do.

The '**5 CONTROLS**', 'Longish Arms' swinging under a 'Tallish Chin'

with 'SEEING THE BALL COME OFF THE CLUBFACE' are very important as usual. Do not get lazy and decide 'FLOP' refers to your 'Posture' or you will pay! Chili-Dips and Thins are not cool.

Of those '**5 CONTROLS**', the Tallish **CHIN**, means that you have created a good 'Pushed Up FEELING' from your Hip Sockets to your Shoulders. Remember this will give you the necessary 'POSTURE and Clearance' you require to create space between your Hands and your 'Sternal Pivot Point'. The 'Long FEELING from Hips to Shoulders' will make it possible for your 'SPINAL Crankshaft' to turn freely and completely. You know the importance of good '**Coiling and Turning**'.

23) the '**RAKE SHOT**': (see, 'Bullet Proof Golf Tips')

24) the '**PUTTING CHIPS**':
A putt with loft or a big controlled hop.
(see 'Bullet Proof Golf Tips')

25) **THE 'SWALE OR GRASS BUNKER SHOT' SHOT:**

This approach shot is not unlike the 'Fried Egg' or slightly buried lie sand shot. Remember, it is a 'Descending Blow' in tallish grass as you cannot reasonably produce a 'Flat Approach Path' to the south pole of the ball. There is just too much grass in the way. Your chosen club is NOT a lawn-mower.

'STANCE' is slightly open. 'ALIGNMENT' will also be open. 'Clubhead PATH' may be slightly 'Outside-In'. Strike the grass slightly behind the ball with adequate force to move whatever grass may be in the way. Follow and FINISH. Do not 'STAB' or 'MOUSETRAP'. Your ball should come out of the rough with a relatively low trajectory similar to a Bump & Run without backspin as the grass usually gets between the clubface and the ball decreasing or stopping friction and thus backspin.

It is essential in this tricky shot to keep your 'CHIN Tallish' and to see the Ball well. Do not look up prematurely to see where your efforts landed your Ball, for if you do so you will likely NOT like what you see.

This 'Stroke Reducer' could turn out to be a bad performer without the 'Secondary Absolute' of carefully executed 'EYE-HAND Co-ordination'.

SEE IT....SEE IT.....SEE IT!always!

Remember, with all these SHORT SHOTS, SHORT GAME SKILLS, choose a '**12 INCH LANDING CIRCLE**' and treat the concluding 'Roll' as though you were Putting and DO NOT attempt to 'Fly' the ball into the hole. Flying the Ball to the hole is, for most golfers, a very 'Low Percentage Shot' and choosing it often turns out to be a mental error.

I cannot overstate the importance of your short game. 'Holing Out' a twenty yard soft wedge-shot is about the same thrill as gently, but positively, setting down a '**180 HP Cuffed And Tipped Super Cub**' carrying the essentials for a couple day's trout fly-fishing on an undisturbed sandbar with a calculated fifty foot roll. I have a novel idea; carry a shag bag and your four wedges to the river. Made in heaven!

I will continue this book later. Have something pressing to do for a few days! The '180 Horse-Power Piper Super Cub' and a 'Fifteen Foot Heddon 'Heddon Black Widow Fly Rod' may give you a hint as to what it is. The feisty stealthy rainbows beckon!

26) **THE 'BERMUDA BLAST':**

I think we should differentiate chip shots in various grasses. Certainly a 30 foot chip shot out of the light ruff in rye, kentucky or bent grass behaves quite differently than out of the knarly, much thicker 'Bermuda'.

Approaching a 30 footer out of this situation might be viewed as a chip but it is really more of a 'Sand Blasting Shot'. With a 20 degree open '**STANCE**', '**ALIGNING** to your Target High-Energy Side' of the fairway and an equally open 'Clubface **AIM**' toward the 'Low Energy Side' to match your off-set 'Stance', take a short, upright swing and 'Slide' your Clubhead down into the grass about an inch aft of the Ball. Always Swing down the Body/Foot Line. In this manner the Clubhead will slide under the Ball and pop it up.

You know that opening up your 'Stance' gives you effectively an '**Outside-In**' Path and opening up your Clubface gives you more '**LOFT**' and '**BOUNCE**' in that the heel and aft sole contacts the grass first. The leading edge will not dig. That is precisely why we use this technique in buried sand lies. You already know this.

27) **THE 'CONVENTIONAL LIGHT ROUGH' SHOT:**

From this situation we use a variety of clubheads depending on the Ball Flight we desire. Anything from a #7 Iron to your Sand Wedge is satisfactory.

Consider this for a moment: If your Stroke Method or mechanics is consistent, all you have to do is vary the 'Tool' and it will produce the shot it was designed to produce. **'MASTER YOUR STROKE ACTION AND VARY YOUR TOOLS'**. This will make your game much simpler.

You may use your conventional grip, weakened slightly, and play a 'Putting Stroke' and 'FEEL' as opposed to a hitting or swinging approach. It is very safe and predictable.

Our 'Distance Control' as we well know, is accomplished by adjusting our **'STANCE, GRIPPING DOWN' and 'CLOCKING'**.

Remember to always 'Accelerate T H R O U G H the Ball'. Never try to 'Tickle or Scare' a Ball out of it's nest. Doesn't work!

28) **FLIER LIES:**

This situation presents a 'Potential Problem' in that your 'Lie' although not 'Buried Deeply' has grass between the 'Ball and the Clubface'. Whenever we strike a Golf Ball with 'debris' hindering 'Clean Contact' we can expect 'Spin Rate Anomolies' and 'Ball Flight' risks. This essentially becomes a 'Fat Shot'.

The 'Flier Lie' was aptly named. The 'Debris' prevents full clean contact of the Ball's cover directly to the 'Score Lines and Bare Metal Of The Clubface'. Therefore the 'Traction, Friction or Bite' that should normally come into play, does not. Instead of getting good 'Spin Rate on the Y Axis or Equitorial Axis', 'Spin Rate' that causes the beneficial 'Under Spin' which influences 'Trajectory', we get more of a 'Knuckle Ball' that **'SQUIRTS or FLIES'** off the Clubface. This condition tends to make the 'Ball Balloon or Float' which means that the 'Ball Flight is extended and thus the 'DISTANCE' you Ball travels is also greater than planned. Hence the term 'FLIER'.

29) **GRABBER LIES:**

The 'Degree or Depth of the Grass' must also be factored. The

deeper or thicker (amount of Grass, the MASS of the Grass) the 'Debris Between the Ball and Clubface', the greater the risk and difficulty in getting 'Efficient ENERGY Transfer from the Clubhead and the Ball'.

The risk and difficulty also increases with the 'Height' of the grass. If the 'Lie' is 'Deeply Buried' in the grass, tough stemmed and about six or more inches tall, you are at further risk. This 'Debris' has a likelihood of 'Entangling or Grabbing' you Clubhead around the 'Hozel'. This is the source of the name. It too is an appropriate term and not one of endearment!

You all know what I mean. If not you keep at Golf and you soon will!

30) **THE 'KNOCKDOWN SHOT OR PUNCH:**
 (O.B.L. Aft Stance, Punch Basic Stroke)

This shot, often thought to be difficult, is really only a long hard 'Chip Shot' similar to our 'Bump and Run' shot.

It is very useful in links style courses where there is always an alley-way or lane open from the fairway directly onto the green. This approach to the putting surface is highly useful in windy conditions where one must keep under it to maintain control. Always expose yourself and then, of course, your Ball to as little adverse condition as possible. Keep it low and under the wind for best results. In fairway grass and firm to hard turf conditions the Ball will run a considerable distance so allow for it.

It is a rough rule, but I think it has merit. When you want to fly a Ball under the wind, finish your Swing under it as well which means your Hands and Clubhead rarely get above your Target Shoulder. This Stroke is a 'Finish It at Swing Sequence #8 Stroke'. This shot is slightly 'Abbreviated' and may 'FEEL' a little 'Punchy'. That is how it is supposed to 'FEEL'.

Your 'Hands must LEAD the Clubhead to the Ball' which '**DeLOFTS The Clubface**'. When your 'Hands Lead' significantly, that #7 Iron really, from a '**NET EFFECTIVE LOFT**' perspective, becomes a #6 or #5 Iron. This is the primary reason for the '**REDUCED TRAJECTORY**'. It should be noted also that one can elect to 'Alter the Components' as well as the 'Procedures' by 'HOODING or Closing Down the Clubface' in order to 'DeLOFT the Golf Club'. This is simply a

'Set-Up Component Adjustment' and has very little risk.

Learn the variations in 'DeLOFT Procedures'. Recreate the FEEL and Repeat the Shot.

31) **THE 'FRINGE PUTT':**

What do we do when our ball is sitting tightly against the 1/2" to 1" apron cut and we are looking at a 12 footer for birdie or par?

Not all that bad a situation for any of us Golfers if we take a moment and attack the problem sensibly and calmly. **'Confident, Comfortable and Consistent'** our **'555 ACADEMY 3 C's'**.

There are two good ways to accomplish this task.

A THIN HIT:

a) Take a Sand Wedge, choke down on it, 'Shorten Your Grip' slightly to a '1 or 2 Inch Reduction In Overall Club Length'. Reduced 'Swing Radius' naturally reduces 'Clubhead Speed'. Set the leading edge up off the ground, to the top of the grass which will be about at the Ball's 'Rear Equator', fully **'THIN'**. Now make your conventional 'Putting Stroke' smoothly **'T H R O U G H** the Ball'. FEEL 'Straight Back and Straight Through'.

A PINCH DOWN HIT:

b) Take your Putter, GRIP it normally so that during your swing you would normally slide it just over a closely cut green. FEEL slightly 'Lifted' in your hands with the 'Putter Face' behind and again level with the Ball's equator. Make your normal smooth 'Straight Back Putting Stroke'. Get to your back-stop, touch-the-tee position that we have used in training to perform our **'ONE INCH RULE'**. The Putter Head will come to a dead-stop. Let it start forward with **'GRAVITY'** and as you are approaching the butt of the Ball, let your 'Lifted FEEL' fall down or even gently push your Brace Hand back to 'Full Extension or Length'. You will create a slightly 'Descending Blow'. This will gently force your putter face

down through the short grass and meet the putting surface directly behind the Ball for a normal Clubface to Equator of Ball IMPACT right on the '**Optimal Percussion Area**' ('OPA').

Practise this for a while until your timing and mechanics become stored in your 'Golf Mind Directory', in a primary file that is directly accessible to the main function or operating 'Path'. It is not a difficult stroke and you will find it useful far more often than expected.

YOUR WEIGHT DISTRIBUTION:

Remember, this shot requires your weight distribution forward, preloaded on your 'Target Foot' about 60% or more to induce a 'Steeper Angle of Attack'. Your 'Clubface is Square'. Your 'Stance is Square'. You do NOT need any created 'Cut Action' or 'Spin Rate'. Keep your 'Procedures' as simple and safe as possible!

I know we have discussed this before, but pre-loading forward prevents 'Hitting Off Your Back Foot' which is the major culprit in Topping the Ball in such situations.

Your takeaway should be quite low or flat and coming through the Ball you should use good positive 'Brace Foot Power and **PUNCH**' without much or but a minimal wrist action. Your 'FOLLOW-FINISH' is abbreviated as is your Back Swing which stands to reason. You should always have your back and forward swings somewhat Balanced or 'Mirroring' as we call it, in these specific type of very short shot. The 'Brace Side equals the Target Side' except that your follow through and finish is always slightly longer and higher due to your forward swing's having POWER applied. The Forward Swing is 'Higher Energy' than the very 'Passive Back Swing'.

32) **THE JOHN DALY APPROACH:**

In the '**Canadian Skins Game At Crowbush Cove**', Long John, with good friends Mike Weir, Fred Couples and I think Mark O'Meara, played the substantial Par 4 eighteenth, Putter then #2 Iron then Putter ('P2P'). This means he drove with his Putter. He PARED the hole. This is imaginative and crowd pleasing, but not for morals.

QUESTION:

Is not all this discussion of 'Shot Protocols' truly about

'Components and Procedures'? Still?

Look how useful is our foundation that was established in the first few pages of this 'Collection of Books'. We are going to understand what all the 'Mental and Physical Components' are in a 'Golf Swing' And then we are going to perfect them into 'Motions' that make 'Golf Balls Go Away'!

We are rally doing that every page.

Right?

I still think this is a safe and productive discipline for you and for me!

What do you think?

I am glad you agree!

'Keep It Stupid Simple!'

MORE BUNKER WORK

(FAT SHOTS)

33) **THE 'PUTT IT OUT OF THE SAND' SHOT:**
 ('pretty gutsy'?)

For those of you who fear the real Sand Wedge shot, there may be a safe alternative already in your bag and arsenal.

If the ball is sitting up on firm sand, not on the powdered sugar type seen in the southern United States courses where it is very dry, you may elect to make a firm putt to get out of the bunker. **The only prerequisite is that there cannot be a big lip between you and the cup.** The sand must fill the bunker to level with the grass or your shot will simply strike the lip and stop. This same shot can be used to get out of or through grass swales around the green. The criteria must be that your Ball can roll through the obstacle, not unlike the determining factors for either putting or chipping from the fringe. Whatever the case, do what is simplest and safest. See the shot in your mind, make 'Three Brush Strokes'. Then 'Paint the Picture on the big green canvas'.

34) **'SAND OR BUNKER SHOTS':**

Oh good Lord, I'm on the beach!
(a little more about a little shot)

Without being facetious, your best solution to playing better bunker shots is to go out four times this month and make 'Two Hours' of different shots from the sand five at a time. Examine what you are doing and consider the results. Make a small basic change and again consider the results. When you get good results, what you had planned for, do more of it and record the 'Set-Up and Execution Parameters' in your 'Brain Macro Library' so that when the precise need arises again, in real play, you can retrieve the correct 'Shot FEEL' from the library and apply it effectively.

In such a session, pay particular attention to SET-UP **'5 CONTROLS'** aspects such as 'BALL POSITION', 'Degrees of Clubface Openness AIM', degrees of STANCE-ALIGNMENT Adjustment (which will be usually open to Clubface), 'Length Of Swing' (CLOCKING), 'Pace Of Swing' (how quickly Up and Back; Down, Out, Forward and Through) and 'Angle Of Attack' (steepness of your back and forward swings). Also pay attention to how far behind the Ball your Clubhead comes in contact with the sand. Relate this to your 'STANCE and BALL LOCATION' which are fundamental in this type of shot.

35) **THE ANGLE OF ATTACK:**

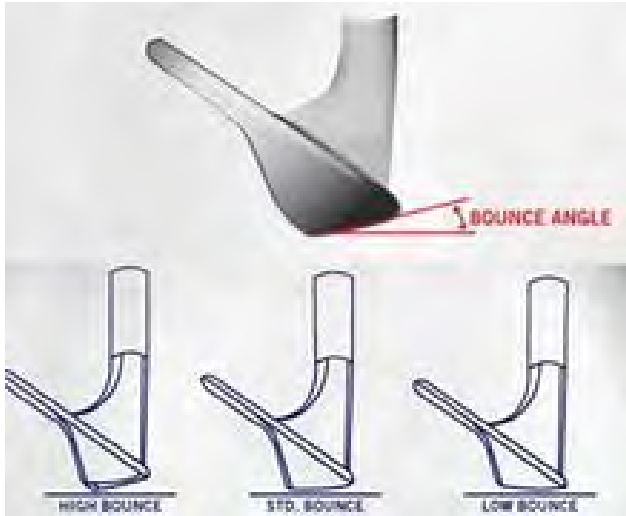
In your 'Set-Up' (**'Weight Loading or Distribution'**) predetermine how **'Steep or Shallow'** your swing or **'Angle Of Attack'** will be. (**'Forward Steep, Aft Shallow'**) Remember, a 'Deep Splash' with your Hand in the water moves lots of water quite high, while a 'Shallow Splash' moves less water quite low across the surface. 'FEELING the Up & Down Clubhead PATH' without but a minimum of 'ROTATION or PIVOT' (Lower Body Action) is key. Active 'Upper Body' dominates the quiet stable 'Lower Body'.

Fit your 'SWING' to your desired SHOT and Ball Flight or Trajectory. For a high Ball Flight, 'FINISH HANDS HIGH'. For a low Ball Flight, 'FINISH HANDS LOWER' in your Forward Swing (SS #8).

Remember we talked about this when concerned with 'Keeping Under The Wind'.

36) **THE 'BALL ON TOP OF THE SAND' SHOT:**
 (Good Lie)

Just before I proceed, recall your knowledge of the 'Clubhead Sole Configuration' we call 'Bounce'. If you are 'Fuzzy', pay a visit to your 'Friendly Tour Guide Index' right away.



Bounce





Ball on the Top of Sand



Ball 1/3 Buried Lie



Bunker, The Volcano Lie



Bunker Buried Lie

You can play this situation two distinct ways:

METHOD #1

(relatively normal Ball Flight)
fairway bunker

a) **'ALIGNMENT parallel to Target Line'** with your **'Clubface SQUARE to the Target Line'**, **'STANCE Open'** and swing naturally with **solid leg-drive THROUGH the Ball, Down the Line, to and THROUGH the Target PIN**. Make sure your **'Footing'** is firm or solid by squirming your Feet back and forth a little during your setting up and putting your **'CONTROLS'** into position. The **'Leading Edge of the Clubface'** just takes out the South Pole of the Ball not unlike you would **'FEEL'** on a normal fairway shot.

One may be well-served to **'Take an Extra Club'** and **'Swing Smoother'** than usual. You cannot exert as much **'Brace Leg Drive'** standing on the sand.

METHOD #2

(relatively high Ball Flight)
flies high and lands softly

a) **OPEN ALIGNMENT**, 20 to 25 degrees turned to the **'High-Energy Side of the Target Line'**, with normally placed **'STANCE'** (Sit Down FEEL) or ever so slightly wider, **'Brace Foot SQUARE-ish and Target Foot PIN-ish'**.

b) **OPEN CLUBFACE**, 20 to 25 degrees turned to the **'Low-Energy Side of the Target Line'** to **'MATCH The Body Alignment'**. So now, for Right Handers, we have our Feet **ALIGNED** to the **LEFT** with our Clubface **AIMED** to the **RIGHT** about the same amount. Remember we still want to **'SWING THE CLUBHEAD DOWN THE BODY LINE'**. FEEL like we are **'Cutting The Sugar Cane Or Flag-Stick Right Off'** which means we must be **'Lever Assembly Extended'**, Arms stretching out to the Pin and **NOT 'Round-Housing around our Target Hip'** and toward the **'High-Energy Side'**.

What this does to our overall swing, Clubhead Path, is to cause us to move the Clubhead **'Outside-In'** (to Target Line) creating **'Clockwise CUT or Rotation or Spin'** on the Ball which makes it naturally move Left to right or **'High-Energy Side to Low-Energy Side'**.

When we open the Clubface a considerable amount, two things happen;

a) **the Clubface Angle ('LOFT') become shallower**, pointing more skyward, thus making the Ball fly higher. It leaves the Clubface with a **'Higher Launch Angle'** and flies more steeply up and down.

b) **the Heel of the Clubhead enters the sand First**. The Heel has no 'Cutting Edge' as is the leading edge of the Clubface so it simply ploughs, pushes or 'BOUNCES' THRU the sand and does not dig. Remember the Heel enters the sand FIRST. Try it and see it.

Soon thereafter, the 'Leading or Cutting Edge' barely makes contact with the sand and really 'Splashes' sand out of the bunker. The Clubhead FEELS like it is 'Sliding Under the Ball' and in doing so the Ball is 'Splashed Out' with the sand.

Try this technique for about half an hour until you become proficient and can actually begin to 'FEEL the Action'. Once you do this your brain can catalogue the shot making it available for future use.

37) **THE 'BALL BURIED IN THE SAND' SHOT:**

(to varying degrees)

Bad Lie

i) 1/2 above

ii) 1/3 above

iii) 1/3 above FRIED EGG

NB: the 'Fried Egg Lie' is merely an observation or description of the resting characteristics of the Ball, nothing more nothing less. If it is 1/3 above it's 1/3 above, period. Whether the Ball has landed coming straight down (steep Angle of Descent) and splashed sand out from around it's base or it has flown into the sand flatter and rolled a bit is of little consequence. The only thing that matters is where and how is it sitting right now.

iv) 1/4 Ball or less
above the sand
(But you can see the top of it's head)

38) **SO NOW WHAT ?**

This fully-buried Ball situation has got to be one of the worst 'Mental Tests' for high handicappers because they are fearful of the results which have proven to be bad or 'worse than bad' over a long period of time.

"The Ball hasn't come out of this stuff for months,
so why should it start working now?"

The answer to this 'Negative-Minded' comment is to 'Set-Up' and make the Stroke properly. So here's how.

39) **SET-UP AND PRE-SELECTED PROCEDURE:**

1) 'Visualize', 'See the Ball Flight in your Mind'. Is it high and soft-landing or, is it more of a 'Bump and Run' profile. Make this decision NOW.

2) Set-Up properly to execute the shot you have chosen. Whatever this might be, get your 'FEET' set solidly in the sand by squirming or twisting them back and forth until the sand is compressed or you have found bottom. There is a benefit to this STANCE or Footing stability. Now you know how soft or hard the surface is on which the Ball is sitting. So now you know whether the Clubface is going to dig or not.

3) Make your swing or stroke.

BALL PIN

40) **BACK TO THIS 'BURIED LIE':**

We have our pre-shot 'Routine' refined so never proceed without right down to the 'Gnat's ____' ('whisker').

Good routines make champions.

Let us now attack this frightening 'Buried Lie' situation.

Firstly, **'IT'S NOT FRIGHTFUL'**.

If you think you can, you will !

The most reliable method of extracting the Ball from the 'Deep Beach' is to Set-Up by **'Method #1'** above.

**SQUARE-ish ALIGNMENT
SQUARE-ish CLUBFACE**

and swing the Clubhead 'Down-The-Line' 'FEELING to and through the PIN'. The only thing here is that we are NOT going very Through the Ball because it is so buried. We must **'BLAST'** the Ball out of it's nest or underground burrow!

You must always set-up with your **'5 CONTROLS'** in place.

41) **HERE IS THE MOTION:**

Your take away will be a 'Pick-Up Inside Takeaway'. In other words, you will 'FEEL like your Hands and Clubhead' move 'BACK' and immediately 'UP'. The Hands will get only to about your 'Brace Armpit or Shoulder'. 'FEEL' this position as it will be your 'Top of Back Swing'(TOBS). Produce this somewhat like our 'CLOCKING' technique.

Get your Clubhead to this 'Fully Wrist-Cocked' position and then smoothly change directions and **'POP'** the Clubhead back down behind the Ball, an inch or so and no more, which will 'Blast' quite a lot

of sand up and out of the bunker. Coming along with it will be your Ball.

This swing will 'NOT FEEL very THROUGH' as it is quite a 'Chopping or Vertical Descent Approach Angle'. The 'Steeper UP, the Steeper DOWN'.

I hope the words we use to describe this motion tell the story....

It's a 'COCK and POP' golf shot!
'Up and Down'

Try it and be patient with your trials. Good results will make you look and perform like the pro's we all so much love to emulate or be!

Learn to be Comfortable from the Beach !

42) **THE 'DEEP STUFF IN A NUT SHELL':**
(if there is such a thing in GOLF!)

What in heaven do I do with my 'FEET, CLUBFACE and SWING PATH' when in deep stuff? sand or rough?

Keep it simple and practicality will take care of 85% of your situations. The other 15% will require some specific consideration but 85% Golf will do for certainly the 'Once A Weekers'. They get really proficient, one has to play more than once a week.

Here it is from a simple man's, a country boy's perspective:

1) Full Swing shots should have 'Full Swing' set ups. Feet, Knees, Hips and Shoulders roughly parallel to Target Line, 'GUNSIGHTED and BOUNCED'. Clubface should be roughly 'SQUARE' to the Target Line. Reasonable 'Full Swing Shots' logically should have reasonable lies or they will augment to 'Less than normal Full Swing' to get the job done.

2) Less Than Full Swing shots should have 'Less Than Full Swing' set ups. These strokes have generally three adjustments:

- i) narrower '**STANCE**',
- ii) shortened '**GRIP**' and
- iii) reduced 'Back Swing' or what I have termed '**CLOCKING**' with which you are familiar. If not, see your INDEX right now.

3) Concerned with that Ball Lie in the 'Deep Stuff' be it rough grass or sand. The situation is usually that we are 'Less Than Full Swing' and in a pitch, chip or sand shot mode. We want to get considerable Loft or a relatively 'High Trajectory' and 'Shortened Travel to our Ball Flight'.

43) '**SIMPLE GUIDELINE**' :

BALL 'SITTING UP' ON THE SAND OR DEEPISH GRASS:

(soft and fluffy, Be aware of the 'Chilli-Dip')

a) the shallower the LIE, the more open you should place your 'ALIGNMENT' (30 degrees) with your 'STANCE' slight wider than normal for a short shot to give you more stability. Open your Clubface the same 30 degrees but in the opposite direction to your 'ALIGNMENT'. To accomplish this 'Open Clubface' regrip the handle to open and do not simply roll your 'Normal Grip to Open'. If you do this you will have accomplished nothing other than to create a peculiar or abnormal Hand Feeling at set-up. your 'IMPACT Position' will be the same old Square or results you are used to. 'REG RIP to OPEN'.

Your 'Clubhead Swing PATH' will be relatively shallow and right 'DOWN THE LINE' at the flagstick. Your Clubface 'SOLE or HEEL' will strike the ground slightly behind the Ball and first before the leading edge comes into play. The result is somewhat 'Splashing the Ball' out of the sand trap carrying it away from its resting place with a few ounces of sand and NOT a bare Clubface.

Bounce and sole/heel contacting sand first, thus no digging action.

BALL BURIED 50%:

b) there is a deeper lie and, therefore, your 'ALIGNMENT' will be less OPEN', say 15 to 20 degrees, about half of shallow lie, while your STANCE will still be relatively wide and stable. Your Clubface will again be open the same amount as your 'ALIGNMENT' and must be accomplished by regripping and not 'Twisting The Wrists'. This will again cause the Sole/Heel to make contact with the sand before the 'Leading Edge' moving sand before the Ball. It is this sand which contributes greatly to extricating your Ball from the beach, and easily so.

Your Clubhead Path will slightly less shallow but still 'FEELING' 'Right Down The Line' to and THROUGH the flagstick. You are going to have to strike this Ball about twice as firmly as you would in a nice fairway lie as you are going to move some sand or grass in the process. There is more 'DRAG' so there must be more 'POWER' or 'FORCE' applied.

You will make ground contact slightly farther behind the Ball than with a shallow lie. The deeper the Ball is buried, the farther behind it you must make contact.

Please keep in mind our '555 Golf Academy' principle of looking at the '**Bottom Inside Cheek**' ('BIC'). When the Ball is buried, simply visualize it's location and swing through it. Your '**EYES**' will 'Captain the Navigator Hands' and guide the 'Golf Club Ship'.

DEEPLY BURIED LIE:

c) Squarer 'ALIGNMENT with a Squarer Clubface' still swinging 'Down the Line' although perhaps not so 'Right To and Through the Target Pin'. Why So? Because your take away 'Clubhead Path' or 'Angle of Ascent and Descent must be Steeper'. The move 'FEELS' more like a picking up of the Clubhead and a hitting down with it so as to 'Blast the Ball out of it's Nest or Hiding Place'.

We want to '**Cock and Pop**' the Ball out. To do so we do not have to strike the ground or make contact too far behind the Ball. An inch or two will do. In this 'buried/deep grass' situation, especially if the grass grain is growing or laying away from the Target, you

must swing harder, as if you are 25% to 50% farther from the Pin than measured distance.

SHALLOW LIE ON VERY FIRM SAND:

d) This shot is very much like a normal fairway execution perhaps using one less iron depending on lip of the bunker. To test the sand, do not use your hands, but your 'FEET'. Do the old 'Stand at Address Squirm' until your footing has found bottom or compression. Now you will know how much resistance your Clubhead is about to face going through the sand as well. Good information gathering, right? Legal too.

Make your normal 'Take-Away' and keep your 'Tallish CHIN Tallish' so you do not hit FAT. 'SET-UP those Hands FEELING Deep and Swing them feeling the same extension to the 'Bottom of your Swing Arc Through the Ball'. Feel a nice Full Swing with 'Smooth POWER'. Do not chop at the Ball or hit down on it. This is more of a solid 'Pick' similar to when your Ball is sitting nicely in a shallow divot.

44) **WASTE OR FAIRWAY BUNKER WORK:**

Two things first;

- 1) You CAN make it work if you set your 'Mind and Body' to '**IT**' in an appropriate 'Follow-the Basic-Rules' manner. You need to 'Practise Smart'. '**PERFECT PRACTISE MAKES PERMANENT**'.
- 2) 'WASTE' makes this shot sound like it originates from a 'Dumpster or Residential, 'Wheel It To The Curb-Side' garbage bin. They used to be made of galvanized steel and have no wheels. How times have changed! Modernized trash collected by sanitary engineers.

This type of shot is not overly difficult.

Depending on the texture and stability of the sand, it 'Componently and Procedurally' resembles the standard 'Fairway Golf Shot'. Get your 'MIND PREPARED FIRST'.

Items to consider:

i) This '**Waste Bunker Is NOT A Hazard**'.

ii) You may '**Ground Your Club**'
SEQUENCE or ROUTINE

iii) 'Strategize, Analyse and Visualize'

iv) '**5 CONTROLS**'

v) '**Set Your Feet For Stability**', Slightly wider is generally quite appropriate as this 'Shot' does not involve a powerful 'PIVOT' and overly-active 'Lower Body Machine'. You will recall that 'Wider STANCE Naturally Restricts or reduces the 'Range Of MOTION' of your 'ROTATION or PIVOT'. Remember, you are standing on 'Sand' and you do not want to 'Spin Out' or lose your 'Brace Foot Traction and Leg Drive' which is a risk. If you suffer from a 'STANCE Failure' your 'Ball Flight' will not go where you planned. The tendency is 'Weak or to the Low ENERGY Side of Target Line', although one can make 'Compensations' which usually involve 'Manipulation' of those sometimes overly-active 'Hands'.

vi) This 'Procedure' is more '**UPPER BODY MACHINE**', those 'Shoulders, Arms, Hands and Golf Club', than 'LOWER BODY MACHINE'. It will or should be 'Slightly Abbreviated' without too much 'LIFT'. You should 'Sweep the Ball' off that granular surface.

vii) Determine whether you have any difficulty in clearing the 'Lip Of The Bunker'. If your 'Club of First Choice', the one that can usually get you onto the 'Dance Floor', has any risk of striking the '**Lip Of The Bunker**', chose on with more 'LOFT' or a 'Higher Trajectory and Higher Launch Angle'; all that 'Golf Stuff' which makes sense to you by now.

viii) If you are at all '**Between Clubs**', which is not an unusual occurrence', choose the 'longer-shafted' of the two, the one that 'Goes Farther' and then '**Swing it Smoother**'. Remember, you are in a 'Less-Than-Full Swing' Procedure. You are 'Abbreviated'. Make sure you 'Swing Down-the-Line' and '**FOLLOW**' at least to Swing Sequence #8 or #8+. You may 'FINISH' into the realm of Swing Sequence #9 if you 'FEEL Comfortable and Relaxed' I doing so. Whatever the case, 'Do NOT Try To HIT the Ball'. Do not 'Roundhouse' or you will 'PULL'. This procedure is a 'Swing'.

ix) '**BALL LOCATION**' is, of course, an issue. It always is! I recommend that you play your Ball in the normal position as long as it is 'Sitting Up'. You may 'Play It Back' ever so slightly to insure 'Ball First' and if it is 'Sitting Down' at all, this will be necessary and not an option. Here you must '**Take The Ball First**'. You do not want to strike it 'Fat' or 'Thin'. Making this quality IMPACT needs to be a relatively 'Clean IMPACT'. This is still a usual rendition of the old formula; 'Compression and Line of Compression'.

x) '**WEIGHT DISTRIBUTION**' centered to slightly aft.

xi) '**SEE THE BALL COME OFF THE CLUBFACE**'.

xii) '**SEE THE BALL AND FEEL THE PIN**'

xiii) '**BREATHE OUT AND RELAX**'
THROUGH the IMPACT Zone and beyond.

xiv) '**PLAY EVERY SHOT, BALL - PIN**'

xv) '**TRUST YOUR CLUBS**' AND '**TRUST YOUR SWING**'.

There little else to '**IT**' !

45) **BULLET PROOF 'BUNKER' DRILL:**

I do not know about you, but I seem to very seldom get into any of the 'Fairway or Waste Bunkers'. Now that I have said that I am cursed for sure!

In any case we need to practise this 'Brand Of Sand' or 'Teach The Beach'!

We have dealt with the 'Components and Procedures' so I am not going to replough the field. But there is a very useful routine you might adopt to get more experience in two areas: 1) Target Golf and 2) Getting Off the Beach.

We at the '555 Golf Academy' call this routine '**BUNKER TO BUNKER**' or from the '**BEACH TO BEACH**' and that is appropriate.

You should be on a course with abundant bunkers including lots of 'Fairway Bunkering'.

You start from the 'Tee Box' and fire your Ball directly at and into a 'Fairway Bunker'. Then, from there, you 'TAKE DEAD AIM' and again strike your Ball into the next bunker which may be another 'Waste or Fairway' variety or will be a 'Greenside Bunker'. All this is 'CALL SHOT' so you announce which bunker you are aiming for. Get in it and 'UP AND DOWN' from there.

Do this once or twice a month depending on your level of 'Sand Play Proficiency'. You will improve. Guaranteed!

46) **CONTROL DISTANCE BY YOUR SET-UP:**

We now know what 'Open-Open' means. This is 'SET-UP Stuff'. Right?

I think we 'Control Trajectory' by 'Opening both our 'ALIGNMENT and Clubface AIM' simultaneously. It is not difficult to understand that 'Opening the Clubface AIM' increases 'Net Effective LOFT'. Thus 'Trajectory is directly Affected'.

'Control Distance' by 'Controlling Clubhead Speed' by 'Controlling the Length of your Swing Arc or Circumference'.

You can add to your 'Clubhead Speed and Distance', by adding 'Leg Drive' or the degree of 'Lower Body Machine Activity'. 'Brace Toe Pressure, stimulates Brace Foot Pre LOAD, activates Brace Leg Drive' or what I call 'THRUST'.

'Lower Body Machine ROTATION and THRUST' creates increased 'Clubhead LAG Pressure' which amplifies the 'Clubhead Release' and

thus 'Clubhead Speed'.

For more information on this 'Drop and Drop Thrust' concept, see your 'Friendly Tour Guide INDEX'. The 'Short Game Performance Grid' can be found in the same general vicinity of your book.

47) **SAND AND DEEP GRASS IN SUMMARY:**
 (Less Than Full Swing with a 'Floppish Shot')

The '**SHALLOWER**' the lie the more '**OPEN** the **ALIGNMENT** and **CLUBFACE**' but always swinging with a relatively shallow take away '**Down The Line** to and T H R O U G H the Target'. You can make a standard 'Set-Up Swing' with a standard Club Selection and this will work too, but with perhaps slightly less percentage.

The '**DEEPER**' The Lie The More '**CLOSED-CLOSED**' and '**STEEPER**' Your '**Clubhead PATH**', '**Angle of Ascent and Descent**', '**Angle of Attack**', with sand entry point getting slightly closer to the Ball as your Swing gets more '**Cock and Pop**'. Don't lose sight of the very 'Open-Open almost FULL SWING Flot Shot' with a 'Lofted Club' in this situation. It is a much higher-risk procedure but, properly executed, can be magical. As Ken Venturi called it, 'The ball came back to earth (the green) like a wet dish-rag and you could read the label!' It takes some magic, a great deal of practised talent and more than your share of good fortune to pull this type of Golf Shot off.

'**Be Adventurousome and Experiment**' but always using sound techniques that are clearly Pre-Selected. You always need precise Impact and adequate Compression to accomplish each task. '**ALIGNMENT**, Plane and **IMPACT**' never get old.

Hope this helps?

48) **OPEN - OPEN:**

There is a key point that I have alluded to but want to emphasize here and now. It is about your 'Clubhead PATH' when we have 'Pre-Selected the **Open Clubface AIM** and **Open ALIGNMENT** Components' to produce specialty 'Cut Shot Ball Flight and Shape' as we so often utilize in the 'Short Game'.

When you 'Pre-Select the above 'OPEN-OPEN Components', you must generally '**SWING DOWN YOUR FOOT OR BODY LINE**' (natural) and NOT

down the 'Target Line' (unnatural and manipulated if not parallel).

'Swinging Down the Target Line' with this 'C/F AIM and ALIGNMENT SET-UP' will impart considerably more 'Cut Action on the Ball' and induce more 'Y Axis Spin Rate' which, of course, leads to more 'Curvature in Ball Flight'.

Generally 'Swing Down the Foot Body Line' unless you desire more 'CUT' to either create more 'Curvature and Trajectory' (height). 'Down the Target Line' with these 'SET-UP Components' will actually increase your '**NET EFFECTIVE LOFT**' ('NEL').

49) **TOSSING BALLS:**

I like to 'Play FEEL' as you are becoming aware. We have been together now for quite some time.

Standing in the bunker (or out anywhere on course for that matter) and toss Balls to predetermined locations not far from your Feet, about fifteen to twenty feet will do fine. Hold the Balls gently in your 'Fingers' and release them softly from various elevations in your swing or forward toss. Release them about 'Knee Height' to simulate 'Bump and Runs', from your Hip Height to simulate pitches and from your 'Chest Height' to produce what I would call a Sand Wedge or Lob profile.

Pay particular attention to the 'Trajectory, Height and Distance in the Air or Flight' and carefully observe the 'Roll Characteristics' of the Ball after touch-down.

Incorporating these 'Hands Actions and Feels' to your wedge or approach game will produce positive, lasting and reliable results. I think we must know Physics and Mechanics but accomplish and play 'Geometry and FEEL'.

'REPEAT the FEEL'

Play 'REMEMBERED FEEL' always!

In your first 'Two Hour Session In The Sandbox' put a dozen ball in one spot and 'EXTRICATE' them three or four at a time, with different techniques and actions, each time analysing what took

place with what results. Make sure each result, good or bad, was understood. In this manner you will store in you 'Golf Mind' the good stuff and discard the bad. '**REMEMBERED FEEL**' makes sense to me.

BACK IN THE GRASS

50) **THE 'LAZY LOB SHOT':**

This shot will likely be made from the rough, where imparting Backspin to the Ball may be quite difficult if not impossible. We call these shots 'Fliers' because they will generally land hot and run hardno brakes!

We are forty to sixty feet from the pin looking across a white sand deep bunker with deepish green stuff everywhere else until we get to the apron. It is 'Lob Shot Time'.

It is played very similarly to the bunker shot, ie. from an open Stance and with an open-faced golf club usually the sand wedge. If the distance to carry is quite long, we may elect to use a less-lofted club but with extreme care.

The action is one of 'Sliding the Clubhead or Clubface' under the Ball using either a relatively long swing that is not overly steep-angled or more safely we can use what has been referred to as a 'Cock and Pop' motion. This is quite 'Pick Up Take Away' or has a steep angle of attack to ensure that the Clubface gets firmly under the ball so as to allow the face to perform.

Since we cannot safely count on backspin due to grass getting between the Ball and our Clubface, we must 'Soften or make a Lazier Feeling' shot by reducing our Pace. The Tempo is about as slow-feeling as any in the game. I think it feels a little like my putter Tempo. Feel like your backswing Pace and Downswing Pace are the same which means we will not apply much force or POWER to the Ball. If we are in deep rough, then more POWER is required but with balanced Pace.

This is an 'AGGRESSIVE SHOT' with a 'PASSIVE FEEL'. (dead hands)

51) `DIVOT SHOTS`:

A scary thought with bad images!

There are four potential situations in a deepish divot:

- 1) Ball forward in divot
- 2) Ball in back of divot
- 3) Ball outside edge and
- 4) Ball inside edge

1) Forward is no particular problem other than getting the leading edge to the south pole of the Ball avoiding the THIN HIT or 'SKULLED HIT'. Set up normally and set the fear aside. Put a good swing on the Ball 'FEELING' good 'Brace Foot Pressure', 'Seeing the Ball well', and getting the Steel 'T H R O U G H' the Ball all the way to 'FOLLOW-FINISH'.

2) the Ball in the Back of the Divot presents slightly more concern but not really a problem unless we perceive it as such. When you need good Trajectory you must swing Down and Through the Ball and make sure you 'Take Some Turf' as you would with a slightly buried bunker lie. Remember, your '5 CONTROLS' with the Tallish CHIN so that you do not 'Chilli-Dip' or hit really 'FAT' which means the ball will go nowhere.

If you are not concerned with 'Trajectory' and have no requirement to clear any obstacle, you may strike the Ball slightly 'THIN' and get away with it, producing a running links entry to the green alley or access.

3-4) With either the 'Outside or Inside Edge' lies, you must maintain positive 'GRIP Pressure' through 'IMPACT', Feel slightly Hands Down and Through, while aiming a little LEFT or RIGHT relatively to compensate for the Clubface modification of the heel and toe Impact-First potential.

To make this 'IMPACT' Toe-First aspect clear, when your Clubhead's toe strikes the ground or a resistive object before the heel, the toe is stopped or decelerated producing an 'Open Clubface'. This Face Aim condition we know produces a 'To-The-Low-Energy Side of the Fairway or Target Line'. You can plan to compensate for it but

if it is a 'LIE Problem', get your 'Clubhead Lie Angles' adjusted so they are all consistent.

The opposite condition is true for the Heel-First situation.

Use your intellect and imagination.

VISUALIZE FIRST!



Divot Lies ... Front



Divot Lies ... Back



Divot Lies ... Empty

52) **KEY POINTS:**

Dealing with 'Bad Lies' is firstly a matter of this 'Visualization'. Then it is a matter of 'Club Selection'. Then it is a matter of your 'SET-UP' and 'EXECUTION' which includes your 'Take-Away and Delivery Angle Of Attack'.

When your Ball is sitting in the back end of a 'Deep Divot' you are going to have 'Increase Your Angle Of Attack' to get the 'Leading Edge of the Clubface' on the 'Ball First'. Otherwise you are going to get a 'FAT SHORT FLIER'. You can 'Pre-Select a Club with less 'Loft' to control your 'Launch Angle and Trajectory'.

When your Ball is sitting in the front end of a 'Deep Divot' you do not have to adjust much from the 'TOOL or Component Perspective'. You can still get the 'Leading Edge of the Clubface' on the 'Ball First' with relative ease. You may just have to 'GRIP' the 'Handle slightly higher and/or 'Stand very slightly Closer'.

You must be able to get the 'Clubhead On The Ball' Swinging naturally and not 'FEELING' as though you have to force or manufacture the shot. Always Swing Smoothly!

53) **OUT OF SHALLOW WATER:**
(Gonna Get Wet!)

Play it just like a 'Buried Lie Bunker Shot'. Use a Sand Wedge as it has bounce that will help you just like in the sand. Play an OPEN STANCE with a slightly 'OPEN to SQUARE CLUBFACE'. Swing as though you would in a bunker shot, about twice as hard as you would were the Ball to be sitting pretty on the fairway looking at the green.

Don't spare the horsepower, but do not overswing. **'Swing In Balance With The Impact Zone FEELING A Little PUNCHY'**.

It is what I call the 'Indian Raindance' with good results when made with good mechanics and 'CONFIDENCE or Courage'.

Q25)

"Water creates a neurosis in golfers. The very thought of this harmless fluid robs them of their normal powers of rational thought, turns their legs to jelly and produces a palsy in the upper limbs."

Peter Dobereiner, writer

C28]

UNUSUAL LIES

54) **THOSE 'HILLY LIES':**

There are only 'Five LIE Possibilities'.

- a) Uphill
- b) Downhill
- c) Sidehill (above your feet)
- d) Sidehill (below your feet)
- e) Level

Be aware of the effect of 'LIE Angle' on the 'Clubface AIM'. 'Below your Feet More Open' and 'Above More Closed'. Adjust your 'Alignment' to compensate.



Hilly Lies, Up Hill Lie



Hilly Lies - Side Hipp, Ball Above Your Feet,
Down The Line (DTL)

All these situations require one thing, '**SWING IN BALANCE**'. What I mean is 'Set-Up FEELING' like you can execute the specific shot or swing without falling off the Ball, but getting 'THROUGH' it.

There will be situations when you cannot execute the 'Clubhead THROUGH the Ball' effectively without knowing that the end result will be your falling on your face or rear, but remain in Balance through IMPACT to the best of your ability.

A bit of a tip, however, for the 'Uphill and Downhill' lies is to make sure your weight at Address is preloaded against the slope. In other words you will have more weight on your 'Downhill Foot' with your Shoulders somewhat Parallel to the slope. '**SHOULDERS GENERALLY MATCH THE SLOPE**'. Keep your Knees softly flexed. 'FEEL' that slight bouncy condition. Ball Location or Position should not vary much.

Take practice swings until you are Comfortable with the motion and keep the real swing slightly more compact and controlled. You might feel slightly 'Punchy Through IMPACT', but 'FINISH your stroke'.

CLUB SELECTION:

- a) Uphill: Less Lofted
- b) Downhill: More Lofted
- c) Sidehill (above your Feet) ALIGN 'Low ENERGY Side'
- d) Sidehill (below your Feet) ALIGN 'High ENERGY Side'

So how does this 'Club Selection' factor?

Well it is quite simple and all about 'Net Effective Loft At Separation'. 'Loft' is created by the factory but can be affected by your 'SET-UP' by altering 'Hand Position and Ball Location'. You can 'Forward Press' and 'DeLoft' the Clubface'. You can move your 'Ball Location Aft' and thus make contact earlier with the 'Clubface' which will 'DeLoft' the 'Clubface At Separation'.

When you select a #5 Iron, the factory provides you a nominal 27 degrees of 'Loft' with 60 degrees of 'Lie Angle'. These figures are determined with the testing ground being level. So you can picture what happens if you are on a 15 degree 'Downslope'. Your 'Net

Effective Loft' will be 27 degrees (level) less the 'Downslope Factor' of 15 degrees which produces a 'Net Effective Loft' of 12 degrees. Now that is not much of a 'Positive Trajectory'. From this 15 degree 'Downslope' you are not going to get much 'Trajectory'. Your actual 'Launch Angle' will not vary, but your 'Ball Flight' as it relates to 'Level' will not be very high.

The reverse is true when you are on an 'Upslope'. Your 'Net Effective Loft' will be higher than the normal 'Level Ground Profile'. Keep these variables in mind. They are what this area of your 'Unusual Shots' is all about! Always do your math and 'Visualize Your Shot Shape' during your 'Pre-Shot Routine'.

Again, remember, 'LIE ANGLE' directly affects 'Clubface AIM'. 'Below Your Feet' is 'TOE DOWN' and 'Clubface Aim' is to the 'Low Energy Side' of the 'Target Line'. When 'TOE UP' the 'Clubface AIM' will be to the 'High Energy Side of the Target Line'.



Clubface AIM & Feet ALIGNMENT

JUST A NOTE FROM THE AUTHOR:

I know that the above **'ALIGN to the Low or High ENERGY Side'** method is useful, but, might I suggest that before you get too tending to 'Alignment ('Clubface or Body') Adjusted' in order to accomplish these 'Specialty Lie Shots', that you firstly endeavour to realize that **'THE BALL GOES WHERE YOUR HANDS GO'** and **'THE HANDS GO WHERE YOUR LEGS DRIVE THEM'** as raw truth. Make sure you 'Swing Through and Down The Line' which means you will be well served by putting a little 'Follow or Chase' into these shots (see 'Brace Leg Drive'). You must accomplish 'Pre-Selected PIVOT and Full Responsive Release' (see 'ALSDR'). Effective 'Leg Drive' in 'Unusual Lies' is important! Regardless of the 'Footing and Ball Location', one must still execute the 'Procedure'!

This helps prevent cases of 'The THINS'. When you have a significant 'Down Hill Lie' you will generally and I generally 'FEEL' like I am going to take a step downhill through the shot as well. Our 'PIVOT Action' promotes that 'Weight Moving Over to the Target Side' which means we get imbalanced to the 'Downhill Side' where good old Mother Nature and her Newtonian Gravity takes effect. Just try to dodge her arrows! Can't! Work with her!

In 'Uphill and Downhill Lies' we should tend to be more 'Round & Round' ('LBM') and less 'Up & Down' ('UBM'). I still 'FEEL' some 'Cut Shot' and solid lateral 'Rotation' as explained. ('Stage Three')

55) **'WIND PLAY':**

Swing freely through the Ball with it's **'BALL LOCATION slightly Aft In Your STANCE'** form the normal position. Remember this is what we have called your 'Optimal Ball Location', or that **'Tap Tap Tap'** position.

You may slightly reduce or abbreviate your 'Back Swing' and make sure your 'Front Swing 'FEELS' slightly more 'Extended' or as though it is taking out the 'Second Ball' which would be placed about 12 to 15 inches in front and slightly to the outside of the Target Line to your actual Ball. **'Feel like you are 'Swinging Under The Wind', But Always 'THROUGH The Ball'.**

'THE BALL GOES WHERE YOUR HANDS GO'.

'GRIP' the Club lightly to avoid Tension in your Upper Body, the 'Upper Body Machine'. Tension causes golfers to impart more spin on the Ball than is useful in the wind. If you have ever hit a slice, for example, working Left to Right when you have a stiff breeze also working Left to Right, you will know precisely what I am talking about. Lots of movement or curvature!

56) **'FEED THE WIND':**

Rather than working the Ball with 'DRAW and FADE' unless you are very competent in these shaped shots, play the wise approach to this Mother Nature's test. Determine the velocity of the wind and it's '**TOP OF TRAJECTORY**' or 'Apex Direction'. '**READ THE TREE-TOPS**'. From this you will have to use some imagination and good learned judgement to compute how much you 'FEED the Ball into the Wind' so that 'Mother Nature Can Feed It Back'.

It is a little like throwing a floating ball into a stream. Throw it up-stream so that you can retrieve it at your feet in a few moments.

Get out onto the course when the winds are strong. Play in actual conditions and you will soon compute 'Smart-Moves' and develop good Course management resulting in lowering your scores when the going is tough.

57) **SUMMARY:**

Keep your Routine and Execution 'SIMPLE'. Avoid getting into a mind-set that resembles

"Set this up."
"Work at that."
"Do this."
"Pray for that."
"Hope the gusts happen at the correct moment."
(This is why we pray in Golf.)

So much for 'Consistent and Reliable' play in the wind!

Try to stick to these basic preparations:

the '5 CONTROLS' always coming first

i) 'PRODUCE MINIMAL SPIN RATE'.

ii) 'KEEP YOUR 'TRAJECTORY UNDER THE WIND''. This can be setup by placing your Ball one or two Ball widths aft of your 'Optimal Ball Location' (Tap Tap Tap). Some added 'Brace Foot Leg Drive' helps by reducing your 'Effective IMPACT Loft'. Lots of people try to produce shots by 'Hand Manipulation', but it seldom works.

iii) 'FEED THE WIND' and let it work the Ball back to your Precise Target. Taking Dead Aim.

iv) 'SWING VERY SMOOTHLY WITH GENERALLY A FULL SWING'. You can select a 'Punch Shot' if necessary but it is a second choice.

v) 'MAINTAIN A SOFT GRIP'. Obviously this reduces Tension and the bad things it creates.

vi) 'RELAX AND BREATHE'. 'BREATH OUT WHILE THE CLUBHEAD MOVES AWAY FROM THE BALL IN YOUR BACK SWING and KEEP BREATHING OUT THROUGH THE BALL IN THE FRONT SWING'. One of the last things you generally want on a Ball in wind play is unpredictable or uncontrolled 'Spin Rate', especially on the X Axis (North South Pole). It is this spin that induces the Hook Slice Ball Flights. Argument is that one might find a slice beneficial into the proper cross-wind but this requires a 'Controlled Slice'. If you have one of these, by all means use it. If you do not, learn how to strike a straight Ball and Feed the Wind.

If you can manage this approach to 'Wind Play', you will perform better and not feel so 'Beat Up' at the end of the round. One of the most common comments about 'Wind Play' is that it is tiring.

Manage your game wisely.

58) **SORRY, BUT IT'S A BIT OF A BLOW! :**

'Wind' is as much a part of the 'Great Game of Golf' as is water, sand and, of course the snack shack at the turn and the 19th hole in the clubhouse, perhaps the best part of the 'Game' for some and not a bad choice either. Would 'Golf' be the occupation or pass-time it is without its sociable aspect? I am not all that sociable and still think not!

Is 'Wind' a factor? Just ask all those venerable die-hards who have or regularly play the links in the United Kingdom, Europe, South African coastal courses and in places like the windward side of Hawaii or Australia. Actually, Australia is all 'Windward'. Blow-hard of a place! (respectfully speaking)

Wind can be a dominant course condition or element.

So what do we best do to prepare for it?

A matter of 'ROUTINE' mostly, I think. Prepare 'Mentally' first and then 'Physically'. Don't fear the 'Wind'. Try to become accustomed to it and even to rather enjoy the stuff!

Then select the right 'Golf Club', one that will cover the distance 'Under The Wind'. Next, the wind tends to 'Destabilize Us' so we must work on doing things that tend toward stability. When we are a little 'Off-Balance' we might tend to hurry. **'Slow Down, Don't Rush Your Swings or Your Procedures'**. Deliberately 'Take Your Time' and 'Swing In Balance'. You may have to what I call 'HUNKER DOWN' under the wind a little which means 'FEEL a little more Under It', which may include selecting a slightly 'Wider STANCE Component'. **'Don't let it push you around or kick sand in your face!'**

You may select a shot we come to call the **'Knock-Down Shot'**, but this requires a 'BALL AFT LOCATION' and somewhat accelerated 'Hand Speed' (lots of PINCH) which tends to go against our 'Lower Body Machine LEADING the LAGGING Upper Body Machine'; you know, that 'From the Ground Up Stuff!' 'Faster Hands' also are not conducive to 'SMOOTH' which you must be in the 'Wind'.

Perhaps a better early 'SET-UP' procedure might be to 'Select a Less-Lofted Club', to take an extra club or two which will produce a 'Lower Ball Flight', 'Lower Trajectory' with a normal Swing and allow the Ball to land softer and run farther. This makes sense and will help.

Another thought might be to tee the Ball slightly 'Lower' against the wind (promoting Topping) and slightly 'Higher' (promoting Bottoming) with the wind, meaning the wind's being at our backs, helping; giving the Ball a bigger ride!
Rather common sense, wouldn't you think?

There is a great deal of room on the 'Chartered Life-Long Golfing Bus' for this not always so common 'Common Sense'!

59) **MAKE SHOTS FROM EVERYWHERE:**

Make five or more of each special situation shots until comfortable or successful. If they simply will not work, discontinue or see your closest 'Savvy Pro' for assistance.

Don't be fearful to experiment as every experience adds to your 'Library of FEEL and Knowledge'.

60) **THE CARIBBEAN RANGE:**

I once worked for half an hour in the Caribbean on Pitching Wedge thinish Hooks and seriously cut Slices. The very nice assistant pro who had been working with a student close by, came over and spoke delicately, with a great deal of respect. He saw some of my high-compression, zero spin-rate mid and long iron shots working well, and asked if I were "Working On Anything Specific?"

I replied "Yes! Thinish Hooks and cut Sliced Pitching Wedges."

"Well, that's what they were doing, under control too!" he said.

My friend, the Head Pro, heard about this practice. He knows me well and understands my interest and preoccupation. The number two and I have spoken regularly since and become good friends. Were you

to be able to see this assistant pro, a middle-aged native gentleman, strike balls you would be very impressed. He said he had no intention of mastering 'Hooked Wedges'!

I know for a fact that he has not done so.

By the way, that Caribbean is a wonderful place to play some spectacular courses and meet some wonderful people. Perhaps beyond your imagination! It is a 'Must Go!' and sooner than later too!



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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!

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