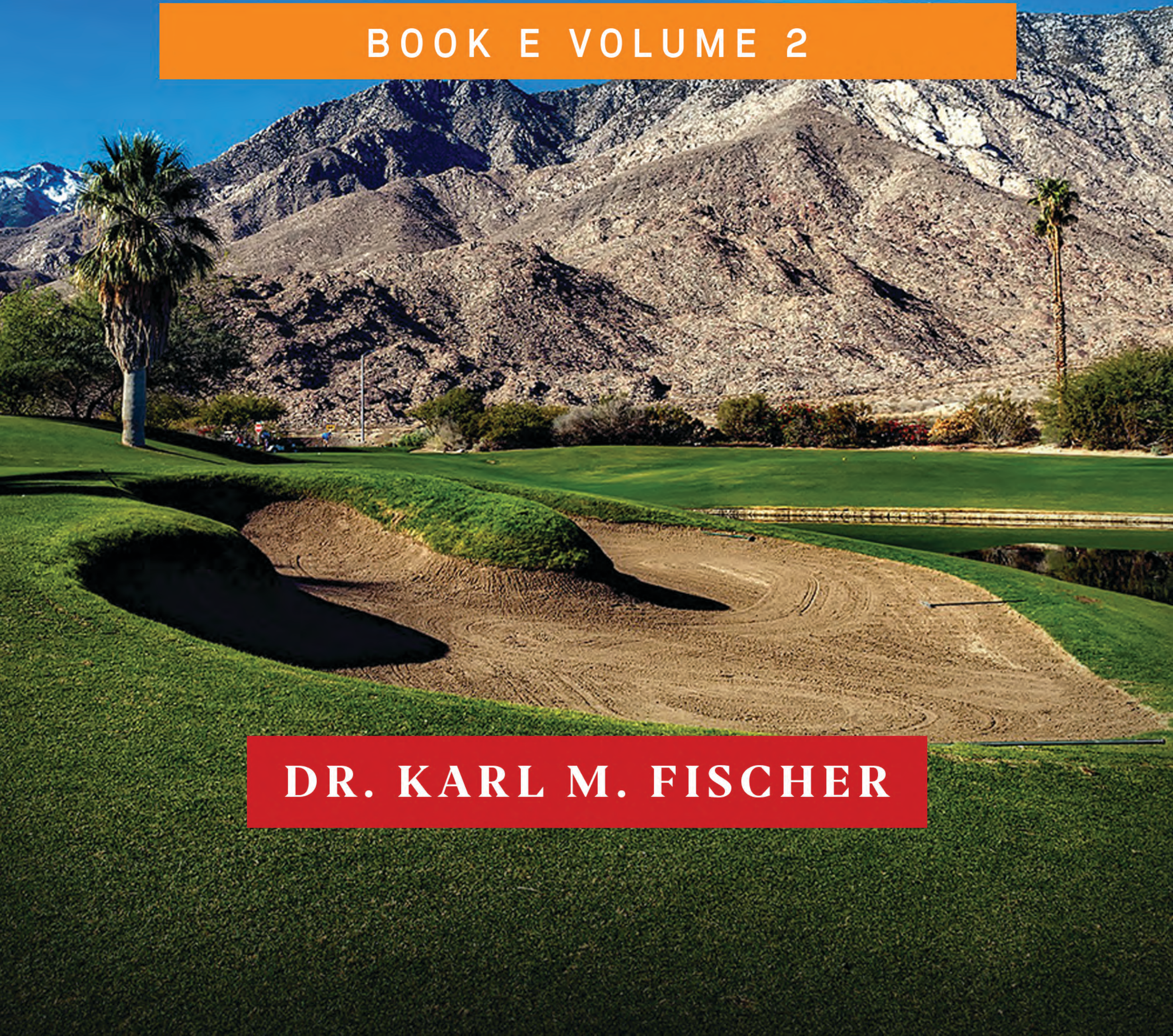
THE GOLF MYTH COLLECTION

BOOK E VOLUME 2



DR. KARL M. FISCHER

BOOK E

Volume #2

The
‘555 GOLF ACADEMY’

‘Where Passion Meets Performance’

and
where you can achieve

‘PERFORMANCE EXCELLENCE’

with help from
the ‘555 TEAM’

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!

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BUNKER PROTOCOLS

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.

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’. 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’.

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

The ‘**5 CONTROLS**’ ..... always!

1) **‘POSTURE’ is always ‘CHIN Tallish’**

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’.

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’** than in Putting and Chipping. 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 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.

11) ‘**BALL LOCATION**’ is relatively ‘Forward of the Centre of Stance’ or under the inside to center 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 centered 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 ot 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 quite 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 qite ‘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 **‘CLOCKING’**

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’

24) ‘See The Ball’ and ‘FEEL The Target’.

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**’!

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. I am absolutely amazed and humbled at what I have learned in the second half of my career! The first half

was full of dedication but all the material was not purely correct as I would have liked it to be. ‘Lest We Forget’ ... ‘Humility and Gratitude’!

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

STAY LOGICAL!

EXAMINE YOUR SHOTS LOGICALLY!

‘COMPONENTS AND PROCEDURES’, LOGICALLY!

‘REMEMBERED FEEL and REFLEX GOLF’ too is very cool!

Thanks for staying on board and paying attention!

You are gaining lots of knowledge and ground!

‘Bunker Work Is Key’!

Best Of Luck!

Well Done!

Bunker Board … Impact Fix

Bunker Board … Top Of Back Swing – Swing Sequence #5
Abbreviateed Back & Up Swing – Alignment OPEN … Hips Releasing

Bunker Board … Impact & Separation – Swing Sequence #8a

Bunker Board … Swing Sequence #8a (Full Extension – Early SS#9)
(see ‘Impact Zone Margin Lines running to Target Foot)

Bunker Board … Swing Sequence #9-10 Top Of Front Swing Pivot Pressure Fully Delivered and Released - ALSDR

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KEY BUNKER THOUGHTS

After all is said and done, I know of three really ‘Key Thoughts’ that I always want to remember when it comes to ‘Extricating My Ball From The Beach’!

1) I want to make a relatively **‘Normal Swing Procedure’** with perhaps just a little reduced ‘Brace Leg Drive’. (see ‘Bunker Protocols’) I start with the simplest ‘SET-UP’ ‘Components’ which are ‘Square Square’. I pull the ‘Club With The Required Loft and Bounce’ and do NOT alter that simplest, safest ‘SQ SQ’ until I run out of ‘Loft’ in my bag. Depending on the shot requirement, I might ‘Pre-Select ‘Open Open Components’ meaning that I have an **‘Open Alignment’** with a matching **‘Open Clubface AIM’**. This will produce more ‘Net Effective Loft’ and thus more ‘Flop’ but the risk factors increase due to the more ‘Oblique or even Acute Approach Angles and Lines’. Always minimize your risks! When in the ‘Open Open Mode’, it is best that these two ‘Opens’ ‘MATCH’. Even then, always naturally ‘Swing Down Your Body Line’. Don’t ‘Manipulate’!

2) I want to make a ‘Fat Shot’ that **‘SMACKS The SAND’** with a ‘Thump’. I make a conscious effort to ‘Create This Proper Sound’. If you have any doubts about either what it sounds like or how to make it, contact your trusted local ‘Golf Teaching Professional’ without delay. He or she will gladly show you. We get this thump most effectively by strivign to get to the ‘End Of The Dead Rope’. This ‘Procedure’ is very much about the ‘Bottom Of Swing Arc’. (See ‘Take Half An Inch Of Sand From Below The Balls South Pole’ That is a great and mechanically correct ‘Mental Picture’. Good ‘Visualization’ produces good results! You do not want to strike ‘Bunker Shots’ ‘THIN’ or overly ‘FAT’.)

3) I strive to **‘Take The Sand Out Half An Inch Below The Ball’**. Do so without ‘Dropping Your Head’ or lowering the ‘Top Of The Tether Ball Pole’ (‘Top Of Your Pivot’). That will get you really ‘FAT’! That ‘Stable or Steady Head’ will pay great dividends! See the ‘Ball’ well and better still, ‘Visualize’ where the ‘Bottom Of The Ball Will Be’ and ‘Swing Throught It, Plus One Half Inch’. Utilize your ‘Dead Target Rope’ at all times so your ‘Swing Radius’ is dependable! This prevents cases of the ‘FATS and THINS’. Ugly stuff if you are a player!

4) For the **‘Long Blast Out Of A Bunker’** use the ‘Greenside Bunker Protocols’ just farther away and thus ‘Select A Less Lofted Club’. Always ensure you have adequate ‘Loft’ to clear the ‘Lip Of The Bunker’. ‘Set Your Feet’ and ‘Choke Down To Match’. Remember, ifyour do NOT Choke Down’ you will mechanically produce or have slightly mnore ‘Lie Angle’ which will very slightly ‘Close Down The Clubface AIM At The Moment Of SEPARATION’. That may not be all that bad! Remember, the ‘Clubface Tendency When Moving Mass Is TO Reelase The Ball Slightly Open’. Thus, a little ‘Shut Dwon’ may not be all that bad.

5) For the **‘Fairway Bunker’** it is beneficial to take one or two more clubs than you might normally select for the same yardage. Remember, you are moving ‘More Mass’! Swing smoothly ‘THROUGH THE BALL’ and not ‘AT IT’! A ‘Key Thought’ here is to ‘COIL SMOOTHLY’ and ‘Strike The Ball First Before You Move Any Sand’. Your “Lower Body Machine’ Should be relatively ‘Quiet And Stable’. Make sure you ‘See The Ball Come Off The Clubface’ and ‘Feel That Precise Target’ as usual! This silliness is always ‘Target Golf’!

You can select a ‘Fairway Wood’ to extricate your ‘Ball From The Beach’ if you require the ‘Yardage’. It is not for the feint of heart. If you are ‘Buried At All’, discretion is the best part of valour! Lay up! Your ‘Fairway Wood Shot’ must be very clean and must also ‘Clear That Lip’.

6) If you have **‘Slope Where Your Ball Lies’**, do the standard thing! **‘MATCH YOUR SHOUDLERS TO THE SLOPE’** and then **‘SWING NATURALLY UP OR DOWN THE SLOPE’!** Match your ‘Swing Circle’ with ‘Mother Nature’s or the ‘Earth’s Circle’! This is just ‘UNUSUAL LIES PROTOCOLS’. Very straightforward! One must always get the ‘Ball In The Way Of The Clubhead Swing Arc’.

7) When you are ‘In The Bunker’ remember you are being followed! What do we do to prevent being caught or found? ‘COVER YOUR TRACKS’ on the way out!

Courtesy in the ‘Great Game’ is fundamental to its future. We always tend to social mediocrity. The only way we can prevent that decay is to actively work against it. Set examples!
Oh, by the way, ‘Prayer Often Helps’!

Be **‘Honest, Open Minded and ensure you have a lot of Desire’**. The ‘Burning Type’ is good!

‘Direct Your Energy’ via **‘Parallel Thrust Lines’** ‘Down The Line’ (‘DTL’) as usual!

‘ALSDR’ is always part of the ‘Success Formula’!

We have all heard about mentally **‘Drawing Two Lines In The Sand’** and that works as well. Remember, you cannot draw lines when in the ‘Play Mode’. It is deemed ‘Grounding Your Club’ or ‘Testing The Sand’ which is contrary to the ‘Rules’. You shall be penalized a stroke or lose the hole, depending on your play format, ‘Stroke or Match Play’.

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‘CHOKE DOWN = DIG IN’

(‘Bunker Work’)

This little bit of advice will give you more confidence in making what people think is a very challenging ‘Golf Shot’ when it is really one of the easiest ‘Procedures In The Game’. The ‘Clubhead never comes into contact with the ‘Ball’. You just ‘Splash A Cup Full Of Sand Out Of The Bunker And With It Goes The Ball’!

Remember your ‘555 Beach Key Thought’? I know you do, but for those very few who may have forgotten and the multitudes who have not had the pleasure of hearing and learning it, ‘SET-UP With Your Bunker Protocols’ (weight perhaps a little forward to ‘Steepen Your Angle Of Attack’ as ‘THIN KILLS BUNKER SHOTS’) and then visualize and **‘Take Half An Inch Of Sand Out From Below The Ball’** using the necessary ‘Brace Hand Travel Distance’ to create the required ‘Clubhead Speed’ to accomplish the ‘Distance’. How simple is that?

Oh, by the way, **‘JUST MAKE A NORMAL GOLF SWING’**!

So now to **‘Choke Down = Dig In’**. Curious aren’t you?

When you step into the ‘Bunker’ make sure you are sensitive and paying attention to the **‘FEEL and CONDITION OF YOUR FEET or STANCE and FOOTING’**. If the sand is ‘Fuffly In Texture’ you will sink. You will ‘Feel That Sinking Feeling In Your Feet’ and NOT in your chest! Maintain your ‘Clearance Hips To Sternum’! So, to make your ‘STANCE or Footing Firm-Footed’ squirm your feet back and forth a couple of times to settle them into more compacted sand. I actually feel like I am compressing the sand under my feet … turning and pressing it down to make it firmer.

This accomplished, you will have settled down with it! Your ‘Tallish CHIN’ (‘POSTURE’), the entire ‘Golfing Machine’, will have settled along with your Feet so the ‘Distance From Your Target Shoulder Socket (‘Target Pivot or Fulcrum Center’) will have lowered along with your ‘Body’. Your ‘Sternal Rotation Center’ and ‘Target Shoulder Socket’ will be closer to the ‘Bottom Inside Cheek Of The Ball’. So what adjustment do you smartly make? You must **‘Choke Down The Same Amount As Your Settle Distance’**. If you ‘Sink Two Inches’, ‘Choke Down Two Inches’.

Remember, we always swing that ‘Dead Target Rope’ so we can effectively and repeatedly find the ‘Bottom Of Swing Arc’ (‘BOSA’) where the ‘Butt Of The Ball’ (‘BIC’) always reliably resides. Then, with this ‘Bunker Procedure’ we ‘Lengthen Our Grip One Half Inch’ so we take ‘One Half Inch Of Sand Out From Below The Feet Of The Ball’.

A key ‘RULES’ matter is that one cannot ‘Ground The Sole Of The Club’ while in the ‘Bunker’ as it is classified as a ‘Hazard’. You cannot touch the sand! If you do you get a ‘Stroke Penalty’. So, to set your ‘Dead Target Rope Length’, do so with the ‘Clubhead’ elevated a little farther out in front of your body (‘Less Shaft Plane’) or find your ‘Depth’ with the ‘Clubhead In An Aft Position’. Take Care! If you make contact with the surface of the hazard and are not observed doing so, you report your own infraction and take your medicine! That’s ‘Golf’!

Make your ‘Stroke Power About Three Times What A Normal Good Green Lie Might Require To Cover The Same Distance’. If The ‘LIE’ is buried, add more ‘Horsepower or Thrust Pressure’. You have to ‘Move More Mass or Debris’!

So, ‘CHOKE DOWN, DIG IN and EXECUTE’!

Simply simple!

We must always ‘SET-UP FOR SUCCESS’!

This is how to do precisely that ‘On The Beach’!

“Welcome Aboard!”

“Enjoy The Ride!”

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‘OPEN OPEN – BUNKER WORK’

Very important so one more time!

You will recall ‘Loud & Clear’ that we never ‘Open The Clubface AIM’ for any ‘Stroke Procedure’ until we have run out of ‘Bag or Factory Supplied Loft’!

So what the heck does that mean?

Remember, ‘Loft Or The Clubhead Creates Ball Flight Trajectory’ and not any ‘Hand Action or Manipulation’. We do not help the ‘Ball Get Into The Air’. **‘Allow The Golf Club To Do The Work’**. We just make the ‘Swinging Motion or Process’ and let ‘Isaac Newton’ and the ‘Stick’ take care of the rest!

Put yet another way, ‘If we want more trajectory and we have a more ‘Lofted Clubface’ in our bag, use it before we adjust the ‘Clubface AIM’ to ‘Open The Blade’ and thus create more ‘Net Effective Loft’ (‘NEL’).

‘Manipulated Stroke Procedures’ simply come with more inherent risk!

Learn and play ‘LOW RISK GOLF’!

When we make a ‘Sand Wedge Club Selection’ to ‘EXECUTE’ a ‘Bunker Stroke Procedure’ and want more ‘NEL’, then and only then might we go to the **‘OPEN OPEN Protocol’** which actually adds ‘BOUNCE’ to the Sole or Bottom Of The Clubhead’. The ‘Sole and Heel’ enters the sand before the ‘Leading Edge’.

Remember, with adjusting, if we ‘OPEN The Clubface AIM’ 20 degrees we must reciprocally ‘OPEN Our ALIGNMENT’ a comparable or ‘MATCHING’ amount, hence the name ‘Open Open’. This accomplished, there will be 40 degrees of ‘AIM & ALIGNMENT DIFFERENTIAL’ between our ‘Clubface AIM and our Feet’. The ‘Open C/F AIM’ adds ‘Net SET-UP Loft To The Clubface’ (‘NEL’) so we get a higher ‘Ball Flight Trajectory’ as ‘Pre-Selected’ and required.

When we make any ‘OPEN OPEN ADJUSTMENT’ we still what ..? We still **‘Swing Down Our Body Lines’** which is the ‘Natural Swinging Motion’. Never ‘Manipulate The Clubface AIM or Clubhead PATH’ unless you are

very pressed to do so and very talented to accomplish this ‘Unnatural Action’.

A generally accurate ‘Pre-Shot Routine’ is to ‘AIM the Clubface Down The Target Line or At The Target’. This ‘Procedure’ will generally cause they ‘Ball’ to travel down the ‘Pre-Selected Ball Flight Line’ as desired, which in ‘OPEN OPEN’ will be to the ‘Low Energy Side Of Target Line’. The sand does NOT fly down the ‘Body Line’ but closer to the ‘Clubface AIM Line’. You will need to practice this discipline to learn and adopt its reality.

‘DO NOT HELP THE BALL GET FROM A TO B’!

Let the ‘Pre-Selected and MATCHING Components & Procedures’ accomplish the deed!

Remember,

‘DO NOT OPEN THE CLUBFACE UNTIL OUR BAG RUNS OUT OF FACTORY PROVIDED LOFT’.

SQUARE CLUBFACE AIM IN THE BUNKER

Might we suggest that you learn how to play ‘Square Square’ as well as ‘Open Open’ in the bunker or ‘On The Beach’. Your ‘555 Team’ and some very adept bunker players actually very slightl ‘Close The Clubface Aim’ to enhance getting out of the bunker.

“Why?” you ask!

If you study splashing sand off of your clubface in ‘Slow Motion’, yo will discover that the sand tends to move ‘Laterally’ away from the ‘Hozel’. The actual ‘Hozel’ physically deflects the sand. It redirects the “Path’ of the sand flowing or splashing off the face.

Play with your ‘Clubface Aim’ to determine this ‘Splash Directional Difference’. If the ‘Face and Hozel’ combine to move the ‘Splash Right 10 Degrees’, then aim the face left 10 degrees.

You must realize that this ‘Closing Of The Clubface Aim’ actually reduces the ‘Net Delivered Loft’, but you will get plenty (or a lot) of height in your ‘Ball Flight Path’. If you need slightly more ‘Loft’ pull more out of the bag.

Remember, your ‘Clubhead’ still has it inherent ‘Sole Bounce’ to help prevent any digging tendency.

In this rare circumstance, you can wisely elect to go to your ‘Open Open Method’ to get more ‘Trajectory’. This is now a ‘Clubhead Path’ issue as well as a ‘Clubhead Selecetion and Grip Issue’. You will expect to get a little ‘Cut Action’ or ‘Side Spin’ outcome! Let it work for you!

Always ‘Swing On Your Body Line’. (see ‘Shoulder Axis’)

Golf demands flexibility and familiarity!

Enjoy this learning experience!

Your ‘555 TEAM’ knows this will help!

By the way, do you have your own **‘Personal Certified Master Teaching Professional’** as yet? ‘Locker Room Membership Has Its Privileges’! You can have your own 24/7 friend and instructor! Get in touch with us soon!

‘ASK US!’
‘JUST DO IT NOW!’

Best Of Luck!

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KEY BUNKER DRILLS

There are other ‘Drills’ in these books that are useful when learning your ‘Bunker Procedures’ but I want to provide you two very easy and effective ‘Bullet-Proof Drills’ right here after the ‘Bunker Protocols’. It’s a good place, don’t you think?

1) The ‘TWO LINES IN THE SAND BUNKER’ DRILL:

Start with a nice simple ‘Proud Lie’. That is one which is not ‘Buried’. The Ball should be sitting on the ‘Top Of The Sand’ where you can get at it! Does it look OK? You footing and the ‘Lie’ should be nice and level or slightly ‘Uphill’. You should be about five to ten feet from the lip and the ‘Flag’ might be about thirty to fourty feet away. Stand behind your ‘Shot’ and ‘Visualize Your Ball Flight Path’. Pick a ‘Landing Target’, the ‘12 Inch Circle’ we discussed. Make a few nice free but accurate ‘Energy Managed or Clocked Swings’, ‘FEEL’ your ‘Brace Lever Lift and Drop Force’. You must create a precise ‘Bottom Of Swing Arc’ with good ‘Brace Lever Extensor Action’. This is an essential ‘Component and Procedure’ or you are ‘THIN Toast’! Always utilize a sound ‘PreSHOT Routine’. If you do not have one or are unsure of what yours should be, consult with your personal **‘555 TEAM TEACHER’**. If you do not have a ‘Bunker Protocol PreSHOT and PostSHOT Routine’, make one quickly! **YOUR ‘GET LUCKY AND CRAP SHOOT LAZY DAYS’ ARE OVER!**

So you now have some ‘FEEL’ for your shot. Let’s do the ‘Drill’.

Draw your ‘Target or BALL Flight Line’ in the sand. This line may be about three or four feet long. Next, where you want the Ball to sit, draw another line about 18” long right across the ‘Target Line’. This ‘Ball Line’ should be roughly centered across the ‘Target Line’. Now place another 18” line about six inches behind the ‘BALL Line’ again across the ‘Target Line’. This is your **‘SPLASH DOWN ZONE LINE’**. Later, when you get good at this ‘Drill and Procedure’ you can make the separation narrower to about four inches but its width is not critical.

Make your ‘SET-UP’ and then swing your ‘Sand Wedge Clubhead’ through the sand, taking out the sand between these two ‘Ball Lines’. Another name I have for this ‘Drill’ is ‘Erase The Sand Between The Lines’. That is an appropriate name. Just ‘Swing The

Clubhead' and take the sand out cleanly between the lines.

Another name I have heard similar 'Bunker Drills' called is ' The Dollar Bill Drill'. Some people think the 'Clubhead Footprint' should be the size and shape of a nice crisp 'Greenback'. I disagree! In the tight grass perhaps, but not in the sand! Having watched many thousands of bunker practice shots and having made a few too, I know that the 'Divot Shape' is oblate or closer to round.

In any case, make a dozen or so 'Practise Splash Shots' and 'Erase the Sand Between the Lines'.

When you 'FEEL' certain of your 'Motions and Procedures', place 'Six Balls' on the 'Ball Line' and repeat the 'Drill' for real. 'Splash the Sand and Ball' out of the margin between the lines. Make sure to 'Follow-Finish' to whatever degree and limit your 'Energy Management' provides. The 'Back and Front Swing Length are roughly equal. The 'Front Swing Segment' may be just slightly longer due to 'Acceleration'. Let your Hands and Body coast to a stop or rest. No brakes. Remember, **'THE BALL GOES WHERE YOUR HANDS GO'** or very close. Note that, if you assume an 'OPEN OPEN ALIGNMENT and Clubface AIM' you will be swinging 'Down Your Body Line (as usual) and your Ball Flight Line may be slightly to the 'OPEN SIDE'. This is your 'Resultant Line'. 'ALIGN OPEN'. 'Swing Down The Body/Foot Line'. Remember, your 'Ball Flight Line May Be Slightly To The Low Energy Side Of The Body/Foot Line'. Don't 'Manipulate it Differently'. Let the Ball go! Learn the variations. **You will recall that, if you 'OPEN ALIGN 20 degrees, you should also 'OPEN Clubface 20 degrees'.** 'Complementary or MATCHING Components and Procedures' always!

Vary your 'Ball Location' and shot pattern. Vary your 'Lies' too so you learn how to judge the better ones! Keep practising! Make lots of shots! Get good at this sandy stuff! It shall pay you big dividends. When your playing partners and opponents are sweating bullets looking at their 'Bunker Shots' you will be 'Cool As A Cucumber'! Your score card will reflect your cool too! Enjoy your practising as it should be fun and rewarding.

2) **The 'TAKE HALF AN INCH OF SAND' DRILL**:

This is really a direct alternative to the 'Two Lines In The Sand Drill'. I like it better. I also think both are complimentary.

When I ‘SET-UP’ for a ‘Greenside Bunker Shot’ I go through the ‘Pre-Shot Routine’ you know so well. I relate to the ‘Depth of The Ball’ which, of course, is directly proportional to the ‘Firmness Of The Sand’.

As well, all dedicated ‘555 Students’ know where the ‘Butt Of The Ball’ is located. You know, that ‘Bottom Inside Cheek’ (‘BIC’) as well as the ‘Feet Of The Mouse’. We know precisely where the ‘Pill Rests’.

This in mind, I strive to ‘Swing The Leading Edge Of The Clubhead’ just below the South Pole Of The Ball’. Put the precise manner of this ‘B-P Drill’, I like to ‘SET-UP and FEEL’ as though I will ‘Take Half An Inch Of Sand Out From Below The Ball’.

And then I do!

I do not like to have an overly active ‘Lower Body Machine’ (‘Leg Drive’) as it may induce a ‘Spin Out’ but not usually. It is not a big worry but it is not a ‘No Worries Matt’!

I do like to ‘FEEL’ very solidly and smoothly ‘Connected’ ‘Brace Foot To The Clubhead’. I meet the ‘Dropping Motion Of The Lever Assemblies’ with just the right amount of ‘Push or Thrust Right Through The Bottom Of Swing Arc’ where it belongs. ‘Splash That Cup or Handfull Of Sand Out Of The Sand Box Right At The Target’. The ‘Ball’ is carried out with it! Magic!

My ‘Body and Hands Have Precise Control Of Both The Clubhead and The Ball Flight’.

So ‘Visualize or Create A Clear Mental Picture’ of driving that ‘Half Inch Of Sand Out From Under The Ball’. ‘Clear It Out!’

When you can get the ‘Mind Picture’ right, you are more than half way to your destination!

Keep that olf ‘Brain Box’ bright and alive!

3) **The ‘BUNKER TEE’ DRILL:**

Here is another very easy and useful ‘Bunker Work Drill’. It is similar to the previous one but measurably different.

You can ‘Set It Up’ as you did with the ‘Two Lines In The Sand Drill’ using the ‘Target Line’. Use your two ‘Ball and Splash Zone Lines’ too! It will give your reference data so you can ‘Qualify Your Great Performance’.

Make some ‘Warm-Up Swings’. Remember we call these our **‘Three Brush Strokes Before We Paint The Picture Swings’**. These are essential to generating accurate ‘FEEL’ for the ‘Shot’. Don’t ‘EXECUTE or PAINT’ without them! They help you to become more ‘CONFIDENT and RELAXED’ as well. Both very good redeeming qualities!

Warmed up, stick six regular tees (1.75” long) about six inches apart in your ‘Front Ball Line’. Press them right down even or flush with the surface of the Sand so the tip is obviously 1.75” below the surface. Place six practice Balls on the tees.

The purpose of this ‘Bunker Drill’ is to get you to swing through the tee and take its ‘Tip Out Of the Bunker’. This gets the ‘Leading Edge Of Your Clubhead’ below the ‘South Pole Of The Ball’ far enough to be ‘FAT’ and take out adequate sand to ‘Splash The Ball Out Of The Bunker’ right where you want it to go. This ‘Drill’ helps you to get ‘FAT Enough’! During this ‘Drill’ you are NOT ‘On A Diet’! **“Eat Sand Buckwheat!”** Makes you feel a bit like the ‘Big Hunk Beach Bully’? **When the Ball goes in the cup you will ‘FEEL’ even better!**

Now make a couple more nice ‘Energy Managed or Clocked Brush Stroke Swings’. Step appropriately into your Drill station. ‘Clubface AIMED’,‘EXECUTE and PAINT YOUR PICTURE’. Take out the Tee!

When you get finished with your ‘Six Balls’, examine your ‘Divots’ to make sure they are ‘Uniform In Shape and Depth’. ‘PostSHOT Evaluation’ is as important as your ‘PreSHOT Routine’ so ‘Finish and Hold’. Watch your ‘Balls Come To Rest’ and make slight alterations in your ‘SET-UP’ and ‘EXECUTION’. **‘CREATE THE FEEL’! ‘REMEMBER THE FEEL’!** This dedication will enable you to become a **‘REFLEX GOLFER’**, the very best kind!

4) **THE ‘BUNKER 2 X 4’ DRILL:**

Your ‘555 TEAM’ has good training airs!

We have 24 inch painted white 2 X 4’s that we use to demonstrate and create good ‘Feel and Mechanics’ on the beach.

We bury the ‘2 x 4’ in the sand so that the top is flush with the bunker surface.

Place a good hand full of sand towards the front end of the piece of lumber.

Accomplish your ‘Protocol Proper SET-UP’ and swing to remove the sand from the ‘2 X 4’. The sole of your clubhead will leave a distinct mark on the top of the board. You will see that this mark is slightly ‘Inside Out’ or ‘Glancing’.

Do this ‘Remove The Handful Of Sand’ several times until you can strike the lumber cleanly with a ‘Thump’ that removes the sand.

Now, place a ‘Golf Ball’ a top the handful of sand and make the very same ‘Strike’ thumping the ‘2 X 4’ and following through.

Amazingly, the ‘Handful Of Sand’ will softly fly off the piece of wood along with your ‘Golf Ball’. Once you are proficient with this extrication, pay some attention as to where you ‘Align Your Body Line’ and where and how you ‘Counter MATCH Your Clubface Aim’.

Enjoy and not fear your ‘Time On The Beach’!

5) **THE ‘BUNKER BUNKER’ DRILL:**

This is a wonderful format that one can use to improve his ability to get **‘In and Out’** and **‘Up & Down From The Sand’**.

‘Sand Saves’ will no longer make your heart rate go to and through the skylight! You will not have to carry a ‘Bucket And Shovel’!

For anyone who fears the ‘Beach’ this is a true ‘FIX’!

Here is how it goes!

From the ‘Tee Box’ you must aim at any ‘Fairway Bunker’, the closest or farthest. If you miss, then you must make an ‘Approach Shot’ directly into the Bunker’. If it requires two, take another!

Then, once in, your next task is to get into a or the ‘Greenside Bunker’ from the ‘Fairway Bunker’. Any one will do! Select carefully so that you **‘COME AT THE HOLE FROM BELOW’! ‘QUADRANT THE**

GREEN’! You know the rules and ‘Course Management! You can sing the words and follow the music!

I know because I taught you!

Now you can finally ‘Take Dead Aim’ at the cup!

This stuff is great FUN!

Enjoy!

Keep Score!

Good Luck!

PLAYING IN ADVERSE WEATHER

Q26)

"The wind was so strong there were whitecaps in the Porta-Potty; two capsized with men overboard."

RED RULE **#37**

The ‘**SQUARE SQUARE**’ Rule

‘NEVER MECHANICALLY ADD MORE LOFT TO YOUR PRE-SELECTED CLUB THAN THE FACTORY PROVIDES.’

If you require a ‘Higher Trajectory or Steeper Launch Angle’ to clear an obstacle or come at the green in a specific ‘Approach Profile’ for any reason, you need to Pre-Select the appropriate club to accomplish the task without any ‘Non-Standard Procedures’. You want to make ‘Un-Manipulated Swings Down Your Body Line’ where the ‘Natural Swing’ is always meant to take place.

You always want to ‘Minimize Side Spin’. So you need to minimize ‘Cut Action’ on the Ball. These are basic ‘555 TEAM’ objectives to keep you safe and I play so score lower and feel more ‘Pleasure’!

If you run out of ‘Factory Loft’, only have a ‘Pitching Wedge’ (48 degrees) in your bag and no ‘Club’ of greater Loft, and you require at least 56 degrees of ‘Launch Angle’ to clear a tree that is directly in your ‘Ball Flight Line’, you must make some intelligent decisions and/or adjustments. Why do I say ‘and/or’? Because you may decide to take your ‘Pitching Wedge’ and strike the ball out to the left or right and ‘lay up’ to avoid the obstacle. You can also ‘Fade-Slice’ and or ‘Draw-Hook’ too. That is a change in ‘Components & Procedures’ with resulting ‘Ball Flight Variations’. There are usually more than one option in each ‘Shot’.

Let’s say we really must go over the tree and it is a very ‘Doable Task’ for you. A 52 degree ‘Approach or Gap Wedge’ would not do it! If we only had a 56 degree ‘Sand Wedge’ or even a 60 degree ‘Lob Wedge’! Well we don’t!

OK! Now you have the knowledge and talent to accomplish ‘Clubface AIM Variations’ which increase and decrease ‘Net Effective Loft’ (‘NEL’) as does ‘BALL LOCATION’ (‘BL’). The farther aft in your ‘STANCE’ (‘BL’) the less the ‘NEL’ at ‘SEPARATION. Likewise the farther forward in our ‘STANCE’ (‘BL’) the more the ‘NEL’ when the Ball come off the Clubface. You also know that the forward ‘BL’ tends to cause the ‘Ball Flight’ to perhaps ‘Pull Draw’ (More time to square up the Clubface and then Close it down) whereas the more aft ‘BL’ causes the ‘Ball Flight’ to ‘Push Fade’ (Less time to

square up the Clubface and thus leave it Blocked or Open).

How do you create these ‘Clubface AIM Variations’? Mechanically ‘Open or Close The Clubface AIM During Your Pre-Shot SET-Up Routine’. Set you ‘Target GRIP’ in its regular position and simply ‘Load or Rotate Your Clubface AIM Open or Closed’ with your ‘Brace Hand’.

In this specific case above where we require more ‘Net Effective Loft at SEPARATION’ to clear the obstacle, we can ‘Rotate The Clubface AIM Open’ say twenty degrees which will increase the ‘NEL’. If you have any doubts, simply take your ‘#PW’ and try it right where you are. ‘SET-UP’ normally, ‘TAP TAP TAP’, and then, ‘Target Grip Released’ just a little, rotate the ‘GRIP’ with your ‘Brace Hand’ towards the ‘Aft Side’. The ‘Clubface AIM’ will open and present more ‘Net Effective Loft’. So now that ’48 degree Pitching Wedge’ becomes a ’56 degree Pitching Wedge’ with its ‘Heel Leading Its Toe Through The IMPACT & SEPARATION Zone’. Sound a lot like ‘Bunker Work’ technique? It is precisely that!

So, now that we have ‘Opened The Clubface AIM’ say 20 degrees, which has increased the ‘NEL’ from 48 degrees to 56 degrees, we need to do what? ‘MATCHING COMPONENTS’! Open the ‘Clubface AIM’ 20 degrees requires that we also ‘OPEN The ALIGNMENT’ 20 degrees. Then we just make a natural ‘Swing Down The Body Line’ and ‘LET IT HAPPEN’!

You will recall this ‘OPEN OPEN’ function from our ‘Bunker Work’ which is highly relevant in this discussion. So ‘20:20’ does not refer to your eyesight but to ‘20 Degrees of Clubface AIM Open’ and a compatible ‘MATCHING’ 20 degrees of Open ALIGNMENT’ while ‘Swinging Down The Body Line’ always! If you make this ‘20:20’ ‘SET-UP’ and also ‘Swing Across Your Body Line’ from ‘Outside-In’, your ‘Manipulated Clubhead PATH’ will drastically increase your ‘Cut Action’ and produce a deserved but disliked ‘Ball Flight Shape and Path’ very much to the ‘Low Energy Side of Target Line’.

So, the ‘Bottom Line’ is that you need to be ‘Square Square’ until your ‘Caddie and Bag’ can no longer present with adequate factory ‘LOFT’ do accomplish your required ‘Trajectory and Launch Angle’. This actually falls right back to the ‘555 TEAM’ discipline that we create as little ‘X-Axis or Side Spin’ (Cut-Fade or Cut-Draw) as possible. Strike the Ball as straight as you can possibly manage as we know ‘STRAIGHT IS GOOD’! Hope this ‘SQUARE SQUARE Rule’ makes sense and helps!

RED RULE **#38**

The ‘**TAKE AWAY**’ Rule

‘NEVER START YOUR DOWN OR FORWARD SWING ANY FASTER OR WITH ANY MORE FORCE OR POWER THAN YOU STARTED YOUR BACKSWING OR TAKE AWAY’.

(How much throttle do you use
backing your car out of the garage?)

Low Energy up and starting down allows us to move efficiently ‘GRAVITATIONALLY’ and tend to ‘Flow with the Club in Behind the Ball’ ‘T H R O U G H’ and ‘Down the Line to the Target or Pin’.

Like a lot of good things in life, they are worth waiting for and if one forces the event, it is likely to go off course or look like it was forced. Be patient in the ‘Power Delivery’. Firing of the ‘#2 Brace Elbow Lever’ and the ‘Wrist Cock’ out is very late in the Forward Swing. This is ‘Segment #2F’ at ‘Sequence Position #6+’.

‘Swing the Clubhead’. Don’t Hit with it except very late in your downswing before striking the Ball.

‘BREATHE YOUR CLUBHEAD AWAY FROM THE BALL’
(BREATHE OUT WHEN THE CLUBHEAD IS IN MOITON)

You can be breathing in or be breathing out during your Take Away. But you MAY NOT be holding your breath! Whatever your preference, you must be breathing out through IMPACT.

See Chapter ‘GENERAL PHYSICS and MECHANICS’

Q27)

The GOLF SWING is largely a matter of TRUST!

C**34**]

THE CONTROLLED OR POWER FADE

a useful Ball Flight

Remember, ‘Clubface AIM’ is the number one ‘Component’ to be adjusted for this ‘Procedure’

1) **SET-UP:**

The following discussion on producing a ‘Controlled Fade’ is based on taking your ‘Standard Address Fix’ or ‘Set-Up’, as well as Swing, that you would use to make a ‘Dead Straight’ shot. Keep in mind you can produce this shot out of a shallow lie fairway bunker with results that will amaze your playing partners. It is soft landing and runs like a rabbit moving to your ‘Low Energy Side’. We have all needed this Ball Flight.

I focus on your ‘STANCE and ALIGNMENT’ making sure you are ‘Gunsighted and Bounced’ while making certain your ‘Knees, Hips and Shoulders’ are all parallel and AIMING in the same place as your Feet. Pay particular attention to these Set-Up chores or you will have a messy house and someone will not like the results!

In your ‘Set-Up ROUTINE’ make sure you DO NOT alter your ‘GRIP’, initially at least, in this ‘Controlled Fade’ method. You might make some minor ‘GRIP Changes’ later but not up front as we want to ‘Isolate The Parts’ and ‘Procedures’ when experimenting so that we can tell precisely which function is producing what result.

Fades are accomplished, as you know, with an ‘Outside-In Clubhead Path’ and an ‘Open Clubface at IMPACT’. Surprisingly, ‘Blocked Hands’ caused by quite a ‘Firm Grip and a hardish Swing’ will facilitate this ‘Cut Ball Action’ with the ‘Inside-Out Spin’, that is a spin in the direction of it’s curving action or ‘Ball Flight’.

You will recall that we might play a ‘Weaker Target Hand GRIP’ to induce a fade. This adjusted GRIP means that, if our standard ‘Straight Ball’ Grip is one and a half knuckles, we might elect to try just **‘SEEING ONE KNUCKLE’** or less. As just stated, this opens the Clubface at IMPACT causing the Ball to move toward the ‘Low Energy Side of the Fairway, or FADE’.

You will also remember that we ‘Strengthen our Target Hand GRIP’ (which tends to CLOSE the Clubface through IMPACT) by putting more ‘Wrist Pre-Load’ in place. How do we do it? You already know fully well .... **‘SEE One And A HALF Or TWO KNUCKLES’** instead of one only or whatever you ‘Standard GRIP FIX’ might be. Add more ‘Swing Hand Knuckle’ as well. ‘MATCHING COMPONENTS & PROCEDURES’ always!

In other words, ‘you can also produce Fade with your Hands’.

2) **THIS CONTROLLED FADE**:

One can manipulate the Clubhead with the Hands but I, like Jack Nicklaus, prefer to create the Curved Ball Flight to the ‘Low Energy Side’ using an adjustment to my ‘STANCE and ALIGNMENT’. To be precise this method is really an ‘ALIGNMENT’ change and not one of altering your ‘STANCE’. It only involves a different ‘Gunsight’. It is NOT necessarily involving any alteration to your ‘STANCE Width’ or the direction your feet are pointing relative to the ‘Target or Parallel Foot Lines’.

FADE ALIGNMENT – Outside-In
Open Clubface Aim
Firm Grip Pressure

DRAW AKIGNMENT – Inside-Out
Closed Clubface Aim
Soft Grip Pressure

At no time in your Swinging and IMPACT Phase (Segment #2F and #3F), right through to fully relaxed 'Follow and Finish', should you ever 'FEEL Foot Blocked' or tight-footed where there is twisting pressure on your Target Foot in the Finish Phase. I do not like to see a golfer's 'Target Foot Rolled Over' toward the Pin upon completion. To me this person is fighting his or her Feet and will then naturally be forcing the shot with either the upper or lower body resulting in a forced release and, of course, a forced Ball Flight. Your Golf Ball should FEEL like it has '**Flowed or Sprung Off the Clubface**' and not been 'Powered Off It'. Your Swing should always FEEL smooth and never 'Forced'. The closest you should ever FEEL to 'Forced' might be in a deliberate 'Punch Shot' but little else.

Once you have accomplished your 'Standard Set-Up ALIGNMENT', 'Toes Gunsighted', and remember yours may already be 'OPEN or CLOSED' which is quite alright, you then adjust this 'ALIGNMENT' slightly '**OPEN**' or pointing your 'Foot Line away from the Target Line'. Your 'Foot Line will be AIMED' to the 'High Energy Side of the Fairway'. This will produce the 'Controlled Fade'.

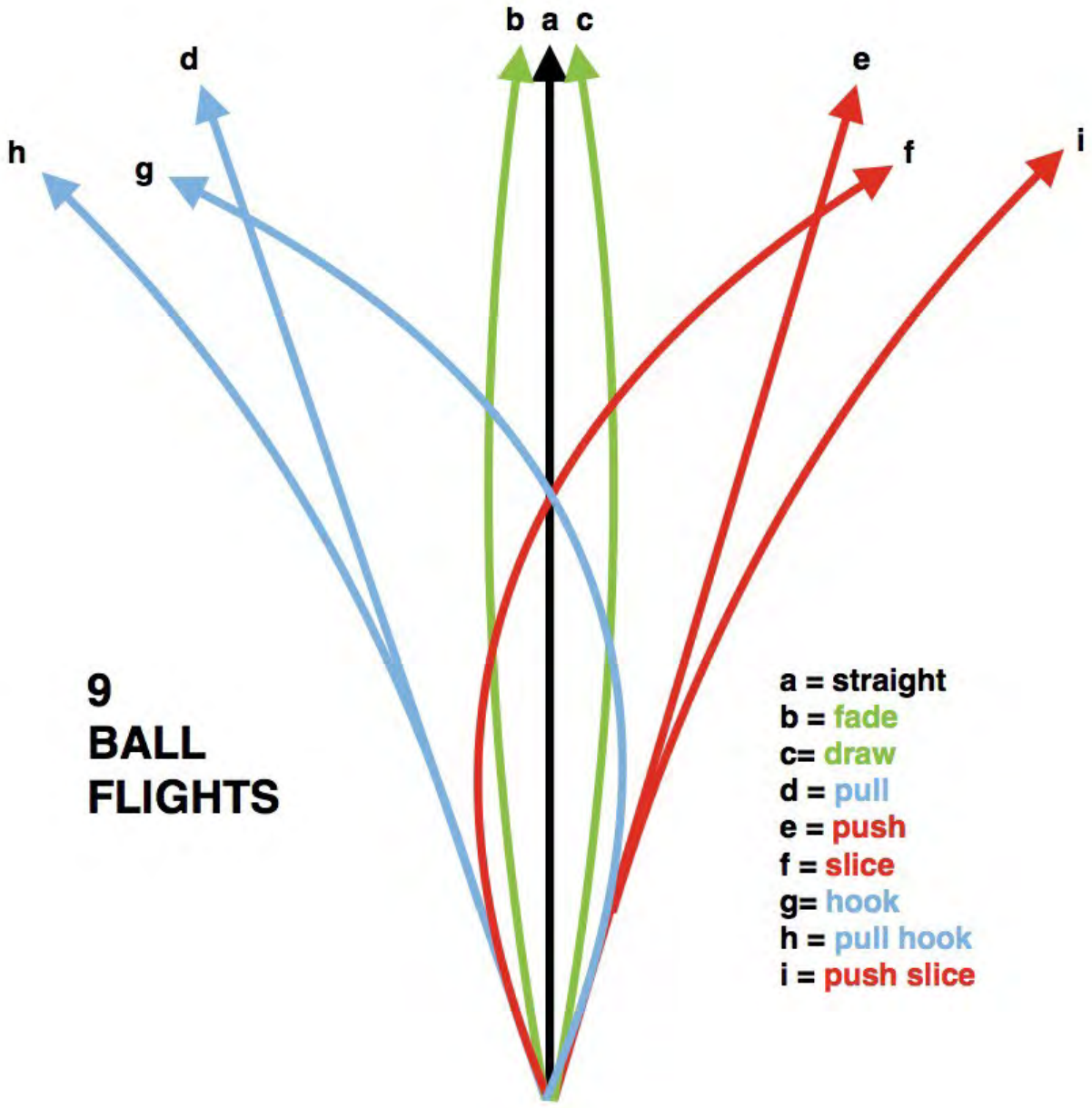
If you '**Open Your ALIGNMENT**' and consciously swing the Clubhead right 'Down The Line' to the Target, you 'Clubhead Path' will physically or mechanically become slightly '**Outside In**' which will put some clockwise cut or rotation on the Ball causing it to bleed

to the Low Energy Side of the fairway. Your Clubface will come into contact with the Ball slightly earlier as well, tending to make it slightly ‘Open Through IMPACT’. This is just what you desire. That is why it is called ‘**Controlled**’.

It is very important that you ‘**Open Your ALIGNMENT**’ by moving ‘**ONLY your Brace Foot’** forward toward the Target Line about two to four inches. ‘**DO NOT MOVE YOUR TARGET FOOT**’. It is your ‘Pivot Foot’ and must have a very controlled relationship to your Ball Location so that your ‘Pivot or Target Shoulder’ maintains it’s relationship (Fixed Radius) to the Ball as well. If you fiddle with your ‘Target Foot STANCE and ALIGNMENT’, in relationship to your ‘Ball Location’, you will not be able to complete a ‘Longish Arms Swinging Under a Tallish Chin Swing’ and get back precisely to the Ball in it’s ‘IMPACT FIX Location’. ‘Impure IMPACT’ will result.

Keep in mind that the moment of Clubface to Ball contact is called ‘**IMPACT FIX**’ and is slightly different than ‘Address Fix’.

Practise this ‘Controlled Fade’ shot a little every day making sure you get the desired results. However avoid simply ‘**Pushing**’ the Ball to this ‘Low-Energy Side’ of the fairway. A Push is not a Fade. The Fade’s profile is curving not travelling in a straight line. Also do not overdue the ‘Cutting Action’ results as the name may then change to ‘**Slice**’ which is, indeed, a big or amplified Fade.



Pulls, Pushes, Draws, Fades, Hooks and Slices
See BALL FLIGHT PATTERNS

3) **ANOTHER SMART METHOD OF FADING THE BALL**:

I think this is the simplest 'Pre-Selected Components and Procedure' to accomplish 'ROTATION of the Ball to the Low-ENERGY Side' of Target Line.

I do NOT want to alter either one of my 'Two Swings in my Bag'. I always strive to have but 'One Full Swing Procedure', regardless of the Club Selection'. I want to swing 'Down My Body Line' which may or may not be Parallel to the 'Target Line'.

One of the '**10 BASICS**' in the '**5 SET-UPS**' is '**GRIP**' which is also very much a part of the '**5 CONTROLS**'.

If you simply 'OPEN' the 'Clubface AIM' a few degrees, by '**ReGRIPPING and NOT Just Rolling Your Target Hand To The Brace Side**', relative to the Body Line (Target Line), you will 'Impart Low-ENERGY Side Spin Rate' on the Ball. It will thus have a 'CURVING to the Low-ENERGY Side' Ball Flight. How Simple! New Pre-Selected 'SET-UP GRIP Component' ... 'Same Old Swing Procedure'.

Remember, 'Initial Ball Flight DIRECTION' is determined by your 'Clubface AIM'. This is the 'SNAP-ON TOOL METHOD'. It is reliable.

4) **A GUIDELINE OR REMINDER**:

Refer to our 'Railway Track Illustration' that we used when discussing 'ALIGNMENT'. (see INDEX if necessary)

You know that the 'Target Line and the Foot Line are Parallel' and that we 'Swing the Clubhead generally down the Target Line with our toes placed on the Foot Line'. In this manner we can '**GUNSIGHT and BOUNCE**' which you well know.

If you want to Fade the Ball and can make a good solid, Down-the-Line swing, an 'Outside-In' Clubhead Path will create the required Spin to move the Ball toward the Low-Energy Side of the fairway. The Ball turns in the direction it is spinning.

To promote this Fade-Slice 'Outside-In' Clubhead Path, move your '**BRACE FOOT ONLY**' about two to four inches '**OUTSIDE**' the Foot Line, that is forward or closer to the Target Line, and then make a very smooth swing down the Target Line, 'FEELING like your Clubhead

Leading Edge’ will cut off the ‘Sugar Cane or Rip the Flag Stick Out Of The Ground’. So the ‘Mental Picture’ and reality is ‘**Foot Line**’ to the High-Energy Side while Swinging Down-The-Target-Line. For me to get this done effectively, I like to ‘FEEL’ as though I am taking the Pin out of the ground. You know, that ‘Cutting Off the Sugar Cane Stuff’. It works.

This Alignment Method of ‘Curving The Ball’ will prevent your trying to manufacture the Fade with your Hands which is risky business. It involves too much ‘Manipulation’ and unnatural timing and skill especially for beginners. I know that tight Hands makes for unnatural swing patterns, where your Clubhead Path does not or cannot follow its natural ‘Rolling Wheel Path’ (‘BRP’) right Down the Line to the hole.

We discussed that even ‘TENSION’ in you Brace Index Finger and Thumb’ (Pincher Fingers) causes tension which travels directly to your ‘Wrist and Forearm and naturally next to your Brace Elbow and Shoulder’. ‘TENSION’ is highly contagious. Electrical impulses, as trigger all our muscular activity, travel through our bodies just as electricity runs down a wire. Once the signal is sent, stopping it, even at a certain point, is normally impossible. Best not to send one in the first place!

Simple swings are the best swings. Remember, they will hold up under fire.

For an ‘**OUTSIDE-In Clubhead PATH**’ move your ‘Brace Toe’ ‘**OUTSIDE Or Towards The Target Line**’ and swing naturally ‘Down-the-Line’.

‘**Outside to Square to Inside**'

5) **IN A NUTSHELL**:

‘Straight Ball Flight’ is ‘AIM the Clubface At The Target, MATCH All Your Components To The Clubface Leading Edge and Make The Normal Procedure’.

THE SIMPLE FADE METHOD

‘Fade Ball Flight’ (‘Curving To The Low Energy Side Of The Target Line’) requires precisely the same ‘SET-UP’ as for a ‘Sraight Ball Flight’. All you have to do is ‘Open The Clubface AIM’ slightly and

make that regular smooth confident ‘EXECUTION’ ‘Down The Line’, Dead Stick’ with some positive ‘Chase’. ‘The Ball Goes Where Your Hands Go’! (‘TBGWYHG’) This magically produces about a ‘Two Step Fade’ at 150 yards.

You can get more complex if you desire more ‘Curvature’ and follow the ‘Modified ALIGNMENT and Foot Position Method’ but not for gentle Fade.

If you have any questions about these statements, reread the above. If that fails, call you **‘Personal Certified 555 Master Teaching Professional’** and get it right with him or her directly. You can have one of these ‘Personal Servants’ ‘FREE OF CHARGE’ is you simply become a ‘Locker Room Member’.

‘MEMBERSHIP HAS ITS PRIVILEGES’!

‘ASK US!’
‘JUST DO IT NOW!’

Q28)

"I’m sure glad we don’t have to play in the shade."

Walter Hagen

(after being told it was 105 degrees in the shade
in a Florida match play tournament)

Q29)

LAZINESS is nothing more than the habit of
resting before you get tired!

C**35**]

CONTROLLED DRAW
another useful Ball Shape

Remember, the number one ‘Component’ to adjust for this ‘Procedure’ is you5 ‘Clubface AIM’. It is only a simple ‘SET-UP’ change.

1) **SET-UP:**

This ‘Ball Flight’ is accomplished by adjusting your ‘FEET’ and is primarily an ‘ALIGNMENT’ operation similar to what we discussed for your ‘Controlled Fade’. Use your reliable Swing as employed with your straight ‘Ball Flight’. Don’t get too cute with your ‘Hands’ and ‘Swinging Motion’.

Scientifically, the ‘Draw’ is the ‘Mirror Image’ of the ‘Fade’; good sisters when desired and properly executed. Ugly step-sisters when not!

This one turns to the ‘High-Energy Side’, while the other sibling turns ‘Low-Energy Side’. I have to smile to myself when I think of the commotion we create when we make turns without knowing where they are going. My wry humour cones from ‘Visualizing’ vehicular traffic in which the drivers are randomly turning right or left ‘without notice’!

I would like to think any of you could turn your Ball left or right at will, but seldom can we do that. We are naturally tended towards one way or the other. For example, I am a natural ‘Fader’ as is Jack Nicklaus. To be honest with you, I can strike a ‘Controlled Slice’ like a magician, dead straight for 150 yards and then a ‘Low-Energy Right Turn’ like the ball had a turn-signal! If you were to demand of me the same shot but in the other direction, the Snap Hook, good luck. I can produce hooks with the utmost of effort, but to snap one, "It ain't in me!" I am naturally a little too snug too early in my ‘Brace Shoulder’ region which gets me tending toward ‘Outside-In’ as a natural ‘Clubhead Path’. But the move is ‘Consistent’.

2) **HAND ACTION**:

Your ‘GRIP’ is somewhat the opposite of the Fade programme. Use a stronger Swing or ‘Target Hand Grip’ (**See Two Knuckles or More**)

with less ‘Grip Pressure’ and a smoother Swing. Do not allow your hands to develop too much ‘Tension’ as this will obviously tighten the ‘Hands, Wrists and Forearms’ causing some ‘Rotation Blocking’. Any blocking will slow or stop the Clubface rotation, causing it to stall or not fully ‘Close’ through IMPACT. What you ideally want is ‘Fast Hands’ with full release or rotation through IMPACT that enables you to ‘Cut the Ball’ making it spin on the X Axis, to ‘High-Energy Side’, moving it towards the Draw-Hook side of the Fairway. That is our ‘High-Energy Side’ as well. Remember, the direction you spin your ball is the direction it will ‘Bend’ towards.

3) **ANOTHER SMART METHOD OF DRAWING THE BALL**:

I think this is the simplest ‘Pre-Selected Components and Procedure’ to accomplish ‘ROTATION of the Ball to the High-ENERGY Side of Target Line’.

I do NOT want to alter either one of my ‘Two Swings in my Bag’. I always strive to have but ‘One Full Swing Procedure’, regardless of the Club Selection’. I want to ‘Swing Down My Body Line’ which may or may not be Parallel to the ‘Target Line’.

One of the ‘**10 BASICS**’ in the ‘**5 SET-UPS**’ is ‘**GRIP**’ which is also very much a part of the ‘**5 CONTROLS**’. Good Lord, you know the deal by now!

If you simply ‘CLOSE’ (or Hood) the ‘Clubface AIM’ a few degrees, by ‘ReGRIPPING and NOT just Rolling your Target Hand to the Target Side’, relative to the Body Line (Target Line), you will ‘Impart High-ENERGY Side Spin Rate’ on the Ball. It will thus have a ‘CURVING to the High-ENERGY Side Ball Flight’. How Simple! New ‘Pre-Selected SET-UP GRIP Component’ and nothing else. The same old ‘Swing Procedure’. This is ’**SNAP-ON TOOL**’ stuff and you certainly already know what that is. If not, see your friendly ‘INDEX’.

Think how useful this might be to ‘Holding a Ball into a Wind that is blowing from the ‘High-ENERGY Side of Target Line’. To do so, just ‘Show Another Knuckle’ and make the same old reliable Swing! Remember, ‘Initial Ball Flight DIRECTION’ is accomplished by your ‘Clubface AIM’ and NOT ‘Clubhead PATH’ or ‘Optimal IMPACT Area’ or ‘Sweet Spot’.

My kind of simple! I can handle this stuff!

4) **OUT OF A FAIRWAY BUNKER - SAND or GRASS:**

Making this ‘Controlled Draw Shot’ out of a fairway bunker requires more skill than the fade, but, if you work at it and use discipline as your stroke foundation, the ‘Fairway Bunker Controlled Draw’ will fit nicely into your bag. On the beach, make sure your FEET are properly set, firmly bottomed in the sand, and swing ‘Slightly Abbreviated and Smoothly’ through the Ball, ‘FOLLOW-FINISH’.

Again, as in the ‘Controlled Fade’, I want you to ONLY adjust your ‘ALIGNMENT’ by moving the ‘Brace Foot and NOT the Target or Pivot Foot’. Do not programme ‘ALIGNMENT Adjustment’ as a prerequisite for this Shot. When you move your ‘Pivot Foot’ you must re-establish your ‘Optimal Ball Location’ as this placement is strategically relative to the ‘Target Foot’ which primarily controls your ‘Swing Radius (Target Shoulder Socket to Sole of Clubhead) or ‘Distance from the Ball’.

This time, opposite to the procedure in your ‘Controlled Fade’, move your ‘Brace Foot’ away from the ‘Target Line’ from two to four inches which will mechanically ‘**CLOSE Your Gunsight**’ or make the ‘Foot Line AIM to the Low Energy Side or toward the Target Line’.

Redundant, but again, do not adjust your ‘Target Foot’ as it will alter your ‘Pivot Shoulder’ and thus directly and adversely affect your ‘IMPACT Point or FIX’. Your Golf Club ‘Swings Off Your Target Shoulder’ which is then the ‘Radius Point or Top of the Pendulum’ (top of the Target Lever Dead Rope). Your ‘Brace Foot’ does not alter ‘IMPACT FIX’ but simply ‘Clubhead PATH’ which is what we want to alter from relatively straight through the Ball along the Target Line to more coming at the Butt of the Ball from ‘**Inside Out**’.

Always, once ‘ALIGNMENT and STANCE Adjusted’, ‘FEEL’ like you are **‘Swinging The Clubhead Down The Body Line’** and not really ‘Cutting The Ball’. Let your Alignment and Stance produce the cut through an adjusted or deliberate ‘Inside-Out or Outside-In Clubhead PATH’. One can produce ‘Cut’ almost exclusively with ‘Hand ACTION’ or ‘Manipulation’ but I think there is much more risk involved and requires a great deal more practice and finesse. ‘Aggressive Hand Manipulation’ has the tendency of creating thin hits seasoned with the old ‘Pull’ which does not ‘DRAW The Ball’. Pulls do not curve to the ‘High-Energy Side of the Tairway’, but travel more dead or straight there. That will NOT work a Ball around a corner and going through it is a tougher task that two shots to and through a corner.

I want to addd right here and now that my sincere wishes for you is that you suffer from striking the Ball too straight to easily impart any curvature. Downside? If you get blocked from the direct route, ‘A to B Golf’, you are a bit ‘Hooped’ as they say. Well, back up the train just a bit. If you never or rarely strike Balls off-line, you will rarely have to worry about this specific ‘Shot Shape’ will you?

Straight is still very cool!

I know the great Moe Norman and his swing very well along with his good friend John Dudley. I want to truly tell you that, when you ask them about ‘Draws and Fades’, they both turn up their noses in response. “Who needs them?” Folks, these two are simply not your average cats! ‘Pipeline Moe and Straight Johnny’ are fitting names for these gentlemen golfers.

“Off the fairway? I cannot remember when?”

5) **FOOT ACTION**:

Ensure that your ‘**Push and Fire**’ is smoothly applied. Remember that ‘PUSH’ (‘LBM’) relates to your ‘Brace Foot’ as your Hands are dropping just below your ‘Brace Armpit’ and that the ‘Fire Word’ speaks directly to the ‘Wrist-Cock’ firing out of your Hands (‘PINCH’, ‘UBM’), perhaps more to your ‘Brace Wrist than your Target or Swinging Wrist’. Nevertheless, you must have cocked and you must straighten the ‘**THIRD LEVER**’ of your ‘Lever Assembly’ (Three Lever, Single Action) in order to produce effective Golf Shots. Otherwise you will get no ‘POWER’ and suffer from ‘Clubhead Throw-Away’ that is not your friend.

‘D.O.F.T.’ AGAIN AND ALWAYS!:

I earlier painted a ‘Baseball’ picture for you of the ‘**D.O.F.T.**’ swing or ‘Clubhead PATH’. You should feel like you are ‘Swinging the Clubhead through the Ball’ with the ‘Clubhead’ initially travelling to the right of second base, then through it and up finishing between second and shortstop. Your ‘Clubhead PATH’ will certainly be ‘**Inside Out**’ resulting in a nice ‘Controlled Draw’.

In order to facilitate this Motion, you should have your ‘Target

Foot’ quite ‘**Open Stanced**’ (Gate-ing) to facilitate your ‘Target Hip Turn’ or what we call ‘Clearing Your Hips’. Remember if you cannot turn your ‘Target Hip’ out of the way, how do you expect to fire your ‘Brace Hip’ or 'Uncoil’ towards the PIN? With an inhibited ‘Target Hip Turn’, the release move you will likely generate to create forward movement will be a ‘Slide’ and this is not generally a positive behaviour producing good results.

This ‘**Closed Gunsight Footwork**’,(Foot Line pointing to the Low Energy Side of the fairway) requires that you ‘Swing the Clubhead Directly Down the Target Line’ all the way to the Pin. With your Foot Line (Gunsight) closed, your ‘Clubhead PATH’ will naturally develop more ‘**Inside Out**’ and ‘IMPACT’ will impart a slightly ‘Counterclockwise Rotation or Spin’ on the Ball making it move toward the direction of the spin. In this case it will be toward the ‘High Energy Side of the Fairway’ or what we call the ‘Draw Side’.

Once you can produce and control this shot you will be better for it’s being part of your arsenal.

To be a fully flexible player, you should be able to work the Ball both Fade and Draw, Right or Left for right-handers and Left or Right for southpaws. It is of interest to note that clearly the most difficult shot in Golf is the ‘Straight Shot’, purely ‘Down the Target Line’, that is unless your name if Moe or Johnny’!

6) **A GUIDELINE OR REMINDER**:
(reference Railway Tracks illustration)

As in the ‘Controlled Fade’ but working the Ball in the opposite direction, bending toward the ‘High-Energy-Side’ of the Fairway, which is accomplished by an ‘**Inside-Out Clubhead Path**’, move your Brace Toe ‘**Inside Or Away From The Target Line**’ and Swing naturally ‘Down-the-Line’.

This Alignment method of Drawing the Ball will prevent your trying to manufacture the Draw with your Hands which is risky business.

‘Inside To Square to Inside’

7) **IN A NUTSHELL:**

‘Straight Ball Flight’ is ‘AIM The Clubface At The Target, MATCH All Your Components To The Clubface Leading Edge and Make The Normal Procedure or Swinging Motion’.

THE SIMPLE DRAW METHOD

‘Draw Ball Flight’ (‘Curving To The High Energy Side Of The Target Line’) requires precisely the same ‘SET-UP’ as for a ‘Straight Ball Flight’. All you have to do differently is to ‘Shut Down or Close The Clubface AIM’ slightly (about 5 to ten degrees)and make that normal smooth confident ‘EXECUTION’ ‘Down The Line’, ‘Dead Stick’ with the same positive ‘CHASE’ or ‘Follow Motion’. (see ‘Swing Sequence #9’) ‘The Ball Goes Where Your Hands Go’ (**‘TBGWYHG’**). This magically produces about a ‘Two Step Draw’ at 150 yards.

You can get more complex if you desire more ‘Curvature’ and follow the ‘Modified ALIGNMENT and Foot Position Method’ but not for gentle curvature.

Keep your ‘Risk Minimal’.

Keep your ‘Variations Small’.

If you have any questions about these statements, reread the above. If that fails, call you **‘Personal Certified 555 Master Teaching Professional’** and get it right with him or her directly. You can have one of these ‘Personal Servants’ ‘FREE OF CHARGE’ is you simply become a ‘Locker Room Member’.

‘MEMBERSHIP HAS ITS PRIVILEGES’!

‘ASK US!’
‘JUST DO IT NOW!’

Q30)

"I play in the low 80’s. If it’s any hotter than that, I won't play."

Joe E. Lewis, comedian

RULE **#39**:

The ‘**FLAGSTICK**’ Rule

Until you are actually on the ‘Putting Surface’, leave the stick in the hole. No ball will run through the Cup while the Pin is In.

Play the numbers: the percentages of the flagstick’s being more risk than reward are slim indeed.

Q31)

‘Many receive good advice
but
Only the wise profit by it.’

Publilius Syrus

Q32)

‘A man is not old until regrets take the place of dreams.’

John Barrymore

(and if you are still young enough to walk, you are still young enough to either take up or improve you Game of Golf!)

Q33)

‘To me old age is 15 years older than I am.’

Bernard M. Baruch

Q34)

‘It is time to now get a little older,
Time to perhaps take in a little sail.’

Ralph Waldo Emerson

(Perhaps, too, your Driver no longer goes 326 yards . . .
. . . get used to it! Work on your ‘Short Game’ !)

Q35)

‘If Youth only knew
and
Old Age could!’

Henri Essienne

(Aron Baddeley, Adam Scott, Sergio Garcia, Charlie Howell, Justin Rose, and even Tiger Woods who is getting relatively old! Is this making you ‘FEEL’ more mature or what?)

Q36)

"And then it shall follow as the night the day..."

William Shakespeare

C**36**]

ROUTINE

Pre-Shot Routine ‘PSR’

founded on the ‘**10 BASICS**’
protected by the ‘**5 CONTROLS**’
spurred on by a good Attitude
blended with Desire and Dedication.

Golf is everything and as little as you make of it.
And you have to earn all of it too!

INSTINCTIVE INTUITIVE SUBCONSCIOUS DISCIPLINE

The number one reason you must perfect a solid repeatable ‘PSR’ is that it will reduce ‘Fear’ and ‘Doubt’, which reduces ‘Tension’, which enables ‘Confidence’, which lowers your score. That’s all!

This **‘TOTAL ROUTINE’** has some ‘Off-Course’ phases as you know. You have to get out of bed, do your things and get to the course with everything in order. Once there, your ‘Routine’ has four distinct phases, 1)’Pre-SHOT’ (‘Visualization & SET-UP), 2)’EXECUTION’ ’Instinctive Process’), 3)’Post-SHOT’ (‘Evaluation’) and 4)’Re-Energization or Peparation’. We will learn more about these directly.

Looking forward to our time together!

1) **BASICS BASICS BASICS:**

In order to play GOLF to the best of your ability, you must be able to ‘REPEAT Your SET-UP’ and ‘EXECUTE IMPACT FIX and Your Motion Throught SEPARATION’, maintaining the ‘**5 SET-UPS**’, as well as being certain of ‘REPEATING Your SWING’ by reproducing or accomplishing every time, precisely, the fundamental ‘**5 EXECUTIONS**’. Those very useful ‘**5 CONTROLS**’ will anchor your ability and feed your ‘Confidence’. Your ‘Clubface AIM’ must be ‘Square to either the Target Line or Ball Flight Line’ at the Moment of Separation’. Interestingly enough, to do this, one must virtually be able to reproduce or recreate one’s balanced ‘Mental State’ (the Zone) consistently. Golf is a fine blend of Body and Mind. Vintage Stuff!

Now I am really into your head! Allow me in, but guard the gates from intrusion by those less caring. Beware of the ‘Trojan Horse’.

Over the years, I have carefully observed ‘Tens of Thousands of Swings’, no two any more alike than the individuals who made them.

Interestingly, if your ‘Swing’ is quick, even if it is abbreviated, your ‘Routine’ likely was abbreviated as well. A quick ‘Routine’ unfailingly produces a quick ‘Swing’ often detrimental to the swinger. Although, I truly have seen great, balanced and effective ‘Quick Routines’. As long as they are ‘Routines’, a little quick is quite alright. I spoke of a huge variety of individuales and this leaves the door open for varieties in ‘Duration’ of procedures.

Of interest, one who has a tighter, faster personality, will likely have a tighter, faster ‘Swing’. In this instance, we, as teachers, must strive to allow Golf’s influence on all our lives and the influence of our lives on Golf, thus, not automatically, as a matter of ‘Swing Model’, alter this ‘Hitter’s Pace and Tempo’. Fast may not be easily modified, but the swing MUST be complete, all the pieces in the correct sequence. Greg Norman’s ‘Tempo’ is quite quick but his ‘Rhythm’ is good and the ‘Performance’ is complete. Nick Price has a fast ‘Tempo’ in his entire being. Both these gentlemen’s ‘Timing’ (parts or Components in the right place at the right time) is exceptional. Would you willingly, without being forced, adopt either of their Swings? ...and their social status?

2) **IN LABOUR?:**

When you work too hard completing your ‘Set-Up’ you generally get out of your ‘Rhythm’. Be focused and determined!

‘Rhythm’ emmanates from the huge benefit of your carefully designed and implemented ‘Pre-Shot Routine’. Your ‘Four Step Process’ is ‘Power’ and security. (see below)

‘Comfort Feeds Performance’.

3) **DUAL PURPOSE:**

Your ‘ROUTINE’ has a dual purpose;

1) to ensure you have all the ‘Components’ in proper

‘Sequence or Procedure’, which is ‘Timing’ of ‘Mind, Body and Tools’,

and

2) to promote good ‘Tempo, Pace, Cadence and Rhythm’. (‘Mental Balance & Procedure’)

Thus, a good ‘Routine’ helps get all the parts moving together in generally the correct direction, with cooperative **‘RPM’** in a co-operative manner that should get the ‘Pre-Selected’ job done consistently using your ‘Pre-Selected Components and Procedures’.

In developing your ‘ROUTINE’, carefully isolate ‘Key Elements’, ‘Components & Procedures’ and, having done so, abide by them religiously in practice or when facing the most important stroke of your Golfing career. Might I add, ‘Controlled Relaxation’ is undoubtedly a ‘Key Element’ for success. It needs to be practised as relaxation under fire is seldom natural!

‘Smart Golf’ is really made of ‘Game Plan and Executed Strategy’.

Practise for Success!

Routine should be ‘Habit Forming’!

Best of luck and work hard.

PRACTISING GOOD BASICS
makes for putting
GOOD BASICS INTO PRACTICE !

Q37)

"If you would have a faithful servant,
and one that you like and trust, serve yourself."

Franklin

(So appropriate to Golf, when you need to be steadfast, you will find the source from within.)

WILLIAM SHAKESPEARE AGREES;

Q38)

"Let every eye negotiate for itself and trust no agent."

3) **THE ‘5 CONTROLS’**:

Boiling down the above ‘**5 X 5**’ to a fine-tuned ‘**CHECK LIST**’ gives us some easily maintained ‘Confidence, Comfort and Consistency’, a strong discipline that will protect us in the heat of the moment.

As you are setting up, every time, say to yourself and ‘Check List’

1) **CHIN**
2) **HANDS**
3) **FEET**
4) **BALL**
5) **PIN - QUARTER - TARGET**

Actually say these five words to yourself during your Routine and do not neglect it as being too simple to be important.

Ensuring your proper attention to these ‘**Fundamentals**’ will promote steady success, shot after shot, week after week and even over many years of rewarding Golf.

It’s a small point, and I may have mentioned it earlier in the book, but I want not to miss it if I may have neglected to bring it to your attention. So what is IT?

Notice that when I wrote the above ‘**5 CONTROLS**’, I grouped ‘CHIN, HANDS, FEET’ (123) and separated ‘BALL, PIN’ (45). This is for a reason. The first three are only primary ‘**Body CONTROLS**’, whereas the fourth and fifth are slightly more than that.

When I say "**BALL PIN**" to myself, I am covering two BASICS:

1) I am ‘Check Listing’ ONLY these ‘Two Fundamental Points’ on the Golf course; ‘**VRBP #1**’ and ‘**VRBP #2**’. I am making sure I know precisely where they are relative to my ‘BALL LOCATION, STANCE, ALIGNMENT and Clubface AIM’. This is primarily an ‘**EYE**’ or visual function. Then, ‘FEELING the BALL and PIN’ as they relate to the ‘AIMED back of my Target Hand’ is more of an ‘ALIGNMENT’ function which sorts and loads the visual data.

Through the '**CONTROLS**' I connect or relate the 'CHIN' to and through the 'HANDS to the FEET'. Of course, I ensure that my 'FEET are ALIGNED', '**Gunsighted and Bounced**'. A poor footing will make for a poor shot.

2) The 'Target Hand' '**CONTROLS**' the 'Clubface AIM' and contributes to 'Clubhead PATH', helped by the 'Brace Trigger Finger' which brings the Clubhead Toe to and through 'SQUARE' in the 'IMPACT Zone'. This is what we call 'Taking Out the Clubhead Lag'. I strive to FEEL like I am Swinging and Striking the Ball with the back of my 'Target Hand' to which the Clubhead is indirectly '**CONNENCTED**'.

3) I am also making certain that when I am 'Executing' the Swing that I have these 'Two Dominant Points', 'BALL-PIN', clearly in my swinging programme, in the precise Clubhead Path. In this manner, I have the best opportunity to make contact and move the 'Object Ball Dead Down the Line at the Target'. Remember, if you are swinging, '**Feeling The Steel**', Down-The-Line, you are likely moving the Ball there as well. Always 'FEEL' as though you are moving your Body and Clubhead **'LINEARLY' 'BALL-PIN'.**

Simple and very beneficial indeed.

4) '**PREPARATION**':

Without this 'Total Consistent Preparation' you will not be able to accomplish the **2 D's** and the **3 C's** with any reliability. You will not score well. Remember scoring is 'Trusting and Making It Happen' in the least number of strokes.

The great players, those who have survived the test of time and whose swings have withstood the pressure of constant competition, the Tom Kites, Ray Floyd, Jack Nicklaus (34 tour victories, 5/1965, 5/1967, 5/1971, 7/1972, 7/1973 and 5/1975), Hale Irwin, Nick Price (6 tour victories in one year 1994), Tom Watson, Arnold Palmer (29 tour victories, 8/1960, 6/1961, 8/1962 and 7/1963), Dave Stockton, Chi Chi, Dr. Gil Morgan, Dr. Bob Charles, Lee Buck Trevino, Bruce Lietzke, Sam Snead (20 tour victories, 8/1938, 6/19411 and 6/1945), Gary Player, Ben Hogan (36 tour victories in 4 years, 1946/13,

1947/7, 1948/11 and 5/1953), Byron Nelson (26 Tour victories in 2 years, 8/1944 and 18/1945), Ben Crenshaw, Greg Norman, Nick Faldo, Fred Couples, Jimmy Demaret, Gene Sarazen, Walter Hagen, and there are more; all have '**ROUTINES**' that were and are, when working properly, carbon copies to minute details every time they accomplish 'Swinging their Clubheads through the Ball'.

When I say "Minute Details" I mean precisely that. Those who have a habit of scratching their rear-ends in the 'Set-Up Routine', will never miss an itch. That makes sense; Itchy Golfer Scratchy Score! As a result, their 'IMPACTS' are 'PURE' more often than not. That makes for success.

Greg Norman, except for his fatal fourth round at 1996 Masters, shook or 'Waggled his Target Hand and Arm three times just before 'Every Putt', even to the notice and "Slow Play" complaints by others, media and players. When you are in the lead by seven strokes going into day four, you can do whatever you feel comfortable or 'Routined' in doing!

On Sunday Greg Norman was tight off the first tee, but made it to the green in regulation. It seemed 'Routine' but it was not. He set up to make a relatively 'Routine' putt, shook or waggled his Target Hand and Arm only two rather unrhythmic times and missed his first putt of the day, PULL LEFT for a bogie start. The tone was set and that true champion missed the holy grail for yet another time. Greg's day may come. It is not a question of 'IF' he will wear the Green jacket, but only 'WHEN' as long as he maintains the desire of the true competitor he is and stays fit an healthy. But the odds are agaist him just a little!

Greg's greatness is beyond question but he lost that important campaign in Augusta generally due to the failure of small details in his 'Routine' which would have protected his 'Confidence, Comfort and Consistency'. It was almost as Shakespeare put it in King Richard III when his horse lost a shoe due to a few nails; "My Kingdom For A Horse". So small a detail with so great an effect on outcome!

I think Greg was 'Tight and Improperly Focused'. 'FEAR REIGNED SUPREME' and his 'Process' became subservient to his 'Doubts'. '**A PAR ROUND**' would have easily done the job. I think it is his caddies absolute responsibility to settle the player into thinking pure realistic short-term thoughts. You can play this shot. You can play this hole. You have played this course. 'GREEN JACKET'.

So, on Sunday, ended a remarkable campaign for what seemed to be a ‘Sure Thing Green Jacket’. Who would have wagered, at any odds, an ‘Eleven Stroke Swing’ between Norman and Faldo. No one. But a serious continuing breakdown in ‘ROUTINE’ destabilized Greg Norman so as to create the event as we all know it. I might add, however, that the sound of Faldo’s footsteps behind or beside you will get your attention. Nick Faldo feeds ‘Like A Shark, on this type of situation and opportunity. When you have to ‘Grind One Out’ the likes of Faldo, Floyd and Kite would make good team-mates indeed. What a thrill a round with any of these gentlemen would be!

When the going gets tough, the tough get going.

Aside.....

5) **TIGER WOODS**:

I would like to mention my interest in Tiger Woods, not so much for what he politically presents, but much more for what he is actually doing in his yet very brief career. The best is in front of him!

At the same time one must make it quite clear that one or two good years does not a champion make. Mark my words, his next few years will not even be close to the first or in the same ‘Fantasy Ballpark’ as the sports writers have mused. It may be better! He is no ‘Superman’. His short irons have still a lot of ‘Kryptonite’ rubbed on them and until Tiger, wipes it off, he will not exert the influence and power as expected by some. His short irons, ‘Full Swing’ were his early Achilles Heel. They had NOT stood up under fire! They are improving along with his demeanour and both will ‘Stand the Test’ in the future.

Mark my words, he is tougher and more internally under control than his years might lead us to believe. This man’s ‘**TEN BASICS**’ are in order as is his life. Superior physical conditioning enables Tiger to maintain a ‘Constant Spine Angle’, both in ‘Forward Inclination as well as in Aft-Tilt’. His ‘Lever Assemblies’ are stable and generally have the porper amount of ‘subservience and LAG’ to the ‘LEADING Lower Body Machine’, although he tends to get his Clubhead Trapped behind his ‘LBM’ far too often for his liking. This is an ‘**RPM**’ or ‘Timing’ issue. Due to Tiger’s ‘LBM’ stability his Clubhead generally stays very much ‘ON PLANE’ and with his natural ‘ROTATIONAL TALENT’, ‘**PURE PIVOT SPEED**’ he is going to be the master of Distance with Control.

I worry about him very occasionally. One day, if he tries to ‘hit it hard’ and his ‘Brace Foot’ slips, he may screw himself right into the ground and disappear. I wounder if the rules provide his fans to ‘help move the boulder’, as it were, and to assist Steve Williams dig him out. He may not be entitled to ‘Relief’ or any options persented by ‘Being in A Hazard’. There may be ‘Winter Rules’ that provide some latitude! ... Pick, Clean & Place!

Tiger, by winning but one major tournament is a ‘Champion’. In GOLF, a player is never an historical champion until he or she has withstood the test of time. Tiger Woods has NOT done that yet, but ‘What a Start! The world will only view him as a true ‘Players' Champion’ after about five or ‘**TWENTY**’ years when we can all look back and have 20:20 hindsight that will allow some proper perspective with much of the media hype more passively in perspective. It is possible that the ‘Media Hype’ may, indeed, become his downfall and it will not be the first time a great player’s knees buckled under the burden. He’s strong and so far so good! His composure under fire is a huge asset.

In Tiger’s first year or so he had not equalled or bettered the records of any great champions. Simply put, Nick Price, a modern era hero, won those six brilliant ‘P.G.A.’ tournaments in 1994. Unless I am mistaken six beats four. Nick’s humility and his being very human contributes to his phenomenal popularity which will not soon end. There is genius in this young man, Tiger Woods. We need to allow it to mature and grow. I suspect we won’t be taking our eyes off him much!

A little more perspective as to the importance of a champion’s proving worth over time is the fact that ‘Slammin’ Sam Snead won 81 P.G.A. tournaments in his career, while Jack Nicklaus has won 70 in 35 years, Ben Hogan 63 in 12 years, Arnold Palmer some 60 over a period of about 40 years, while Tom Watson has won 33 since 1971, a period of twenty-six years, and Byron Nelson won thirty-five in two years including eleven in a row. Respectfully, Tiger has a long way to go but he has the potential to diligently get there. I wish him well. The ride is going to be very exciting and I am on-board! Becoming a believer and a fan.

My hope is that he does not fall prey to the same plight and demise of Princess Diana or feel the very negative influence of the media as Nick Price and David Duval know so well. There is a very big price to stardom and notariety! Where is David headed?

NOW MORE ON ROUTINE

If you do not have one,

6) **BUILD ONE**:

I do not have an ‘Absolute Routine’ that I suggest to you, but I have one that I have developed over the years that serves me very well. It is important to tell you right now that, as well as it performs under pressure, I would not hesitate to modify it slightly if the real need were to arise, but do not just alter it regularly for want of something better to do. A Routine is build up over quite a long period of time. Changes must also be applied no more quickly. If you Routine is fickle, you may well end up chasing your own tail around in a non-productive, go-nowhere, circle.

A ‘Routine’ that is fickle, is not a Routine!

Q39)

"God gives every bird its food,
but he does not throw it into the nest."

J.G. Holland

7) **FIX IT RULE**:

Always follow the ‘Primary Rules in Golf’, one of which is

‘If It Ain’t Broke, Don’t Fix It!’

Changes should generally be very small steps, one at a time. Test each fully until proven reliable and compatible. You must fully adopt, except and trust changes. I suggest also that any chage be centered upon the ‘Core Basics’ and not anything from a strung out fringe. Sticking to ‘Mastering Golf Basics’ will never let you down and most often elevate your game. Avoid big leaps such as in faith.

Might I suggest that you use our **‘10 BASICS’** those ‘**5 SET-UPS**’ (Static), as well as our ‘**5 EXECUTIONS**’ (Active) for a basis of developing your ‘Routine’. Remember this ‘REAL STUFF’ is proven under pressure.

The best swings in GOLF are almost boring; about as boring as a gorgeous ‘Fire-Ball Sunset’ on Vancouver Island’s Long Beach, looking out over a calm Pacific Ocean in the company of a beautiful lady; about as bland as pouring a vintage chablis into delicate crystal refracting the soft glow of a cedar fueled campfire, with a neatly-pitched four-man tent but for two, backlighted by a soft waxing moon and containing one carefully placed hugh sleeping bag!

8) **8 POINT ‘PRE-FLIGHT’ & ‘TAKE-OFF’**:

Develop a safe reliable ‘**ROUTINE’**; one that seems very logical and easy to adopt. Do not put one unnecessary step in it. Keep your programme simple and productive. Create some set up ‘Boredom’ that keeps you in the centre of the fairway and out of the golf ditch where the demons lurk.

This is very straightforward and, as I said, you can certainly very carefully modify your ‘ROUTINE’, but do not complicate it.

THE EIGHT POINTS:

SET-UP first:
(‘**5 CONTROLS**’)

1) **MENTAL**: Make your ‘State of Mind’ ooze with Confidence and appropriate ‘Mind Pictures’, ‘Visualization’. "Can I make this shot? You bet I can! Watch this."

Ball - Pin

2) **EVALUATE** or check the situation (lie, grass or ground condition, environment including wind-direction, water, position of the sun so you do not get an eye full during the swing, etc.) Don't look up! You know where it's been struck! Right down the Target Line, parallel to your Foot Line. Where else?

3) **VISUALIZE** the 'Ball Flight Path'.
Carefully recall what club and swing will produce or recreate this result.

4) **Pre-SELECT COMPONENTS**: proper ‘Golf Club or TOOL and Body Components’

5) **Pre-SELECT PROCEDURES**: Type of ‘Swing and MOTION’

6) Perform all your same ‘**Pre-SHOT IDEOSYNCRASIES**' whatever they might be...known as ‘ROUTINE’.

7) **TICK TOCKS** (‘PIVOT Waggle’ & ‘In & Out Waggle’)

‘Feel The Swinging Motion’
‘Feel the Steel’
These are done with an imaginary Ball.
Make your Golf Hand-Shake and Dress Rehearsal.

Just before you ‘Pull The Trigger’ (in the ‘Pre-SHOT ROUTINE’, about the last ten seconds, put 100% of your attention and ENERGY towards pure ‘Focus on the Target or PIN’. Let the ‘Mental Picture’ stimulate and organize the ‘Energies’.

8) **EXECUTE** (‘Repeat the Feel’ or Dress Rehearsal and ‘IMPACT FIX’ by Swinging the Clubhead through the Butt of the Ball all the way ‘Down the Target Line’ to the TARGET, PIN or QUARTER. FOLLOW - FINISH. This shodl be ‘Instinctive’.

9) **AT CRUISE ALTITUDE:**

POST MORTEM is very necessary:

This is a time to review the ‘Game Tapes’. Learn to ‘Replay the Mental Video’ in your ‘PostSHOT Interval’ and do not dwell on it ‘Good or Bad’.

1) **EVALUATE** the results based on your ‘**10 BASICS**’. (good shots twice, bad shots only once. Don't dwell on the 'Poor Stuff' by going over it more than once as this will reinforce the bad experience and likely negate your positive attitude. You will certainly have been impressed already, however negatively. Work on the ‘Positive Aspect’. Now turn the page and get on with the next

shot, on which your future, the rest of the round is based. It's your future.)

You may find it of interest that I personally generally evaluate the actual ‘Ball Flight’ through a ‘FEEL MEDIUM’. How did my swing ‘FEEL’ and where did my Ball travel? When I strike a Ball less purely than I would have liked, I ask myself three questions.

i) Did I **‘SEE THE BALL COME OFF THE CLUBFACE’** ?
(‘Occular Control’ – the ‘Captain Of The Chip’)

ii) Was I ‘**DEEP FLAT and WIDE**’ throughout my entire swing allowing me to ‘**FEEL the STEEL**’? (‘Lever Extension’ and stable ‘Swing Radius’)

iii) Did I ‘**VISUALIZE**’ and recreate my ‘Mind Picture’ on the ‘Green Canvas’? Was I focused?

iv) Did I establish and maintain ‘Brace Toe Pressure’ which is that ‘Braced Up’ physical preparedness which sets the ‘Top Of The Pivot’ into position where the ‘Spinal Crankshaft can go to work? This includes enabling us to ‘SET-UP The Clubface and Sole’ so we can both ‘Take It Away’ and ‘Put It Back’ to precisely the same spot. This means knowing how to ‘SET-Up’ and ‘EXECUTE’ that ‘Target Dead Rope’.

v) Did I feel ‘Tension’ anywhere? Especially in my ‘Fingers, Elbows and Hands? In my Lungs? (‘Pulmonary Pressure’)

Did I like the Shot and the ‘FEEL’ of the shot? If so press the ‘Save Key’ and place it in your ‘Mental Library’ where it can be ‘Recalled’ at a moments notice when you ‘Visualize’ another shot is precisely the same. This is your future ‘artillery’.

Practise your ‘ROUTINE’ over and over until it becomes subconscious, **‘RITUALISTIC’** and refined. I think you should develop a sequence that has perhaps even the same number of steps from standing behind the ball visualizing your shot shape ‘Down the Target Line’, to walking in a circling path approaching from the Foot Line Side of the ball and finally to stepping calmly into the fully prepared Set-Up ‘Address or IMPACT FIX Slot’. This type of discipline works in the cockpit where there is a lot more at stake than the 'Little White Ball’s Behaviour’. The sports saying ‘**There Is No I In TEAM’** but folks, in the ‘Playing Situation’, during the Swing, it is all ‘**I and ME**’, at least for a moment.

Your GOLF success will be predicated upon the degree to which you are comfortable in ‘YOUR ROUTINE’. Remember, striking a small 1.6" Ball with one blow of a stick some 200 yards into a 4.25 hole in the ground is no casual undertaking.

OLYMPIC VENUE?:

Golf as an Olympic venue? Soon? It is long overdue.

The discipline and rewards of ‘Routine’ will automatically give you greater ‘Pleasure’ which is, afterall, as I have so often mentioned, the ‘Absolute Reason’ we play this game. RIGHT?

10) **THE BAD SHOT ROUTINE:**

QUESTION:

When I ‘EXECUTE’ a poor shot, what should I do to best serve my future interests?

ANSWER:

I was just out practising my ‘Short Game’ with a very nice new full set of wedges. It includes the what I call the ‘P.A.S.L.’ Components. That is the #PW (48 degrees), the #AW (Approach or Gap Wedge at 52 degrees), the #SW (56 degrees)and finally the #LW (60 degrees). The manufacturer, I do not mind telling you is ‘PURE SPIN

Golf Company, Inc.' located at 101 Kendall Point Drive in Oswego, Illinois, U.S.A. 60543. Toll Free Number 1 (888) 721-9001 and my contact is Mr. Kyle Loftis (extension #146) who serves customers very well indeed.

This set of wedges is not the standard 'Line Item' but a special 'Tour Grind' model designed for players with higher quality IMPACT. There are some Head and Clubface design features that might handicap the average golfer. Clubheads with smaller heads and the 'Blade Configuration' require being struck to the inside of 'Measured Centre of Clubface' to get 'Optimal Impact and Transfer of ENERGY to the Bgall'. The 'Centre Of MASS' is closer to the hozel than the measured centre of the Clubface. You need to have very good control of your 'Spine Angle and Top Of PIVOT' during the Swing or you may find yourself making the 'Dreaded Shank'.

About eight or nine shots into my session, I allowed my Brace Knee to 'Sway' to the Brace Side which changes my 'Spine Angle, PIVOT Centre, Clubhead PATH and Swing Plane'. My 'SET-UP' was carefuk and correct. But the resulting 'Procedural Error' causes this older fellow to both move 'AFT LATERALLY in the Back Swing and then to move Forward off my Foot/Body Line towards the Target Line in the early PreIMPACT Stage of my Forward Swing. Hence, my Swing Radius established in the 'SET-UP Phase' ('**5 SET-UPS and 5 CONTROLS'**), which is and was maintianed, forced me to extend the Clubhead distally or out past the Target Line moving the Ball closer to the Heel of the Clubhead. That is where the 'Hozel' is located!

I did not get a **'Dead Low ENERGY Side SHANK'** but there was some 'Compression' of the Hozel in the form of a glancing blow. The 'Direction of Ball Flight was distinctly to the 'Low ENERGY Side' so the 'Visual Evaluation' was most basic. The sound of 'IMPACT' told the story in 'Audio Detail'. Darned if that is not an 'Ugly Shot', just a slight glancing blow or not! I want to tell you that the 'Shanks' are an 'Upper Body Machine' dominant error so you must correct accordingly.

"So what did I do?" you ask.

The answer you might expect would go like this; "I just wrote off that specific error as I almost never experiece it. When it is that rare why dwell on it and perhaps give any more 'Time-Of-Day' than it deserves. Let it pass!"

Well that is NOT the case. I know, coming from me nothing would surprise you!

Here is what I actually did about five hours ago.

I closed my EYES and ran through my ‘Mental Tapes’ to ‘Visualize and FEEL’ my ‘Procedural Error’ as well as check to make sure I had no ‘Component and SET-UP Error’ which I did not other than to, perhaps ‘FEEL’ slightly more ‘IMPACT FIX Position’.

So now I have the ‘Bad Picture Sequence’ and took it on the CHIN, glancing Blow!

Next I ‘Repeated the Swing Error Precisely’. Twice!

Why?

To ensure that what I ‘Evaluated’ from my ‘Real Experience and Mental Recall’ was true. I made a second deliberate Swing Error to confirm. What I suspected was indeed correct.

This ‘BAD SHOT ROUTINE’ is not to be taken lightly. If you can ‘Physically – Mechanically and Geometrically – with FEEL’ ascertain and correctly define the error, you will be far better equipped to avoid it in the future. Know your errors so you can steer clear of them.

About ten minutes later in my session, I deliberately made tow more ‘Glancing Blow Shanks’ to further prove I knew the ‘Swing Pattern and Procedure’. Then I was confident I was over the tendency.

If it ever happened again, I would not sweat it, but just repeat this ‘BAD SHOT ROUTINE’ as perhaps you might. The better you know your enemy, the more effective you will be against him.

11) **TAKING THE LOOK AND DRAWING THE LINE**:
(Down The Middle Of The Ball Flight Or Rolling Line Road)

A process or ROUTINE that may further help you to make more reliable ‘Strokes’, on the ‘Fairway or Dance Floor’, is as follows:

a) VISUALIZE your ‘Ball Flight PATH’. See it start to

finish. ‘FEEL’ its ENERGY and the ‘Move’ in your mind.

a) Pretend you are striking the Ball down the middle of a super highway, say six lanes with no divider. In this manner, there will be lots of room for a little strayign of the centre-line.

c) Look slowly right down this ‘Centre-Line’ to the PIN and then back at about the same ‘Visual Speed’. Not too fast even if you feel pressured to get the shot over with. There is never any solid reason to hurry beyond your ‘Confort Zone’ in any Golf Shot. If your ‘Play-Mates’ are pushing you, do not get caught up in this scenario. It is the oldest trick in the Golf Book to increase your likelihood of error. If you are on a reasonable pace, stay there!

d) Having ‘Looked Down The Centre-Line’ you are now ‘Subconsciously’ aware of your ‘Target’ and ‘Where It Is’ precisely. You will have a ‘Mental Picture’ of your entire shot. You have ‘Drawn The Line In The Sand’. Now the shot before you is simply a matter of ‘A TO B’. Piece of cake! Go through your ‘PreSHOT ROUTINE’ and, when you ‘Pull The Trigger’, make certain you ‘Swing Down The Centre-Line’ through the IMPACT Zone (Swing Sequence #7 to #8) with good ‘Extension’ of that Brace Hand and Arm (lever). This ‘Move’ will keep your Clubhead travelling ‘On PATH’ or ‘On Line’ longer and promote better ‘Clubhead Release’ of the Ball ‘On Line’ as well; providing your GRIP is a ‘Properly Pre-Selected Component’ that supports the ‘Pre-Selected Procedure’.

This is a very simple ‘Procedure’ indeed. It’s primary function is to promote your having a ‘Line’ down which to fire. This ‘PreSHOT ROUTINE’ insures that you have ‘VISUALIZED’ effectively. You know well that, if you have it ‘In Your Mind’ you can ‘Paint It On The 150 Acre Billiard Table’ as well! Do your ‘Three Brush Strokes’.

12) **DANCE FLOOR**:

You will have already surveyed the putting surface for its slope features on both axis. Will it break right or left? Is the green uphill or downhill? (Remember that ‘Break and Pace’ are directly related to slope in one of two directions, laterally or longitudinally. You have seen slope and evaluated it ‘Down the Line and Across the Line’. You will have considered ‘Grass Texture and Growth Direction’ so you will know the green characteristics.

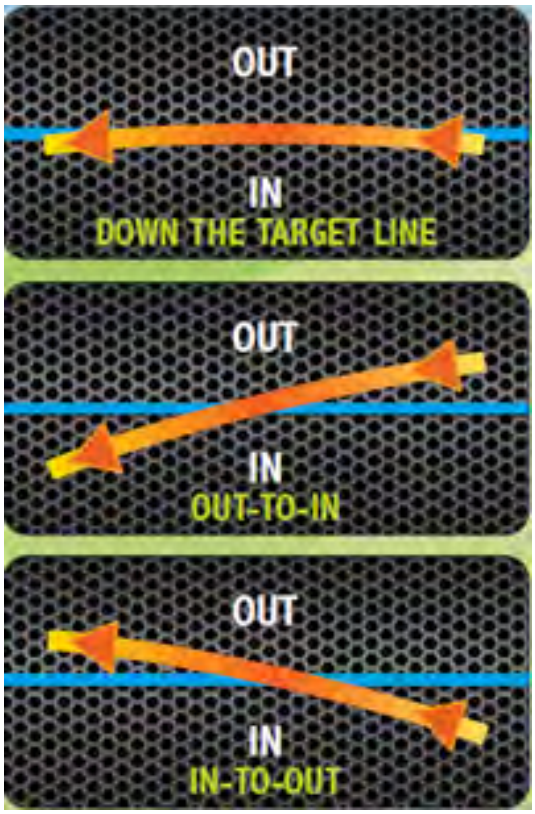
Once you are fully informed, ‘SET UP and ADDRESS READY’ to make your Putt, and ‘WITHOUT TURNING YOUR HEAD’ except the very minimal amount so you are looking at the Cup with your Eyes (dominant eye) turned and glancing, without your head and neck muscles rotating, take a look at the ‘Heart Of The Cup’, take your mental 'Picture' (actually blink your eyes), then **‘DRAW A LINE’** backwards, from the Cup, following the Fall or Break Line (‘BALL ROLLING LINE’, **‘BRL’**) in reverse to the back edge or BUTT of your ball.

Do this twice, slowly and deliberately ‘Ball to Cup & Cup to Ball’ and on this second cycle, coming back, at the same speed as your eyes are moving along the Fall or Target Line, take the Clubhead away and make your back stroke. The procedure is very simple. Take the Clubhead straight back, pause and then let it ‘**FALL**’ straight through deliberately making it ‘PENDULUM ON LINE’ almost feeling as though you are ‘PUSHING the Clubhead a very little to the ‘Outside of Line’, but only with your ‘Brace Hand, **Back to DEEP, FLAT & WIDE’**. This will prevent 'Round-housing' as we explained earlier.

The reason for needing this slight PUSHING FEELING is that we are built to ‘ROTATE’ around our spines and thus have a distinct tendency to do so in our putting motions which tends to ‘PULL’ the putts a little ‘off-line’. I think it makes sense, if we are prone to ‘PULL’ to feel some ‘PUSH’ to counteract or compensate for the negative tendency. We want our Clubface to travel ‘SQUARE Back and SQUARE Through’ when our physiology wants it to swing more back Inside, forward back to and through SQUARE and then to Inside again (Inside Square Inside).

I much prefer that we elongate the ‘SQUARE IMPACT Zone’ by perhaps ‘Pushing Out’ both on the Back Swing and in the follow through. So I like to **‘FEEL SQUARE & PUSH SQUARE’** and see if I can keep dead ‘Down The Target Line’ longer than I would have done with a purely executed Pendular Stroke.

CLUBHEAD PATH



STRAIGHT LINE IMPACT PATH
Parallel Thrust Lines … Lower Body and Upper Body

Try it for several days or sessions and evaluate the results from a performance, CONFIDENCE, COMFORT and CONSISTENCY standpoint. (‘555 Golf Academy’ 3 C’s)

I find it works reliably.

13) **VISUALIZATION**:

Seeing our shots ‘Mentally’ is essential to our being able to make them happen on the ‘Green Canvass’.

There is a picture here that looks like a meandering sidewalk. Look at it for a moment. Now trace its path from top to bottom, followed by the reverse, bottom to top. Do it twice.

Now, with your Eyes closed, follow your ‘Mental Picture’ and, using a pencil, draw a line dead down the centre of the ‘Visualized Path’.

The better your ‘Mind Picture Retention’ the better will be your results. If it does not turn out too well, do it a few time every day until you master this ‘Visualization Skill’. It is a skill not some ability with which you are born.

OF INTEREST:

I recently had a talented ‘Student’ who was verging on being a ‘Player’ spend a few moments with me sitting at our club bar drinking a nice cool lemonade. (at lest that was what I was drinking!)

We discussed getting properly ‘Set-Up’ and then making a good pass at the Ball with good consistent techniques and moves. HE said that once he was ‘Set-Up’ he would just ‘Swing Through the Ball’ and not be concerned about the ‘Target’ “Because the ‘Set-Up’ and Swing Would Take Care of everything. I never worried about the Target”. That may be satisfactory for him personally and may work. ‘If It Ain’t Broke, Don’t Fix It!’ But, I hertily disagree. Never approach any single ‘Golf Ball or Shot’ without a very clearly defined, ‘Dead Aim Target’. The benefits of know precisely where you intend to strike the Ball, is a **‘Primary Component’** in the ‘Pre-Shot Routine’ whether you agree or not! The ‘Subconscious Mind’ executes the ‘Golf Swing’ and it must, therefore know precisely where that ‘Quarter Sized Destination’ rests. It is by this logical method and discipline ONLY that we give ourselves the very best opportunity to succeed. We cannot effectively play ‘Get Lucky or Crap Shoot Golf’!

For the gentleman who says he pays not attention to the ‘Target’, I allow him his opinion, but know better.

The ‘Ball Goes Where Our Hands Go’ and we must know where to allow those ‘Live Hands’ to travel even is we are perfectly ‘Aligned or Gunnsighted’! The effortless and neutral ‘Unmanipulated Motion’ resulting from perfect ‘Set-Up’ and honed ability, is wonderfully true and equally well understood. But, a pure ‘Image or Visualization of a Precise Quarter Sized Target’ cannot be relegated to the back of the ‘Importance Bus’!

Always ‘See the Ball and FEEL the Pin’!

Always!

14) **THOSE ‘5 SET-UPS’:**

A great place to start in building a ‘Routine’ and once this is accomplished, try applying the ‘**5 EXECUTIONS**’ that are battle tested for you. This done, you can custom-build the simplest short programme imaginable for your own use. Non-action words that ‘Trigger Your Programmed Response’ should be selected as your guideline. Notice that our ‘**10 BASICS**’ are all non-action words, as is the ‘**5 CONTROLS**’.

Remember, your **‘KEY WORD PHRASE’** contains no verbs and must be made up of single words that stick like glue and have as much meaning as your bedtime prayer!

‘SWEEP & BALL PIN’

A good local pro should be able to help you with your ‘Routine’ and by the time you have taken some relatively advanced lessons, you and he should have spent some time building ‘Key Word Phrase’ and testing it’s validity and performance under fire.

15) **PRE-SHOT ROUTINE SIMPLIFIED:**
(Pre-FLIGHT)

Redundant? Perhaps, but great Golf Swings are!

I happen to think that the ‘PUTTING Pre-Shot ROUTINE’ is most useful and important. I know you would agree.

Generally the ‘Full Swing and Less-than-Full Swing’ ROUTINES are the same or very similar. (see ‘Putting Routine’ in your INDEX)

Regardless of your little personal idiosyncrasies, which are allowed, you must firstly ‘Visualize’ your Target and Ball Flight’ in order to accomplish the most effective strike. You are allowed flexibility in your ‘Pre-Shot Routine’ but it must include a very clear ‘Ball – Pin Component’ or focus. Afterall, golf is just an exercise of getting the Ball from ‘A to B’ in generally a straight line in as few strokes as is possible!

Several differences might be;

i) There is no ‘Cross the Line’ view inspected. It is generally too far away to accomplish in less than the prescribed time period allowed by the ‘U.S.G.A. Rules’. But yo can still ‘See It In Your Mind’ or ‘Visualize It’.

ii) There is no ‘Up The Line’, from the Target Back to your Ball Location again due to time constraints. Visualize it.

iii) There is no ‘Reading of the Putting Surface’ as it is unnecessary except in an ‘Approach Shot’. Your caddy and you should already know the ‘Profile of the Green’. If not you can hustle up to it and inspect your ‘Landing Area’ (‘**QUADRANTING’**). As for the ‘Fairway Landing Area’, you should take a look at it from afar and also ‘Visualize’ its profile. Any Slope along the X or Y Axis is of importance. Your Ball will roll in the ‘Down-Slope Direction’. To know this information makes good ‘**BILLIARDS GOLF’** sense. You must always project your strokes one or two shots hence. Three is realistic, especially if your are a new Ben Hogan in the making. At courses with which he was familiar, he knew every club needed in succession, every shot to be made, prior to the beginning of the round. Amazing but true. The man was very serious abut the Game. He was dedicated to the point of being an example to all of us!

16) **FULL ROUTINE**:

VERY EARLY ON:
(Pre-PARE)

i) ‘Stepping Into Your Carport or Garage’ at home getting into your chariot which is about to transport you to ‘the Golf Colleseum’, you must FEEL ‘Comfortable and Confident’.

ii) ‘Stepping out Of Your Chariot’ after arrival at the Golf Course parking lot, you must be ‘Relaxed and Confident’

iii) ‘Standing With Your Bag’ at the practise area you must be ‘Relaxed and Confident’. Take ‘Comfort’ in your team (caddie and coach who should be there by now). Warm up thoroughly.

SET-UP
PRESHOT SEQUENCE
(Pre-FLIGHT)

iv) **‘STANDING AT THE FIRST TEE’** you must be ‘Confident, Comforatble and ready to be Consistent’ and maintain this ‘FEELING and Attitude’ throughout the entire round. It is contagious, so you may want to give your opponent a wide birth lest he catch this ‘Wonderful Malady’.

v) **‘STRATEGIZE’**. Think ‘Billiards Golf’ and that ‘Pitching Wedge Rule’. Focus on the ‘**5 CONTROLS**’ and always think ‘**BALL-PIN**’.

vi) **‘VISUALIZE’** and ‘Set Your Ball Flight’.

vii) Walk behind your Ball **‘5 PACES AFT’**. Stand ‘Squarely’ facing the ‘Target’ and make three to five ‘Tick Tocks’ to ‘FEEL the ENERGY’. Make your ‘Golf Club Hand-Shake’ and ‘Stay Loose’.

viii)Chest Square to Target and Target Line, **‘HANDS ON’**. Take your ‘Golf Club’ in your ‘Brace Hand’ below the Grip and set the

‘Clubface AIM Square to the Visualized Target Line’ (Clubface Vertical or Plumb to the Ground). Next, place your ‘Target Hand’ on the Grip with your ‘V’ pointing appropriately towards the ‘Brace Shoulder’ or as required for the ‘Pre-Selected Procedure’. Now, ‘MATCH Your ‘Brace Hand to the Target Hand’. The V’s should be approximately ‘Parallel’ to eachother so that the ‘Hinge Actions’ you are about to activate are compatable. If they are not, you will necessarily have to ‘Manipulate’.

ix) Make the **‘CIRCULAR WALK’** around the ‘High ENERGY Side’ of the ‘Target Line’ to behind the Ball. (Address Ready) Approach it and ‘Step In Brace Foot’ first with a little ‘Extended Reach to the Ball’ (longish Arms). It is ‘Optimal’ to place your ‘**Brace Foot Square’ To The ‘Target Line**’, precisely, as you are about to place the ‘Clubface AIM Square’ as well; the ‘Clubface’ you only moments ago ‘Set-Up’ in your ‘Target and Co-Operative Brace Hands’. This is still the process of ‘MATCHING Machine Components and Procedures’.

Next place your ‘Target Foot’ beside your ‘Properly Stationed Brace Foot’ (Narrowish STANCE Width). ‘Lossen your Lever Assemblies’. By this I mean ‘Relax and let your Arms Hang from the Shoudler Sockets’. Take a deep breath. ‘FEEL’ the ‘ALIGNMENT BALL to PIN’.

Next, step firstly with your ‘Target Foot’(PIVOT Foot) to the proper **‘Width And STEER Under Your Shoulder Socket’** forward towards the ‘Target’. Then, secondly, step ‘In Balance’ with your ‘Brace Foot’ (Drive Foot) to the proper ‘MATCHED Width under your Brace Shoudler’ aft away from the ‘Target’.

Shuffle a little, from the ‘Shoulder Axis down to the Foot Axis’ and back up, confirming ‘Visually’ that you are properly ‘ALIGNED or Gunsighted’. Be ‘Confident of your Set-Up’. ‘FEEL IT’.

x) **‘5 CONTROLS’** FEELING ‘Sit Down and those Flexed Knees’. In doing so you will ‘FEEL’ a little muscular tightness in your ‘Butt and your Thighs’. The more fit you are the less you will ‘FEEL the Load’.

xi) ‘SET-UP’ completed, **‘PIVOT & PUSH OUT WAGGLE’**.

xii) **'TAKE A LAST LOOK'** 'Down-the-Line' while 'Breathing IN and Out' comfortably and deeply. (VISUALIZE and FEEL the TARGET and BALL FLIGHT – Mind Over Matter)

At this point your '**PRE-SHOT ROUTINE**' is complete and the task gefore you simply becomes 'PROCESS' as trained to 'EXECUTE' from your 'Tape and Intinctive Soul'. From your 'GUT and TRUST!
Now, without any 'Break in Pace', with your 'Body Rhythm' following your 'Pulmonary Rate', your actual **'STROKE or SHOT ROUTINE'** begins.

EXECUTION
THE STROKE BEGINS
(FLIGHT)

xiii)'Take-Away' smoothly with 'Low-ENERGY' 'Low & Slow, Deep Flat and Wide'; **'BREATHING OUT'** is best but you must not be 'Holding Your Breath'! (Swing Segments #2B & #1B) You get 'Sweeping and Floating Softly' to the 'Top Of Back Swing' (TOB, Swing Sequence #5) with good 'Relaxed Lever Extension'.

xiv) Use a 'TRIGGER WORD SEQUENCE' ie. '**SWEEP & BALL PIN**'
(or a variation of this)

xv) You drop through 'Swing Segments #1F and #2F, to Swing Sequence #7 which is 'Pre-IMPACT'.

xvi) 'IMPACT and BALL SEPARATION' (Swing Sequence #8)

xvii)'FOLLOW - FINISH' Relaxed! (Swing Sequence #8a, #9 & #10)

xviii) ‘Bounce Back’ is elected as a ‘Procedure’ (SS #11)

Please see your ‘4 Swing Segments and 11 Swing Sequences’ Chapter)

FOUR SQUARES

17) **‘SQUARE TO SQUARE TO SQUARE TO SQUARE’:**
(usually with three Squares, like meals a day)

You have heard me use this term before as in ‘Swinging the Door into the Hallway’. Your ‘Levers’ start ‘Address Clubface Square’, sticking straight out into the hallway. Goes to ‘Brace Fully Open’ with ‘Lever Assemblies Parallel to the Hallway’ which is still linearly on lines that change 90 degrees. (Shaft and Clubface parallel to the Target Line or hallway walls – Full COIL). Returns back to ‘Address Clubface Square’ or door directly into the hallway (BALL Separation – Releasing COIL). Finally, to ‘Target Side Fully Closed’ with the door (Lever Assemblies) parallel to the Hallway (Target Line), such as your Clubface and Shaft will become in the ‘Follow’ Swing Sequence #8 where your Shaft comes back to ‘Horizontal to the Ground’ (Full Clubhead Release – COIL Spent).

We tend to evaluate our ‘Golf Club Shaft and Clubface Positions’ in relationship to the ‘Target Line’. Whether it be ‘SQUARE or PARALLEL’, they have moved or translated a full ’90 Degrees’ from the previous ‘Station or Sequence’.

PRE-SHOT ROUTINE TOO:

I like to always think in these terms of ‘**SQUARE TO SQUARE TO SQUARE TO SQUARE**’ whether it be three or four. Actually I think of it in terms of ‘Three Squares’, knowing that there is a fourth if your are really hungry!

The following **‘FOUR POSITIONS’** are not quite like the ‘Hallway Squares’ which are taken from ‘Address Ready’ through the ‘MOTION or EXECUTION’ Phases of the Entire Golf Swing. These ‘Four Positions’ are ‘Getting to the ‘Address Ready’ position from somewhere in the vicinity of your bag where it allows you a ‘Club Selection’, perhaps with a caddie’s assistance. We are hereby going to get from our bag to ‘Address’.

18) **FOUR POSITION PRE-SHOT ROUTINE:**
(approaching the BALL)

The ‘Four Position Pre-SHOT ROUTINE’ approaching ‘Address Ready’ assuming that your GRIP is properly ‘On’;

i) **CLUBFACE PARALLEL to TARGET LINE,**
SHOULDERS & HIPS SQUARE,
FEET PARALLEL (generally)

Five paces directly behind the Ball standing on the Target Line with your Feet, Hips, Chest and Shoulders ‘**ALL SQUARE**’ to that Target Line. ‘Visualize’ and get into the ‘Trusting Mentality’.

ii) **CLUBFACE SQUARE,**
SHOULDERS PARALLEL,
BRACE FOOT SQUARE

Make the Walk, ‘Circling’ to the Ball from behind or on the High ENERGY Side of the Target Line. When you come onto the line that projects back from the Ball at 90 degrees to the Target Line, still roughly five paces away, your Shoulders and Hips should have become ‘**PARALLEL**’ to the Target Line. These ‘Componenets’ will have ‘Rotated or Turned’ a full 90 degrees from the start point looking ‘Down-The-Line’.

iii) **CLUBFACE SQUARE,**
BRACE FOOT SQUARE

‘Stepping-In’ to the Ball, reaching at first to set the Clubface, perhaps ‘Grounded’, ‘**SQUARE**’ to the Target Line or to the ‘Ball Flight Line’ as the case may be. In this position, your ‘Step-In Foot’ (Brace Foot) should be ‘**SQUARE**’ thus matching your Clubface. Your Target Foot, at this time, is still on the ground behind your ‘Stepped In Brace Foot’. Your Sholders wiil not be ‘Square’ as yet’.

iv) **CLUBFACE SQUARE,**
SHOULDERS & HIPS PARALLEL,
BRACE FOOT SQUARE,

‘Setting Your Feet’ (Brace Foot to match the Clubface) and then Target Foot set to its ‘Open or Steering Condition’. Your Clubface must now be ‘**SQUARE**’ to the Ball Flight Line and your ‘Knees, Hips and Shoulders’

This ‘PreShot ROUITNE’ can have variations as is generally the case throughout Golf ‘SET-UP and EXECUTION’ except for the ‘**Four Imperatives’**, 1) Flat Target Wrist, 2) Clubshaft On Plane and 3) Clubhead Lag Pressure’ and 4) The Hands Getting To The Ball Before the Clubhead.

These are ‘**NOT Up For Discussion**’!

Common ‘SQUARENESS’ variations might be an ‘Open or Closed ALIGNMENT’ in ‘Feet Knees, Hips, Shoulders and Ears’; an ‘Open or Closed Clubface’ and variation in the ‘AIM of your Feet’ individually. I look upon the ‘Foot AIM’ as almost identical to attending to your ‘Clubface AIM’. The only difference is that your Clubface directly contacts the Ball Flight, whereas your Feet are the ‘Pedestal for your ‘Golfing Body Machine’ (LBM and UBM) on which your Lever Assemblies are ‘Perched’, ‘**SUPPORTING**’ your ‘Hands or Clamps’ which ‘**CONTROL**’ the Golf Club and Clubhead / Clubface’. This is truly ‘Lower (LBM) and Upper (UBM) Body Machine Stuff!

Remember the **‘Hands or Clamps CONTROL the Golf Club’**. The ‘Lever Assemblies’ (Arms and Shoulder Socket) **‘SUPPORT’ the ‘Hands’**. Then, finally, the ‘LBM’ (Feet, Knees, Legs, Hips, Abdomen or Trunk, Chest and Shoulders) **‘TRANSPORTS’ the ‘UBM’**.

Any lateral or ‘Horizontally Back and Forth Movement of the ‘UBM’ including the Clubhead, must be generated or sourced ‘**EXCLUSIVELY**’ from the ‘LBM’. Any ‘Vertical Up & Down Movement of the ‘UBM’ is created by the ‘Lever Assemblies’ ‘Hinging ACTIONS’ which take palce in the ‘Shoulders, Elbows and Wrists’.

This is where we come up with the great Golfing description of the Brace Lever’s being ‘**THREE LEVER, SINGLE ACTION**’. This Brace Lever has ‘Three Joints’ that ‘Cock and Uncock’ while the total ‘Lever

Asembly’ makes ‘One Smooth Progressive Single Action Up & Down’. This in mind, think ‘Alignment Golf’ and NOT ‘Position Golf’.

So now you have a solid ‘Approaching-The-Ball ROUTINE’ and a ‘PreShot ROUTINE’ both known as ‘**SQUARE TO SQUARE TO SQUARE TO SQUARE**’. Might I sugget that you always exercise **‘FOUR SQUARES’**. Then you will not leave anything out.

I hope you find as useful as I.

19) **THE ‘THREE BRUSH STROKES’:**

This is really more of the ‘Mental Game’ and fits into the ‘Pre-Shot ROUTINE’. Knowing that 65% to 75% of the Game takes place between our ears, I always like to spend time with my students exploring this ‘NETHERWORLD’ of ours.

Firstly how do I come to this 65% to 75% position? Take the time you consume makng one of your entire ‘Approach Shots’ into consideration. Load one of your greatest ‘Short Shots’ onto the ‘Mental Monitor’ (you see I think we too have a fully opertaional, programmable computer above our shoulders. It weighs about eight pounds so it isn’t quite a ‘Lap Top but it is a Top Top’) So it may be more!

Now, evaluate this ‘Recorded Event’ for it amouint of time from the very first ‘Visualization, through the ‘Pre-Shot ROUTINE’, through the entire ‘Back and Front Swings to FOLLOW-FINISH’ and finally through to the ‘Post-Shot ROUTINE’.

QUESTION:

“How much time did I dedicate or expend on this entire Shot from the very initial to final intricasies of the event?”

ANSWER:

Whatever the time calculations came out to, carefully scientifically computed or just a ‘Gut FEELING’, it may have been from two to five minutes, depending on the difficulty of the ‘LIE’ and the pressure of this situation in the overall scheme of things for the hole and match.

Let us assume the overall ‘Mental Computer Time’ was 120 seconds. The ‘Entire Golf Swing Event’ (front and Back Swings) for relatively accomplished and practised Golfers takes about 1.6 to 2.0 seconds. Anything slower and your ‘Tempo and Pace’ will have gone south. You know, you would be suffering more from ‘Swing Constipation than Swing Freedom’. You would NOT be ‘LETTING IT HAPPEN’. Time for some ‘Golf EXLAX’ or a ‘Green Side Fleets Enima’!

Two minutes total ‘**THINK TANK TIME**’ is quite minimal and the 2.0 second ‘Overall Swing Time’ is maximal so we are safe in this computation envelope.

Let’s do the Math. 120 seconds divided by 2 seconds is 60. 100 divide by 60 = 1.66 which is the percentage 2.0 is to 120. The ‘TOTAL SWING TIME’ is 1.66% of the ‘Mental Computer Time’. We spend less than 2% of our ‘Overall Swing Time’ making the ‘SubConscious Swing Interval’.

What is the result of this consideration? That we spend a great deal more than 65% to 75% of our ‘Total Shot Time’ on the ‘Mental Side of Things Golf’. I have electd to still use the 65% to 75% range so that I do not have to dedicate the balance of my teaching life doing Math for third parties who have not done their own rudimentary research.

THE CONCLUSION:

Do your PreShot ROUTINE with some very controlled zeal carefully seasoned with ‘Patience’, ‘Relaxation’, ‘Confidence’, ‘Focus and Concentration’ and ‘Visualization’. It is called a ‘**ROUTINE**’ because you do the event the same way every time!

20) BACK TO THE ‘THREE BRUSH STROKES’:

We talked about this as a ‘Primary Putting ROUTINE’, but I am convinced it is useful in every Golf Shot you will ever make. The ‘Three Brush Strokes’ are the process of ‘FEELING the ENERGY’ and the ‘Pre-Selected Components’ of your forthcoming Swing. These three Miniature Moves are also the ‘Dress Rehersal of the Full Procedure’ as is the ‘Waggle’.

‘Three Brush Strokes And Then Paint The Picture’

This is the ‘Skill of Visualization’. It must be ‘Learned and Practised’ like any other ‘Skill’. You noticed I call this a ‘Skill’ as you should ‘Conceptualize’, ‘Intellectualize’ and then ‘Actualize’ the process, just as in learning to Execute a proper Swing. ‘Perfect Practice Makes Permanent’. Feed and nurture the ‘Mind’ as all good ‘Golf Things’ come firstly from within us.

I call this ‘Visualizing Process’ the ‘**VISUO-PHYSICAL SEQUENCING**’ and it can luckily be stated another way;

‘GOOD PICTURES = GOOD PERFORMANCE’
‘GOOD THOUGHTS support GOOD PICTURES’

To support this ‘V-PS’, learn to involve your ‘PreShot ROUTINE Time’ in ‘**POSITIVE PERSONAL MIND CONVERSATIONS**’. Learn to be ‘Your Own Best Friend’ as you are about the only one you can count on 100% of the time. Say good things and keep them to yourself!

Finally we know we should spend 75% of our ‘Practices Time’ on the ‘Short Game’ as it is where we make our money. Now you know as well to spend 98% of your Golf Time on ‘Mental Conditioning’ and ‘Learning to Like yourself’.

I have said it many times , ‘**TRUST YOUR CLUBS and TRUST YOUR SWING’**. This is NOT a ‘Team Sport’ and and we cannot ‘lateral’ the Ball to a ‘Running Back’ when we ‘FEEL the HEAT’ of the defensive linebackers bearing down!

You are the ‘Best Option You Have To Improving Your Swing and Numbers’ every time you venture out onto the ‘Big Green Canvas’ where you necessarily have to ‘Paint Your Picture’ for real!

Be the Best You Can Be and Learn to Like ‘***IT***’ !

21) **ROUTINE IN A NUTSHELL:**

The more you can stick to a carefully designed ROUTINE, one into which you have bought, committed, the less will be the chance of outside elements sneeking into your Swing. You want nothing allowed entry but pure membership! A good ROUTINE will save your Butt when the heat is on and you feel like things might just come unravelled. ROUTINE is your ‘Safe-Haven’ in the storm. When the heart rate rises, the deliberateness of your ROUTINE will protect against ‘Over-Speed’. You do not want to ‘Blow a Pump’! ROUTINE prevents or minimizes TENSION, the ‘Number One Killer of a Good Swing’. ROUTINE is the Golfer’s ‘Check List’ very much as we had on the flight deck. No one would ever assume the ‘Check List’ was thorough without the written version in front of us. We were required to read the items ‘One By One’ and then to have another flight crew verbally verify the condition of the specific item. Small exclusions were a formula for increasing risk. The cockpit was a very real example of the finest ‘Risk Management’ in the world. A good ROUTINE allows us to go on ‘Auto Pilot’ when we need some relief from mounting pressures. ROUTINE allows us to focus our needed undivided attention on specific problems instead of on a large array which may not be manageable. The Golf ROUTINE is ‘Risk Management’.

‘ROUTINE IS HABIT FORMING’

22) **BIG PICTURE TO LITTLE PICTURE:**

We discussed the crew’s preparation for a long airline flight. We assessed the ‘Big Picture’ first. This meant we looked at the ‘Total Flight Planned Route’ in all its aspects, especially weather first. Then we worked our way into the ‘Little Picture’ which meant the shorter term weather ‘Progs’ or forecasts for the Departure, Enroute, Destination and Alternates.

In Golf I ‘FEEL’ and know I am safe, Confident and Comfortable when I am thorough from the ‘Big Picture to the Little Picture’. In other words, I look at the entire hole to the best of my ability from where I have to take my shot. Important factors are ‘**LIE**’, ‘**Environmental**’ such as Wind, Moisture of the Ground and Density of the Air as it affects Distance and ‘**Risk-Reward’**. I shall determine ‘Trajectory’, ‘Primary Target Condition and precise location (Direction)’, ‘Target Distance’, ‘Shot Shape’, ‘Intermediate Target’, ‘Club FEEL the Steel’, ‘Components and Procedures’,

‘Alignment’, ‘Visual Contact with the Target’, ‘Balance’, ‘Ball Location’ (‘**5 SET-UPS**’) and ‘Heart and Pulmonary Rates’.

23) **RISK – REWARD:**

If the dice have been rolling in my favour, I will allow the risk level to creep up slightly, but never to a foolish degree. Two and three shot swings are not at all uncommon between the lead group. You have a great deal of difficulty making up three drop strokes in one hole, Mentally and Physically!

24) **KEEP AHEAD OF THINGS:**

I make precise plans for not only this shot before me but the next one and, if I am in control, even the third one. Just as in flying a high performance jet, you must keep well ahead of the aircraft as things develop and happen very quickly at eight miles per minute. In Golf I never want to ‘FEEL’ rushed or pressured; behind the event.

25) **BALL BOUND:**

Some people get overly wrapped up and tense due to the Ball. Do not allow yourself to get ‘Ball Bound’ but stay **‘BALL AWARE’ and ‘PIN FOCUSED’**. Remember the Game of Golf is endlessly a task of ‘**BALL to PIN**’ in straight lines!

I have quite often seen people so ‘consumed by the pressure of the Ball’ that they never even get close to making a ‘Swing Through It’. They are, at least temporarily, doomed to hacking ‘At It’. Their inherent ned to ‘FEEL the Clubhead Flow’ is impossible to accomplish.

We all need ‘Freedom of Movement’ and must do whatever it takes to wisely and reliably accomplish ‘Smoothness’ in our ‘ACTIONS and MOTIONS’.

Rather finishing this Chapter where I started, **‘If you do not have a carefully designed and proven ROUTINE, build one fast!’** Both naked and vulnerable without one.

26) **ADDRESSING THE BALL:**

I just finished a lesson with a seasoned player. We discussed his ‘PreShot ROUTINE’ and, after he thoroughly explained his, I watched to see how it unfolded. I like it and the results were very ‘Consistent’. Thought you might find his ‘PreShot ROUTINE’ of interest so here it is in point form.

We had worked together for some time so he adopted the overall approach of ‘Load the Gun, Set the Shot Up, AIM the Gunsights, Breathe, Relax and Pull the Trigger’.

1) **Clubhead and Clubface DO THE WORK!**
2) Set Clubface SQUARE to the Target or Target Line
3) Match your Brace Foot to Clubface
4) Match Target Foot, Hips and Shoulders (Squareness)
5) Set your ‘STANCE,’ Feet AIMED and optimal Stance Width
6) ‘ALIGNMENT’ (especially Feet and Shoulders)
7) Breathe and Relax
8) ‘**5 CONTROLS**’
9) ‘Pull the Trigger’ (gently)

The balance of his ‘ROUTINE’ (Components and Procedures) was excellent and his ‘EXECUTION’ was well organized and ‘SubConscious’; ‘**BALL – PIN**’.

The man can play!

27) **JACK NICKLAUS**:

None did it better! And if someone may have, it wasn’t by much.

Almost always under control and ahead of the ship!

Jack is reported as having said; ‘Give your imagination free reign over your game when you are in a position to win and it can be the death of you.’ You know ‘Preparation affordaby reduces both Fear and Risk’. It cost you nothing but some thought and commitment. When it is absent, the costs are higher indeed!

When Jack practised he made every Swing and shot count for

something of value. He would suggest that you hit every Ball on the range as though it were your second shot to the last green in a major competition when you are tied for the lead. I agree that far too many Golf Shots on the range are made without adequate thought an deficient of preparation. When you are sloppy and undisciplined on the range, or in any practise, how can you expect to perform any differently when there are ‘Chip On The Line’; perhaps all of them! What we do and think over many moments in practice is what we will ‘Subconsciously utilize as Pre-Selected Components and Procedures’ when in battle for real. Of this I am certain!

The natural variables that constantly enter into the Golf Equation, serious or not, are adequate enough to keep us occupied and preoccupied without voluntarily adding more by false, wrong or nonexistent ‘ROUTINES’.

As I have said about Routines before, ‘If you do not have one, Build one’ right now! Regardless of how long it takes, the results will be more than rewarded.

Well Done!

‘You are Reaping and shall Reap the Rewards’.

The ‘Journey Has Begun’ in earnest!

And you actually have a reliable ‘Road Map’!

Huge accomplishment!

C**37**]

THE FIVE STEP ROUTINE

Perhaps as simple as I can make it!

Every shot requires some system discipline to excel. It is best to really know what is before you and to motor through the obstacle course with less things in the way. The unexpeted is a ‘Golf Reality’ but to invite or create uncertainty, makes little sense to this ‘Country Gentleman Teacher’. Over the many years of my teaching career I have seen very few winners who allow chance more than its minimal share of the action. I’d rather be lucky than smart, but not stupid! As bluntly as perhaps that might appear, no or a poor ‘Routine’, makes for very long days on the links! Your **‘FIVE STEP ROUTINE’** will fill that important, often pressured life with longer days, more freedom and more ‘Pleasure’! Want to slide into a great habit? ‘Present and Process’ will make that a comfortable fit!

Let us start with the shot’s being over ... a job well done! Now, starting fresh ...

1) **ELEVATE YOUR CHEMISTRY** (‘Conscious - Subconscious Process’)

For us to perform any task, ‘Mental or Mechanical’, in an optimal manner, we must feel good about that task. To improve our attitude, we must think ‘Positive Thoughts’. This simple process improves our ‘Cellular Vitality’ and thus elevates our chemical ‘Ph’ (more alkaline or basic. Acidic is damaging.) which, in turn, enables us to enhance our performance.

Here is the kicker! We actually fend off disease and improve our ‘Auto-Immune System’ by improving our ‘Chemical Make-up’. This is about subtle and ‘Gross Welness’. If one wants to avoid ‘Cancer’ and a whole host of other diseases, one had better keep the ‘Cellular Envoronment’ healthy. One must think ‘Positively’ in order to avoid long term cellular degeneration. Some ‘Dooms-Dayers’ disagree. They are of the opinion that ‘Death Is Inevitable’! Well, let me tell you, I’m fending it off and stalling its occurance every way possible. I do not even get colds or the flue that seems to plague the masses. Attitude prevails!

Think you can and you shall!

Think you will not and you may not!

Never underestimate the power of the mind over matter!

2) **PRE-SHOT ROUTINE** (‘PSR’) (‘**Conscious Process**’)

The first aspect of this interval is to **‘VISUALIZE’** and to **‘SET-UP’** an optimal ‘Confident Mental Images Of the Ball Flight’. Very quickly the actual ‘Ball Flight Visual’ will form. After taking into consideration the ‘Natural Elements’, ‘Go with your Gut’.

Go through the ‘Formal ‘Pre-Shot Routine’ that suits the ‘Procedure’ you have ‘Pre-Selected’. This includes making your ‘Club Selection’ and going through all the aspect of your ‘Pre-Shot Routine. Your ‘PSR’ is your friend! It produces ‘Comfort & Confidence’ which is essential to good sound and successful ‘EXECUTION’.

3) **EXECUTION** (‘**Sub-Conscious Process**’)

‘Primarily ‘Sub-Conscious’! Surprised?

‘Trigger’ is ‘Conscious’. However, the ‘Macro Synapse’ is a practised and conditioned response to all the ‘Pre-Shot Routine Stimuli and Programming’ that are aligned during the ‘PSR’.

‘Ritual Is Security and Comfort’!

Very simply, once you have done the three ‘STEPS’ above and you are ‘Confidently Ready’, in ‘Balanced Pace’, **‘TRIGGER’ and ‘EXECUTE’**. Allow your ‘Spirit and Mind’ to run the ‘MACRO’ remembering that the **‘Mental or Focus Lateral’** it to the ‘Sub-Conscious’. It is key to NOT obstruct this transition from ‘Conscious to SubConscious’ or you shall prevent ‘Trust’ from functioning and likely remain ‘Conscious, Mechanical, Manipulative and get bitten by ‘OUTCOME GOLF’ stung by ‘Fear and Doubt’.

4) **POST-SHOT ROUTINE** (‘**Conscious Process**’)

This is the ‘Post-Shot Evaluation’ where we respectfully ‘Grade Our Performance’. If we do terribly (‘Effect’), it is a ‘Toilet Shot’ and we ‘Flush it’ with very little attention to anything but the ‘Root Cause’. If it is a great shot, we give ourselves two pats on the back. This gives our ‘TAPES’ two separate opportunities to pay attention and adjust. These two recognitions also, simultaneous to the ‘Tapes’, provide us an opportunity to load this ‘Procedure’ to the **‘Mental Shot Library’** where it is stored for immediate future use. (‘SHOT MACRO’) Automatic or **‘REFLEX GOLFER’** is the coolest accomplishment of all! It is the ‘Winner’s Magic’!

5) **RELAX and RECHARGE** (‘**Conscious Process**’)

This is a very important interval. After the ‘Post-Shot Evaluation’, we all need time during battle to simply relax. From the previous shot location towards the next shot location, we just walk and **‘RELAX’** with specifically pre-selected ‘Thoughts’ being organized or defined. ‘Beach, Wine, Lady, Fishing, Flying, Music, Mantra, Dreaming,….

We only become ‘Retrieved’ from this ‘Away Process’ when ‘Proximity’ becons. We know instinctively that we are getting closer to the ‘Ball Location’. We step on a ‘Yardage Marker’ and start gently counting our paces. When we get to the Ball we know how far we are in front of the ‘Yardage Marker’ so we do a little math and thus know how far the ‘Ball’ is from the ‘Centre Or Leading Edge Of The Green’.

If you have any question about your personal ‘Routine’, you had better call your personal ‘Certified 555 Golf Master Teaching Professional’ or another that you find has made your life better in the past. Do that very soon!

Personal discipline makes for personal happiness!

Don’t fritter away your time and opportunity.

Life is really a ‘Short Trip’!

“Welcome Aboard!”

“Enjoy The Ride!”

Q41)

"I’m hitting the woods great,
but I’m having trouble getting out of them."

Harry Toscano, Sr. PGA pro

Q40)

“ The best ‘Lightning-Rod’ for your own protection
is your own ‘Spine’! ”

Emerson

(The importance of Spinal Position and ‘PIVOT or ROTATION’ which allows the Arms, Hands and Golf Club to Swing ON PLANE, cannot be overemphasized and ahs not in this book.)

C**38**]

THE ‘LEARNING PROCESS’

1) **PERTINENT QUESTION:**

‘How Complex or How Simplified’ is the now pertinent question? The simpler the better!

The first step we must take when considering this ‘Learning Process’ is whether we really want to ‘IMPROVE’ or whether we are just fantasizing playing at a higher level.

The reason I make this comment is that, over my teaching years, I have seen a huge number of golfers who think they want to be ‘Tom Kite’ but have neither evaluated the process of getting there nor come to a point in their Game of making the necessary commitment to take the ‘Bull By The Horns’ and making steaks.

The ‘Improvement Journey’ can only be made in one way. It’s the ‘Old Fashioned Way’. You will have to **‘EARN IT’**. I really do not think there are any short-cuts and that ‘Band-Aids’, when they get some sweat under them, come off! When there is heat comes up in the kitchen, you will soon know who are the cooks!

Jack Nicklaus said, ‘Learn the fundamentals of the game and stick to them. Band-Aid remedies never last!’

For us to build a solid house we must have a sound foundation. Dropping the dream home on some secluded sandy beach means that only one major storm, or fewer high tides than we might think, will be adequate to force us to find a new address. We will not be very popular with the insurance agent either. Can’t buy performance insurance for the PGA Tour! Say this to your insurance adjuster; ‘In the event I do not win the Masters, you will pay me $1.5 million dollars and procure the ‘Green Jacket’. Wishful thinking!

Gary Player stated, ‘Enjoy the game. Happy golf is good golf’. I might add that

‘Good GOLF Will Make You Happy’.

2) **BE REALISTIC**:

A great many students of the game, advanced or just beginning, place unnecessary pressure on themselves by setting unrealistic expectations. To reach lofty goals, we need to climb to hights above our clurrent altitude. If you do not have the time, energy and resources to accomplish the expedition (four to eight hours a day) you will not become a professional player. The PGA, Senior PGA and LPGA Tour players have GOLF as their daily job. If they approach it indifferently, taking too many days off or simply being unorganized and unfocused, they will earn below their expectations. Having an overhead of about $2500.00 per week will soon take its toll. Trunk Slammers! 'Here Today and Gone Tomorrow!'

Right now, sit in that favourite recliner with a good glass of wine or a premium ice cold beer, take a deep breath and make an honest written assessment of your lifestyle and how 'Golf' fits into it. Look ahead five and ten years. Make sure you are committed to the skills required to get to your expectations.

Setting realistic expectations will reduce the 'Frustration Quotient' and allow you to have more FUN playing the game.

3) **UNNECESSARY PRESSURE**:

Don't put unecessary pressure on yourself. You will likely try very hard to perfect your swing and, in doing so, produce undue TENSION which never leads to 'Soft Back Swings and Smooth Front Swings'. There is herein, risk of embarassment and undue frustration. Good teachers must make their clients both 'Confident, Comfortable and Consistent'. I always take a moment to tell my students that 'I have seen everything, every imaginable swing, at least once. You are not going to surprise me. Just make good efforts and I will be impressed!' As students set yourself up for success. As teachers, set your students up to reasonably succeed and don't even entertain failure.

In this 'Learning Process' effective simple communication is an absolute essential. This is a process of sharing thoughts and knowledge, ideas, real 'FEELINGS', concepts, sensations, and experiences. The student must be invited to ask any question on his or her mind. No question is too simple or unimportant. Equally, if you are not very clear on what the teacher has said (having paid attention) you must ask right away. Don't delay as the 'Learning

Process' is minute by minute **'Cumulative'**. You cannot absorb what you do not understand and that foundation cannot develop if your building blocks are soft and fuzzy!

4) **EXPECTING MIRACLES**?:

Don't! The motor skills utilized in making a good 'Golf Swing' are the result of composing a 'Mental Tape or Macro Sequence' in our 'Subconscious Mind'. If we have by some fate composed one that is wrong, it takes time to not only erase the bad one, but even more time to reconstruct and implement the new one. It has been scientifically determined that to erase an erroneous 'Mental Tape' may take two minutes or ten hours. To build the replacement programme, may take up to another twenty hours or fourty days of carefully-designed repetitious practice.

5) **BE WILLING TO MAKE CHANGES**:

Otherwise you will get more of the 'Same Old, Same Old'!

There are no defined time frames for the 'Learning Process' to take place. Every individual has individual rates of comprehension, absorption and application. Get to know your rates and limits. Expand both continually.

Once you have chosen a 'Proven Teaching Professional', accept their instruction, keep an open mind and practise what they specify. You will grow trust and reap rewards in this simple manner. You will improve, shoot lower scores and have more FUN!

If you do not experience immediate and permanent improvement, diligently continue on the 'Journey'. You are on the right 'Road to Success'. Keep the engine running, the wheel turning and the 'Pedal to the Metal'.

I often, dily, see my students make 'Almost the Precise Swings I am trying to Prompt and Promote'. I tell them 'That was close or almost perfect'. They must appear to me to have believed what I said. If not I stop them and say it again until I see some 'Glint In Their Eyes'. No spark. No Fire. A positive frame of mind is essential to keeping the 'ENERGY Levels Positive'.
I know I have said this before in the Book, but it is worth stating again. When making 'Basic Musculo-Skeletal Changes' tied to 'Mental

Process Alterations', practise your Swinging Motions, firstly '**In Slow Motion Without A Club**', secondly '**In Faster Motion Without A Golf Tool**' and then thirdly '**In Slow Motion With A Club**'. It is in this 'Cumulative Manner' that you will progressively learn 'Motor Skills' and build sound 'Mental Tapes' that support and make their being repeatable a reality. You need this progressive process to become a 'Reflex Golfer'.

6) **THE TEACHING PROCESS**:

I have found over the years that often a student's 'Golf Swing' is better than they make it out to be or believe it to be. Although some clients come to me with tales of shooting in the low seventies, single digits, "about a week ago", when it is quite untrue. Strange that anyone should attempt to fool sooth old teachers! This just does NOT happen!

Some key background thoughts:

- **Learning takes place over a sustained period of carefully managed student time, supervised or not.**
- **You must trust in your teacher's knowledge, skills and true dedication to your getting better.**
- **The learning environment must be conducive to learning. It must be filled with hope and enthusiasm.**
- **More Mental ENERGY must be focussed on 'Things You are Doing Right than on Things You may be doing Incorrectly'.**
- **You must FEEL truly Hopeful!**

I think the 'Learning Process' must be generally enjoyable and, if this is the case, you will actually look forward to coming to your lessons.

7) **HOW TO PRACTISE**:

If you desire to become a better Golfer, you must be willing to ‘Practise with a Plan’ and do so consistently.

You know the old story: **‘Practise Makes Perfect’**. Well it is not quite true. It has always been my opinion that **‘Perfect Practise Makes Permanent’**. My uncle told me many times during my flight training years that , ‘If you practise bad habits or basics, you just get good at them!’ He was right, of course.

In practising you do not and should not expect immediate long-term results, but you should expect improvement without delay. I have often heard instructors say ‘You will likley get worse before you get better’. I disagree. The high performance players who are very ‘tuned already’ may get worse before they get better when major or basic changes are being made. They fall from near perfection for a moment. But the average Golfer who still lives in a house build temporarily ‘On the Tidal Sand’ gets better immediately and, depending on the skill level of the teacher, does not significantly regress. I sincerely hope this **“You Will Likely Get Worse Before You Get Better”** tale is not abused by instructors who have poor teaching skills. Beware!

8) **TO IMPROVE**:

You must;

- Believe in your teacher and what he or she provides and prescribes as the ‘Sequences and Steps for Improvement’. If you do not trust you will not traverse the ground necessary to improve.

- Make a firm commitment to do whatever you need to do to improve.

- Be willing to make changes in any area of your Game that needs to improve.

- Remember the ‘Full Swing’, the ‘Big Stick’, is but one area of your armament and it is NOT the key area in your artillery. The ‘Short Game’ is! Work where it counts most. **‘75% Of Your Carded Strokes Take Place Inside Your Pitching Wedge!’** This being the case, you must naturally spend 75%

of your practice time in this skill area. Bet you don't!

- Schedule time to both 'Practise and Play'

- Be realistic about how long changes may take to become reliable and repeatable. It's not magic!

- When on the 'Practice Range' **'NEVER STRIKE ONE SINGLE BALL Without Either A 'PURPOSE' Or A Specifically Defined 'Take Dead Aim' 'TARGET'**.

I said earlier in the Book, if you are completely 'Spent or Exhausted', or even just frustrated beyond tolerance, sit down and take a break. If this does not work, do it again. If it still does not succeed in producing a better outlook, QUIT, RELAX and LEAVE!

If you still have Balls Left, give then to the prettiest lady or the best looking man close by, thanking them for accepting them and now leave on this 'Good Note'! Leaving happily invites return.

9) **THE 80:20 RULE**:

I have learned what I call the **'80:20 PRACTICE RULE'** which states that you should always practice about 80% of your range shots in the 'Practice Mentality' (working on Mechanics) while reserving 20% for the 'Playing Mentality' (working on simulated On-Course situations) Playing is different than Practising!

10) **GOOD PROCEDURE**:

When practising, always warm up slowly with stretching being the first requirement.

Start striking Balls with short irons ensuring 'Solid IMPACT with good Form' not worrying with a specific Target at first. Once you have good 'Solid Contact' pure IMPACT making the Ball Go-Away', select a specific Target and start moving the 'Little White Ball' dead at the stick!

If you fail to get the Ball 'Dead At The Stick', do NOT give yourself credit for making it go away far. It would NOT score. Evaluate why you had short-comings and re-load!

If you accept poor as good, you are only fooling yourself. If you do so, you will pay when you are on-course! Errors both hurt more and make bigger numbers 'Out There'!

C**39**]

THE ‘MENTAL SIDE’

I have always had a bit of a sense of humour when it comes to this term. You know, **‘It’s What’s Between Your Ears That Really Makes This ‘Game Of Golf’ Happen’**. The picture this paints for me is just one big ‘Nose Bleed’ or a giant ‘Head Ache’. There have been cartoons showing a persons ‘Open Skull’ with some frightful contents! Now that’s between your ears! This surgical anatomy, grey and bleeding, may be off-colour to some readers, so I thought of omitting it!

The **‘THREE PART GOLFING MACHINE’** is well-known to all of us. If not, go to your INDEX and seek knowledge fast!

Just to help,

1) The ‘LOWER BODY MACHINE’
1) The ‘UPPER BODY MACHINE’
2) The ‘HEAD MACHINE’, the part above the Shoulders (from the ground up)

The **‘MIND’** plays a very key role in the entire scheme of things!

There are whole books written on this topic. I’m not about to undertake this here.

1) **THE MIND’S EYE**:

We have to have a ‘Mental Picture’ of what might be up and what we would like to have up, before we can get it up. To best accomplish this, we must;

VISUALIZE
CONCEPTUALIZE
INTELLECTUALIZE
ACTUALIZE
EVALUATE & CATEGORIZE

and when we can do this effectively, we are on the track to ‘Meaningful Discovery’. ‘Reflexes and Anticipation’ play a large part in other sports where there are two or more players and moving targets, but Golf is solitary and played with but one stationery Ball.

When you can ‘Mentally Picture’ what you are trying to do, or are being asked to accomplish, the task is more than half done. I want to note here that this ‘VISUALIZATION’ is a key part of the players making great shots. They inevitably ‘Visualize’ the ‘Ball Shape and Flight’ before they produce it. When we strike Balls well and thoroughly understaand the ‘Science of Ball Striking’, we even know how the Ball will react or behave when it comes in contact with the ground, in advance yet! We become very adept at ‘Call Shots’.

Alex Morrison, one of the most effective and respected teachers of his time said, “The excellence of your game will depend upon the extent to which your mind takes charge and the way your body responds to its commands”. Morrison was convinced of the importance of the ‘Mind’s Eye’. I am as well.

In Golf our ability to make a sound ‘Swinging Motion’ is based on ‘Visualization and Conceptualization’. It is how you see (before hand) the ‘MOTIONS and Movements’ you would like to perform with your Body that can make the fundamental differences in your Swings. If your ‘Mental Picture’ is correct and established, you can become very 'Consistent' and ‘Dangerous on Course’.

THREE SOURCES OF MOTIONS:

The specific catalogue of ‘MOTIONS or Movements’ utilized in Golf come from one of three sources;

1) Reflexes (Subconscious)
2) Anticipation (Aware)
3) Command (Conscious)

I believe we all catalogue a ‘Library of Shots’ produced under specific ‘Shot Situations’. If we can only learn to call them up when needed, we will become a **‘REFLEX GOLFER’**. ‘This is what I need to do and want you to do. Stay tuned!’

The ‘Mental Command’ or brain instruction, preferably Subconscious, comes in the form of ‘Macros’ or predetermined signals that trigger sequences of Motions or Actions. (Reflexes) Unlike in baseball, in Golf we do not ‘REACT’ to a Ball coming at us, but we ‘CREATE’ the Swing at a stationary, static or passive object. How much easier is that?

Note here the fundamental importance of a good ‘**SET-UP**’ in Golf. You must never leave home without your ‘**5 CONTROLS**’. The correct Set-Up, (Pre-Selected Components and Procedures) should not be altered during the Swing. This stability must be a primary objective of every player, or you will not become a player!

Do not get ‘BALL BOUND’ but stay ‘BALL AWARE and PIN or TARGET FOCUSED’. Of course, you know we must ‘**SEE THE BALL COME OFF THE CLUBFACE**’ and ‘**FEEL The PIN**’. Can’t see both at the same time.

2) **IN PASSING**:

I have read about the Brain’s having ‘Hemispheres’. The ‘Left Hemisphere works or controls ‘VERBAL’ (WORD) information, while the ‘Right’ guides or directs ‘VISUAL’ (PICTURE) information. Too technical for this Old Teacher! Knowing that we have one complete (hopefully) data processing centre (Grey Matter inside the Boney Brain Box) atop our spines is adequate without breaking it down into departments. Rather than running around looking for the right room in a big strange office building, I’m finding me a pretty secretary who can keep me company and play ‘Tour Guide’! See, when I think, things happen! Thank the Good Lord for caddies!

I like to operate on the basis that the ‘Feet, Hands and EYES’ gather data for the Brain. Then the Brain sends instructions to the ‘Body Machine’ for its ‘Execution’. That works for me! I cannot any more think of the ‘Position’ of my Elbow (other than in slow MOTION) than I can be concerned about which cubicle of my brain stores whatever programme or information. ‘ALIGNMENT GOLF’ suffices and ‘**LETTING**’ the carefully ‘SET-UP’ Swing ‘HAPPEN’ makes sense to me. I have difficulty ‘**MAKING**’ my Swing happen at all.

Q42)

‘The body muscles receive their instructions
and initiative from the mind. The mind gets its
information from the EYES, Hands and Feet.
The EYES will register clearly in the mind the things
to be accomplished. Thus, the mind may properly instruct
the muscles on the things to be done if they are not misled.’

Seymor Dunn

JUST BEFORE WE MOVE ON!

Before leaving this topic, I want to remind you that you can be ‘MISLED’ by what you think you ‘SEE and FEEL’ unless you are educated and aware of what is truly taking place. The extensive ‘Digital Video Camera Analysis’ of the Golf Swing proves this beyond doubt. We need the discipline and help of a teacher. We must found our swings on the scientific Truth of ‘Physics & Mechanics’ and then, convert the perspective to ‘Geometry and FEEL’ so we might become a ‘Reflex Golfer’ and not have to ‘Think Our Way through the Swinging Motion’ or ‘Swing MACRO’.

By thinking our way through the Swing, we will certainly ‘Get In The Way’ of ‘**LETTING IT HAPPEN**’.

3) **OVERALL KEY THOUGHTS**:

- Progress will happen if you ‘Work Smart’.
- Progress is based on ‘Curiosity & Discover’
- Take advice from proven teaching professionals ONLY
- The GOLF BODY MACHINE operates on carefully selected

‘Mental Messages’ that co-ordinate ‘Pre-Selected Components and Pre-Selected Procedures’.

- Clearly define ‘Personal Mannerisms’ in your swing and specific, sound ‘Physical-Mechanical’ Motions.

- Conceptualize and Visualize

- Don’t trust what you ‘FEEL’ until you have ‘SEEN’ and understand that it is corrrect.

- Once it is soundly supported, trusting your ‘FEEL’ is more important than ‘Thinking How To’ make things happen.

- The Golf Swing is NOT a whole selection of separate ‘Positions and FEELS’ but a smooth ‘Sequence of MOTION’ that is effectively applying ENERGY THROUGH the Golf Ball with a Golf Club towards a carefully selected and defined TARGET.

- Don’t get caught up in such concepts as ‘Right Side Left Side BRAIN’ or the ‘Hemisphere Thing’. Leave that for theoriticians and Geography majors!

4) **GOLF IS A STATE OF MIND**:

This reminds me of Billy Joel’s ‘New York State of Mind’ but Golf is more fundamental, regional, national and international.

I really do think that Golf is, once the Basic Concepts and Skills are learned, primarily a ‘State of Mind’, meaning that ‘If we can realistically Visualize ‘***IT***’, we can make ‘***IT***’ happen with the Ball and Stick’.

We are what we think we are.

We can become what we dream of becoming.

We can attain and maintain the level of proficiency to which we aspire as long as;

We have the proper ‘State of Mind’ (commitment) necessary to challenge our limits.

We have those **3 C’s**

We have a methodical ‘Game Plan’ to which we are committed long term.

5) **MENTAL PROCESS:**

Each one of us learns in different ways and at personal paces. Only the ‘Good Lord’ intimately knows my pace! It ain’t always fast!

Having taught for a very long time, I know I am not alone!

To learn efficiently, we must firstly decide we want to do so. It works best when we are having FUN doing so as well.

Once we have selected the ‘Subject Material’, we should at least briefly ‘Analyse It’. Breaking a subject down into its ‘Components’ gives us a better overall picture of the ‘Learning Task’.

Now, we know in ‘GOLF’ that we have two types of learning; ‘Passive or perhaps Sedentary’, we can do it sitting in front of a good book, a good video or a good teacher who is talking to us abut our ‘Passion or Punishment’. These are ‘AUDIO - VISUAL’ processes. Of course they are essential and the higher the quality of this aspect the better will be our end results.

Once the ‘Cerebral Side’ is under way, we shift gears a little to the ‘Active Aspect’. This means we take ‘Golf Tools’ in hand and get them into the ‘Swing Of Things’.

I want to emphasize here that, in order to be successful to a high degree, we must apply ‘Deep Concentration’ and pay particular attention to the process of ‘Converting the Mental Concept into the Physical Application’. Remember we are building our own personal ‘Mental Computer Tape or Programmes’. We are creating ‘Mental Macros’. The process is complex and requires both ‘Precise Energy and that it be Precisely Applied’. This is precisely the reason I

strongly suggest that you commence the 'Physical Adaptation' of any new or rusty 'Stroke Procedure' in **'SLOW MOTION NO CLUB'**. After you have carefully, with this 'Deep Concentration or Focus', applied the 'Mental to the Physical', you may speed up the 'Muscular Cycles' that are very tightly-tied to the 'Mental Sequencing'. We develop 'Brain Images' of what the Golf Swing looks like and, thereafter, develop 'Physical Sequences' (Mental Macros) that 'Subconsciously Fire the Machine'. There is inadequate time in the 1.5 second swing to operate the 'Golfing Machine' in the 'Conscious Mode'. Trying to do so, we usually get in our own way! That impedes progress which is tough enough without deliberately adding obstacles.

I want to tell you here that the better, smarter and more deliberately you work at this 'Cerebral Bulding Process' the easier it becomes. It is a well-know fact that we 'Condition Our Minds' just as we 'Condition Our Bodies'. I know my 'Mental Conditioning' needs two things; 1) specific training and 2) more daily exercise with various work loads. We need 'Mental Aaerobics and Load Training'. The good thing about this challenge is that we generally carry the gymnasium with us! Between our ears! It's a 'State Of Mind', situated right next to Massachusets or perhaps New York, as Billy Joel's song so aptly expresses it.

This well-organized process is directly on track with my primary premise in this 'Teaching Journey'. **'We Must NOT Make the Swing Happen. We Must More LET IT HAPPEN'** in order to become a **'REFLEX GOLFER'**. Once we are successful at this challenge, we simply carefull analyse the Target, develop a 'Stroke Plan', select the 'Tool', 'Visualize the Ball Flight', 'SET-UP the Pre-Selected Components', take one final look at the Target and 'Smoothly Pull the Trigger'.

Sound all too good? Well it gets that good as soon as you earn the right to make 'Reflex Shots'.

It is my conclusion that the term 'In The Zone' is precisely what this is all about. 'Reflex Golf performed in an Optimal State of Comfort', meaning between our ears as well as in the 'Muscles and Bones'.

6) **GETTING THERE:**

This GOLF is a ‘Journey’ made up of many ‘Trips’, some good and some not so good.

‘PATIENCE AND PERSEVERENCE’ are definite parts of the ‘Formula’ and must at all times be kept in the ‘Equation’.

‘One Step At A Time’ is quite an acceptable procedure or game plan. Taking these will keep you from stumbling more than necessary. The gently skinned knees and elbows suffered during the experience of ‘learn to ride your bike’ are quite quickly overcome, but with lasting results. Some of your ‘Mental Impressions’ were ‘Indellible’ I would bet. Mine were! Some of our ‘hardest learned lessons’ last the longest. But, in Golf or any demanding physical skill, we need to constantly keep the edge of the blace very sharp. Do not allow any rust to form on the steel. I can hear you thinking and the presumption or assumption that you are made of ‘Stainless Steel’ is risky business. There are many grades of ‘Stainless Steel’ and yours will need to be monitored. Lower grades corrode. Don’t skimp on the quality at any time in the ‘Journey’. It’s your parade!

7) **FORMULA FOR SUCCESS:**

This ‘Deep Concentration’ is a distinct portion of the ‘Formula For Success’. Whenever we get engrossed in any task, (think of one you love), we are totally focused and will be in this ‘State of Mind and Body’ ‘Willingly’.

I can honestly share with you that I am in this literary project ‘Willingly’ and, although there have been some frustrating ‘Why in the Hell am I doing this?’ moments, the ‘Net FEELING’ I have about ‘***IT*** ’ is that of ‘Pride and Accomplishment’. Incidentally, I wrote this book entirely for myself, suspecting that, if I did it well, you might like to read it with some benefit!

There is seldom any need for an outside source of ‘Discipline or Orders’ in these chosen occupations, monetary or otherwise. When we are invovled in a ‘PASSION’ we ‘self-start’, but we can also, without some guidance, ‘self-destruct’. Make your ‘Trips and Journeys’ with adequate preparation and attention to details to insure maximized ‘Pleasure’.

8) **BELIEVE IT OR NOT:**

Researchers have been working on ‘Golf’ and its processes of learning new motor-skill tasks suspecting that they can discover or clarify methods of assisting ‘Stroke and Injury Victims’ on or through their ‘Path to Recovery’. This ‘Motor Skill’ environment is all about ‘Planned and Conditioned Nerve Synapses that are Electro-Chemical’ and our ability to ‘Hook It All Up’ into a meaningful ‘Sequence of Events’, sort of a ‘Mental Freight Train’ with a very large number of ‘Full Boxcars’ going somewhere useful and pleasureful. The train may very well be, of course, a passenger train! I think the ‘Destination’ is primary to the ‘Trip’ so we need to plan and choose carefully. When ‘neuro-physical challenges’ occur in people, the ‘Recovery Team’ must be both astute, realistic, innovative and steadfast. Does sound like Golf!

The ‘Elite Golf Athletes’ take a considerable amount of time forming and ‘Playing’ their shots mentally before ever attempting them physically. ‘Visualization’ is key. This condition must be ‘Bonded’ (like a molecule or electron) to a strong sense of purpose with a ‘Cocky but Consertvative Attitude’. If we think we can, we may well be half way there!

There is strong research evidence that the ‘Visualization Dress Rehersal’ is or tends to be precisely the same as the ‘Curtain Up and Light On Performance’. It is now know and carefully documented that, during the ‘Visualization Phase’ of the Golfer’s ROUTINE, ‘tall spiky alpha waves’ are emitted from the ‘**Right Side**’ of the Brain. During the ‘Execution Phase’ the alpha waves are not so tall. There is a lot of ‘Mental Preparation ENERGY’ in action.

The brain’s ‘**Left Side**’ is where more analytical thoughts take place and, as expected, this side proves to be more active when the Golfer is in deep concentration. ‘**In The Zone**’ brain activities are thought to be deep within the ‘Cerebral Cortex’ where our ‘Autonomic Reflexes’ originate. Complex Movements and Motions eminate from primary brain function regions. They may be complex but they are particularly basic.

Research focus is on connecting ‘Visualization’ to the creation or causing of ‘Motor Neuron Pathways’ to be strengthened or perfected. If one can enter a ‘Primary State Of Mind’ when endeavouring to either improve or learn ‘Motor Skills’, I think the opportunities and likelihood of success is greatly amplified. The trick is to learn and develop methods of entering, perfecting entry and

refining the process and activities that take place once ‘In The Zone’. Do not allow yurself to be distrated during pactice.

9) **MENTAL - PHYSICAL EXERCISE:**

‘Mental - Physical Exercise’ keeps the mind in better condition to perform even the most basic of task, ‘Conscious or Subconscious’. The brain is really quite like a ‘Muscle’. Use it or lose it!

Growing evidence demonstrates that **‘Foggy Memories And Slowed Wits’** are not inevitable consequences of getting old and that there are regimens that can and should be developed to protect our brains. Mental exercise appears to be very important to this ‘Maintenance Issue’. We do this with our childern and it is never too late to start **‘Jogging That Older Grey Matter’**! I want to add here, that there is a ‘Healthy Blend or Balance’ between our ‘Mental and Physical Gymnastics’. Make efforts to develop balance. There is evidence that ‘Alzheimers Disease’ can be delayed or combated by well-organized exercise. I hope this terrible affliction is soon better understood and the war is successfully waged. I personally think our highly chemical diets (forced and unnatural) are contributory to most of our North American nations’ malignant cellular degenerations. Perhaps the F.D.A. is more easily ‘lobbied’ than in the best public interest.

Sorry for the divergence but this topic is a ‘Pet Peeve’!.

Watching T.V. tends to be a ‘Brain Neutral Occupation’ as well as far too sedentary for the body’s good. The ‘Circulatory, Pulmonary and Cerebral Systems’ are far too inactive for my liking. When we work on our Golf Swings, we must be and are very involved and active both mentally and physically. Herein lies the short-term and long-term benefits; ‘Cardio-Vascular, Pulmonary and Mental Well-Being’ leading to the building of our ‘Personal Pillars Of Health’.

USING OUR BRAIN IS ESSENTIAL:

Evidence no longer supports the old beliefs that we were ‘Hard-Wired’ in our formative first few years and after that the ‘Journey’ is all downhill. We just use up limited neurons and our finite stock of ‘Neuro Pathways’ and once they were depleted, ‘Lifes Journey’ would decelerate, ultimately coming to a full stop. Simply not so! By working on ‘Physical Mental Challenges’ such as

GOLFING, we continuously replace and rebuild this warehouse of ‘Motor Neurons and new Circuitry’ and simultaneously, we apply them more efficiently to our daily routines. Use it or lose it! We are not a ‘Sleeve of Balls’; three in the bush and its over! Buy ‘Four PAKS’, cartons and cases. Play with good friends who have lots of quality Balls. Better still, work diligently and daily on your technique and the quality of your ‘Neuro-Physical Events’. This is looking more like the key to longevity all the time.

The ‘Quality of Life’ and Golf is entirely in your hands.

One more quick comment on ‘Alzheimers Disease’ which is looking more ‘Habit, Behavioural and Environmental’ as time passes. However, people who have a gene called ‘**ApoE4**’, which significantly increases the risk of the disease, can reduce its malice by exercising and eating wisely. Brain function of the aging gene-carriers declined at a rate four times faster in the incidence of ‘Hardening of the Arteries and Diabetes’ but we know that ‘Healthy Nutrition and lots of Fresh Air and Powerful Circulation’ have never been liabilities. Habits like cigarette smoking, excessive alcohol consumption and taking ‘Mind Altering Drugs’ are.

So, in conclusion, get involved in Golf. Use ‘Deep Concentration’ through ‘Visualization and Tasking’ along with sound ‘Procedures’ to **‘Get That Little White Ball Into The Hole With As Few Strokes as is Humanly and Personally possible’**.

Once you have finished this Chapter, of course, get up off your butt, fetch your #8 Iron and head out to the Driving Range!

10) **THE BOTTOM LINE MENTAL SIDE OF THINGS GOLF**:

Work on your Swing. Make it sound, reliable and repeatable. Trust your Swing! Once you are ‘Mechanically Sound’ the ‘Mental Aspect’ may be as much as 90%!

Develop ‘Course Management’ knowledge and skills.

‘Visualize’ and ‘Play In The Present Tense’. No past demons!

Ensure your Equipment is properly ‘Fitted’. Trust Your Clubs!

Play the Game ‘**BALL PIN**’ by being Ball Aware and Target Focused.

Play ‘One Stroke At A Time’. Don’t take the last stroke to the next Ball Location. Build one hole at a time. Let eighteen holes make a complete round.

Be ‘Cocky but Conservative’.

Don’t attempt the shot you saw a seasoned Touring Pro make on T.V. last week, but use a club and stoke you can trust and rely upon.

Find the best players to play with as they will elevate your Game.

Use the ‘**5 CONTROLS**’ as they will NEVER let you down.

Relax and Breathe.

Be ‘Kind To Yourself’ as your caddie may occasionally not be and the other guys, your competitors, will not be! Only you can ‘Let IT Happen’!

Have FUN! (or quit)

11) **POTPOURRI:**

I made a list of items I still wanted to address in this ‘MENTAL GAME’ chapter, but I will allow you to research or pursue the great depths of information available on your own.

I do, however, think you will find it of interest for me to present to you a list of ‘Topics or Terms’ that might wet your appetite or stimulate your inquisitiveness to reach out for more information. Here it is just for you!

1) ROUTINE
2) Relaxation
3) Reflex Golf
4) Focus and Concentration
5) Comfort, Confidence, Consistence
6) Visualization and Mental Imagery
7) Develop ‘Visualization Skills’
8) The ‘Mind Picture that gets Painted on the Big Green Canvas’ we so casually call the Links.
9) Pre-SHOT ROUTINE
10) The SWING

11) Post-SHOT ROUTINE
12) Mental Management
13) Course Management
14) Range Of Focus (Broad To Narrow)
15) The Big Picture then the Small Picture
16) Target Oriented or Focused, “Take Dead Aim”
17) Frustration, Embarrassment and Anger
18) Mechanics vs. FEEL
19) Excitement and Nervous Arousal or Awakening
20) Fear and Respect
21) Cardio Control (calm)
22) Pulmonary Control (Consciously Reduced Rate)
23) Quiet and Deliberate Movements
24) Mental Physical Feedback
25) Evaluation
26) Concentration (avoiding Distraction)
27) Realistic Expectations
28) Patience and Perseverence
29) Playing in the ‘Present Tense’ (one shot at a time)
30) Define your Opponent. It’s the course.
31) Practice Mentality vs. Playing Mentality
32) Training Mentality vs. Trusting Mentality
33) Preparation creates Courage and Calm
34) The ‘PIVOT Waggle’ as a ‘Warrior Ritual’
35) Mental Toughness leads through Physical Boundaries
36) Talking to yourself while looking for no answers
37) Consequences and Blame
38) Positive Reinforcement is a Key Asset
39) Practised Recall and The Mental Golf Library
40) “Yes I Can”
41) TRUST YOUR CLUBS so you can TRUST YOUR SWING
42) Perfect your Short Game for Mental Strength
43) Play the Hole Backwards so you can Play it Forward
44) Anything within my Full Swing #PW is my ‘LAST SHOT’
45) Billiards Golf, Plan two or three or four shots ahead
46) FEEL your POWER frm the ‘Inside Out’
47) Pick a ‘Behavioural Role Model’
48) The ‘POWER of Positive Thinking’
49) When you identify Problems, Solve Them speedily!
50) In GOLF find a ‘New York State of Mind’
51) BREATHE at a Rate that ‘Supports Your Desires’
52) Don’t just practise your Behavioural Skills, Live Them Daily!
53) Use your Golf Game to ‘Reduce and Relieve Stress’
54) Not ‘Ball Bound’, but Ball Aware and PIN FOCUSED

55) Treat Golf with the ‘Passion and Care’ it deserves
56) Fight off ‘Mediocrity’ every minute of every day
57) Be your own best friend and supporter
58) Do not play ‘Outcome Golf’ (vs One Shot at a Time Golf)
59) Find Comfort and Understanding in the saying ‘Position Golf Smothers Alignment Golf’.
60) Welcome with humility the ‘Freely-Given POWER of others as in that offered from the gallery.
61) “Find and Follow Your Mother Ship”
62) ‘Key Words’ and their Comfortable Security
63) Work hard enough to FEEL you have earned Success
64) If your ‘WORK’ speaks for itself “SHUT UP”
65) Positive Reinforcement from Strong Performance
66) ‘**REMEMBERED FEEL**’ can be security in its highest form
67) Becoming a ‘**REFLEX GOLFER**’ is the Game’s Highest Reward
68) Developing a ‘Written Game Plan’ is security
69) Most people do not ‘Plan To Fail’ but simply ‘Fail To Plan’
70) Get Fit and Stay Fit! A ’Sound Mind in a Sound Body’ together or not at all!
71) Look for the ‘Good Things’, the bad will be apparent enough for any one of us.
72) Thank the Good Lord for even the ‘Smallest Of Blessings’
73) Play well!

‘The longest distance in the Game Of Golf
may be the six or seven inches between ones ears!’

Bobby Jones

C**40**]

DAILY DISCIPLINE

I think life needs its ‘Daily Discipline’ and, as ‘Golf’ is its ‘microcosm, so too does ‘Golf’ need some daily discipline! Besides, how good will that be for you? Mentally think about it every day. Physically do something about it every day! Make Swings!

Should we exercise a little every day? Perhaps some brisk walking in the evening after dinner with the spouse rather than retiring to your own separate room in the big house with its favourite ‘Lazy Boy’ vibrating recliner to do your ‘Own Thing’? Well, OK, there are extenuating circumstances that we must consider. So you can make it a ‘Slow Walk’! But do it!

You don’t have a spouse! Find one or go it alone! It is your heart and ‘Body Machine’, both ‘Mental and Physical’! It will be you own personal ‘Balloon Angioplasty’! The manner by which you have taken care or tended to it will determine the quality of your entire life, but, of most impact, the quality of your twilight years. When your opportunity has already decayed due to very poor preparation, the battle, or ‘Slow Walk’ will be all uphill or, even worse still, not at all or with a walker! You must make the decision NOW! I will forgive your change in focus from me to **‘YOU’**! Get up right now off your ‘Dead Butt’ and go for a brisk walk! ...outside!

I’m going too! This keyboard seems like every key makes the same mark on the screen! And my eyes are getting slightly crossed! And my butt is tired of being sat upon! My feet and legs need a work shift! Like starting the lawnmower, pull the starter cord on that heart or do both if your grass needs shortening! If you have a gardener, other than a son or daughter who has to earn that allowance, pick up the phone and fire him!

RETURNED:

Now that we have returned, here is what I started off telling your before we got side-tracked!

I want to run you through a ‘Daily Routine’ that might at least give you a start at building a sensible one of your own. I would use something like the following for ‘Playing Days and well as

Practising Days', afterall, we are going to make the same swings, just we keep score more on 'Playing Days' than on 'Practising Days'. We should judge our performance when we are working on specific 'Strokes' and 'Drills' so we know how reliable is our progress. If you make ten specific 'Chip Shots', grade yourself from one to ten and keep a running tally! "This was a seven 'Short Game Day'". Progress, or negative progress, will happen regardless of whether or not your are keeping accurate record. It is nice to know and not be surprised! 'Fantsy Golf' is painful when discovered!

I want to interject. If you are practising and make several 'Swing Error' in a sequence, stay with it until you improve or master. When you make a 'Swing Error', perhaps even make another exactly the same as you can. Ensure that you understand and 'FEEL' the error. In this manner you will not repeat it as you will have 'Mastered It'. I like to think that my primary errors are actually 'Shot Inventory'!

"What The Heck Is This Teacher Up To Now?"

Well, it is quite simple. When I master a perfectly struck smooth '#6 Iron With A Solid Draw' and with the precise trajectory I have 'Pre-Selected', I want it in my arsenal or 'Shot Inventory'. Just like a warehouse business; I know where my inverntory is and when to pull it! I know where the old useless outdated bad investments are and I just simply lock that area up and throw away the key! Well keep the key remotely stored as you may need to open the door again to let more inventory IN!

So how might we start a 'Practise Day'? I might add that my 'Playing Days' are very similar. The major difference is that on a competition day I simply start my getting out of bed by feeling like a champion. I think of 'Course Management' and my 'Mental Management'. Be strong and trusting. Remember we are going to use that well seasoned 'Trusting Mentality'. The "YES I CAN!" type that is so beneficial to any athlete. So wake it up early as well. In fact, might I suggest you go to bed and not count sheep! Count birdies and pats on the back! It works! Get accustomed to feeling like a winner so can fill those shoes!

You must ‘Conceptualize, Intellectualize and then Actualize’. We know that ‘Thinking or Conceptualizing’ the roll of a champion is a very productive first step along the well-worn path that we all so desire to travel. I think we can too!

ROUTINE LIST:

1) Standard morning personal hygiene and routine. Do not rush into a ‘Practise Day’ without adequate time and discipline to get it started wisely. If you short cut any day, you are going to pay a price. Attend to your most basic personal needs.

2) Eat breakfast and relax for at least fifteen minutes during which you should physically write a ‘Practise TO DO List’ that will guide your day. Do not just go out to the course and spend a ‘Willy Nilly’ couple of hours killing or wasting ‘Golf Balls’. We have talked about that before. Do not make one shot without a specific goal in mind with an equally ‘Precise Target’. You know, one the size of that quarter!

3) Do a few stretches at home before you even pick up your bag and load your things into the trunk of your car. You do not want ot hurt or stress your back before leaving home. Two stretch sessions are better than one!

4) Drive carefully!

5) After parking, take your time getting your gear out of the trunk and sit comfortably to put on your golf shoes, whether spiked or flat soled. If the bag boy comes over to carry your bag to the practise area, let him do so and tip him for his services. He will provide you some good conversation and let you know the latest local gossip. That is always fun to know and get! He will likely compliment you on your dedication and game as well which is nice.

6)Go to the ‘Practise Putting Green’ or ‘Chipping Green’.

7) Stretches.

[8] PUTTING.

[9] CHIPPING.

[10] PITCHING.

11) Knock Down Shots.

12) Punches.

13) Full Swings with Short Irons

14) Full Swings with Mid Irons

15) Full Swings with Long Shafted Clubs

16) Specialty Shots

[17] CHIPPING.

[18] PUTTING.

You can see that there is a lot or range for this ‘Practise Day’ and we need not do everything all in one session. I like to make one day a ‘Short Game Day’ and the next a ‘Full Swing Day’ just like the weight lifters and body builders do; ‘Lower Body and then Upper Body Days’; some with high-speed repetitions and other with more weight and more power. This breaking up the subject matter will help us to each sort out the ‘Stroke Procedures’ more effectively. We can work on ‘Clocking’ with better focus while ‘Chipping’ and making small ‘Pitches’. We can focus on ‘Energy Management’ and ‘FEEL’. Segment your practises. Isolate your skills.

One thing I might include here for those of you who just have to hit the ‘Long Bombs’ (centre fairway of course) every time you pick up a ‘Golf Club And Step Onto The Property’, you might take a breatk once ort twice in your ‘Planned Practice Session’. During this break you can take out your Drive and crush a few just to get it out of your system. If they do not work quite the way you had palnned, you are only allowed ten swings. When they are used, it’s over! Period! Discipline!

STARTING AND FINISHING:

Regardless of what your focus is on, you must start and finish every session with ‘Putting and Chipping’. That is why I have put them ‘Boldly’ into ‘Square Brackets’ like **[P]** and **[C]**.

I could go into lots of details right here and provide you specific ‘Bullet-Proof Drills’ to accomplish, but I am not going to. All these are in other chapters or sections of your ‘Golfmyth Collection Of Books’. So you understand and select your own exercises and ‘Routine’. You read the appropriate materials and write your own notes so you can learn in the process. That is why you bought or were gifted these broad-sectrum literary recordings! I will add, however, you never leave the ‘Practice Putting Green’ at the end of your day, ‘Playing or Practising’, without doing your ‘Circle Drills’. You do not take one step towards the parking lot, assisted or on your own, without firstly making six ‘Putts’ from the ‘Circle Drill’ into the bottom of the cup in succession from one distance. If you have to get as close as two feet to get the challenge met, so be it. But you may not retire for the day without a successful ‘Six Putt Circle’!

KEY REMINDERS:

Every ‘Shot or Stroke’ you make, ‘Practising or Playing’, has those ‘**FIVE ESSENTIAL ELEMENTS**’ in them. So evaluate your performance by these reliable old friends.

Know your **‘POWER SOURCES’** and then understand their absolute contribution. If they are deficient, ‘FIX IT FAST’!

Work on those ‘**PRIMARY IMPERATIVES’**; the ‘Flat Target Wrist Through IMPACT’, the Clubshaft’s being ‘ON PLANE’ and producing or employing ‘Clubhead Lag Pressure’ (Hands LEADING and Clubhead LAGGING). Remember, ‘Your Hands Get To The Ball Before The Clubhead Gets To The Ball’. (see ‘Forward Press’)

Keep, at least in the back of your mind, the reality and discipline of your ‘Stage One, Two and Three Stroke Procedures’. Know them well.

‘CLOCKING’ is very useful, in fact, I think, essential if you want to excel at your ‘Short Game Skills’. You must have control of both ‘Distance and Direction’. ‘Clocking is Energy Management’ and thus is primary to accomplishing your ‘Pre-Selected Distance’. I might add, if you ‘Clock’ well, you will have a very much improved opportunity of making the ‘Clubface AIM’ correct at that **‘MOMENT OF SEPARATION’** as well (‘Direction Control’). You can relax better during your ‘Stroke Procedure’ and be more reliable and efficient.

Remember, in your 'Full Swing', all the **'HORIZONTAL MOTION'** (R&R) is created by your 'Lower Body Machine' in its 'PIVOT or Rotational Motions' It is the 'Engine'! Your 'Levers' (Radial Skeleton) do NOT create or produce 'Horizontal Motion'.

Remember as well, that, all the **'VERTICAL MOTION'** (U&D) is created by your 'Upper Body Machine' with its raising and lowering of your 'Lever Assemblies'. Your 'Body' ('Axial Skeleton, Legs, Trunk and Abdomen') do NOT create or produce any 'Up and Down Motion'. Your 'Spine Angle or Conditions' are quite stable throughout the entire Back and Front Swings.

Your 'Brace Knee Flex' is also quite stable throughout the 'Swing Interval'. The 'Brace Knee Condition' directly affects your 'Spinal Conditions', both 'Forward Inclination and Aft Tilt'.

Use your '**5 SET-UPS**', your '**5 EXECUTIONS**' and your '**5 CONTROLS**'.

Get more 'Machine Like' so you can repeat your great 'Procedures' and make reliable 'Golf Shots' over and over!

Your well-organized and soundly-based 'Routines', 'Mental and Physical', will provide you the necessary security upon which you can play and win!

FINAL TASK:

Now, take the time to research your above items.

Might I suggest that you pay particular attention to your 'Stroke Protocols'. They are key! (see your Friendly Tour Guide INDEX) You might make copies of each of these to carry in your 'Golf Note Book'. They will never get old or go out of style. Well, hopefully they will become 'Old Hat'!

Write your 'Practise Components', the items you are going to work at, on 3 X 5 cards or a note book that relate to, for example, 'Putting, Chipping, and Pitching'. These books are full of useful material.

Record your weaknesses and the items you must improve. You will now be able to leave the course and later better recall your practice investment. You wil be able to review.

Let this ‘Short Game’ segment be adequate for your first day. You can spend a very productive hour or two on just these ‘Procedures’. Or a full day with a lunch break!

Take short clear notes and don’t lose them.

Modify your ‘Routines’ as you need to get the most out of your personal leisure time.

Once you get this ‘Routine or Discipline’ engrained in your ‘Daily Routine’, you will be able to properly get to any ‘Golf Event’ and not start your first, ‘Everybody’s Watching Drive Off #1’ looking like you did not prepare! You will not have to pour ‘Murine’ over your entire embarrassed face to ‘Get The Red Out”!

What fairness, equality and justice this ‘Game’ provides.

The endless rewards are delivered in the same consistent manner!

Q43)

Remember, **‘Preparation Builds Courage, Trust and Performance’**.

‘Perfect Practise Make Permanent’!

Q44)

Practise Makes Perfect?
PERFECT PRACTICE MAKES IT ROUTINE!
PERFECT PRACTISE MAKES IT PERMANENT!

C**41**]

GOLF DYNAMICS

(‘The Real Thing’)

You think you understand the situation, but what you don’t understand is that the situation just changed and keeps changing. This conveys a very elusive **‘PSYCHO-logical Reality'** of GOLF, while the **‘PHYSIO-logical Reality’** never varies be it in the North, South, East or West. ‘Swing Basic Mechanics’ and ‘Newtonian Physics’ do not change and are far from elusive. They should always be based on **‘MOTION LAWS’**.

The Science of ‘Striking A Little White Ball With A Stick’ is a very simple process indeed. It is a matter of ‘**Clubhead SPEED**’ applied to the ‘Object Ball’ with accurate ‘**Clubhead PATH** (‘ALIGNMENT’ and ‘Angle Of Attack’) & **Clubface AIM**’ (‘GRIP’) which directly produces the ‘**Distance and Direction**’. This is what the ‘Physical Aspect Of GOLF’ is all about. The Ball must also be struck in the ‘**Centre Of Mass**’ or the ‘**Sweet Spot**’ as we generally know it. We all know the results of Fat, Thin, Heel and Toe strikes! (see ‘The 5 ESSENTIAL ELEMENTS’)

‘GOLF’s Mental Aspect’ is very much more complex, as well as being perhaps more elusive, especially to ‘Players’. In the beginning, ‘Mechanical’ is key! After it is firmly established, the ‘Mental’ moves to centre stage. It would be interesting to know statistically whether more money is spent on ‘The Mind’ or ‘The Clubs’. Talking to your Pro is a combined ‘Mental Mechanical’ undertaking. Once you build a **‘ROUTINE’**, stick to it being aware of even a regular twitch. The smallest thought can imbalance your putter’s ‘Micro Stroke’. Stay focused and pure-minded.

Breathe regularly and deeply. Unless you are in the process of Swinging a Golf Club, ‘Let Your Arms and Hands Just Hang From Your Shoulder Sockets’. A huge barrier to good MOTION can be found in tight Trapezius Muscles. (Upper Body Machine). Avoid this at any cost! Take a five minute nap between strokes! Your caddie and the officials will be your alarm. Five minutes is allowed by the Rules!

‘ABSOLUTE PLEASURE’ is always the **‘ABSOLUTE REASON’** for playing this **‘GAME’**. Pleasure is primarily a ‘State of Mind’.

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ABOUT THE BIG PICTURE
‘Powerful Central Themes’

Remember this is somewhat a ‘Roll Playing’ exercise.
It is at times a **“DIALOGUE”** - Teacher Talking To Student’.
You will benefit by reading it in this manner.
Use your imagination!

Remember
GOLF’s **‘PRIMARY IMPERATIVE’**, as simple as it sounds, is to
‘HIT THE BALL’ create **‘IMPACT & SEPARATION’**

If we do not make the Ball go, what else matters?
Perhaps another type of exercise in fresh air!

1) **IN THE CAGE!**:

All initial ‘Student-Teacher’ relationships at ‘555 Golf Academy’ take place ‘IN THE HITTING CAGES’, our very large, roomy and comfortable 18 X 24 X 12 foot high netted practice areas or hitting cages.

There a direct benefit to striking Balls **‘IN THE CAGE’** in the ‘555 GOLF B-3 or Basics 3 Lessons’ phase of our learning curve? ... in fact any introductory phase of our Academy curriculum.

Some people don’t tell us that they are initially disappointed by being indoors in a cage, but we know and understand. **"Why not on your driving range where we can see Ball Flight? ... see what’s really happening? Let’s go right out and play a full round!"**

Reasons for not doing so? Numerous!

The very first day you pick up a golf club, or during your first session with ‘555 Golf’ we need to ensure that you are on a firm footing, thicker ice, and that you are developing or using sound basics. To do so we want, with as little distraction as possible, to warm you up to operational temperature, to watch, to listen to your plight and desires, then help and gently direct your new or future performance. We want to see the parts and the **‘Sum Of The**

Parts' doing their singular and co-operative jobs. Only in this 'no distraction environment' can we properly evaluate and proceed in your best interest; Walking before running!

At first, whether you are a player or a beginner, I want you to see and 'FEEL' what is making it all go. I do not want you to be distracted by **'How Far Your Ball Flew'** or even **'How Straight It flew'**. First things first. How are you setting-up & making your moves? Can you control the Clubhead, 'IMPACT' and make the Ball go away reliably?

2) **THE 2 D's**:

The two **D's**, **'Distance & Direction'**, are both unavoidable considerations on the course and driving range, but in our indoor facility we can virtually eliminate our inherent preoccupation with '**Distance'** and focus on 'IMPACT and DIRECTION', two primary critical components which I think must be developed first before we attempt to strike the ball far. The cage subdues or eliminates this 'Distance' component. Working together in the hitting cage allows us to focus effectively on proper swing dynamics, 'IMPACT and **CONTROLS'**, the '10 SWING BASICS' supported by the '5 CONTROLS', which is a very good place for us to start off on our 'Golf Journey'.

I have rarely met a student who was not consumed by how far his or her Ball was going, especially in the early stages. This natural preoccupation with 'DISTANCE' is not in your best interests and, as we are the teachers, you're protected from yourself!

3) **OUR FEELINGS**:

Good teachers are firstly evaluators, assessors of assets and liabilities and, thereafter we are humbly deficient builders, less 'Merlinesque' than we would like to believe. In our careers there is occasionally a little magic, usually provided by a bright student and only augmented or seasoned by an inspired teacher. Even these too rare morsels of white light piercing through a hazy overcast make it all worthwhile. Good teachers are influencers and facilitators only. Eventually, perhaps friends.

A client's first question might be, "Could you, as a trusted and proven teacher, not evaluate a swing on the range or even on

course?" The answer is, of course, "YES ANYWHERE", but doing so in the cage purifies the analysis, especially from the player's or the student's perspective. There are no distractions (less tasks) or false objectives. All we want is for you to strike the Ball to the best of your ability ..... straight through the cages clearly defined 'Target Window'.

'MOVING THE BALL ALONG A STRAIGHT LINE EVER CLOSER TO THE HOLE'.
(sinking it in as few strokes as personally humanly possible)
GOLF has very simple goals.

This '**CAGE**' discipline has worked for years for beginners and professionals alike. The absence of 'Ball Flight' observation can be rectified in the next teaching levels (B-2 and B-1) which take place on the driving range and at the practice centre. Firstly I want to ensure that your basic Swinging Action is on track. A good Swinging Motion is Job #1!

It is really the sensing of **'555 Golf Academy Striking Simplicity'** that may be seemingly surfacing as initial disappointment. "No Range Work?" Raw simplicity in Golf is powerful and is manifested in strange ways. Student's questioning is soon replaced with confidence both in the teacher and the client. The important first few steps, as in Life, are taken in safety.

The Journey Begins!

Oh yes. It never rains, snows, is cold, hot or blows unbearably in our cages! By popular request we are considering playing taped seascape, shore and wind sounds underscored by Hawaiian traditional music; but NOT narrated by 'Long John Daly' or 'Don Ho'.

4) **KEY TENET**:

"The absolute reason we play golf is

.... **'PURE PERSONAL PLEASURE'!**

If you have other motives, selfishly change them.

5) **CHEST TO CHEST**:

We generally teach '**CHEST TO CHEST**', directly facing our clients because instruction of basics (not 'Ball Flight') is best done in what we call a '**MIRRORING**' perspective; where the instructor is facing you nose to nose or chest to chest. In this relationship, if the teacher stands taller, elevates his chin somewhat, picks up a dropped shoulder, performs a full turn, looks you straight in the eye, the student can see precisely what is taking place. He or she can do so without turning the Head 90 degrees to his Brace Side where a lot of instructors stand. We do not want to make owls out of good folks. Stable Chins and still Heads are 'First-Step Matters'.

Our unique 'Myming Technique' is proven beyond any reproach.

We want your head still or turning with your body momentum 'TOWARD The PIN' and not to the 'Brace Side'. In a one hour, hard-working session with the instructor standing directly behind on the Target Line or your Foot Line, not 'Chest-to-Chest', it is estimated that you will turn your head some 90 to 180 times the wrong way! That makes no sense to this country boy.

Instructors want traditionally to stand well away from the 'FLAILING CLUBHEAD' but if you control your student and teach him good skills and routines immediately, there is little or no danger. In twenty five years I have never been hit standing 'Chest to Chest' and I have made great consistent strides working from this vantage. It is worth mentioning that we stand just aft of the ball location. No golf ball can come of the clubhead at 90 degrees. It's safe enough for me !

You might ask, **"BUT IF I FOLLOW YOUR MIRROR, I WILL BE DOING IT BACKWARDS."** Good point. The '555 Golf' discipline is that when teaching a Right-Hander we, the teachers, perform Left-Handed and vice versa. We even reverse our language when necessary. Better and smarter still, we use language that avoids 'Right-Left' terms. When I tell you to move your 'Swing Arm', it can only be one and if I rarely refer to left or right, I use the opposite term. Generally we just make the move and the student follows. We carefully explain this 'Order' in our teaching. Myming and a little reverse language may be a new skill for teachers but we have to continue to learn as well. This is how we do it for you and our team knows we are serious about our teaching trust.

6) **WRITTEN FORMAT**:

“You do not have to remember what we say to you because ... we will keep it very simple and retainable. We will give you the ‘Airline Format Debrief’ in writing at the end”. This written one page document is something to carry in your pocket to help your mind.

There is a little reverse psychology in play here. It has been a most effective tool over the years. When I tell my students not to worry about remembering, they always do it better.

Any ‘Skulduggery’ to gain educational ground is fair game !

7) **WILDERNESS VENTURE**:

I often, depending on the time available, tell the story of the wilderness guide who is taking one wealthy exploring soul into British Columbia’s Tweedsmuir Provincial Park, likely where very few humans may have ever set foot. The guide informs the venturer that he has to do only four things: 1) Do as I ask promptly, 2) Keep me in sight at all times, 3) Treat your horse well (if in doubt, don’t get off) and 4) enjoy the experience immensely because it is a chance of a lifetime.

These are instructions even I can understand !

So what is this item #3)? Well it is like this: “If everything else ‘Goes To Hell In A Hand-Basket’ your horse knows the trail; knows how to retrace his journey back home and will get hungry within seven or eight hours. The food is at home. He’ll take you home, or get there with or without you!”

Taking these simple steps, you will be home by dinner time; wine, salad, a full roast beef gourmet meal served in the log main-house with hot apple pie and some home-made vanilla ice-cream squatting on top, lots of fresh-brewed hot coffee or tea, if you so desire, followed by a crackling ‘OVERSIZE’ lodge fire and brandy, good friends and interesting conversation, before a very sound night's sleep serenaded by the crooning of a local pack of Northern timber wolves underlined by the eerie crooning of the several resident pair of loons. Why do I say “Oversize”? You have to see and feel a huge fireplace with an opening that easily devours four foot logs! Wonderfully rare!

If you do not abide by this sound advice, I will be very busy retrieving your lost person or, worstly you may be a steak dinner to one of the dozens of grizzly bears that we will trespass upon over the next few days. They are hospitable enough, especially in those virgin wilds where they are as curious about you as you about them. Grizzlies are very short-sighted, hear well and have a goods sense of smell. They tend to be a little ill-tempered and malicious without much cause, but I am not a big bull 'Ursus' defending a territory so I cannot tell you what races through his mind at any moment. We are in his place and there are very real common courtesies. In any case, from the grizzlies perspective of you, if they are hungry, **"A MEAL IS A MEAL"!**

Never lose your sense of curiosity, of raw appetite for spontaneous adventure in not only your battles on the links, but also in all your diligent and deliberate skirmishes on the driving range known as LIFE!

8) **GOOD COMMUNICATION**:

If I use any words that are not '**CLEARLY UNDERSTOOD**'... stop me and say you do not understand and I will define. Otherwise I might as well do this lesson in French, Chinese or another foreign language.

9) **LOOP RETURN METHOD:**
(airline format)

We teach the 'Loop Return Method' This means that we simply select say thirteen basic tasks or skills that are sequential or prioritized in the curriculum.

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 and 13.

This is the 'Loop or Sequence' like just so many steps.

Say we have accomplished steps 1 through 7 and are doing very well indeed. Then at 8 we get 'Stalled or Plateaued'. Stuck! I do not find it productive to flog the dead horse or beat the stubborn one so we keep moving and vary our approach, not necessarily forward. Retracing our steps as in Tweedsmuir and in flying is sometimes wise and productive indeed. We know all about what is behind us and it was safe.

We know you have mastered #7, so we return to it. Do it and then take another run at #8. If we need to, revisit #6 then #7 and then ‘Loop Return’ again to #8. No success? Stay with the already accomplished skills. Work on a little putting. Debrief and call it a day. There is always a tomorrow. Then #8 will fall into place. You’ll see. This old teacher sees and trusts your raw talent, and knows we can produce.

10) **WARM UP**:
(**Theatre Position - Cradle**)

Specific WARM-UP EXERCISE

5 C O N T R O L S always!

C H I N Tallish (#1 Control)

POSTURE

Good spinal position. Braced Up! Upper body balanced over your Hips, Knees and Feet. A little Bounce in those Knees meaning your weight will be about in the vicinity of the biggest knuckle in your big toes, and that means toward the inside of each foot. Breathing in a rhythmic relaxed manner.

‘STANCE & ALIGNMENT’ always need to be properly attended to before the exercise commences, as must be the case with every single stroke intended to move the Little White Ball even six inches. Always have those two Feet roughly under the outside of your Armpits and those Toes **‘GUNSIGHTED’**. Never perform even when it is not for real without setting up ‘FOR REAL’.

Now, with your biceps or upper arms still in contact with your chest, raise your two hands together maintaining them at about shoulder width, bending your elbows until your thumbs come up just under the level of your chin. Your palms will be facing outwards or directly away from your chest. They will face the Target Line with your two thumbs slightly closer to the Target Line than your palms.

Now place your #7 Iron with the grip end towards the Target in a balanced position across your thumbs, **‘CRADLED’** so to speak. Now you are **‘Theatre Position And Cradled’** ready to commence your warm up ‘TURNS’.

So do some gently.

Turn Belt Buckle Fully to the Brace Side.
(You will FEEL that tension or ‘Brace Hip Load Point’)
Hip Line or Axis about 45 degrees

Then Turn Belt Buckle to Centre
Hip Line about parallel to Target Line

and through Turning the Belt Buckle to the Target
(Your Brace Heel raising slightly off the deck)
Hip line about Square to the Target

Turn Your Beltbuckle

Do these **‘Turn Turn Turns’** progressively to full ‘Brace’ snugness and then back fully through to facing the Target, fully ‘Released’. Do not ‘BOUNCE’ these turns off either the front-turn or back-turn walls. Keep them smooth and soft. One should do about fifteen to twenty remembering that the first half a dozen are very slow and without progressive tightness. By the time you have completed ten or twelve, you should feel as though your Hips are ‘Freeing Up’ and you upper body, chest and Shoulders are comfortably rotating about your spinal axis well inside your balanced Feet, Knees and Hips. Stay relaxed and breathing smoothly.

NO BRAINER:

This ‘No Brainer’ process is essential to getting blood flow to your big muscles and extremities and stretching those muscle fibres from static to dynamic tone. You need some heat in the working end **before** you go to work! People who, on a cold winter’s morning, start their car, shift it into gear and drive off are in for a few cool miles and always pay bigger repair bills as the damage is done while the engine is cold, not up to operating temperature. No pilot is going to confidently get up to ‘Rotation Speed’ with a cold powerplant. Good procedures make for good flights. Perhaps this may apply to your Golf game.

Foolishly ‘Pulled Muscles’ are no better than a golf ball ‘Pulled into the High-Energy Bush’ and injured muscles heal much more slowly. This ‘Turning Exercise’ is vertebrally sound but if you have the slightest discomfort, stop and consult your physician or chiropractor.

H A N D S - GRIP (#2 Control)

11) **LEVER ASSEMBLY CONTROL**:

LONGISH ARMS ‘SWINGING’ under a TALLISH CHIN
(Set-Up Address Ready Position)

Explain '**SWING RADIUS**'. The golfclub swings from the point of your Target Shoulder and the distance from the Pivot Point to the Sweet-Spot of the clubhead must be constant in order to make consistent 'IMPACT'.

Once you are Set-Up at address, your club knowing precisely where the 'Little White Ball' is located, simply make a big smooth Swinging Motion and **'REPEAT The IMPACT FIX'**.

Having 'INVESTED' in a solid 'SET UP ADDRESS READY & IMPACT FIX', in other words having actually Set-Up properly, during the actual swinging motion through the ball, it would make perfect sense to 'REPEAT THE ADDRESS or IMPACT FIX' and cash in! The ball was right there when I drew the clubhead back and it is 'RIGHT HERE NOW' when I hit through.

12) **SECONDARY ABSOLUTE**:

LONGISH ARMS 'SWINGING' UNDER A TALLISH CHIN:
(good posture and working position providing
'Clearance' with which to Swing the Clubhead)
('Target Lever Dead Rope')

SWINGING THE CLUBHEAD BACK AND FORTH
TICK TOCK, TOUCH TOUCH, SEE IT - SEE IT'S

This exercise is a 'Timing, Tempo, Cadence, Rhythm' generator.

Note: 'To The Client's Top of Swing' We must NOT force a client beyond his natural range of motion. We must work with what he or she brings in his or her shoes to our teaching facility. Making anyone produce 'Text Book' positions and moves is 'PURE FOLLY', but very shortly we must accomplish his or her 'TOP OF BACK SWING'.

13) **RIGHT SIDE LEFT SIDE RIGHT SIDE**
PIVOT or ROTATION
Target Side Leads
Brace Side Drives - Provides Resistance
(Right-Handers)

Right here and now, I want to stress to you that when playing Golf what is called ‘Right Handed’, it is a ‘**LEFT-HAND** and **LEFT-SIDE**’ dominated exercise as far as ‘Clubhead Control’ is concerned. The Hand and Arm, the side closest to the Target does the lion’s share of the ‘Clubhead Guiding & Radius’ and is of more importance generally, in this regaard, than the ‘Brace Side’, which, of course, has its key roles. Think ‘**TARGET SIDED**’ when you are thinkng ‘Clubhead PATH and AIM’. From a POWER perspective and the Delivery of this ‘Proper PATH and AIMEd Clubhead’ to the Ball, Golf is clearly a ‘**BRACE SIDED**’ exercise. The ‘Brace Side’ is clearly and overall the ‘Dominant Motion Side’.

‘Left or Target Side Lever Assembly’ swings the ‘Extended Target Lever Assembly and Clubhead From The Shoulder Socket’ while the ‘Loaded, Cocked or Flexed Brace Elbow, Straightening Through The IMPACT & SEPARATION Zone’, takes the Clubhead Lag Out and makes the strike at the bottom. (Swing Sequence #7, #8 and #9 or ‘Bottom Half Of The Circle’)

Analogy:

‘YOU DO NOT DRIVE YOUR CAR DOWN THE ROAD LOOKING THROUGH THE BACK WINDOW, LEADING WITH THE TAIL-LITES’.

Headlites (‘Target Hip’) lead and Tailites (Brace Hip) follow
Replanting Left Heel triggers forward move,
which starts clearing the Target Hip.

But, I want to make it very clear that, in our ‘Two-Wheel-Drive’ anatomy, it is the back wheels that provide the POWER and MOTION forward. The Brace Side ‘Drives’ while the Target Side ‘Clears’.

‘TURN the **‘BRACE’** Side IN
and
FIRE the **‘TARGET’** Side OUT’.
(very smoothly but powerfully)
(see ‘Butt Master 2000’)

Remember, the ‘Brace Leg Drive’ moves the entire machine along its ‘Horizontal Path and Plane’. (see ‘Rear Wheel Drive’)

Although this process may sound a little ‘Two Piece’ always remember the body parts are very connected, especially those powerful hips. One can move the right Hand independently from the left Hand but not the right and left Hips. Simply ‘FEEL’ as though you are ‘Firing’ your Target Hip out and ‘Pushing’ your trailing Brace Hip through ‘IMPACT’. This Feel aspect is of great importance in good repeatable reliable Golf. Once a ‘Move’ is tested and proven, let ‘Remembered Feel’ repeat it. Let your ‘Macro Brain Programmes’ run the show when the heat is on. Auto pilot is a good mode and will serve your needs.

14) **PHYSIOLOGY**:

A little more physiology at this time is that ‘Muscles Work by Shortening or Contracting’. Muscles work in direct and often opposing pairs. Thus when our body moves, it is as a result of complementary actions of some muscles contracting (tetanus) and doing work while their counterparts lengthen and by relaxing (tonus) expand. So, if our body parts move in a direction, we generally must have relaxed the muscles in the other side or opposite side of the ‘Power Package’ (‘ALSDR’) to allow them to create tension in the direction of yield or movement.

This is the reason I have had numerous conversations about whether the **‘Brace Side Of The Upper Body Pushes The Upper Abdomen and Thorax Body Forward Or The Target Side Pulls It In A Forward Direction’**. The answer is found in the previous paragraph. At the ‘Top Of The Back Swing’ (‘TOB’) what is ‘Stretched (‘In Tnesion’) and what is either relaxed or ‘Compressed’? Work is done by contraction of the ‘Stretched’ Target Side Abdominal and Lateral Mass Of Muscles. The ‘Shortening Target Side’ ‘PULLS’ the ‘AFT’ side along for the ride. Then, simultaneously, the ‘Driving Brace Side Lower Body Machine’ provides the ‘Primary Braced and Driving Force Round & Round Motion’.

The ‘Target Side CLEARS’ so that the ‘Brace Side’ can come through the ‘IMPACT & SEPARATION Zone’. The Target Side Pulls the Upper Body Brace Side along for the ride and so one can call this action ‘PULLING’. The Target Side leads and the ‘Brace Side’ follows. The ‘Upper Body Brace Side’ does NOT ‘PUSH’ the body through centre of Address Ready SQUARE.

However the Lower Body Machine Drives the Hips towards the Target which provides the Power via ROTATION or PIVOT that really carries the Upper Body Machine (the part that handles the Golf Club). The ‘Primary POWER Source’ is simply the ‘Physics of ROTATION’ via the ‘Lower Body Machine’.

The Target Side ‘**LEADS**’ while the Brace Side ‘**FOLLOWS**’ in the Upper Body. The Golf Swing evolves ‘From the Ground Up’ and ‘From the Inside Out’. Therefore, the Lower Body Machine holds or provides the dominant ‘Motive Role’.

‘From the Ground Up’ or Belly Button Down, our Brace Foot provides the power to drive our Lower Body forward thus propelling our Hips ahead and around in that ‘Carousel Motion’ to which I have referred. The Target Foot provides no POWER or THRUST but simply catches us after ‘Power Delivery’ (‘ALSDR’) completion through ‘IMPACT & SEPARATION’.

Out of interest, I maintain that the Brace Foot propels the Belly Button and Target Hip forward and NOT the trailing Brace Hip. It is quite possible to just stand there and ‘Spin Your Hips’ with no POWER. (the ‘Hip Spin Out or Hula’) This will not move the Golf Ball efficiently. ‘Round & Round or the Carousel Motion’ creates effective ‘Spinal and Pelvic Rotation’ as opposed to ‘Sliding’ or pure ‘Lateral Motion’ (‘Sway & Slide’) which plagues many golfers.

If you are ‘Hooking’ for a living, might I suggest more attention to basic commitments! What goes around, comes around! ..... and makes the ball go straight. You likely need more ‘Brace Leg Drive and PIVOT Pressure’. You recall that the ‘Lower Body Round & Round’ tends to ‘Open The Clubface’ and thus suppressing the ‘Hooks’. Pay attention to this wisdom. (unless you like ‘Hooking’!)

15) **AN OFTEN MISSING ‘SECONDARY ABSOLUTE’**:
(due to Tension I might add)
the
‘ROLLING ACTION’ of Hands, Wrists and Forearms through ‘IMPACT & SEPARATION’.
(DO IT NOW!)

Those ‘Navigator Hands’ are not rigid or tight as many struggling Golfers perceive. During the swing one must generally ‘FEEL’ just

enough ‘GRIP’ to simply maintain control of the club and not any tendency to squeeze it so that it does not get away.

Your ‘Brace Hand’ naturally rolls over the ‘Target Hand’ giving you the feeling that your ‘Brace Forearm’ is coming into contact with your ‘Target Forearm’. Don’t overdue this as it is a ‘Natural Centrifugal Motion’ and your ‘Hands Should Be Soft, Quiet And Passive’.

‘Stick the Toe in the Tree’ … ‘Up Your Nose’

This action is called ‘PRONATION – SUPINATION’. "Read all about it in your ‘Friendly Tour Guide INDEX’ and other Golf technical materials, but do not get overly technical.

16) **PRIMARY ARTICULATING JOINTS**:
(where naturally mechanical bone movements happen)

Lets get these under our **CONTROLS**

13 IN ALL:

Remember that, excluding our fingers (carpels) and toes (tarsels), there are thirteen (13) primary articulating joints in our bodies. **They are from the 'Ground Up' 1) Ankles (2 ea), 2) Knees (2 ea), 3) Hips (2 ea), 4) Wrists (2 ea), 5) Elbows (2 ea), 6) Shoulders (2 ea) and 7) your Neck. You have only one so save it by keeping it out of the Golf noose !**

P O S T U R E
CHIN Tallish (**Control #1 ‘CHIN’**):

The Lower Machine Body Group Takes Care Of 7

With your Chin Tallish, you will have seven (7) of your 13 ‘Articulating Joints’ in proper order or under control. The Ankles, Knees, Hips and your Neck will be comfortably, athletically extended to the ‘Working Position’.

G R I P
HANDS Deep, Flat & Wide (**Control #2 HANDS**)
(‘BLEA’ or Push Down)

The ARMS or UPPER BODY MACHINE GROUP
Takes Care Of The Other 6

The LEVER Assembly Group of Articulating Joints, Wrists, Elbows and Shoulders are very important indeed. The applied POWER, firing or ‘Straightening-Out’ sequentially of all the ‘Brace or Cocked’ moveable parts from the Top Of Back Swing (‘TOB’), in one smooth

powerful, extended, simple, easily-repeated action, smoothly co-ordinated with the swinging Target Side, is our pure and attainable objective. It's this leverage, this simple 'Straightening-Out' move, supported by our powerful driving and rotating lower body, that develops and delivers the bulk of the power through the club to the backside of the ball.

Don't lose sight of the fact that most of the motion 'Resistance' is sourced from the Back or 'Brace Foot'. This is our 'Push Foot'. It is called 'Resistance' because Newton tells us that **'For Every Action There Is An Equal And Opposite Reaction'** meaning that the throwing forward of our Golf Club to hit the Ball should cause our bodies to be thrown backwards. This 'Falling Back' actually is the case for those Golfers who have not discovered what the Brace Foot is for.

The function is found in the name. Our back foot '**BRACES**' us against the 'POWER and FORCE' of our propelling the Golf Club forward which would naturally force us to fall backwards or in the opposite direction of our 'Ball Flight'. Additionally as stated, the Brace Foot and Leg provides the 'POWER' to force the Hips forward and around the spinal axis generating 'Centrifugal Force' and thus the 'Free-Wheeling or Slinging Action' of the Clubhead at the ends of our Hands which causes us to 'FEEL' as though our Lever Assembly is going to fly off our Chest of Pivotal Sternum.

17) **THOSE DEEP H A N D S** (**Control #2**):
('Target Lever Dead Rope')

6 more of the 13 JOINTS taken care of:

Note that out of our '**5 CONTROLS**',

CHIN (7)
HANDS (6)
FEET
BALL
PIN

all those 'Articulating Joints'
are properly stacked and extended
in the first 2 of the 5 CONTROLS.

IN MOTION REMEMBERED FEEL:

‘HANDS DEEP, FLAT and WIDE’ throughout the entire swinging motion or trip, keeps the six ‘Lever Assembly Group of Articulating Joints’ in position to work the Clubhead effectively away from, back to and through the Ball at very high speeds, relatively humanly speaking.

For your interest, clubhead speeds have exceeded 160 M.P.H. producing much greater ‘Ball or Launch Speeds’. That is why I have a friend, and there are people, superhuman as they might be, who have regularly and comfortably struck Golf Balls 375 plus yards at sea level.

When you hear golfers tell of their 300 yard drives, you should, however, generally forgive them for speaking falsehoods. Knowing that the accomplished Golfer who plays twice weekly, regardless of where they reside world-wide, only strikes the ball between 220 and 230 yards average, should give you peace. That should relieve some of your personal pressure. If it does not, keep it in the back of your mind, set up well and practise more properly executed ‘Leg Driven Full Swings’ with the big stick and earn 250 plus. You will be in rare company, especially if they are down the middle.

18) **MORE G R I P:**

There are only seven (7) basic GRIPS used in golf.

1) ONE-HANDED GRIP NO
2) SPLIT GRIP SNO
3) TWO FISTED GRIP SNO or CNO
4) TEN FINGER GRIP SNO or CNO
5) Short VARDON Overlap CO
6) Long VARDON Overlap CO
7) INTERLOCK CO

(C Contact, S Separate, O Overlapping, NO Non-Overlapping)

YOUR GRIP

GRIP … Three Of Seven Types

GRIP … Weak, Neutral & Strong

Foundation FEET (Control #3 FEET)

19) **'PUSH AND FIRE'**:
(more Brace Foot)

To feel the action of the 'Brace Foot POWERING' right to and through your Lever Assembly, Shoulders, Elbows and Hands, right now, take your #7 Iron and make some 'One-Handed Swings'; first with the Target Hand that swings and maintains radius from the pivot shoulder. Now do it with the Brace or Hitting Hand. This is the hand at the end of the Brace Side, 3 Lever Assembly. Take the club to the top and carefully observe the 'Cocked' shoulder, elbow and wrist. Cocked like a gun! With your first move dropping your brace hand directly at the ground, squeeze the trigger gradually and with progressive acceleration, as your hand drops down below your armpit to your hip and then below your knee, where the real gun-powder gets the spark and explodes.

Remember, don't 'Make The Hit' until the sweet-spot of your clubface is moving forward toward the TARGET. Until the sweet-spot is closing on the pin it is going in the wrong direction, so do not step on the gas! Until your accelerating Clubhead is well into Segment #2 of your swing, your 'Thrust Vector' will be forced 'Outside The Target Line' creating the 'Outside-In Clubhead Path' which usually produces the Slice or Pull, problems we have no doubt heard of!

Now from the ground up...
still
F E E T (Control #3 FEET)

20) **STANCE**:
our foundation

FEET (**FROM THE GROUND UP**, Powerline)
Brace Foot (pushes-resists) and Target Foot (catches)

ALIGNMENT ... GUNSIGHT

The Gunsight, Brace Forearm, Swing Sequence #11

Note: This ‘Powerline’ to which I refer is the route through your body that the power is generated or follows. It all starts from your ‘Brace’, the push or back foot and it happens ‘From The Ground Up’. The thrust comes out of your brace foot, travel up your leg to your right hip and butt, travels across your back to your target shoulder, fires down your target side Lever Assembly through your hands, down the shaft to the speeding head right into the backside of the ball.

21) **ALIGNMENT**:
(Gunsight and Bounce)

Often when our feet or ‘STANCE and ALIGNMENT’ are in order, we might look to our ‘Target Side’ to see the Pin and thus inadvertently ‘Turn or Rotate’ our shoulders toward the Target Open to assist in our seeing the Pin. When we do this our ‘Shoulders are NO LONGER ALIGNED’. They are NOT parallel to our 'GUNSIGHTED TOES' and thus, when we swing the club freely we will be doing so primarily down our ‘SHOULDER LINE’ as the shoulders are much closer and more influential over our arms and hands than are our ‘Gunsighted Feet’.

This condition is called being ‘Corkscrewed’. It is when the ‘Five Axes’ are nto in proper natural relationship to eachother. How do we correct this misalignment? Easily. Simply ‘**BOUNCE’** from your feet to your chin, keeping it Tallish, of course. Practise your proper ‘SET-UP’ regularly. Lay a ‘Stick – Golf Club’ on the ground to show you precisely where the ‘Foot or Body Line really is. Use and trust it. This type of sensible approach is the ‘ONLY’ way your are going ot elimintate ‘Troublesome Component Variables’ from your ‘Routine and Execution’. “Work Smart’ os suffer! Replace problematic unstable ‘Variables’ from your ‘Golf Procedures’ replaced by useful and reliable ‘Constants’. You will love the results right away!

The FEET are the FOUNDATION of YOUR SWING
so getting them right is of primary concern.

But getting your knees, hips and shoulders all ‘In Line or ALIGNED’ as well is imperative. Having these parts ‘Consistently Aimed’ in relationship to themselves may be a better way of explaining this

in that some very good players might set up with their shoulders slightly open and produce absolutely straight ‘Target Line Ball Flight’.

22) **MOVING TARGETS**!:
(a very productive ‘Bullet Proof Exercise’)

Get your student doing 3/4 to Full Swing
'TICK TOCK's, TOUCH TOUCH, SEE IT SEE IT's....

Saying to the student “You keep TICK TOCKING. Your job is swinging the clubhead and mine is to ‘Feed You Balls. Don’t stop swinging back and forth, no matter what I do.”

Teacher rolls some balls into ‘Clubhead Path IMPACT Zone’ and gets student to Swing the Clubhead **‘THROUGH’** them in the process of his relaxed pendulum action with a little ‘POWER’ in the bottom. Get the student to keep swinging full, to his top or close, dropping down & hitting through backside of ball, to the target (PIN). Get the student to put some ‘Heat’ in the bottom of the swing by starting to say our ‘Trigger Sequence Words’ **“SEE IT”** Do not explain the words at this time but start putting them in place by saying them for him.

After you have done at least 6 to 10 strikes by sliding balls into the ‘Clubhead Path’, stop the student and explain what he has just accomplished.

HITTING MOVING BALLS SOLIDLY!

(rather amazing when traditionally striking the stationary ones is difficult enough)

Explain **‘SEE IT’** and start letting the client know this is a very key phrase in our ‘555 Golf Curriculum’ ‘SEE IT’ (Hit Words) It is called a ‘Secondary Absolute’ and it is very important.

Student will realize and ‘Discover Practically’ that eye-contact is the KEY absolute to making this test work. The Swinging Motion is the foundation. Without enough of BOTH, you are ‘FOLLOWING and not LEADING’! We want to ‘LEAD’ in Golf.

23) DEMONSTRATION EXERCISE:

POINT YOUR FINGER TIP
(Target Index Finger)
Taking Dead Aim

SIMPLE QUESTIONS:

Can you see two items at once, the Ball and the PIN ?
Which happens first, 'IMPACT' or the Ball going in-the-hole?
(Pretty basic stuff!)

In the 'Theatre Line-Cradle' Set Up, your Shaft will be parallel to your Chest and the Grip will be pointing in the hole. Turn your head and carefully look at the flag. Now, looking ONLY back at the TEED ball, slide your 'Target Hand Off the Grip' and, with a straight arm, 'POINT YOUR FINGER TIP' (nail) precisely at the Flag.

THE SIMPLE 'X" TECHNIQUE:

Put a Sharpie 'X' on the 'Dorsal or Top Surface' of your 'Brace Second Carple Joint'. When you finish your Front or Down & Out Swing (Swing Sequence #8a to #9 – Chase & Follow Phase) make sure that the 'X' is pointing Down The Line' (DTL) at 'The Far Target'. This is proof of 'Swing Path & Plane'. (Your Swing Lines)

Have a look down your Swing Arm and Finger. If the nail is not pointing directly at the Flag, knowing that your 'GUNSIGHTED FEET ARE' along with your shoulders, adjust the finger nail slightly until it POINTS dead-on the Flag. This is a 'FEEL' exercise using the 'Mind's Eye' to it fullest as you must to conquer all comers.

Work on this 'Mental Imagery', 'Putting The QUARTER (centre of the cup) in the very centre of your Mind's Eye'. The data needs only be recorded once if properly done and 'TRUSTED'. Understand and do this correctly so that you can **'SEE The BALL'** and **'FEEL The PIN'**.

24) **POINT YOUR ELBOWS**:
Swing Segment #4F

A good comfortable ‘FOLLOW FINISH’ is proof of a good swing.

Whatever you hear about the elbows in a Golf Swing, yours or someone else’s, you need to ‘**MOVE THEM TOGETHER**’ throughout the swing. This, of course, produces one of my favourite finish positions, that being with the elbows pointing at the Target.

Remember, the end of the swing justifies or is produced by the means and my ‘BOUNCE BACK’ move or routine proves this to be true in form. (see the ‘BIG PICTURE’)

When you complete your ‘Front Swing DTL to Swing Sequence #10, your ‘Brace Elbow’ should also be pointing at your ‘Far Target’.

Think of our ‘Finish & Hold - Gun-Sight Drill’.

BALL (VRBP #1, Control #4) PIN (VRBP #2, Control #5)

25) **SEE THE BALL.....FEEL THE PIN**
(ready to hit some balls)

The Flag and Pin. **“It’s In Your Ear.”** In your mind, reach out, take flag out of the cup, and physically ‘STICK IT’ (cup end) ‘IN YOUR TARGET EAR’. Now, if you turn your head to look at it, there is no pin to see so it is fruitless to turn and look.

You must learn to TRUST this rather novel approach to striking golf balls efficiently. Never lose sight of the fact that this Great Game of GOLF is a skill which must be earned. It is a ‘EYE-Hand Co-Ordination’ exercise so use them both precisely every shot. See the ball come off the ‘Speeding Clubface’. This controlled velocity is accomplished primarily via the hands through the ‘EYES’.

26) **BREATHE PROPERLY**:
Karate / Tai Kwon Do

Listen to, use and obey your
(Natural ‘In-Utero’ cardio-pulmonary body clock - metronome)

Did you know that over seventy five percent of all golfers hold their breath to varying degrees before and during the golf swing? One cannot accomplish a smooth athletic move or action holding one’s breath, unless it’s an underwater endurance requirement!

No powerful athletic move or feat can be smoothly and efficiently performed while either holding one’s breath or, more interestingly while breathing IN. All general POWER MOVES are performed while exhaling. A very well known example of this is the Olympic power or weight lifters. Have you ever seen one lift properly made breathing in?
A rather surprising comparison is the power-plant in your automobile. If you were to weld the tailpipe closed, your car would run for just a few minutes before the internal combustion engine came to a stop. Our bodies are purely internal combustion engine of a sort and need to freely exchange air.

The moment you select your club and pull it out of the bag, stand tall and BREATHE rhythmically, IN and OUT deeply, not in shallow breaths. Keep doing it right throughout your entire routine. This simple awareness and discipline will enable you to perform closer to expectations.

If you ‘HOLD YOUR BREATH’ you will not finish or likely not even make a Swing. You will Pull or Block, both of which unleash real nightmares for thousands of strikers. ‘Pulmonary Pressure must equal PIVOT Pressure and Extensor Pressure’; ‘Matching Components and Procedures’.

27) **A SUGGESTION**:

A method of staying smooth and collected I have employed over the years that might benefit you is to sequence your ‘TAKE AWAY’ to coincide with one of your ‘IN BREATHS’ and to not make this take away with any more force or pace than that of your breathing. Use your ‘Pulmonary Clock or Metronome’ to ‘TRIGGER’ the drawing back of your Clubhead.

Of equal importance, your ‘OUT BREATH’ will naturally coincide with your ‘POWER APPLICATION and the IMPACT’. Always breathe out through your IMPACT. Remember, if you hold your breath, you will Block or Pull. If you have the slightest doubt in this rudimentary physiology, take a few moments to experiment and let your own body tell you the story. It surely will.

28) **MUSCULAR DIFFERENTIAL:**

Your muscular performance is very much tied or linked to your breathing. Tight breathing will guarantee tight muscles and properly controlled and executed breathing will enable efficient co-ordinated contraction and relaxation of the muscle fibres and tissue.

As I mentioned several times in this exercise, ‘**TIGHTNESS**’ is the number one ‘Wrecking Ball’ of either a good Swing or any aspirations of having one.

Muscles to prepare for work must relax so that they can contract and or fire putting ‘**MASS**’ (Clubhead and Ball) into ‘**MOTION**’ (Clubhead Speed and Ball Velocity).

It is the difference between ‘**TETANUS**’ (tight) and ‘**TONUS**’ (loose) that creates the muscular power and ‘Clubhead Speed’ that is absolutely necessary and responsible for making Golf Balls ‘Go Away’ FAR !

Comfortably relaxed muscles are fast. Tight muscles are always slow. ‘Hand Speed’ which creates ‘Clubhead Speed’ makes Balls go far. Hand speed comes strangely from your feet up and through that wonderful body ending in your fingers. Any tight body part in between, (I can hear those imaginative, furtive wheels turning) can derail the chain-reaction that creates that high-speed, magical cracking of the whip through the Ball.

Relax HIT Relax

The ONLY way you can create Balanced FORCE (tetanus) is from a state of relaxation (tonus).

Make sure you truly feel this ‘**Muscular Differential**’.

If you are super tight throughout the swing, you will not be able to ‘Make The Hit’ when it comes time to do so. You cannot create ‘TIGHT from TIGHT’, but only generate ‘TIGHT from LOOSE’.

Remember the ‘Martial Arts’ technique of smooth breathing through POWER DELIVERY and returning to a relaxed state of 'Mind and Body'. GOLF is made of or is well served by this discipline.

more H A N D S (Control #2)

29) **THOSE LIVE HANDS AND LEVER ASSEMBLY**:

DROPPING DOWN AND HITTING THROUGH the BALL
(Don’t Hit Down and Through)

The first Forward Move is the DROP which is magical, if you will relax and allow it to be, is created by ‘NO MUSCULAR FORCE’ but ONLY the FORCE of GRAVITY! How simple is that?

Be very careful NOT to make this ‘SUBTLE START’ by dropping your Chin or Shoulder .....JUST THE HANDS starting the entire ‘LEVER ASSEMBLY’s Trip to the BOTTOM’ where the ‘Little White Ball’ sits waiting so defensively for that ever so aggressive speeding clubhead to ‘KICK IT'S BUTT’ directly in the hole!!

30) FINISH **RELEASE** RELAX to the PIN
(Breathe Out through IMPACT and FOLLOW FINISH)

31) **PULL....ROUNDHOUSE** action

TRUNCATION (cedar tree image)

Let arms (branches) HANG/SWING from top NOT FIXED or sticking out of trunk of the tree.

Swing the clubhead from your shoulders or armpits and NOT from you elbows and tummy (what we call TRUNCATED) where your arms and hands ‘ROUNDHOUSE’ or pivot about your hips. This TRUNCATION will not develop Clubhead Speed for one simple reason; the length of your ‘Swing Radius’, shoulder to sweet-spot of Clubface is shortened to elbow to ‘Sweet-Spot’. The ‘Law of Angular Momentum’ is clear on this fact. If you shorten the swing radius, while maintaining constant R.P.M.’s, rotational velocity, your ‘Clubhead Speed’ deteriorates or decays.

Swing the Clubhead from your ‘Target Shoulder Socket’. ‘FEEL’ this action and source of the action.

32) **ROGET'S THESAURUS**:

If ‘PULLING A SHOT’ is bad? The dictionary opposite is ‘PUSH’. I know this is all too simple but, when you feel ‘Pull’ and view the results it creates, it makes sense to add a little ‘Push’ to the back of your ‘Target Hand - Brace Hand’ pair through ‘IMPACT’ down and along the ‘Target Line’ to the PIN.

FINISH SQUARE TALL and EXTENDED TO THE PIN.

WHAT IS SQUARE?:

What is Square? Hips, Chest and Chin pointing at the Target. Don’t finish your Swing with your ‘Target Shoulder’ pointing at the Pin or your Chest half turned to the Target as this means that your lower body has not contributed as it should. Turn those Hips right through the Impact toward the Target. Complete the swing getting the Clubhead ‘T H R O U G H’ the Ball and NOT just to the Ball. Remember that our objective is to Swing the Clubhead T H R O U G H the Ball and take the Flag-Stick out of the ground (tongue in cheek) and NOT to simply HIT the Ball. I cannot over-emphasize that the Ball simply gets in the way of the Speeding Clubhead, which is heading toward the Pin. Enough said!

Rolling the Right (BRACE) Hand over the Left (Target) Hand, THROUGH IMPACT, using the primary and secondary Lag Pressure Points, directly to or past the target line creates that so sought-after ‘Inside-Out’ or drawing Ball Flight. It is thought of as the Pro’s Attribute, but some of the greatest players were natural FADE

makers, so do don’t be misled. A fade is acceptable too. The faded ball lands softly and sticks generally better than the drawn ball which tends to run more.

33) **INTERESTING POINT**:

Be energy efficient in your Swings ....all of them. There is little point in wasting good calories in a bad swing!

The least amount of energy that a swing might expend will be found in the most easily executed and simplest motion. The ‘Pendulum’ is this motion. Back to Isaac’s LAW.

If you ‘Interrupt’ the natural Swinging Motion, you will make the activity ‘Less Efficient’ and fail to accomplish a nice straight Ball delivered to the Target.

‘Pushes and Pulls’ are examples of this ‘Interruption’ of swinging efficiency. You put more energy into a ‘Pull’ than a straight Ball Flight. And, believe it or not, the same is true about ‘Pushes’ even though they are to the ‘Low-Energy Side’ of the fairway or Target Line. You have to ‘Work Harder’ when your swing gets out of equilibrium or out of its most natural swinging state, even it is a ‘Push’.

‘Interrupting the Natural Swinging Motion’ takes energy that is negatively applied. Why waste it and pay a penalty at the same time?

34) **PERSONAL KEY WORDS**:
(mine)

LIGHT GRIP PRESSURE SWEEP & BALL - P I N
Soft Hands

(swing thought or KEY WORD which I say to myself just prior to take-away. Develop your own soon. Remember there must be no verbs or action words in this ‘KEY WORD’ function. It is not to stimulate but to CALM and set the wheel in motion smoothly and reliably making yet another boring perfect swing and shot!

(more about KEY WORDS and PHRASES later)

there are only

36) **TWO SWINGS IN YOUR BAG**

1) FULL
2) LESS THAN FULL

37) **FULL TRIP:**

You cannot get full yardage out of a ‘Less Than Full Swing’! If your clubhead makes less than a full trip it will not produce full results.
Think about this. If your local market is one mile from home and while going on an errand you travel 3/4 of a mile, you ‘AIN'T’ bringing home the groceries!’

If you are coming up short on the tee box, think about this: ‘A DRIVER is a FULL SWING TRIP ONLY CLUB’. Would you ever hit an abbreviated ‘Pitch Shot Driver’?

38) **TEACHER’S RESPONSIBILITIES AND TASKS**:

It is very important to mention here what a golf teacher’s job is. We must not get all wrapped up in creating ‘Classic, Text-Book’ golf swings. We must NOT force our students into doing or being ‘What They Are Not!’ We must assess the skill level and talents that every person has and then teachers must put them, with as little delay as possible, to the best achievable, most efficient use. We must get some positive basic results and understanding quickly so as to get rewards on the plate; so that the student feels accomplishment is really attainable as the Pro promised.

39) **SET-UP ASPECT**:

Check list it religiously from the top down.
Build your swing ‘FROM THE GROUND UP’ every time.

those ‘**5 CONTROLS**’ (again)

40) **THE CHECK LIST & POWER LINE DELIVERY SEQUENCE**
ALSDR – ‘Accumulate, Load, Store, Deliver & Release’

‘Brace Foot SQUARISH to Target Line’. ‘Target Foot PINNISH (25 -30 degrees) to Target Line’. The ‘Check Progression’ moves up the vertical BRACE LEG to the HIP LOAD POINT (feel it) to your ‘BRACE BUTT’ diagonally across the your back to the TARGET SHOULDER (shoulders quite level), Down the Target/Swing Arm to ‘**OILY**’ relaxed but ‘ELASTIC BANDED ELBOWS’ (connected causing Arm-Pit Pressure, the #4 Pressure Point) to firm but ‘SOFT’ Hands, (feeling like the are gently holding an economy size tube of tooth-paste without a cap), then Down the shaft, to a Checked Clubface (Square and AIMED), Now ‘PIVOT Waggle’, Tallish Chin, Longish Arms, Triangular Braced Connected Address Ready, Breathe and Relax.

This is the ‘**5 SET-UPS**’ aspect of our ‘**TEN BASICS PROGRAMME**’ which you have heard so much about and shall hear more about before the day has ended; Game Set Match! You can count on it!

Q45)

"If you think it’s hard to meet new people,
try picking up the wrong ball."

Jack Lemmon, actor

Q46)

"I was so skinny when I was a kid
that I got my start in golf as a ball marker."

Chi Chi Rodriquez

Q47)

“The game was easy for me as a kid and I had to play
a while to find out how hard it really is.”

Raymond Floyd

(after winning the Masters)

RULE **#40**:

The ‘**BETTER**’ Rule

‘BETTER CLUBS HIT BETTER SHOTS’

They do so through a mind that thus has more ‘TRUST’ in the equipment which feeds that ever so important TRUST IN ONESELF’ without which ‘Golf’ suffers many unnecessary ills; sort of a self-induced ‘Purgatory’.

Q48)

If a pussy cat ever stepped on a hot stove lid,
would she ever step on a cold one ?

Mark Twain

We golfers are creatures of habit and all-too-often become ‘Gun-Shy’, missing opportunities to try a good discipline because a bad one in our past did not work.

Keep open minded.
Be Purposeful.
Stay Focused.

Q49)

The Solution to Complexity is Found Through Simplicity

Karl M. Fischer

C**43**]

THE '555 GOLF ACADEMY' LESSON FORMAT

THE BIG PICTURE

"The Dialogue"

The following is similar to our '555 Golf Instructor's Manual'. It's firmly suggested 'Relationship-Developing Procedures' are used with the client from the very onset of the first lesson. Just after we introduce ourselves and following giving the student a few moments to explain his/her golfing history as well as perceived problems and objectives, we get on track and stay organized. The real talent is to apply this degree of discipline and do so with your audience, big or small, not noticing. The better one does it, the more fun, effective and respected our profession becomes.

1) **THREE ASPECTS TO THE GAME OF GOLF**:

Knowing that there are three aspects to Golf, the **'Equipment'**, the **'Person'** and the **'Course or Environment'**, ask yourself to write down the names of golf equipment vendors you can easily recall. In another column write the names of proven and trusted teaching professionals you know. My opinion, as spoken, is that Golf is 60% or more mental and 'Some Of The Rest' is physical when you are a relatively accomplished 'Player'! Before it is a more even split.

Similarly, the real task before those wanting to improve is to locate someone to actually help trustingly in that learning process. I am certain finding quality equipment is much easier.

If you have gone on this talent scouting venture and found a pro that makes sense and shortly afterwards helps you improve lastingly, consider yourself fortunate indeed. That is very special!

2) **THE INSTRUCTIONAL MANUAL**:

This **'BIG PICTURE'** is the actual primary segment of our '555 Instructor's Manual' and our teaching. With our serious and disciplined curriculum, that we demand is maintained or followed 'Consistently' (3 C's) throughout our system, we expect all our teachers to adopt this basic philosophy, content and delivery. If

we do not teach consistent discipline, we will be a moving target and then how can we expect students and clients to become stable?

Why so strict? Because it is carefully **'PROVEN BASICS'**, a good simple foundation, we know will stand the test of tough play and even protect a weakened mind and spirit. Because, when your trusted teacher is away for a trip, vacation or tournament you must be able to talk to another **'555 Golf'** teacher who speaks the same language and preaches the same skills, as your primary teacher. Same lyrics, same music, same pages but with possibly slightly different personalities and delivery only. Who knows, you may like the substitute teacher better.

The source of this discipline, although it is common sense, is the front end of airline equipment, where any, type-rated, flight-deck crew member can effectively interface with other crew members. This makes blending crew rotations possible. The results is very safe, reliable and comfortable for the folks aft of the cockpit. If it works at over five hundred miles per hour, (733 feet per second, 2.5 football fields per second), where things take place faster than in your 'Rocking Chair', such routine co-operation might work standing on a tee box relating to your teacher, especially when he or she cares about you.

3) **YOUR APPROACH TO THIS**:

May I suggest that you read this section generally from a teacher to student perspective. The student may or may not already have some golf knowledge and skills, but the '555 Golf Academy' finds making assumptions of skill levels to be dangerous, so we cover all the basics, apologizing in advance if we seem to be a little slow-paced and ploughing already well-tilled and prepared fields. I would rather do it twice than to miss it altogether and later on wonder where I went wrong. You are not paying me to experiment with your future.

This full **'Lesson Format'** is a digested conglomeration of many thousands of lessons and may repeat materials already mentioned in this 'GOLF....Solving The Complexity Myth' but come along for the ride and do so in a frame of mind that you will find more ways of explaining and understanding Golf. There are many new opportunities of demonstrating and shedding more filtered light on this overall fascination we call Golf.

4) **THE OTHER SOURCE OF THIS DISCIPLINE**:

From whom did this strict attitude and discipline come. How did it evolve? I am a bit of a lost part in a long lineage of family and relatives who were and are all medical practitioners. My father and mother, who were the most respected and trusted health professionals throughout their illustrious careers, never made basic assumptions as to patients' wellness. Any assumptions were easily proven. Failing to assess and verify with good procedures, often made for even more lack of wellness and prolonged healing to ONLY the client's disadvantage. My parents, sometimes exercising seemingly examination 'OVERKILL', did thorough physical and psychological analysis on EVERY patient. Blood pressure, height and weight, temperature, visual examination, skin tone and texture, medical histories and lots of "Tell me what you are feeling. How's life, your job, your family, other close relationships?" This made for happy customers and safe medicine.

The same thorough approach makes for **'SAFE GOLF INSTRUCTION'**. As in flight procedures, we need to know the **'Big Picture'** before we can narrow it down to precise elements.

5) **THE ELEMENT OF TIME**:

By the way, you may find it of interest, or already know, that the industry standard time period for a single golf lesson is thirty (30) minutes or just slightly longer. The first meeting of our teacher and student in a 'B-3 Series Format' requires generally 1.5 hours and I have seen this very important start, by mutual consent, both productively and without any boredom, take even longer. We must form relationships if we expect to learn from others. That takes time. So be attentive and patient! Enjoy!

6) **BACKWARDS FIRST!**
(Analogy)

After completing a rather slow round of golf behind a foursome that was struggling painfully to complete each hole, I got into a casual conversation with one of the players who apologized for holding us up, explaining that he had been taking a 'Series Of Lessons' which he though might be worthwhile .... "eventually!"

He recounted that the Golf Pro ‘Told me I would likely get worse before I got better. Give it four to six months and keep working on hitting the ball. It will all work out sooner or later. We have another appointment in a week. See you then.’

In my opinion, as an honest teacher, this situation and explanation is simply not acceptable. A well designed lesson delivered by a talented and multi-facetted teacher to a willing, open-minded student does not **‘GO BACKWARDS Before It GOES FORWARD’**. You should feel better informed and improving after, or even during, the first lesson. Unless you are ‘tuned out’ or ‘failed to get tuned in’, which is a student-teacher problem, you get better quickly.

7) **AUTHOR’S NOTE**:

Remember this ‘**BIG PICTURE**’ is somewhat of a ‘**ROLL PLAYING**’ environment so assume a roll, student during the first reading and even as teacher in a later visiting. I think it is beneficial to play both characters before you are complete. There is some truth in the concept that proving you know your subject can be found in your teaching it to another.

O.K. Let’s Start !

8) **QUESTION**: What is the ‘Absolute Objective Of Golf’?

ANSWER: **‘PURE PERSONAL PLEASURE’**

The REASON you are here is to become more ‘CONFIDENT COMFORATBLE and more CONSISTENT’. RIGHT? (get firm committed response). Assure client that he/she can and will become so.

Explain our teaching technique: 1) the ‘LOOP RETURN METHOD’. 2) The ‘ONE ACRE ROUND CORRAL’ analogy. 3) The ‘WILDERNESS GUIDE’ and his campers. Let the ‘555 GOLF PRO’ lead and you follow.

Assure that the student understands that in this ‘One On One’ lesson, there are two jobs to be done. One is ‘**TEACHING**’ and the other is ‘**LEARNING**’. If either the teacher or the student has the slightest doubt in their tasks, don’t proceed as it will likely be a waste of both your times, and money.

"Don’t try to remember all our points. We will give them all to you in written point form at the end of the lesson. We call this our ‘DEBRIEF CHECK LIST."

This ‘Written Debrief’ is a form of ‘555 GOLF VALUE’ in that the results of your investment will be long-lasting and in writing so you can refer to it accurately.....later. How often have you had a thought or experience that just ‘Went Away’ in a flash? It's very common. Now ‘555 Golf Academy’ lets you leisurely drive home and review the facts later at your convenience. Just stay with me by listening and watching. I'll get you there!

WE CAN GET YOU THERE FROM HERE!

9) **THE ONE ACRE CORRAL**:
(setting-the-scene analogy)

Picture the two of us walking up to a very large, abandoned, naturally vegetated Chilcotin corral, over-grown somewhat but having a wide variety of wild flowers thriving in it for some reason. (It might have been the direct result of what the horses left behind) It is almost a perfect circle. The dirt deck is very rutted. Apears that there was some serious work done inside its confines.

The fences are six feet high (it must have been a training or breaking area) and there are too big swing gates, one on either side a long distance apart. We enter one side, step in and close the heavy pole gate. The slide pole was damaged so we twisted the wire again.

There is a rule made by someone in a higher power. We must now cross the corral and cannot leave by the same gate through which we arrived. We must ‘Make the Crossing To The Other Side’.

Casually, but seemingly and trustingly with some method and plan, the instructor leads you here and there, all the while carefully and delicately picking a full variety of Indian Paintbrush, wild blue-bells, tough-stemmed daisies, a flowering thistle, fire-weed, even a small area containing wild lilies and more. The rhythm and routine seem now more spontaneous but strangely organised. We chatted about sensitive and earthy subjects, about some mechanics

and some philosophy.

Then, all of a sudden, we arrived at the second gate. I had forgotten that it was our destination. The trip was insightful and informative; strangely personal.

As we slid the locking rail clear and swing the strong gate open, thinking ‘What a great place this small part of a bigger area is’, the guide finished meticulously organizing all the array of flowers. He reached out and handed the arrangement to me and said;

"There now, what was a meandering trip in a field
with seemingly little point, is now a short journey
that produced a bouquet of beautiful flowers."

Our session had meaning that was developing, unfolding, as it were, with the subtlety of the very Spring flowers we had gathered. I hope this overall exercise, ‘GOLF ... Solving The Complexity Myth’ becomes such a journey with an equally worthwhile result and helps you ‘Unfold’.

10) **ATTITUDE**: (Confident)

“ YES I CAN !”

As in the 'Little Train that Could' nursery rhyme. Every client starts his/her 'SET-UP' mode with an emphatic

"YES I CAN"
"You Bet Your Ass I Can!"

11) **THE ‘POLE VAULT’**
(analogy)

A pole vaulter who is capable of clearing 21 feet will never accomplish his goal, clearing the cross-bar, unless he ‘Thinks He Can’. Without a positive attitude, you would be wise to place your bet at about 18 feet or less and hope he hits the box with a good plant at full stride! **‘Negative Attitude Never Creates Lift’!**

12) **‘EMERGENCY ROOM’**
(‘Have A Destination’)
analogy

Sense of urgency or ‘**Purpose**’. You and I are sightseeing - just driving around at random burning gas in your car one Sunday afternoon. I step out of the car, slip and fall into a ditch where a broken bottle cuts an artery in my wrist.

Now we get back into that same car and speed directly to the emergency room at the nearby hospital. Suddenly we have a distinct purpose and it makes a direct impact on our ‘Behaviour and Performance’, on our ‘Focus’.

‘SHOOT IT AT THE HOLE .... THE BOTTOM OF THE CUP’. Image the pin hole in the bottom of the Cup. It’s the size of a ‘Quarter’. Shoot for it, every time. Nothing bigger!

‘IF YOU HAVE NOWHERE TO GO,
YOU WILL GO NOWHERE!’

7) **NEGATIVE IMAGES & THOUGHTS MEAN NEGATIVE RESULTS**:
(analogy)

HOW BIG IS A GREEN?
HOW BIG DOES IT NEED TO BE?

There is a 10,000 square foot green...left side, a transport truck size white sand bunker, ladder deep...right side, shallow dense blackberry bushes with an adjacent lake.

You’re thinking, ‘I’m sure as hell not going in that lake.’

This is a **‘NEGATIVE IMAGE’**: Always shoot for the pin hole (‘QUARTER’) in the bottom of the cup. **‘Positive Images Create Positive Results’**. **Remember, if the only image is the lake, it’s the only Target your mind has developed.** Your mind generally does not automatically differentiate between ‘Positive and Negative’. The target is the target, negative or not. You can willingly hit the Ball at a bad place! Pick good Targets ONLY!

The quarter is useful when you have a big dog-leg; no Pin in sight and seemingly ‘NO TARGET’. Now chose the ‘Ten Foot Landing Circle’.

In your mind, place the quarter right in this circle in the fairway. Shoot at it precisely. This is what I call a **'Displaced PIN'.** This shot is like playing a PAR 3. Make this your last stroke at this 'Three PAR'.

14) **HOW MANY HITS?**

Question: The task or objective is to hit the ball into the hole in how many hits?

Answer: 'ONE HIT' as long as you have a club in your bag that can comfortably, realistically reach the hole.

Set lofty goals. Challenge your ability. It's more fun!

15) **SIMPLICITY**:

Instructor demonstrates a 'Swinging Clubhead Path Motion' (on the hitting cage carpet) that is both '**SHORT and OFF LINE'**. ('HIP-HIP or IMPACT ZONE length is enough, not Full Swing') Have the client determine these two (2) basic deficiencies.

Explain how very simple golf really is. "It is simply Swinging '**THROUGH THE BALL and NOT AT IT**'. It is striking the Ball both 'On-Line' and 'On Distance'. We swing 'Down and Through The Ball'."

The two D's of Golf. **DISTANCE & DIRECTION**
(secondary) (primary)

Straight, shortish, in the middle is better
than long and lost in the bush!

You have the choice of John Daly (length) and Tom Kite (accuracy) Which would you rather have as a weapon? (get an answer)

QUESTION:

'IF you strike the ball in the right 'DIRECTION'
and the correct 'DISTANCE' it goes where?'

ANSWER:

‘IN THE HOLE’.

You see this GOLF is really a matter of the **2 D's** !

THE 2 D's:

16) **DISTANCE:**

Explain the primary fundamental required to solve the ‘Too Short’ problem. “This is a specifically-lofted Clubhead and all we have to do to hit the ball farther is generate more ‘Clubhead Speed’ or select a longer, less-lofted club. We will show you how to easily hit balls farther with less effort within this session.”

17) **DIRECTION:**

Now the ‘On-Line’ primary aspect simply requires better ‘Clubhead PATH’ control combined with ‘Clubface AIM’ discipline.

Explain difficult ‘Flat Swing Plane Accuracy’ and then show a more ‘Vertical Swing Plane’ simplicity. The ‘IMPACT & SEPARATION MOMENT’ in a ‘Flat Plane’ is very short indeed (millisecond & millimeter). Do the demonstration.

‘FLAT HORIZONTAL PLANE’: The arms and golfclub rotating horizontally through the ‘BALL LOCATION’. Power but little control.

‘UPRIGHT VERTICAL PLANE’: Bending over at the waist with arms-hanging-from-the-shoulders directly to the floor, gives very good pendulum accuracy but no distance.

Demonstrate the ‘555 Golf’ quite upright, straight-line bottom or ‘IMPACT Zone’, ‘Swing or Clubhead PATH’ and clearly have the client recognize the duration of ‘Clubhead is on Target Line’ in this ‘Swing PATH’. Explain the benefit: more time to hit the Ball on line, ‘Clubface SQUARE, with the proper Clubhead PATH’.

MORE MOTION DISCIPLINE
('Alignment Golf')

('The Physic Of Rotation' and 'The Geomerty Of The Circle')

Explain **'INCLINED PLANE'**: This straight-line 'Clubhead PATH' on a 'Tilted Plane' is what we accomplish with a good 'Set-Up' and 'Swinging the Clubhead' in a Comfortable 'ORBIT' or 'Circular MOTION', 'FEELING' 'Deep, Flat and Wide' (Extension) at all times.

Interestingly, the 'Golf Swing' is just a baseball swing on an inclined plane! Very similar physics and mechanics.

18) **THE 3 C's OF GOLF**:

CONFIDENT
'YES I CAN!'

COMFORTABLE

CONSISTENT

One cannot play or grow in the 'Golf Game' without these three components and they must occur in the order presented. One cannot get 'Consistent' without firstly being 'Confident and Comfortable'.

19) **OUR STRICT '555 GOLF' PROGRAMME**:

'TARGET LINE MAINTENANCE UP AND DOWN GOLF'

This is what we teach.
These words must be understood

TARGET: PIN QUARTER
"Take Dead Aim. Harvey Penick

The pure Target is the ‘PIN HOLE’ which we only find at the bottom of the Cup, so let us get the Ball there in as few strokes as humanly possible. Close helps but it does not count.

LINE: Direct route from the centre of the ball to the very centre of the cup. Use the **‘555 Golf Railway Track Analogy’** and written diagram to make this clear.

MAINTENANCE: Use it and do it, this alignment, every shot, every swing, every putt.

UP & DOWN: The ‘555 Golf’ preferred Swing PATH tends to be more VERTICAL than FLAT as it promotes the Newtonian (gravitational) Swinging Motion rather than the more flat hitting mechanics. This Up & Down clubhead path promotes, and makes possible, the face and clubhead’s staying ‘ON LINE’ longer through the ‘Ball Impact Zone’. The ideal impact window is enlarged.

G O L F

In More Detail:

20) **TARGET:**

With the subject ball on the hitting matt, Yellow and Orange target balls placed in the target window, (yellow and orange balls at end of hitting cage are Target Window through which your White ball must pass if it has any hope of getting to your Target) "We at IRGO want you to set up every shot, even on the fairway ‘With The Care Of A Ten Foot Putt’. ‘BALL-PIN’

NEVER HIT ONE BALL WITHOUT
A VERY SMALL FINITE TARGET
(‘**QUARTER**’)

If we aim ‘in the vicinit’ of the green, we are willingly jumping into ‘VICINITY GOLF’ which is, at best, just ‘Getting Close’ golf. We can do better simply by always aiming at a very defined target.

Some greens might be as large as 10,000 Sq.Ft. which is the size of a small hotel! How could you miss? This massive patch of manicured grass might be 150 feet across. The cup is only 4.25 inches across so we had better get at it as soon as possible...right now! Don’t be timid, untrusting of your great reservoir of talent (sometimes unrealized). Use it.

If we get ‘Lazy Targeted’, aim at greens and statistics (‘Greens In Regulation’), we will often ‘Miss Greens’. How do we quickly and really solve this problem. ‘AIM AT THE PIN or QUARTER’! This mind exercise, fundamental decision, will transform your playability, especially if you ‘Trust Your Swing and Trust Your Clubs’. These are two golf essentials.

21) **LINE:**

The straight line between the ‘Centre of the Ball and the Centre of the Cup. Plain and simple!

IF YOU HAVE NOWHERE TO GO, YOU WILL GO NOWHERE.
(You must have a precise destination
every shot, Big - 300 yards or Small - 6")

22) **MAINTENANCE:**

Always maintain the line, or direct reference to it, in all aspects of your game. Golf is a game of straight and curved lines.

23) **UP AND DOWN GOLF**:

In our method of teaching our Swing Plane may be slightly more ‘UPRIGHT’ than taught by some instructors, but we promote a natural **‘SWINGING MOTION’** which tends to be more freely upright in any case, especially in the shorter irons.

Thus our swings tend to be more **‘UP AND DOWN’** than may develop in other environments where the ‘Flat Plane’ might be thought of as promoting that wonderful and much sought-after ‘DRAW GAME’.

I rightfully and accurately think that the more ‘Upright Plane’ can be started forward by ‘Gravity’ which creates a whole sequence of good attributes in the swing. One of these is the ‘INSIDE-OUT’ ‘Clubhead PATH’ that generates the Draw and prevents the Slice.

Remember the forward trip in our great swings starts by the **'DROPPING MOTION Or ACTION'** straight down of our entire ‘Lever Assembly’ and ‘Unwinding of our Coil’ from the ‘Top Of Back Swing’ (‘TOB’)

THIS GAME OF GOLF IS VERY SIMPLE! If you as my student cannot accept this premise, at least philosophically if not practically, we are going to have a slow start and retarded progress. I have found and proven it simple for decades. This ‘SIMPLICITY’ is a fact.

Go along with me!
Come along with me!

24) **EVERYTHING IN WRITING**:

Throughout your relationship with the ‘555 Golf’ and it’s truly dedicated proven teachers, you will have mostly everything supplied or boiled down for you in a ‘Written Format’ so you do not have to take notes and feel any pressure to remember the considerable material and details while we are covering them together. I simply want you to stay with me and pay attention.

Let me be your ‘Wilderness Guide’ and I will get you back home comfortably by dinner and in time to sit beside a cosy fire.

I promise!

KEEPING IT SIMPLE !

... Only

25) **TEN CENTRAL THINGS TO LEARN**:
the 10 Basics

I cannot juggle 10 Balls but, if I were to juggle 5 at a time, I could manage. This is why we break the ‘10 BASICS’ into two groups of five. Makes it easier for this country boy!

We are going to thoroughly cover ten (10) primary areas of concern, ‘Five Active and Five Passive’. If you can understand and grasp each one of these, and I am sure you can, you will have a life of enjoyable and ‘Confident, Comfortable, Consistent’ Golf ahead of you, starting **‘TODAY’!**

We call them the ‘**5 X 5 DUO**’ and for the first five you do not even have to really move or do but a minimum of work! Now that's a deal!

Here they are:

‘the 5 by 5’

(Passive)
FIVE (5) SET-UPS:

1) **POSTURE** (Chin Tallish)
2) **GRIP** (Instructor Designed)
3) **STANCE** (position of those Feet)
4) **BALL LOCATION** (Basic Set Point)
5) **ALIGNMENT** (Gunsight - Bounce)

[1] P O S T U R E:
(‘Lower Body Machine’)

Your ‘Spinal Crankshaft Angle’ and condition must be such that your ‘LONGISH ARMS’ (‘extended Level Assemblies’ or the **‘UPPER TRIANGLE’**) are able to swing freely ‘UNDER A TALLISH CHIN’. Remember this is a ‘Secondary Absolute’ ... a must.

Clubhead and Lever Assemblies need ‘Clearance’, adequate room to swing, **‘Height In The Tether Ball Pole and Length Of The Rope & Ball’** means being ‘Body Braced Up’. (see ‘Swing Radius’)(see ‘Braced Down, Up & Down’), in order to pass through the ‘Bottom Of Swing Arc’ unobstructed by dirt ... ‘FAT HITS’ and avoiding the ‘Air Ball’ or ‘THIN HITS’ where the cutting or leading edge of the clubhead strikes the backside of the ball above the south pole. If you ‘TOP The BALL’ the leading or cutting edge of the clubhead strikes the ball above the equator.

CHIN & CHEST TALLISH

We need to get or become ‘Braced Down’ (Knee Flexed, slightly seated and Heavy-Footed – Lower Body Machine … LBM) into the gound, while being ‘Braced Up’ into our ‘Lever Assemblies’(UBM).

This good ‘POSTURE’ with proper ‘STANCE’, comfortable, somewhat as you would adopt standing in a theatre line for half an hour, knees relaxed with a tall back, is actually called the **‘THEATRE POSITION’** (‘Address Ready Position’). We will learn about ‘IMPACT FIX Position’ very soon. It is the ‘Golden Fleece’!

‘CRADLE’ your Golf Club. Hands shoulder-high with your elbows both hanging low and against your sides, pointing the palms of your hands away from your chest, set your #7 iron on your thumbs with the grip pointing to the Pin. This makes the clubshaft a real effective ‘Alignment Tool’ as it is parallel to your Shoulder Line. If you have your feet properly ‘ALIGNED’ and you ‘BOUNCE’, your Shoulders will be directly over your Hips, Knees and those ‘GUNSIGHTED FEET’.

27) **POSTURE** (CHIN TALLISH)

STAND TALL STAY TALL FINISH TALL
club head & hands **E X T E N D E D** to target-PIN
During the Swing and after IMPACT, ensure that you Feel as though you are PUSHING with your BRACE (back) FOOT and Throwing the Clubhead right down the Target Line all the way to the Pin.

28) **BULLET PROOF** **‘FAT – THIN RULE’:**

Properly Set-Up, (‘Braced Down-Up-Down’)
(5 SET-UPS)

If you hit ‘FAT’ you dropped your ‘CHIN’.
If you hit ‘THIN’ you took your ‘EYES’
off the butt of the stationery Ball.

This remarkably simple and reliable rule or method of assessment of our ‘IMPACT’ has come out of the ‘555 Golf Secondary Absolutes’

‘LONGISH ARMS SWINGING UNDER A TALLISH CHIN’
with the ‘Captain EYES’ working

This ‘Set-Up Guideline’ gives us the ability to assess and correct ‘FAT HITS’ by resetting the CHIN Tall. If you hit fat, you had to have dropped your CHIN-HEAD in order for your ‘Lever Assemblies’ which has a Clubhead at it’s end. You had to have swung the Clubhead below your ‘IMPACT FIX’ or ‘Bottom of Swing Arc Location’.

REPEAT THE ADDRESS!
REPEAT THE IMPACT FIX!

The ONLY other way one can hit ‘FAT’ or Swing one’s Clubhead below this ‘IMPACT FIX Datum Point’ would be to ‘Dislocate Ones Wrists, Elbows or Shoulders’. I don’t think so. You would know by the pain!

29) **THOSE ‘CAPTAIN’ EYES**:
(always working to peak performance and
taking very little energy to do so)

If you hit the Ball THIN, you very likely did not **‘SEE THE BALL COME OFF THE CLUBFACE’**.

Remember in **‘Ocular Dynamics’**, the instant you look away, even begin to look away from the butt of the ball, you have taken your foot off the accelerator and are ‘BAILING OUT’. This move (a mental failure) causes your eyes to naturally rotate up toward seeing the ball landing point. This physically precipitates your chin rotating toward the landing point, followed by your ‘Target Shoulder’ then your chest and certainly your Lever Assembly, at the end of which one finds the hands that hold the Grip connected through the shaft to the head which ‘lifted’ up above its desired ‘Swing or Elevation

Path’ to ‘IMPACT’ above the ‘South Pole of the Ball’.

THIN!

Once the ‘Leading Edge of the Clubhead’ rises up toward the equator of the ball, it is **‘THINNING’**. Once it hits the equator it is fully ‘THIN’. If it goes yet above the equator we call it **‘TOPPING’** the Ball.

Assuming your ADDRESS is properly ‘Set-Up’ (ball and clubhead Datum Point established) all you have to do is make the Swing and ‘Repeat the IMPACT FIX’. Then you get Compression and IMPACT!

If you alter your ‘Set-Up’ in any way during the Swing, ie. drop your Chin, bend or straighten the Target Elbow, sway, drop your ‘Brace Shoulder’, bend a Knee, sag a Hip, bend your ‘Flat Target Wrist’, change the ‘Incline Plane Axis of your Spine’, alter your ‘SEE-IT Point on the Ball’, and more, you will NOT be able to return the ‘Accelerating Clubhead’ to the initial datum point without ‘In Flight’ and very tricky alterations.

In other words, without further **‘COMPLEX IN MOTION ADJUSTMENTS’** you will miss a solid sweet-spot ‘IMPACT’.

Maintain a consistent ‘LEVER ASSEMBLY’ (arms) Swinging under that TALLISH CHIN’. This is something you have to consciously develop and, thereafter, ‘FEEL’ even at the ‘SUBCONSCIOUS Mental Energy Level’. It is not that difficult so invest, accomplish and maintain it.

This general information is very useful, in fact, fundamental to some ‘Growing’ in our game of golf. Do not pass over it casually allowing this learning and teaching experience to miss the target.

Any questions? **‘DO NOT PASS GO’ ... ‘JUST ASK US NOW’!**

Do your warm up stretches. (extend the range of motion progressively to limit). TICK TOCKS ...start small and get progressively larger until you reach Full Swing, all-the-time

FEELING The STEEL!

As explained above, take your #7 Iron ‘Theatre Position Cradle’ Turn belt buckle to the right (Brace Side Shoulders 90 degrees roughly) Turn belt buckle to the centre. Turn belt buckle, Tummy Chest and Chin, fully to the Pin. ‘Square to Square to Square’.

(see Index, **‘HIP LOAD POINT’**)

‘TALL and LEVEL’ ‘CHIN UP’
look down your nose at the ball... ‘slightly snotty’

Through your ‘Warm Ups’
‘STAND TALL’ ‘STAY TALL’ ‘FINISH TALL’

NOTE: If you watch Fred Couples playing you will notice that the moment he selects and pulls a club from his bag, his head is tall which makes his posture correct. When Fred walks, he does so appearing to have a small book on his head, the way young ladies used to be taught to develop good carriage. Fred does this because it is smart and because his bad back has a low-tolerance for even the slightest abuse. The tall chin protects your back too along with a longer career!

Freddy is not finished yet!
Stay tuned to the Boom Boom Parade!
Lots more top tens coming!

Three hard of hearing golfers were on the tee box. The first said, “Windy, isn’t it?” To which the second replied, “No! I think it’s Thursday!” and the third piped in, “Me too! Let’s go get a beer!”

“Don’t confuse achieveable excellence
with elusive perfection!”

Karl Fischer

30)

[2] G R I P:

('Upper Body Machine')

The ONLY connection between you and your great set of tools!

Simply **'INSTRUCTOR DESIGNED'** and proven effective.

You must at least generally understand how and why they perform.

31) **GRIP PRESSURE:**

('UBM')

This 'Grip Pressure' is judged on a scale from 1-10 in each hand. You shall soon see how your '555 Team' applies this variable.

This term refers to the amount of **'SQUEEZE'** your Hands are applying to the actual club grip component.

Your '555 TEAM' suggests that you learn to use a **'2-5 Grip Pressure'** - **'Target Hand – Brace Hand'**. The 'Target Hand' controls the 'Clubhead' and the 'Target Lever Asssembly' sets up and maintains the 'Swing Radius' as well as providing the '#4 Pressure Point'. The 'Brace Hand' must be in control of the 'Motion'! Thus it is allowed the 'Dominant Pressure'. You must get this really primary 'Golf Stuff' right!

There are all kinds of analogies relating to this 'Grip Pressure'. You have heard them; the holding of the canary in your hands etc. I prefer to use the analogy of holding an 'Economy Tube of Tooth Paste' in both Hands ('TOP OFF') without squeezing any of it out during the entire Backswing, Direction Change at T.O.B. (Swing Sequewnce #5 - #6), DROPPING completely through Segment #1F and getting well into Segment #2F ('the Acceleration and POWER SEGMENT') before starting to force some toothpaste out.
Once you get right down to the 'FIRING WRIST COCK OUT' portion where the Clubhead is dropping and firing below your Hips or the 90 degrees Level Point, you will automatically put on the **'BIG SQUEEZE'** and the bulk of the tube's content will squirt forcefully out all over the tee-box starting about two feet behind the ball and ending ('EMPTY') about a foot or so in front of 'BALL

LOCATION’. However, 85% of the toothpaste will be on the grass behind the ball.

Interestingly, this toothpaste dispersion very closely mirrors the degree, amount and timing of **‘SQUEEZE’** you apply to the club via the grip. The bulk of the force, generated significantly by the hands, is applied very ‘LATE’ in the DOWN or FORWARD SWING, just where the toothpaste accurately indicates it takes place.

32) **MORE ON GRIP PRESSURE**:

There are many ways to get confortable with your ‘Grip’.

A drill which assists you simply to ‘Experience and FEEL’ the proper ‘GRIP PRESSURE’, is as follows:

i) Stand correctly ‘ADDRESS READY or IMPACT FIX’ with you Grip properly placed on the Golf Club.

ii) Cock your Wrist (maximized) so that the Club Shaft is pointing perpendicular to the ground. The Head will be pointing directly up at the sky or ceiling as the case may be.

In this position, you will ‘FEEL’ only ‘WEIGHT’ acting directly toward the ground or matt. This is simply Newton's **‘GRAVITY’** and you will ‘FEEL’ virtually ‘NO or MINIMAL GRIP PRESSURE’.

iii) Keeping you ‘POSTURE’ the same, (your Chin position will NOT alter), lower your Club Shaft level with or parallel to the ground. Your ‘WRIST COCK’ will be much less or virtually ZERO and you will ‘FEEL’ a lot more **‘GRIP PRESSURE’** and the effective ‘SWING WEIGHT’ will have increased. In other words, you will ‘FEEL’ more ‘Pulling Down’ of the Clubhead toward the ground.

This is NOT ‘Optimal Grip Pressure’.

iv) Now, ‘POSTURE’ still stable, and your forearms still level to the ground, raise your Clubhead to about 45 degrees above horizontal. This will obviously increase your Wrist Cock to about half what it was in the ‘Vertical’ or first phase of this exercise.

Your ‘GRIP PRESSURE’ will have decreased from what it was in the Club Shaft level station.

This ‘GRIP PRESSURE’ is about ‘OPTIMAL’ for comfortably handling and controlling the golf club during the general swing. ONLY late in Segment #2F, right at the onset of the Firing and through the IMPACT phase of the swing will you Hands naturally **‘SQUEEZE’** the Grip to their maximum pressure. This is naturally controlled by the **‘Captain EYES’** while being executed by the **‘Navigator HANDS’**.(see **‘THE 5 EXECUTIONS’**)

You can refer to your ‘Tour Guide INDEX’ or ‘Table Of Contents’ to find out a great deal more abut this very important topic. If you have read this far, you will already have a very firm ‘Grip’ on the matter in any case.

Enjoy your knowledge!

Now we must move to the other end of the ‘Golfing Machine’ … to the bottom of the ‘Lower Body Machine’ or ‘LBM’ as your ‘555 TEAM’ so aptly calls it.

33)

[3] S T A N C E:

(‘Lower Body Machine’)

Feet Width & Position or Foot Aiming
‘FROM THE GROUND UP’
(Still Airline Format Check Listing)

‘GRECO-ROMAN WRESTLER SET-UP’
(Flight or Fight Position)

It is always easier to teach when we can produce meaningful analogies or word pictures which successfully paint the picture of what we are meaning, than not. A power of your ‘555 TEAM’ is having lots of ways of saying the same thing. There are lots of you very good but very different folks out there! You must understand what we want you to know! So we must speak your language! We mist ‘Get

Our Point Across' at any and all costs!

A LITTLE OLYMPIC:

I am sure all of you know what this sport of Greco-Roman wrestling is but if not, it is an ancient feat of Power and Balance in which two competitors stand face to face, chest to chest, 'INTERLOCK their FINGERS', gain a very firm footing slightly crouched and very ready to do battle in this minor way. (Sometimes this Greco-Roman wrestling was a substitute for real battle and killing eachother so it had definite benefits and a clear advantage over the sword.) But I have to tell you also that, for a substantial period, if you were the 'Combatant' whose knee touched the ground, you could have been sacrificed as well. Hardly fair!

Once both warriors were ready, a signal was given and they would apply force against eachother through their hands by any source to the particular end that one would take the other off his footing. Once a competitor was 'Downed' it was over, sometimes very quickly indeed.

I want you to experience this **'Greco-Roman Set-Up Feeling'** so if you can, RIGHT NOW, find a partner (fellow Golfer would be perfect) 'INTERLOCK YOUR FINGERS' in this Address Ready position and pay particular attention to your feet and lower body. The feet are **'Loaded'** or have considerable weight concentrated on them about equally distributed.

STILL A POSTURE THING:

Your back is quite straight and your head is nicely **'CHIN Tallish'** so that this eight pound cranial operational headquarters should feel as though it is sitting on the Top of Your Spine where it turns freely in a rather 'Floating' and 'Balanced' manner. I would venture to say that your 'EYES' will be quite focused on the opponent's 'EYES' as they give you tremendous information on what he is doing and more importantly, about to do.

This is **'Athletic Address Ready'** and will feel both powerful and balanced with emphasis on a firm footing through feet being in the correct working position or Stance. You will have a concentration of weight a little forward on your feet with the centre of pressure being just behind or around the second or biggest joint in the big

toe; **‘The Forward ‘INSIDE BALL’ Of Your Feet’**.

As I mentioned, in ‘Golf’, I am a ‘Foot Fetish’ and this area of concentration serves both me and my student very well indeed. Afterall, it is the ONLY thing we have to stand on and ‘Golf’ works best standing!

WE HAVE TWO FEET!

34) **BRACE FOOT**:
(‘Resisting In The COIL
& Thrusting In The Un-COIL’)

‘BRACE Foot’
‘SQUARISH To Body Foot and Target Line’

If it came down to a ‘Final Decision’ as to which of these two lines was ‘Trump’, it is the ‘Body Foot Line’. (see ‘ALIGNMENT’) One very strong reason for my saying that is for the fact that ‘We Naturally Swing Down Our Body Lines’. Anything else is really a form of ‘Manipluation’!

If we swing ‘Down The Target Line’, and the ‘Body Foot Line’ does not ‘MATCH’, the ‘Resultant Motion’, if ‘Un-Manipulated’, will be either a **‘PUSH if you are OPEN ALIGNED’** and a **‘PULL if your are CLOSED ALIGNED’**.

We will discuss within the bounds of these ‘Hard Bound Covers’ how to ‘Draw and Fade The Golf Ball’. You likely already know that we can induce ‘Draw - Hook and Fade - Slice’ by an ‘Alignment Configuration Change’ while ‘Swinging Down The Target Line’. The weakness of this method is that you are required to ‘Alter Your Swing PATH and PLANE’. Risky?

I want to remind you that there is a simple safer ‘Set-Up Method’ that does NOT change your ‘Swing’. It is ‘Clubface AIM’ oriented.

STAYING WITH THIS BRACE FOOT:

This ‘Brace Foot’ creates the ‘Resistance and PUSH Down The **POWER**

LINE’ (see below) of the swing, otherwise, by Isaac Newton’s ‘Third Law of Motion - Reacting Forces’, we would not be able to apply the force to the clubhead. Somewhat like in outer space, we would simply move in a ‘NET DIRECTION’ which could be nowhere if the two masses were equal. I actually ‘FEEL’ like my ‘Brace Leg Drive’ propels the ‘Ball’ very directly ‘Down The Line’. (see ‘Parallel Thrust Lines’)

DEMONSTRATION:

Specific resistance in golf can be easily demonstrated with ‘FEEL’ clarifying not one but two separate beneficial aspect of our teaching parameters.

Have your student place the toe of his #7 Iron against the toe of your right and apply force as he would do in the impact segment of his motion. It will be ‘Static’ otherwise he might well remove your right toe by the violent, BUT SMOOTH, application of an 85 MPH clubhead ! He will most certainly feel resistance in your toe, its resisting being moved, and he will ‘FEEL’ push and the line of force or pressure and power in his own body, through the Hands. You can clearly introduce the student, right now, to the concept of hand lag pressure points.

35) **TARGET FOOT**:
(‘Steering’)

‘TARGET Foot’
‘Turned PINNISH or OPEN 45 to 55 degree
(more is better than less)

We must **‘Steer So We Can Clear’**.

FIRSTLY, ABOUT MATURE GOLFERS:

If physiology is becoming compromised, (a little reduced flexibility due to getting NOT YOUNGER), an **‘Open Brace Foot’** allows slightly more ‘**TURN or Travel Distance - Circumference’** in your Back Swing but not necessarily ‘**COIL, WIND or LOAD**’.

An **‘Open Target Foot’** facilitates freer ‘Release’ and turning ‘THROUGH The Ball To FOLLOW-FINISH’, releasing the Hips, enabling the Hands to freely travel ‘Down The Line’ to the Pin and finishing in a comfortably tall position. (Elbows Pointing to the Target - Weight Forward – Flamingo Drill) This ‘Steer So You Can Clear’ is vital to your success.

The ‘Square Target Foot’ produces what your ‘555 TEAM’ refers to as a ‘Target Foot Block’ or a ‘Clsoed Target Foot Gate’. If the gate is closed you are not very likely going to pass through it! Equally, you are not very likely to ‘Fully Release Your Loaded PIVOT Pressure or Primary Golf Engine’. This means ‘Pushes and Pulls’ and very likely the ‘Dreaded Flippy Handed Delivery’ which induces ‘Hooks’. The ‘Flip Side’ of this is that you, consciously or subconsciously, will expect the ‘Flip Handed Delivery’ and prevent it by what we call the ‘Block Delivery’. Neither result is what the ‘Golf Doctor Ordered’!

36) PUTTING THE COWS OUT!

(analogy)

‘GATE-ing’

If you are in a barn full of ‘Milked’ cows desiring to get outside to eat more good green grass which is threatened, I am told, by some insensitive blokes who desire to chase a little white ball around with a stick, you had better attend to ‘Bosseys’ needs.

The barn is big and square. It has hugh sliding doors at both ends of the milking parlour where a wide breezeway-way enters and exits. If the ‘full-bagged’ bovines came in the left end and the unchewed green grass they want is out the right end, what might be the absolutely simplest and most effective thing to do in order to satisfy their impatient needs and desires to get eating? Right.. **‘OPEN THE DOOR’** in the Right End of the barn!

If you want to rotate, turn and finish with your Knees, Hips, Shoulders and Chin ‘IN THE PIN’, it is very useful to 'Open the door on that side of your swing so you can get there!

Those cow are gratefully lying down belching and chewing their cud in the warming late morning sun. Dedicated to sweet and sour cream, butter, homo-milk, skim-milk, ice cream and all that good stuff....THANKS Bossey! And we will gladly look after the doors.

Instructor demonstrates blocking function of a square or closed Target Foot.. Demonstrate and demand the 20-30 degrees open position. Check it every ‘Set-Up’ before every Swing. ‘RANGE OF MOTION’ (more about ‘**5 CONTROLS’** soon)

37) **MORE ON STANCE: FOOT FETISH**:

The feet are the foundation of your golf motion.

Wrong SET-UP = Wrong Results

Good Feet + Good Swing = Good Results
Bad Feet + Bad Swing = Bad Results
Bad Feet + Good Swing = Bad Results

I am a foot fetish and, as I told you before and will likely do so again, **‘Our FEET Are The Foundation Of Our GOLF SWING’** and if they are wrong the swing cannot readily produce correct results.

We must Swing from the proper, most efficient **‘PEDESTAL’** or we immediately compromise performance and, of course, swing balance and resulting power and direction.
The known, by ‘CAUSE & EFFECT’, that these errors produce ‘Poor Ball Flight’, high numbers and a sore back.

STANCE WIDTH IS VERY IMPORTANT:

How wide apart should my feet be?

The ‘Optimal Width’ is looked upon as ‘Arm Pit or Shoulder Width Apart’. It is about ‘Greco Roman’ but people tend to be too wide. This produces ‘Lateral Stablility’ but is weak when we become ‘Rotational’.

‘Too WIDE’ most often produces a ‘Rotational Resistance and Deficiency’ which either invites or induces a **‘Lateral, Non-Rotational Sway Slide’**. Too wide restricts our ability to ‘LOAD – COIL’ and then, reflexively to ‘Un-LOAD and Un-COIL’.

When the ‘PIVOT’ is impaired the ‘Lever Assemblies’ (‘Hands and

Arms') shall respond appropriately inorder to get the 'Pre-Selected Work or Job Done'.

'Too NARROW' is much safer. This reduced spacing between our 'Heels' actually invites or induces 'Faster PIVOT or Rotation'. It does NOT produce 'Rotational Resistance'. We can 'TURN' faster when our 'STANCE Width' is narrower.

Remember this 'Physical Mechanical Fact' especially during the first few holes if you have not fully warmed up and the last few holes if you are not as fit as you might be. Fatigue also disables 'PIVOT LOADING and un-LOADING'.

My 'Tour Players' are made especially aware of these 'Physical Facts'. How often have you seen a few very costly 'Swing Errors' over the 70th, 71st and final holes? It is most often a 'POSTURE' or 'PIVOT' short fall that brings these revered 'Playing Giants Expensively To Their Knees'!

The caddie and often the 'Swing Coach or Teacher' get a cut of the action! We do not want 11th hour issues!

38)

[4] B A L L L O C A T I O N:

('Lower Body Machine Related')

'TAP TAP TAP' and 'TARGET CLAVICLE'

The interesting thing about this 'BALL LOCATION or PLACEMENT' is the fact that it is a 'Comfortable' and rather 'Naturally Created Function' that requires little or no magic and is quite without any stress or labour. In fact, it reduces stress when you get it right!

The simplicity of it all is that the Ball sits 'ABOUT' in about the 'Middle Of Your Chest' which is 'ABOUT' where your Clubhead naturally comes to rest and in contact with 'Terra Firma' at the end of 'LONGISH ARMS' hanging under your 'TALLISH CHIN'. (See 'Address Ready' – 'TAP TAP TAP')

At 'IMPACT FIX' or at the moment of **'Leg Driven Truth'** this is NOT

the ‘Bottom Of Swing Arc’. It is forward of the ‘TAP TAP TAP Position’. When the ‘Body’ is **‘Primary Engine Driven’**, by the time your ‘Sweet Spot’ gets ‘Down Out Forward & Thru’ (‘DOFT’) to the ‘Butt Of The Ball’ (‘BIC’), the actual ‘IMPACT & SEPARATION’ (‘Ballistic Point’) will be forward a couple ball width from ‘Address Ready’.

You must understand the difference between ‘Address Ready’ and ‘IMPACT FIX’. You must grasp the concept of your ‘555 TEAM’ working on ‘IMPACT FIX’ rather than any alterantive. They do not embrace ‘Address To Address’ as a viable ‘Swing Key Word’.

If you do some **‘TICK TOCK, TOUCH TOUCH, SEE IT - SEE IT's’** (‘Leg Driven and NOT’) you will precisely locate both these places quite without a Ball.

To emphasize, these three of the ‘Five Executions’ in place, your Clubhead will swing back and forth touching the precise piece of real estate every front and back swing. Looking slightly down your nose, you will see this ‘REAL’ proven Ball Location so just place a ball there and make just one more ‘TICK TOCK’ ‘TOUCH TOUCH’ and ‘SEE IT’ Through the Ball.

Like magic you will be amazed at the pure effortless results, right down the pipe! It is not magic, but it works like it.

39) MIDDLE OF YOUR BAG:

What is the middle of our bag? The #4, #5 and #6 irons are in the middle. Set up for these clubs should generally be with a ‘Feet under the Armpits Stance’. You might fudge it to the outside of the armpits but, if you squeeze it under the shoulders or wider, you are inviting the subtle onset of resistance woes. A solid guideline is to place your stance for the #5 iron under your armpits, wider for longer clubs and narrower for shorter clubs, but not allowing your ‘STANCE’ to get any wider than your shoulders.

If your pedestal exceeds ‘Shoulder Width’ by much, you will, depending on overall personal flexibility, compromise spinal turn, what we call ‘LOAD or COIL and Un-LOAD and Un-COIL’. If you do so, you will likely start to ‘LATERAL SWAY - SLIDE’ caused by this ‘Inhibited Turn Attribute’ coupled with fast strong hands. The next event? **‘HELLO DUCK HOOK’!**

GOLF is the reasonable balance of big muscle slowness and smaller faster muscles firing duration and efficiency. If any group of ‘Imbalance’ factors disrupt the balance between big and small muscles, between hands and arms over legs and hips (butt and tummy) you will be in trouble one way or the other.

This aspect of ‘STANCE’, pedestal is very important. A reasonably wide pedestal promotes a wide, large radius and circumference take away. This generates a longer ‘FLAT SPOT or TARGET LINE IMPACT SEGMENT or ZONE’ in our through Swing. Within reason, a healthy wide stance enhances balance but if you go over the edge, outside the Shoulders, you will fall into the waiting precipice and the journey back out of the canyon's bottom will create unpleasant memories.

Like using salt and pepper, not unlike tasteful dashes of yellow peppers, high-octane curry and similar memorable spices in an epicurean’s diet ... MODERATION!

40)

another name

[4] BALL POSITION:

(placement from your feet in relationship to your Sternum)
(‘The Baseline Is Middle Of Your Chest’)

Location or positioning of Ball in STANCE is very important and directly influences impact and ball flight.

The ‘NATURAL’ location of the ball away from your ‘FOOT LINE’ and on the ‘TARGET LINE’ is simply a matter of proper Posture , Grip, Lever Assembly and Stance. You do not want to be too far away from or too close to the ball. If you take the club ‘In Hand’ and comfortably, Long Arms under a Tall Chin, holding it all at about hip high, then drop the ‘WHOLE ASSEMBLY’, club and everything, ON THE GROUND in the centre of your chest, IT WILL BE RIGHT or very close.

If a repositioning move is made and we are either on the toe or heel, correction is NOT made by ‘REACHING or RETRACTING FOR THE BALL’. Never!! Move the feet to adjust. Wiggle the toes and do the ‘Crab Shuffle’. If you reach you will compromise ‘POSTURE’. If you retract you will compromise Swing Radius and thus will no longer ‘Swing from your Armpits’.

41) **BALL POSITION**: (fore and aft of sternum)

Generally it is safe to hit all your clubs with the ball in the centre of or just forward of ‘CENTRE STERNUM’ which is ‘Under Your Target Clavicle’.

We at the ‘555 Golf Academy’ have a saying that the ‘Middle Of Your Bag Goes In The Middle Of Your Chest’. In other words, your #5 Iron should be struck in the sternum forward location, under your ‘Target Clavicle’. Simple!

The short irons might be ‘One Ball Aft’ of this point and the long irons might be ‘One Ball Forward’ but not much more variation than that should be needed.

It is very safe to place all your **‘Full Swing Procedure Golf Balls’ ‘Just Inside Your Target Heel’**. Driver can be ‘One More Ball Forward’ and the ‘Short Irons’ can be ‘One More Ball Aft’ depending on the desired ‘Trajectory’.

We remember that the ‘Chip Shot Procedure or Protocol’ utilizes the only slightly ‘Aft Of Sternum BALL LOCATION’. This insures a ‘Descending Angle Of Attack and IMPACT’. You do not want to srike your ‘Chips’ or ‘Bump & Runs’ ‘THIN’ or you will get little low flying rockets that hurt!

AFT BALL LOCATION DELOFTS:

To form a special shot, such as a ‘Punch Shot Under A Tree or Under The Wind’ one would primarily reduce the trajectory or hight of the ball flight, by placing the ball two or more ball AFT of the standard set up location. What happens here is that you effectively DE-LOFT your club and thus can make a #7 iron length and weight into a #5 iron loft.

The only other necessary consideration is for the ‘TEED UP BALL’. If you tee it up for irons or woods, the ball is set forward one to two ball widths more to enable your very slightly ascending to level clubhead to naturally take the ball off the tee. If you are too far forward you will tend to swing too on the way up or uphill.

Why might we swing ‘Ascending’ or ‘On The Way Up?’ Because the ball is ‘Up On The Tee’ and if you were to swing the clubhead through as though the ball were resting on the ground, you would hit under it.

This ‘Swing Error’ often creates the ‘Sky Ball’ and other problems no one needs.

A corrective method or ‘Procedure’ is simple!

HOVER:

‘Hover The Sweet Spot Of The Clubface Precisely Behind The Butt Of The Ball At IMPACT FIX’ (better than ‘Address Ready’ that is so often used). You do so by properly setting yoru ‘Posture’and ‘Lever Length’ to ‘IMPACT FIX’. Once this is ‘SET-UP’ all you have to do is ‘Take IT Away’, ‘LOAD – COIL’, start back down softly and smoothly, ‘Un-LOAD or Un-COIL The PIVOT Pressure’ ‘DOFT’ and ‘Release’ all the ‘Potential Energy’ into the ‘Kinetic State’ so it can do its ‘Pre-Selected WORK’.

We must strive to always ‘Set The Ball Up So As To Get It Naturally In The Way Of The Speeding On-PATH and On PLANE Clubhead’.

Remember, it always swing at the end of that ‘DEAD Target Rope’ held in softish, controlling ‘Hands’. Never force swings!

BALL LOCATION CENTER OF STERNUM:

(safe approach)

Explain the clubs in the ‘Middle Of The Bag Are Hit Just forward of The Middle Of The Stance’. 456 sternum forward under the clavicle; 789PS one ball aft; 123 one ball forward; III & V one ball forward as well; teed up Driver two balls forward (under the Shoulder Socket).

Remember, great players such as Greg Norman promote that we play all our **‘Full Swing Proedures With The Ball Grounded Just Inside The Target Heel’**. Again, I like the ‘Teed Driver Ball’ about one to two ball widths more forward of that point. I promote that the ‘High Teed Driver Ball’ is ‘On The Target Shoe Laces’. For this ‘Configuration one needs very solid ‘Brace Leg Drive’. That has worked for decades! Perhaps for you too?

DOING THE THREE BALL:

Put yet another way!

Explain the **‘THREE 3 BALL SET-UP Pattern’** for irons.

The first might be a ‘Slightly Aft Position’ for ‘Chipping and Bump & Run’.

The ‘Ball Location’ for ‘Un-TEED Fairway Woods’ and irons (‘All Full Swings’) is forward of Sternum’ about on your Target Heel’.

The third is for the ‘TEED Driver’. This ‘Ball Location’ is about one ball width forward of the ‘Un-Teed Shots’. I play my ‘Driver Ball Location’ actually ‘On My Target Shoe Laces’. This very forward position make me ‘Dynamically’ **‘Leg Drive My Way Through The Ball’**. A lazy ‘PIVOT’ will NOT work!

Remember, **‘The Forward BALL LOCATION Invites Leg Drive’** or a ‘Dynamic Lower Body Machine’.

‘The Aft BALL LOCATION Demands Faster Hands’ (a more ‘Dynamic UBM’) in order to ‘Square Up or Re-Square The Clubface’ in time to create ‘IMPACT & SEPARATION’ ‘Down The Pre-Selected Target or Ball Flight Line’ (‘BFL’).

We need to discover the ‘Optimal Ball Location’ for our ‘Pre-Selected Procedure’ ... the one in our face! ... in the moment!

ALL DESCENDING BLOWS:

Make sure the student understands that all stroke procedures are generally ‘DESCENDING BLOWS’ (hitting the ball on the way down) while the teed up ball for drives is perhaps a slightly ‘ASCENDING BLOW’ or striking the ball on the way up. I personally feel that the ‘Driver is still a ‘Descending Blow’. In fact, I have numerous tour quality players who use the ‘Trigger Words’ **“Strike The Ball DOWN DOWN & THRU”!** They do this to make sure they create adequate pure ‘Compression’ and do not ‘Leak Out Of The Shot’.

Highlight the ‘Bottom of Swing Arc’ (‘BOSA’) point and show the driver, indeed all clubs, including the putter, have a physical ‘Bottom Of Swing Arc’ that the clubhead travels through. This is Newtonian Physics ... the pendulum action. (lowest point = highest velocity) Point out the ‘All Golf Shots Are Accelerating Through The IMPACT & SEPARATION Zone’. Deceleration causes a horrible chain of events. You do not want to go there. If you are there, you want to vacate the joint!

MORE ADDRESS READY POSITION:

Point out and demonstrate that the **‘Clubhead IMPACT FIX Position’** is ‘Target Clavicle’ or generously forward of sternum. It is beneficial to always start from this point, and not to forward press the hands and clubhead against or directly behind the ball with the driver. The ball is just about opposite your ‘Target Heel’ or ‘Target Foot’ instep. Rarely players will play it off the left foot toe, which is quite forward.

This forward location of the ball and the clubhead placed in the middle of your stance / sternum, may create, at ‘IMPACT FIX’, a distance or gap between your clubface and the ball. It might be four or five inches. That’s great! Get to like it. With this set-up, your Clubhead will naturally swing through centre, ‘Bottom Of Swing Arc’ and climb, or radius around the ‘Net Pivot Point’ (‘Target Shoulder Socket’). By placing your Ball under the confines or range of your clavicle, you will be striking the ball effortlessly with your ‘Leg Drive’. You will magically ‘Square The Clubfae Up With Your Body’! The ball will simply ‘Get In The Way’

of the high-velocity ‘Leg Driven’ clubhead or golf hammer.

This is not a difficult task. Manipulating or forcing the golf club to hit golf balls out of the park is! This is a path strewn with frustration! I bet we all know that first hand? Indeed!

At this time hit the #7 or #8 just forward of the middle of the ‘STANCE’. Use a #7 or #8 as it is short enough to be relatively easy to hit. We must get the client hitting the ball and feeling the reward of his/her efforts.

EARLY SUCCESS
REPEAT IT REPEAT IT REPEAT IT

Initially ‘MECHANICS and PHYSICS’ creates proper motion or ‘GEOMETRY and FEEL’ which is our objective. Once the Geometry is established, learn and repeat the ‘FEEL’. Making the ‘Geometry’ happen should be the central focus of your golf investment and regimen. The third plateau we strive to reach is that of ‘SCORING’. It is clearly the most rewarding and it IS attainable with some guidance and adoptive discipline.

REALLY KEY STANCE ROUTINE

THE STEP STEP PROCEDURE:

Sometimes called the **‘Little Step Big Step Procedure’**

This helps establish **‘STANCE WIDTH’** and **‘BALL LOCATION’**.

It also is of value in properly establishing our ‘ALIGNMENT’. If we simply ‘Step In’ and spread our feet apart, we will more often than not make the ‘Stepping Apart’ move ‘Off Line’. That means we will step a little forward or back of the ‘Target’ ‘Body Foot Line’ with either or both feet causing us to get ‘Mis-ALIGNED’ right off the bat, so to speak. We will be doomed in our very inception.

When we get a case of this ‘Doomed’, all we can do to recover is ‘Manipulate’. That is not part of the ‘Breakfast Of Champions’!

RELIABILITY:

How can we make sure we always get these **‘STANCE and BALL LOCATION’** aspects or issues correct? They must be properly ‘SET-UP’ or we shall suffer the ills of improper preparation.

Get your ‘POSTURE’ right first!

If you ‘GRIP’ the golf club in the right manner and then extend your ‘Hands and Arms’ (‘Lever Assemblies’) to locate the **‘Extended Bottom Of Swing Arc’** (‘BOSA’) behind the ball, you can successfully set your ‘Feet’ (‘STANCE and ALIGNMENT’).

Let us assume you are the right ‘Distance From The Ball’ with your ‘Heels’ relatively together (very narrow ‘Initial STANCE’). **‘The Standard Ball Is Located Just Inside Your Target Heel Or On Your Inside Target Ankle Bone’**. Now, to establish the ‘Optimal Separation’, with your ‘Target Foot’, take a ‘Tiny Step To The Target Side’ which will be about half a shoe width or 2 inches. Once done and in balance, take a ‘Medium Step To The Brace Side’ with your ‘Brace Foot’ again to a ‘Weight Balanced Position’.

Remember, when you have a **‘Teed Up Driver Ball’**, it will be located between your ‘Target Medial Ankle Bone’ and your ‘Target Shoe Laces’. The ‘Step Step Procedure’ is specific ... **‘No Step and Medium Step’**.

The final step is to **‘Aft Tilt’** about 9 to 13 degrees (towards the ‘Brace Side’) and to **‘Flare Your Target Toe’** about 45 to 55 degrees ‘OPEN’ which is towards the ‘Target’. You must **‘Steer So You Can Clear’!** The ‘Square Target Foot’ produces a ‘Target Foot Gate Block’ which naturally induces either the ‘PASSIVE BLOCK PUSH’ or reflexively the ‘Flip Handed’ or ‘ACTIVE PULL DRAW HOOK’. Always ‘SET-UP’ to ‘Release’ the ‘Golf Ball From The Properly Aimed Clubface’. When we are improperly ‘SET-UP’, we have little or no opportunity to make effectively released ‘Golf Shots’.

ALDOUS HUXLEY:

Aldous Huxley rightly stated that **“Education is the process of converting ‘Extrinsic Discipline’ to ‘Intrinsic Discipline”** and it is best done by standing on the shoulders of giants; by finding and listening to good teachers. This will prevent your painfully ‘Reinventing The Wheel’. There is reason or purpose in suffering the ‘Slings And Arrows Or Outrageous Fortune’ when it can easily be avoided at some cost but to a net benefit; getting there from here faster than groping in the semi-dark looking for the Holy Grail.

‘REPEAT THE FEEL’ ‘REPEAT THE FEEL’ ‘REPEAT THE FEEL’

Golf is not a repeat any scientific of physical theory function. Learn proper ‘Feel’ through proper ‘Physicas & Mechanics’. Then, with a carefully designed ‘Pre-Shot Routine’, ‘EXECUTE’!

“Nobody should seek his own good
but the good of others!”

1 Corinthians 10:24

“If you are not hitting the ball ‘ON LINE’
you might as well be playing
in the dark!

Peter Jacobson

42)

[5] A L I G N M E N T:

('Lower Body Machine')
(The Line Through Your Heels)

GUNSIGHT and BOUNCE
(see 'Plunking')

The line drawn through your 'Square Toes', from the Tip of your Brace Foot Through your Target Foot', or better still 'Across Your Heels', should point 'NEARLY IN THE HOLE' but slightly to the 'High ENERGY Side of the Target Line' (see 'Railway Tracks')(see 'Parallel Left')(see 'Open ALIGNMENT').

There is always a scientific purist in the crowd so I will be precise just for him!

At 'ADDRESS READY', club sitting patiently behind the Ball, your feet are approximately 20 to 24 inches away from the ball, depending on the length of your stick. In other words, your 'TARGET LINE' and your 'BODY FOOT LINE' are separated by this Distance. (Think of the railway track image we introduced to you earlier.) Railway tracks or rails never come together, except at the scene of the derailed train wreck. Neither do our 'Target Line and our Foot-Body Line' ever properly converge!

For that scientific purist then, the line through your toes should point 20 to 24 inches to the left or right of the hole. Only the 'TARGET LINE' points in the hole. (E IN A O !)

"SO FAR SO GOOD"

That is what an observer reported he had heard a suicidal person saying as he was plummeting past the fifteenth story balcony from the top of a thirty story building !

There was no cause for concern as it is not the fall that kills you, but the 'Sudden Stop' at street level.

There is always 'HOPE on the Links'.
Never stop playing GOLF !

Q50)

‘The golfer has more enemies than any other athlete. He has 14 clubs in his bag, all of them different; 18 holes to play, all of them different every week; all around him are hazards, sand, well-placed trees, grass that’s too tall, water (with or without alligators), wind (any one who said a good blow never hurt a soul must have been a sailor), and then about 143 other players getting in and out of your way. Additionally, the game is 50% between the ears. I must be ‘Mental’. The biggest enemy I me!’

Dan Jenkins, writer

“Happiness is the full use of your powers
along lines of excellence!”

John Fitzgerald Kennedy

“Never Trade Luck
For Skill!”

Karl Fischer

So, you are ‘**HALF WAY THERE**’ and now,

THE OTHER HALF
of
‘**the 5 X 5**’

(Active or Execution)
the **FIVE (5) EXECUTIONS**

1) **SWINGING MOTION** **Tick Tocks**

2) **HANDS** **Touch Touch**

3) **EYES** **SEE IT - SEE IT**

4) **BALL**
(#1 Visual Reference Balance Point)

5) **PIN**
(#2 Visual Reference Balance Point)

43)

[1] S W I N G I N G M O T I O N:

PENDULUM
(TICK TOCKS)

One of '555 Golf's SECONDARY ABSOLUTES' is Newton's 1st LAW of MOTION, the **PENDULUM SWINGING MOTION** (**TICK TOCKs**) of the Clubhead, back and forth, up and down and THROUGH the backside of the Ball, along the 'Target-Line', to the PIN. The actual forward 'Clubhead Path' from the 'Top of Back Swing' ('T.O.B.') is 'DOWN-OUT-FORWARD & THROUGH'. ('D.O.F.T.')

'FEEL The STEEL': Swing the clubhead at the end of 'LONG ARMS UNDER A TALLISH CHIN' without interrupting the primary 'Tick Tock' flowing motion. 'Feel the Clubhead Weight' at the very end of the grip and shaft which is at the end of the Lever Assembly. If you cannot **'FEEL The STEEL'** you are destined for difficulties and it is only a matter of time before your swing breaks down and performance is compromised.

Do the actual pendulum exercise in your 'TARGET SWINGING HAND', using the cord + weight Training Aid. Then repeat it with club in the same 'TARGET HAND' working fingers. Then Swing the club extended, full arms length , from Pivot Shoulder while Gripped properly in TARGET HAND. Finally joined by the 'HITTING or BRACE HAND' while MAINTAINING the SWINGING FEEL...always!

Now you know what the 'Swinging Motion' feels like. If you have any doubts, do this very primary sequence over and over until you dream about it at night...pleasantly!

44) **MEDICINE BALL**
(exercise)

FEET IN PROPER ALIGNMENT POSITION WITH A LITTLE BOUNCE

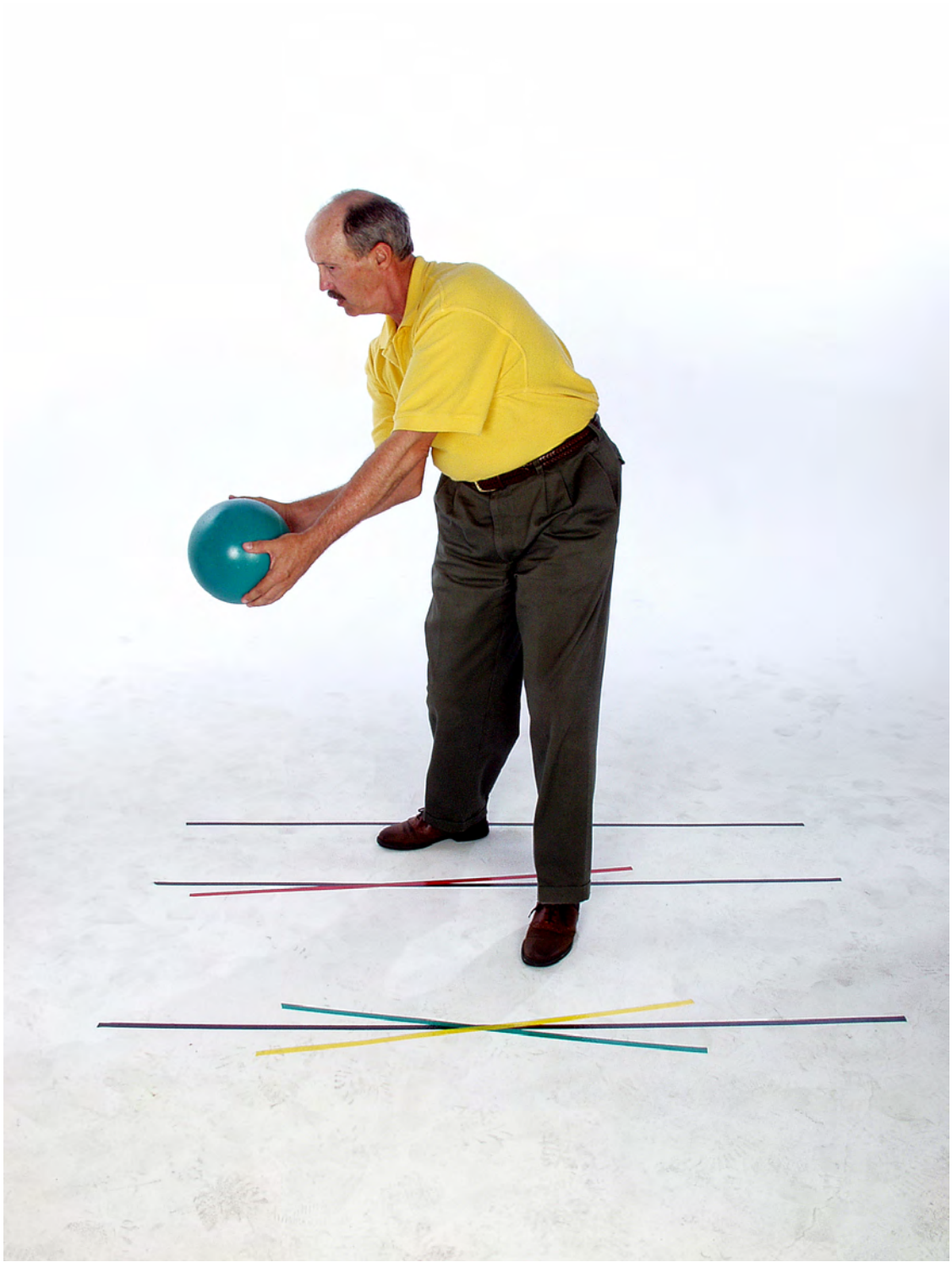
Take a light 'Medicine Ball', real or imagined, into your hands. Feel the weight as it has quite a lot of mass. Hold it at waist high with your palms generally opposed. Turn your whole body to the Brace Side and then strongly turn back to centre and through,

‘Firing the Medicine Ball’ through an imaginary ‘3 Foot X 3 Foot Window’ in the wall or hitting cage net. To accomplish this feat you will have to generate power and to do so you will have to be in a proper Triangular Braced and Connected Address; in other words your arms will have to be in a good working athletic position supported by you entire body. You will feel push or resistance in your Brace Foot and you will propel the medicine ball on a relatively level trajectory forcefully through the Target Window.

This is very good primary ‘FEEL and MECHANICAL’ exercise.

TRY IT NOW!

Medicine Ball, Lever Assemblies, Swing Sequence #6
Dropping and being ‘Pivot Engine, Brace Leg Driven’.



Medicine Ball, Lever Bend & Straighten Completing,
Swing Sequence #7, Pre-Impcat Conditions

Medicine Ball, Lever Extensor Action, In-Line, Release
Pivot or Leg Driven, From The Ground Up & From The Inside Out

45) **WEIGHT TRANSFER:**

We do not use of the term ‘WEIGHT TRANSFER’. At ‘LOAD or FULL COIL’, (fully turned to your Brace Side) your weight is on the ‘Brace Foot’. During your turn toward the Target this weight moves evenly and progressively through the centre of your body (IMPACT POINT) and to the ‘Target Foot’. This process is as natural as breathing so do not make any more of it. **‘Weight Transfer from the Brace Side to the Target Side’ is a ‘Natural By-Product’ of the very basic ‘TURN’.**

‘TURN TURN TURN’. ‘555 Golf’ does NOT utilize the words or the concept of ‘Weight Transfer’ PERIOD.

Turn the Brace Hip IN...(smoothly)...Fire the Target Hip OUT to the Target or Pin.

If you are backing your car out of the garage into the back lane, you would slowly do so looking out the back window or rear-view mirror, leading with the ‘TAIL LITES’, ‘Low-ENERGY’. Once backed-up and ready to get to work, you would turn, look out the front wind-shield and drive with the headlights (added throttle). GOLF is like this.

NOW LET'S PUT YOUR #7 IRON TO WORK

46) **REACH UP AND EXTEND TO THE SKY**
IN THE COMPLETION OF YOUR FORWARD SWING.

Finish your Swings with your hands and arms nice and high, elbows pointing quite at the Target, Wrists relaxed. FEEL this finish and become accustomed to being in this FEEL when you are completed.

I have mentioned before that the ‘Learning Process’ in this Game of GOLF is to convert ‘Physics and Mechanics’ to ‘Geometry and FEEL’ and then to SCORE. Most great players readily admit to playing ‘FEEL or ZONE GOLF’ when they are hot!

Remember, if you truly swing the golf club ‘From Your Armpits’ those long arms will create a beneficial extended high finish.

AUTHOR’s NOTE: While on the topic of ‘Extending to the Sky’ you should experiment some, using a Target that is a very long way from the tee-box ‘On Line’. For example, while playing the wonderful little Princeton nine-holer, there are lots of shots that are

framed by the mountains. In other words, there is a good backdrop to your shot. You can ‘Picture’ the peak of a mountain or hill as your ‘Long-Distance Target’ and ‘Swing Through It’.

Think of hitting a long drive down the middle. You align to the PIN and look straight up from the top of the flag and see a mountain top. This framed target might well be a mile or two away, but using it effectively will promote swinging fully through the ball and finishing ‘Extended and Tall’ through the top of the mountain. This will prevent pulling or pushing and tend to minimize hooking or slicing. Try it.

47) **THE BOUNCE-BACK MOVE:**

Instead of stopping your swing and staying with your hands rotated around and behind your head (Fred Couples), let your Lever Assembly complete it’s full swing and ‘BOUNCE BACK’ gently to the front of your body; Elbows together. Drop your lever assembly onto your ‘TUMMY’ with your hands chest-high. This produces a neutral finished position. Good tension release. Brings Shoulders into position in front of your chest where there was room to swing the club freely.
This ‘FINISH’ proves your ‘Swing Path’ which directly affects the ‘Ball Flight Line’.

Always start from and swing through the **‘TRIANGULAR BRACED CONNECTED IMPACT FIX POSITION’**. ‘Repeat the IMPACT FIX’.

48) **SET-UP / PRE SWING ROUTINE**:
the ‘Walk Around - Circling Approach’

This starts the instant you reach out with your swing hand and pick up the selected club with your index finger placed under the top face against the hossel. When you pick up the golf club by its head, Pick Up You Own Head and get your back nicely and comfortably straight with that ‘Tall Chin’. Walk ‘Book-On-Your-Head’ tall. If you want to understand this, watch Freddy Couples whose ‘Posture and Pre-Swing Routine’ is very stable.

Make the ‘Introductory Hand-Shake’ with your club. You know what a #7 iron is and have used it many times before. You trust it. But this is the next swing and the first time you have picked it up for

‘This Swing’. So make the ‘Hand-Shake’....getting to know you and feel your weight and length.

The ‘555 Golf’ three 3 ‘F's’, **‘FIND FEEL FAST’**, should never be far afield. Swing the club in our ‘Tick Tock’ manner and get the clubhead feel. ‘Feel The Steel’ right away. You can do this initially with the club in your swing hand soon placing your hitting hand firmly but comfortably in place.

Your turn is coming; one more player to make his shot and then it’s you! So walk calmly behind you ball and look directly through its butt down the target-line to the Pin. (Primary Target) Establish a ‘Secondary Target’ (a leaf, broken tee, piece of paper) on-line in front of the ball, but within 18" to 24" of the ball. Why do we do this? To give us a reference point at address that is **‘On-Line And Still Within Our Peripheral Vision’**. We swing the Clubhead and thus strike the ball directly through this ‘Secondary Target’ which certainly gets us off to a good ‘Extended’ start. It also suppresses our need to look up at the Pin (Primary Target) which is a devastating error familiar to the majority of weekend hackers but not players.

This ‘Pre-Swing Routine’ evolving, now set the centre, sternum of your chest and shoulders square to the Target Line. You are ALIGNING at this moment. You are gathering data and loading AIM and LINE into your ‘Mental Computer’. Visualize the ‘Ball Flight Path', straight or curving, to the PIN. Your sternum, Ball, Primary and Secondary Targets are on one line.

Now transition. We must move from where we are , behind the Ball, to our ‘Final Address Position’, from which we strike it. How we do so is of great importance and deserves attention. For right handers, while continually looking slowly from the Ball to the Pin and back, slowly turning your Shoulders, and everything under them, right down to your left, walk slowly in a generous circle clockwise ending up approaching the Ball directly from behind. (the club is still creating FEEL in your hands)

At this point, your shoulders and body have rotated a full 90 degrees clockwise and that ‘BALL-PIN’ relationship, along with your location, has changed markedly. Now, while the ball is still 'In Our Sternum', and ‘Target-Line’ is ‘Square to our Shoulders’, most importantly, ‘THE PIN IS NOW ON YOUR TARGET SHOULDER’. The Pin is in your ear!

‘The Primary Datum Plane Is NO LONGER’. You have now rotated all the ‘Ball Flight Information’ gathered to the **‘SECONDARY DATUM PLANE’** which is 90 degrees turned clockwise. Now it is off your left shoulder where the pin can be found. This ‘Datum Plane’ rotation can cause significant spatial disorientation or leave you feeling like the Pin has disappeared, that what you thought was the chest to ball line is now deleted. It is off the screen and for all intents and purposes, lost. With this, the feel for direction and pin that you have been developing is now altered like you have been fooled. “No sooner do I take my eye off that darned thing and it moves, shuffles off to another position”.

This sounds ‘subtle and delicate’ but it’s as subtle, delicate and complicated as a ‘SLEDGE HAMMER’. ‘DO NOT PROCEED IN THIS BOOK UNTIL YOU ‘FEEL’ THIS PROCEDURE AND ADOPT IT'S REALITY’.

Don’t abandon the scene. It’s not an accident looking for a place to happen. You are going to come away from this literary experience with a new perspective, one that will ‘SET YOU UP’ to score better and have a lot more fun.

Let’s assess and create more data. Your shoulders are parallel to the ‘Target Line’ which is very good. The ball is in your sternum and that’s good. Your arms are quite extended with a good grip and the club is also situated in your sternum, central to your body mass and especially shoulders. Your feet should be relatively narrow and right under your chest. The Clubhead should be about two feet behind the ball.

Stepping into the ball with your Brace Foot’, lower your ‘Lever Assembly’ (chest, arms and hands) and adjust to **‘Address POSTURE’**. Your spine will incline and tilt slightly. Keep the Ball on Sternum. With the Clubhead either just above the turf or even very gently touching it, slide the ‘Clubhead Sweet Spot’ behind the butt of the ball. You will be reaching, leaning into the ball at this point. Now step forward with your ‘Target Foot’ to Posture comfort and readjust your brace foot to **‘ALIGNMENT’** with the ‘Target Foot’. Your feet will be about 4-5 inches apart. We will adjust them to proper **‘STANCE’** right now.

The Ball should still be centre-sternum and forward. Think about the defined **‘BALL LOCATION’**. Already you have it the balanced proper distance forward of your feet, but is it in the desired location, left to right? (see Section ....’Ball Location’) If your are swinging a #5 iron, the ball will be centre-sternum or slightly

forward not more than one ball, depending on your chosen ‘IMPACT FIX Point and Routine’. If you are swinging a #7 iron, you will be one ball width behind the #5 iron location. If you are swinging the #3 iron, you will adjust one Ball forward from your standard #5 iron position.

Move your ‘Target Foot’ along ‘Foot Line’ toward the Pin to adjust your **‘STANCE WIDTH’** and to ‘Proper Balance’. This move will place the ball ‘On Clavicle Adjusted Position’ for the iron being used. Now move your ‘Brace Foot along the Foot-Body Line’ to the **‘Pre-Selected STANCE WIDTH’** as required.

Your **‘ALIGNMENT Will Now Be SQUARE’**. Adjust your STANCE to either ‘OPEN or CLOSED’ depending on your discipline. To adjust, **‘NEVER MOVE YOUR TARGET or SWING FOOT’. Adjust Your ‘ALIGNMENT’ With Your Brace Foot’**. The ‘Target Foot’ stays under your ‘Pivot Shoulder’. Always adjust your ‘BRACE FOOT’ ahead or back to ‘open or close your **‘ALIGNMENT’**. Make sure you have a little 'BOUNCE' in your knees (Knee Flex). This will ensure your ‘Weight is Distributed’ just aft (behind) the big joint of your big toes, or to the front of the arch or balls of your feet. Try it!

At this time your ‘Shoulders are Aligned and your Feet are ‘GUNSIGHTED’. The line through your ‘Heels’ is absolutely parallel to the well-defined ‘Target-Body Line’ while the straight line through your ‘Toes’ will be pointing towards the ‘High ENERGY Side of the Target Line’. Best check it often!

To do so, raise your ‘Hands and Golf Club’ to about 45 degrees above parallel which will let you relax a little after setting up which can create tension. This is called the ‘CLUB NEUTRAL POSITION’. In this position, keeping your ‘CHIN Tallish’, looking somewhat down your nose, let your eyes travel through your toes, ‘Brace Side to the Target Toe’ and continue precisely along this High-ENERGY Line down the Fairway just to the ‘High-ENERGY Side’ of the PIN or your Quarter Target. If this ‘HEEL LINE’ does not run directly to the Pin and ‘Parallel High-ENERGY Side’, you are NOT precisely Aligned. If necessary, adjust slightly. Use a ‘Shaft or Golf Club’ to sight check it again. (as described above)

I am a ‘FOOT FETISH’ believing that the feet are the foundation of our entire golf game. Obviously, we stand on them, work on them and swing on them at all times. There are very few alternatives! If the feet are incorrect, so goes the ‘good’ swing and ball flight. Bad feet, plus a great smooth uninterrupted full swing, produces a bad

‘Ball Flight Line’. We must strive to set up ‘Good Feet’, make a ‘Great Swing’ and produce ‘Lightning Strikes To The Pin’.

49) **A LITTLE TRICK**:
(you might find of interest)

It is employed to protect ‘Relaxation’ as well as to find the Ball in this ‘Comfort’ condition which includes always ‘Longish Arms Swinging Under That Tallish Chin’.

When you are ‘**P.G.S.B.A.**'ed, just before you commence your ‘Tick Tocks’, ‘Touch Touches’ and ‘See It See It’s’, extend your ‘Lever Assembly’ (primarily the hands) just slightly out from your feet (Foot Line) toward the Target Line. I call this the ‘**Extend Move**’ which just elongates your tendons ligaments and muscles giving you this ‘Longish Arms swinging under a Tallish Chin Set-Up and Motion Position’.

To further emphasize and imprint your brain with this very important ‘Set-up or IMPACT FIX, ‘**TAP THE GROUND** (just behind the Ball) **THREE TIMES**’ keeping your Chin Tallish. (TAP TAP TAP)
Now you will not only think you know the IMPACT POINT and BALL LOCATION, you will have ‘TOUCHED IT TWICE’ to prove it. You have ‘**TOUCHED ADDRESS**’ so simply swing the Clubhead away from and speedily back through the same spot. The ball will be waiting for you right there. Make it go away!

This type of behaviour is very tactile or real world and it may help you to gain confidence which is never a wasted commodity in this marvellous Game of Golf.

50) **TURN - TURN - TURN**:
(‘Motion and Warm Up’)

Theatre Position Cradle

Turn In. (Coil and Lift or Raise)
Turn BACK TO SQUARE (Address) and
Turn OUT all the way to the PIN.

(Clubhead travelling through the Ball as a simple matter or result of the MOTION)

51) **PROGRESSIVE SWING WEIGHT FEEL**

A) **ZERO SWING WEIGHT**: (warm-up feel)

With triangular, braced, connected address arm position. (inside of biceps contacting your upper chest, elbows slightly bent and the grip, shaft and clubhead pointing straight up and down...all the head weight feeling like it is dropping directly onto the ground were you to let go) This will put your hands turned up to position the clubshaft precisely vertical to ground. (dead weight only)

NOW ... TURN TURN TURN several times. FEEL IT.
(shoulders, chest and hips to load)

B) **ADDING REAL SWING WEIGHT:**

'Swing Weight' is that feeling of the 'Clubhead Pulling your Hands Down Toward the Ground' while the head is obviously NOT in contact with Mother Earth.

Now lower 'Clubhead parallel to the floor'. (Feel Swing Weight - Fulcrum) now in play. Waggle to prove different feel. You will have more downward weight load on your hands and forearms. You will feel as though the clubhead were pulling your entire Lever Assembly to the ground.

NOW, FLAT TARGET WRIST firmly fixed stationery to belt buckle.

... TURN TURN TURN again.

C) **REAL FULL SWING WEIGHT**:
(Swing Plane in Place)

Now lower clubhead and full lever assembly to full address position. Aligned feet, knees, hips and shoulders. A little bounce in the knees and feet. Waggle and feel the swing weight difference.

52) **SWING THE CLUBHEAD**: (Pendulum Action)
‘FEEL The STEEL’

Newton’s First Law of Motion. Explain it generally.
[‘555 Golf’ SAFE]

Use actual ‘I.G.A.’ swing trainer pendulum. Progress to swinging clubhead between to target / swing hand ‘WORKING FINGERS’.

Progress to proper Target Hand Grip and Swinging to fullish Swing.
‘FEEL THE STEEL’.

Join the ‘Brace Hand’ (hitting hand) gently but firmly on the grip and ‘DO NOT INTERRUPT THE SWINGING FEEL and MOTION’.

Swing down the line to the PIN ‘Follow and Finish’,

Breathe Out and Relax.

53) **HIP LOAD POINT**:
(the COIL FEEL)

Demonstrate this ‘FEEL’ first with ‘Brace Foot’ moderately open and with it ‘SQUARE’ to the ‘TARGET LINE’.

Touch the client’s ‘Quad Hip Origin and Insertion Point’ so they can clearly understand the locations and acquaint the ‘Feel’. The QUAD muscles attach to the **‘ISCHIAL TUBEROSITY’** or the pelvic bone area and when you turn to the ‘LOAD SIDE’ firmly the whole muscle mass from your thigh right to the pelvis will get tight. If you put your OWN finger just below the ‘ISCHIAL TUBEROSITY’, about where the femur ball goes into the hip socket, you will feel these tightened quad muscles.

I can hear you thinking again! In this case, it’s your OWN Hand your OWN Finger and your OWN Hip.

(This reminds me a little of the live television interview that Bob Hope had with Marilyn Monroe where she is reportedly to have asked ‘Bobby’ for a dime. Mr. Hope, never known to miss a beat, told Miss. Monroe to put her hand in his pocket. She replied as she began to insert her hand, ‘Gee Bobby, I feel kinda funny!’ Bob Hope replied, with his notorious grin, "Get any farther in there and you’ll feel nuts!" He ignored any negative fall out!) There is but one Bob Hope!

54) **TURN AND LOAD CONSISTENTLY**;

Demonstrate and explain ‘CONSISTENCY’ of the coiled rubber band ‘Brace Leg to Brace Armpit’; the start or resistance point of every ‘Full Swing’. ‘LOWER BODY MACHINE TURN’ is firmly to 'LOAD' and immediately smoothly to complete fully turned to the ‘Target Side Release of COIL’. Its automatic and without any thought at all. Start talking of ‘RHYTHM’ and ‘TEMPO’. The hips load and fire on an ‘8-8 Tempo’. Explain it. (from a hip stand-point only at this time. NOT HANDS and ARMS)

The location of your ‘BRACE or LOAD Foot’, the one which provides resistance and a ‘PUSH POINT’, is critical. The farther it is turned to ‘Closed Gated Position’, the farther you will be able to turn to a point where you will not be able to any longer see the ‘Ball on the Eet-Up Location’. This will NOT improve your Coil. The ‘Brace Foot’ should be ‘SQUARISH to the Target Line’, but if you are hampered with some lost flexibility, as some of our ‘more mature brethren’ are, turn it ‘Closed a little and immediately you will find a little more ‘TURN FLEXIBILITY and Comfort’ but not more actual ‘COIL’.

Your ‘SQUARISH BRACE FOOT’ should be in generally the same place every time. It you footing is not consistent, how can your Coil and Swing results be?

55) **SHOULDER TURN:**

Big ‘Shoulder Turns’ create big radius and full circumference ‘Clubhead PATH’ which produce greater ‘CLUBHEAD SPEED’ and directly more ‘DISTANCE’.

At **‘IMPACT FIX POSITION’** Swing or Sweep the Clubhead ‘LOW and SLOW’ straight back down the ‘TARGET LINE’, feeling the ‘TARGET

SHOULDER'S (Swing shoulder) 'Turning Around To The Tallish CHIN' and DO NOT let your Chin drop down at all to meet the Shoulder. If you do so, you will alter your 'Spine Angle' and steepen your 'Clubhead PATH and Angle of Attack' both in the Back and Front SWings and produce a chop shot. You may have seen or experienced the 'Pop-Up Driver Ball'! You know, the one that scratches up the Top Plate of the Golf Head.

This 'Turning Of The Target Shoulder Around To The Stable CHIN' automatically creates 'Shoulder Turn', which, when followed by a good 'Hip Turn', sets or loads the 'COIL'. **The Golf Swing 'Winds Up From the Top Down and UnWinds From The Bottom Up'.**

Feel like your back and butt turn to the 'Brace Side' until they are 'SNUG' and with the 'Target Shoulder' turning firmly to the CHIN'. When this takes place, you will have COILED fully. There is a feeling that you have 'Wound Up the Big Rubber-band in your Brace Knee, Hip to Brace Armpit' and once you 'TRIGGER' (Release This Coil), you should work to turn strongly firing it around to the flag, making the powerful hit with your Brace Foot ending with your 'LAGGING HANDS!

Remember, through all this entourage of parts, you must

'SEE THE BALL COME OFF THE CLUBFACE'
... always!

56) **RANGE OF MOTION** ... Flexibility (exercise)

To demonstrate your turn is working fully, or determining how far you are turning, take a #5 iron, (cradle it on your Thumbs. Palms Forward, Gripping the Shaft with your Hands Shoulder width, the Shaft comfortably just in front of your Chest a couple of inches, arms dropped fully low with Biceps generally contacting the sides of your Chest) and now turn your Shoulders and Hips fully, Top Down, to their tight position or maximum 'Range Of Motion' (HIP LOAD POINT). In this 'LOADED or COILED' state, notice how far, how many degrees, you have turned the Club Shaft 'Bracewise'. You should be able to turn it about 90 degrees. In other words, the Grip or Clubface, depending on how you held it, should point at right angles, Square to the 'TARGET LINE'.

57) **TURNING ... FINISHING SQUARE:**

Ensure the student understands ‘FOLLOW-FINISH’ looking precisely and impeccably ‘At The Pin-Quarter’

After ‘IMPACT and FOLLOW’, with the Hands now leading, arms chest and tummy, hips, knees and feet ‘Flowing, SQUARING to the TARGET’.

‘RELEASE, BREATHE OUT RELAXED AND SQUARE’ will reduce the common tendency to create ‘Excessive Rotation of the Shoulders’ well past Square. This ‘Excessive Rotation’, I believe, is partly the result of golfers, especially at younger or earlier stages of development, trying to emulate some pros. "I want to get to that attractive and distinctive Freddy Couples finish" for which he is well known.

There is no benefit to this ‘Amplified and Over-Rotated Finish’. It is an elaborate corkscrew. There is significant liability and likely injury to your lower back, those lumbar vertebrae that so often prove to be an advancing golfer’s ‘ACHILLES HEEL’. With this ‘Over-Rotated Finish’, comfort goes away often replaced by pain. Not only might comfort go away, but also one’s career.

Fred Couples, a truly great golfer, has compromised his back with over-rotation. Think of it. The Ball has long-gone away from the Clubface in about 3/4 of an inch; in approximately 1/2 a millisecond. Once the Clubhead has reached your Target Hip Height (swing Sequence #8), the body throttle must be turned 'FULLY OFF' and you must finish your Swing with a ‘Floating Action’ to the comfortable ‘Top of Front Swing FINISH’ (Swing Sequence #9-10).

Interestingly, if you have watched the weekend rounds of golf on T.V. you have likely seen Fred Couples make his three wood shot off the fairway where, just after impact (Deceleration Segment #3F) and approximately at hip high, he completely lets his right hand come off the club finishing his swing ‘One Handed’. One might be tempted to say, "Boy is that going to be ugly! Freddy’s upset. Look at the way he kind of ‘Bailed-Out Of The Swing’. He didn’t even finish it. You know, to his classical big-rotation Couples finish.”
The ball rockets 264 yards to the PIN.

How could that be? Well the ‘IMPACT Portion’ of his swing was finished before he released his ‘Brace or Hitting Hand’. The job was done and it saves his ailing back.

58) **THE BOUNCE BACK**:
FINISHING and RECOILING back to SQUARE.
(Bouncing back out of the TOP)

The ‘555 Golf’ ‘TICK TOCKS’ are designed and implemented to produce relaxed, symmetrical ‘FLOW, BALANCE and RHYTHM’. We should only get tight and make the HIT through the bottom, which is where the Ball defensively waits for us. This is called the ‘555 Golf Segment #2F or IMPACT SEGMENT’.

When you do full ‘TICK TOCKS’ you get to the ‘TOP of your Forward Swing and Finish’ and, having breathed out relaxing, you smoothly change direction and come back down to move directly into yet another ‘TICK TOCK’. They do not stop in the bottom.

We all agree that relaxation, a nice comfortable finish, is better than a ‘rigormortise, I done it!’ To ensure this fully relaxed finished, might I suggest that you explore making your swing finish, gently ‘RECOILED Or Softly BOUNCED Off The Top’, dropping back or retracing the ‘Hand and Clubhead PATH’ to your elbows resting on our tummy, inside of biceps resting on the outside of your rib-cage, with your ‘HIPS SQUARE to the TARGET’. Your forearms will be slightly elevated with hands relaxed, ‘Leading-Edge of the Clubface’ still directly lined up with the ‘Target-Line and PIN’ just as we did in our early ’PreSHOT Rouitne’ standing five paces behind the Ball looking ‘Down-the-Line’.

At this point in our ‘Routine’ we should very much ‘FEEL’ the ‘Line and/or ALIGNMENT’, the ‘Squareness of our Shoulders and Hips’ to the Target, the ‘Parallelness of the Brace Foot to the Target Line’, the ‘Clubface’ being Parallel to the Line’ (matching the controls the Clubface’, and we shold be very aware of having an **‘Image Or Visualization Of The Desired Ball Flight’** we are about to strike.

Top Of Front Swing, Swing Sequence #10

Bounce Back, Swing Sequence #11

TWO SPECIFIC BENEFITS:

There are two (2) specific benefits to this ‘Movement or Swing MOTION’ (Bounce Back):

1) It proves your ‘Release and Ball Flight or Delivery Line’. Somewhat like playing your ‘Swing in Slow-Motion Reverse’. You will be able to see and feel where you came from.

2**) It ensures a ‘NO LOAD’ lower back position. You will finish with good ‘POSTURE’ and with all the torque out of your ‘Lumbar Back’.**

There are other residual aspects (Components and Procedures) to work on: ‘CHIN Tallish’, ‘EYE contact with the Target’ and ‘BREATHING fully out RELAXATION’. You can ‘Check-List’ these, and other, objectives using this ‘FLAMINGO FINISH METHOD’. Don't forget to **‘DO THE FLAMINGO’** (Tap Your Brace Toe) (another ‘Bullet Proof Drill’) to prove you have fully ‘TURNED to SQUARE’ and that you have actually ‘FINISHED the Swing’, moving from the ‘BRACE Side of your Foot Pedestal to the TARGET Side, thus ‘Moving Weight Distribution’ also fully to the ‘Target Foot’.

59) **WEIGHT SHIFT:**

I like this term better than the other one. (**‘Weight Transfer’**)

Amateurs and high-handicappers often assume good weight shift results from a ‘Deliberate Sliding of the Hips directly Back or ‘Laterally Up-the-Line’ (on Back Swing) and Forth (on the Forward Swing). Low handicappers, and certainly the Pros, realize that this weight transfer (I hate the term because it is so misleading if not clearly understood and kept in perspective) is not a ‘CONSCIOUS Motion or Move’ but the direct result or ‘Natural By-Product’ of making a proper ‘TURN to a firm COIL and the powerful muscular UNCOIL or fire at the flag’. We want ‘Rotation’ (Round & Round) and not slide.

There is a ‘Bullet Proof FEEL and SEE’ demonstration ‘Drill’ for ‘Coiling-Hip and Shoulder TURN’ in which we hold a ‘Club Shoulder-high across our Chest Parallel to the Target Line’. From this ‘POSTURE and STANCE’ we turn our Shoulders (the Golfclub Shaft) as far as we can comfortably to the BRACE (COIL) SIDE.

Please take special note that the ‘HIPS came along for the ride’ ... NATURALLY! **‘NO MIND CLUTTERING THOUGHTS REQUIRED’!**

What I am saying here is lead by **‘Making The Shoulder Turn’** (Brace Hand to Brace Shoulder) and the rest will follow. Keep it simple. In the ‘Loaded’ station exercise we were originally concerned with ‘How many degrees we actually turned with Shoulder and Hips’. At this time, on the topic of ‘Weight Shift’, we are focusing on the ‘WEIGHTED FEET FEEL’. Is there more weight on our Brace or our Target Foot? Of course, approximately 80% to 85% of our weight is on the ‘Brace, Push or Resistance Generating Foot’. The ‘Work’ comes from here just as in baseball!

I want you to clearly understand how your mass, Centre of Gravity, got ‘LOADED or LOADED Onto Your Brace Side’. The ‘TURNING MOTION’ simply and naturally moved it there.

Continuing the exercise, when you ‘Un-Coil and Fire To The Target and Finish’, stay there. Now where is your ‘Centre of Mass or Gravity or Weight’? Absolutely! Over the Target Foot. Arguably it is over your ‘Brace and then Target Knees’ but I am not on a mission of splitting hairs, just making sense understandably. If I manage, this **'GOLF ... Solving the Complexity Myth'** is a success.

Thanks again for your attention.

60) **THE RACE BETWEEN BIG AND SMALL MUSCLES**:

Introduce the aspect of ‘Big Mass Muscles’; very strong but very slow. Relate these to the very much smaller and faster Hands and Arms. Timing and co-ordination is important or poor results such as ‘Over-the-Top’, ‘Outside-In’ and more bad stuff will happen!

In a race between the big muscles and the small ones, arms and hands can always beat the tummy, back, butt and legs to the ‘IMPACT Zone’ if the race is started simultaneously from the top. The first move in ‘Golf’s Forward Swing’ is to 'Plant your Target Heel (if you raise it) and to ‘Release the Stretched Abdominal Muscles’ which starts the ‘Lower Body Machine LEADING (LBM)’ while the ‘Upper Body Machine is LAGGING or Trailing (UBM)’. If your ‘LBM’ ‘LEADS’, leaves early, your ‘Brace Hand, Arm and Shoulder will ‘Drop Naturally Into the Slot’. Moving from the T.O.B. in a ‘**Dropping Motion**’ (Gravitational) means **‘WITHOUT ANY INITIAL BRACE LEVER ASSEMBLY or INITIAL UPPER BODY MACHINE POWER’.**

ARMS OVER LEGS:
('Casting')

'From The Top Down' & 'From The Outsdie-In'

Solution to the 'HANDS and ARMS OVER LEGS Syndrome' (hands winning the race and getting back to the ball first) is timing the 'Firing Sequence' so that the 'Brace Foot **PUSHES**' early in the Front Swing while the 'Hands **FIRE**' late in Segment #2F. You should 'FEEL' that you do not 'Put On The Hit' until your Hands are coming solidly below your Hips. This is when you 'Clubehad is Advancing'. This is when your 'Wrist-Cock is Fired Out' and the 'UBM' 'Potential or Stored ENERGY is efficiently Released'. 'Turn Early and Hit Late'. More soon.

61) **TEMPO AND CADENCE**:

Use Your "&" Word every single Procedure!

Hips, big muscles, operate on an '8:8 Tempo'. Light muscles do NOT function on any '8:8 Tempo' but on a '10:6 Tempo' so the hands do not win the race back to the 'IMPACT Point'. The 'HIPS LEAD and the HANDS LAG'. The purely correct term for this '10:6 Characteristic' is '**CADENCE'**. A bit like the 'Feeling Of Beat'.

It must be simply understood and felt that the general 'Full Golf Swing' is a '16 Time Unit or Part Function' taking about one and a half seconds to complete. It must be noted that not every 'Full Swing' is exactly the same so some Swings might be faster and operate on a '14 or 12 Time Unit'. Nick Price and Ernie Els have very different 'Rhythms and Tempos' (overall Duration or start to finish time slots).

Demonstrate the 'Tempo and Cadence' to your students. Show the 8-8, 7-7, 6-6 and 5-5 Cadence' or metronome sequence (Hips primarily do this Drill) and then demonstrate the top-down sequence or delay, thus creating the '10:6 Cadence'.

Now say our trigger word sequence "Sweep & See It" clearly showing that it effectively generates or controls the '10:6 Cadence'. (Rhythm) 'Mind Over Matter'.

62) **SWING FEELING:** (more about Armpits!)
'REMEMBERED FEEL'

Feel like you are 'Swinging your Clubhead from Your Armpits' and not from your Elbows. Tension in your 'Set-Up' and 'Take Away', premature power or 'FIRE' in the downswing, destroying the important 'Initial Dropping Motion' will all cause you to 'HIT FROM YOUR ELBOWS' and lose 'Clubhead Speed and Control'. Remember, with a consistent 'Spine Angle and Spial R.P.M.', the 'Longer the Radius, the Greater the Clubhead Speed and IMPACT Velocity'. (TVATI Terminal Velocity At (or Through) IMPACT).

Big 'Clubhead Speeds Squarely Applied to the Butt of the Ball' generate 'Big Bank Accounts' PERIOD!

Swing your Driver, the Big Gun, from the Armpits and not the Elbows. 'BIG TURN', 'BIG ARC', 'BIG CLUBHEAD SPEED', 'BIG RESULTS'. You make the selection or call.

When you 'TRIGGER your Take Away – Back Swing', 'FEEL' like you are creating a very big CIRCUMFERENCE (Big Rolling Wheel of the Target Shoulder Socket), maintaining the longest possible radius 'In BALANCE' while 'Swinging the Clubhead 'Up and Down and along the Target Line Through the Butt of the Little White Ball', all the way to and Through the PIN and 'Up Your Nose'!

'Power and Distance' is created, generated, contributed to by the difference between 'HIP TURN' (coil) and 'SHOULDER TURN' (coil). Make sure you 'FEEL' a firmly wound up, turned, 'Brace Side Rubber Band'.
An Important Thought: "Make sure you GRADUALLY build 'Clubhead Speed' from the UnCoiling Action". It's not an explosion!

64) **TURNING FEELING**:

You should 'FEEL' that you are 'Turning around your Spine or about your Sternum while **'BRACE POSTED'** or planted firmly on a 'Brace Foot', 'Brace Leg' and Brace Hip' that is tied with a very strong rubber-band to your 'Brace Shoulder'. This paints the picture or makes the analogy that you are **'WINDING Or COILING Onto And Up Your Brace Side'** for a powerful but smooth 'UnCoiling Action' to which your 'Lever Assemblies' or 'Upper Body Machine' is attached. This creates 'Centrifugal Force' which creates that amazing 'Slinging Action and Clubhead Speed' resulting in that great 'Ball Action'

....‘DISTANCE and DIRECTION’, ‘Compression and Line-Of-Compresion’.

65) **BALANCE**:

‘Set-Up’ ‘Feet Shoulder Width Apart’ (STANCE) for driver, narrower for Long-Irons, narrower still for Mid-Irons and narrowest for Short-Irons. Shorter stick require less ‘Work’, less ‘PIVOT’ and thus the ‘Working Pedestal’ should be less!

(TICK TOCKS)

Feel Your ‘Centre of Gravity’ in solid central position
(Set-Up Feeling Balanced ... SWING IN BALANCE)

(Nadia Cominich ... feel standing on a balance beam through full swing)

66) **TURN-DROP-TURN**:
(an slight Drill advancement on TURN-TURN-TURN)

Now that we are making the ‘TURN IN and the TURN OUT’, we want to get those ‘**DEEP, FLAT and WIDE HANDS’** into the program. It is beneficial to ‘FEEL like your Clubhead is Swinging Comfortably as far as you can let it go from your Sternal Hub through IMPACT’. (Follow-Finish)
You’re at the T.O.B. (Swing Sequence #5) having Back Swing turned from the ‘IMPACT FIX Post’ through Swing Segments #1, #2, #3, #4, to #5. Then you ‘Release Your Coil’, naturally ‘Drop the Lever Assenblies Dowm toward your Brace Hip’ to and through the ‘IMPACT Zone’, ‘Follow-Finishing Square to the Target Line’ (Segments #3F and #4F).

During this smooth ‘Swinging MOTION’, allow your ‘Target Hip’ tp start moving forward due to the ‘Release of the Abdominal Stretch’ or ‘TURNING FORWARD’, then letting your ‘Lever Assemblies’ start dropping directly down and through the ‘BOTTOM OF SWING ARC’, actually ‘FEELing the Hands Dropping Down and Hitting Through the Ball to the Target Pin’, while your ‘Post IMPACT’ move remains still that ‘TURNING FORWARD’ to a nice tallish comfortable ‘**FOLLOW – FINISH**’.

So, from the ‘Top Of Your Back Swing’ (fully Coiled), you allow the Hips to Turn Target-Side, followed by your ‘Hands and Arms with the Golf Club dropping towards your ‘Brace Hip’, followed by more ‘Turning of your Hips towards the Target’. **‘TURN-DROP-TURN’**.

Elbows generally pointing at the Target along with your Hips, Chest, Shoulders and your ever important ‘CHIN’. When it is in place, your entire physical properties can perform smoothly and powerfully. I shall never be convinced otherwise.

The ‘Clubface AIM’ in this ‘BACK SWING - FORWARD SWING Trip’ goes from ‘SQUARE at ADDRESS (Swing Sequence #1), to OPEN at HIP HIGH (Swing Sequence #3), back to SQUARE at IMPACT (Swing Sequence #8) and then through to ‘CLOSED at the Target HIP HIGH’ (Swing Sequence #9). These are ‘Four Primary Positions’ in the ‘**11 SEQUENCE SWING**'.

Square/Open/Square/Closed

Remember you ‘**HIP HIP**’ and ‘**TOE UP - TOE UP**’ (see ‘B-P Drills’).

This is very primary ‘GOLF MOTION Stuff’!

If you can accomplish this ‘IMPACT ZONE ALIGNMENT’ Control, you will strike the Ball well and can GOLF!

67) **POWER ZONE**:

‘HANDS’ end of long arms hanging from armpits
‘**POWER ZONE**’ (Segment #2F)
(Lever Assembly Centred ... middle of chest-sternum)
Clubhead at ‘Bottom Of Swing Arc’ (‘BOSA’)
Neutral Position
‘TRIANGULAR IMPACT FIX READY’

now start doing your .. ‘TICK TOCKS’
‘TOUCH TOUCH’
‘SEE IT SEE IT’

68) **BELLY BUTTON**
(exercise)

At ‘ADDRESS READY POSITION’ the ‘Hole In The Butt of the Grip’ points at your belly button. At ‘IMPACT FIX Position’ the Hole in The Butt of Your Grip’ should be pointing more towards your ‘Target Hip’ until the Clubhead Swings above level or above your hips, when your natural ‘Wrist Cock’ occurs causing the ‘Grip Butt’ to travel or trace along the base of ‘Back Swing Target Line’. (see ‘One End Pointing’)

If ‘Wrists Hinge’ too early in the takeaway, your ‘Swing Arc’ or ‘Swing Radius’ will shorten-shrink reducing both ‘Power and Clubhead Speed’. Simultaneously, your ‘Swing Plane’ will likely vary detrimentally to your ‘Clubhead PATH’.

Remember to ‘Click The Penny’ and ‘Swing the Clubhead’ ‘Comfortably’ from your armpits, starting ‘Deep, Flat and Wide’; good ‘Brace Lever Extension’.

69) **POWER-LINE OR THRUST VECTOR**:
('Parallel Thrust Lines')

Get client to 'Check List' his 'Set-Up' to be 'FROM THE GROUND UP' (airline talk but very applicable). Show them the hitting or muscular firing sequence or the 'Power Line or Path'. Explain again 'Lever Assembly'. Let him feel that he has muscles 'IN TENSION' (pulling) on the Target Side of his human 'Lower Body Machine', while he has muscles pushing on his 'Brace Side'. His reflexed or bent, and thus loaded or cocked, Brace Arm (the second side of the Triangular Lever Assembly) fires or applies force through the Hands on the Grip along the Shaft to the Clubhead, somewhat as a 'Pushing Piston' via a 'STRAIGHTENING Hitting Brace Arm'.

This is the 'POWER-LINE'. The 'Three Lever Single Action Brace Lever Action' is set over the Brace Foot and Brace Knees (Base OF PIVOT). The power transmission travels from this anchor, up the Brace Leg to your Brace Hip and butt, then across and up your lower back diagonally to your Target or Swing Shoulder Socket to the 'Clavicle Pivot Point or Center, down the Arms, through the Hands, Grip and Shaft then to the working Clubhead. This rather small piece of steel, weighing in the range of 250 grams, is the 'high-speed very controlled messenger' that delivers the blow to the butt of the ball.

'CREATE The FEEL'. Put some resistance in the toe of your club by placing it against the baseboard at the corner of two walls, or set the toe against a post, get yourself into 'IMPACT FIX POSITION' relaxed with a little 'BOUNCE or FLEX' in your Knees.

Remember the **'GRECO-ROMAN WRESTLER'** Set-Up we spoke about earlier.

'FEEL THIS WRESTLER READY POSITION'.
('Quads & Glutes Loaded')
('A Little Sit Down')

Now gently, with both Hands properly placed on the Grip, push the 'Leading Edge of the Clubface' or the toe against this baseboard or post. You should immediately feel some 'Pulling Action' with your

‘Target Swing Arm against your Target Chest’ and some ‘Pushing Force with your Hitting or Brace Lever against the Golf Club Shaft through the Grip’.

Now, keeping this static force firmly applied, trace the power-line, the ‘Feel of the Force from your Brace Foot through your body right down the shaft to the Clubhead. ‘Your Brace Foot should ‘FEEL’ Connected to your Clubhead’.

Knowing the reality of this creation and application of Force will help you understand what you are working at accomplishing on the driving range and the course. I think the more simplistically we understand and conceptualize the muscular action, the better we will perform. Remember, we are not trying to get a university medical degree in physiology, so DO NOT over analyse. Just ‘Feel the Action’, the ‘Power-Line’ in this case.

We have mentioned and will constantly mention ‘Play The Feel’ in Golf. Once your ‘Mechanics’ are ‘REASONABLY’ established creating the proper ‘Clubhead PATH and Motion’; once you have made your Clubhead perform correctly by feeding muscular information at it through your Hands, your ‘CLUBHEAD CAN START PAYING YOU BACK’. It can return the favour of your investment and time.

So what is this scholastic gentleman individual (NUT) getting at now? GOOD QUESTION!

Any person who has a ‘Clubhead Swinging’ properly striking the ball reasonably well, should pay particular attention to the ‘Feel the clubhead gives back to the Hands’. ‘FEEL THE STEEL’, the head weight at the end of the shaft travelling and doing it's job. If I could magically get inside your head and skin and make perfect golf swings and shots for you over a short period of time, you could feel the sensation and learn from it and not just from me as an extrinsic disciplinary agent, better known as a teacher. I am doing the next best thing. I am explaining this ‘Golf Swing’ in many different ways, through many various stories and skills so as to be certain I am communicating effectively and getting you to adopt my concepts and skills. You will evolve into a better Golfer having more fun and making your life more meaningful. Of this I am certain!

70) **ADDRESS POSITION:**
(Address Ready)

With ‘TWO HANDS ON THE GRIP’, (Top Triangle in Place) the Target Shoulder Prominence to centre of Clubface forms the ‘SWING RADIUS’ and the absolute need to maintain this relationship as a ‘Swing Constant’ must be clearly understood.

The ‘Top Triangle’ is formed simply by your two Hands gently placed on the Grip at the end of relaxed but firmly positioned Arms hanging from your Armpits or relatively level Shoulders.

The ‘Bottom Triangle’ is formed simply by the two Feet being in balanced position, (GUNSIGHT and BOUNCE), under the centre of you Hips or belly button.

This is your ‘TAP TAP TAP Position’.

‘Centre of Rotation or Body Turn’ is Sternum. Centred between two well-placed feet, equally weighted. Slightly more weight on the inside than the outside. (hold the penny between you own cheeks)

The ‘NET SWING CENTRE’, the mid-point between the ‘Shoulder Pivot or Swing Radius Point’ (Shoulder Socket) and the ‘Centre of Rotation’ (Sternal Hub) is about the ‘Target Clavicle’. Your Swing develops from just about this point in the ‘Target Side’ of your Chest combined or tracking with your ‘Target Hip’. ‘FEEL IT’

71) **ADDRESS:**

Arms still in the **‘TRIANGULAR BRACED CONNECTED ADDRESS POSITION’** firmly contacting the tummy. Elbows turned in. Elastic band on the elbows throughout the entire swing.

TURN DROP TURN

Clearly demonstrate the **‘TRIANGULAR’** aspect throughout the Swing. Make the student see it.

Both arms extended to ‘Bottom Of The Swing Arc at and Through IMPACT & SEPARATION’, hitting with the back of the ‘Target Hand’ which controls the Clubface AIM’. Back of ‘Target Wrist’ (Flat Target Wrist), or ‘Target Hand-Forearm Angle’ is to be generally maintained straight throughout the ‘Entire Back and Front Swing’.

You might show this ‘Wrist Hinge Position’ as being natural when using only the ‘Target Arm’ (Isolate The Parts) to make a one-armed swing as we used to get the ‘Basic Swing’ generated in the very beginning.

72) **GETTING THE NATURAL SWING STARTED:**

Get the client ‘Swinging the Clubhead’ with his ‘TARGET HAND ONLY’ using ‘Lower Body Machine and Foot movement and Hip turn’. ‘SWEEP IT BACK’. ‘SWEEP IT THROUGH’. Start it gently and very abbreviated gradually getting toward a ‘Full Swing’ or at least ‘SHOULDER TO SHOULDER’ and not just ‘Hip to Hip’. Have the client watch an imaginary ‘Ball Location’ (Bottom Inside Cheek) at ‘Clavicle Position’ and gently contact the matt at that ‘Bottom Of Swing Arc Position’ both in the ‘Back and Forward Swings’.

‘COMFORT and CONFIDENCE’. Encouragement - Praise

Now simply get the Ball in the way of
this nice fluid rhythmic swinging Clubhead.

Q51)

"I guess there is nothing that will get your mind off everything like golf will. I have never been depressed enough to take up the game, but they say you get so sore at yourself that you can forget to hate your enemies."

Will Rogers on Golf

“It is neither wealth nor splendor,
but
tranquility and occupation
which give happiness!”

Thomas Jefferson

73)

[2] N A V I G A T O R H A N D S:

(TOUCH TOUCH)

'Live Hands' are the ONLY physical connection we have with our 'Golf TOOLS' and they must work with understanding, 'CONFIDENCE, COMFORT and CONSISTENCY' and 'Physical-Mechanical' efficiency.

There is a general conception that the two hands work as one but I do not believe this. I think they each have very singular and separate tasks and operating muscle patterns but that they **'Work In Close CO-OPERATIVE UNISON'.**

You have seen and read our **'ISOLATE THE PARTS'** segment and will thus understand how we come to and prove this opinion.

Your GRIP must be functionally correct and that is why I state it should be 'TEACHER DESIGNED'.

74) **G R I P** again:

There are 'SEVEN BASIC GRIPS' as detailed earlier.

They are

1) ONE HANDED GRIP **NO**
2) SPLIT GRIP **SNO**
3) TWO FISTED GRIP **SNO - CNO**
4) TEN FINGER GRIP **SNO - CNO**
5) SHORT VARDON (overlap) **CO**
6) LONG VARDON (overlap) **CO**
7) INTERLOCKING GRIP **CO**

(**C** Contact, **S** Separate, **O** Overlapping, **NO** Non-Overlapping)

‘WORKING PINCHER FINGERS’ are both thumbs and index fingers. (#1/#2 Digits)

The **‘HELPING FINGERS’** are all the rest. (#3/4/5)
When picking up you knife from the dinner table, which fingers do you use with both the right and the left hands? Try it.

Naturally relaxed opposed hands (3/4/5 fingers TARGET Hand on club) Back of hand comfortably facing the target. Now place the BRACE hand on the grip. (apply hands with club inclined above waist)

Check & explain **‘Clubhead Lag Pressure Points’**.

The ‘Target Hand CONTROLS the Clubhead’. The ‘Brace Hand’, especially **‘The Index Finger PRESSURE POINT Controls The Toe Coming Back And Through SQUARE’**. This is called the ‘#3 Pressure Point’.

Ensure ‘Hand - Wrist - Forearm ANGLE to the Clubshaft’ is proper which will ensure the proper LIE angle as long as your clubs are the correct length.

75) **THOSE GRIPS**:

1) the **‘ONE HANDED GRIP’** can be either the Target or the Brace Hand on the grip close to the top comfortably with the Clubface Square to the Target Line and swinging the Golf Club rhythmically back and forth.

2) the **‘SPLIT GRIP’** is two hands placed on with all ten fingers in direct contact generally with the Brace Thumb slight past 12 o’clock (11:30) and with the Target Thumb past the top and over to about 12:30 for right handers. This grip is very useful in teaching proper hand movements as it somewhat **‘ISOLATES THE PARTS’** as you have often head me mention. The ‘Split Grip’ is conducive to allowing the ‘Brace Hand To Roll Over The Target Hand’ which is so necessary in Squaring Up the Clubface through IMPACT. People often have weak Hand Action in this area.

3) the **‘TWO FISTED GRIP’** is both hands placed on the grip in the form of two fists with the Brace Hands below the Target Hand and the Brace hand little finger in direct contact with the

Target hand's index finger. The Target Hand's thumb will be 'BEHIND' the pad of the hand connected to the Brace Hand's little finger. It is two fists on the Golf Club. I have seen people who use this grip, even by instructor's approval. They would not receive my blessing.

4) the **'TEN FINGER GRIP'** has all fingers in direct contact with the grip with the thumbs in the position described in 2) the Split Grip. This is a very sound grip. I would highly recommend ladies to use this grip over all others as it produces more hand movement freedom and Power which is beneficial in enhancing their natural ability.

5) the **'SHORT VARDON GRIP'** is comprised of virtually the TEN FINGER GRIP except that you elevate the Brace Little Finger up, slide or place the Brace Ring Finger in direct contact with the Target Index Finger and then let your Brace Little Finger make gentle contact with the outside of the Target Index Finger. In other words, the Brace 'Pinky Finger' will sit positively in the groove formed by the Brace Ring Finger and the Target Index Finger. I am fond of this grip.

6) the **'LONG VARDON GRIP'** is exactly like the Short VARDON except that the Brace Little Finger is placed in the groove formed by the Target Index and the Target Middle Fingers. This grip takes somewhat longer fingers than the Short Vardon which works very well for us 'Small Handed Folk'.

7) the **'INTERLOCKING GRIP'** again quite similar to the Long Vardon except that the Brace Little Finger and the Target Index Fingers and intertwined or 'Interlocked'. The Brace Little Finger slides fully in between the Target Index and Middle Fingers. Thus the Target Index Finger is slipped fully inserted between the Brace Little Finger and the Brace Ring Finger. I am not a fan of this grip.

76) **‘13 YEARS’:**
(a comment)

OLD DOGS CAN LEARN NEW TRICKS?:

For those of you who have fallen into using one grip or another without much planning or consideration will likely now be ‘Comfortable’ or ‘Accustomed’ to using whatever grip you have.

I used the **‘INTERLOCKING GRIP’** for thirteen years while I ardently promoted the ‘TEN FINGER or VARDON’ varieties. Often my not very bashful students would comment "Why do you use the wrong grip?" My response was never strong! However, my big right hand WAS and I tended to play a ‘BLOCK-FADE’ or all too often it’s ‘Ugly Sister’ the ‘CUT-SLICE’. That was just reward!

I am certain that the ‘Interlocking Grip’ invites ‘Block Cuts’ or Fade Slices’ tpo a degree! The ‘Split and 1- Finger Grips’ are know for their ability to enable or allow the ‘Clubhead and Hands To Tunr Over’ more freely! ‘Soft Hands’ are paramount!

One day I soberly reflected on the question "Why did I use the wrong grip?" and decided that very instant to make the right move. I considered the ‘TEN FINGER GRIP’ and decided on the ‘Short VARDON’ because I had short little fingers not **‘Enabling My Brace Pinky Finger To Reach The Target Index-Middle Slot’**. The decision having been made, I took one of my practise clubs, cut the shaft about six inches below the grip and carried it everywhere I went for several days, placing my hands on and off hundreds of times until my new grip rather quickly became second nature and comfortable. Then I went to work using it and ‘NEVER LOOKED BACK’, not for one moment.

If you think you cannot, ‘YOU WILL NOT’. If you think you can, ‘YOU WILL’. So do not hesitate to make well researched changes. That is how you improve, lastingly.

77) **CLUBHEAD LAG PRESSURE:**
(a great analogy or mind picture)

If you can picture your Clubhead at ‘Top of Back Swing’ (just prior to starting to drop down in the ‘Forward Swing’ (Swing Segment #1F), with a small white parachute tied to the toe and being inflated, keep the parachute FULL during the entire ‘Forward

Swing', through 'IMPACT'. In other words, it will be resisting the Swinging Motion, creating 'Drag of Resistance' against your Swing, throughout the 'Forward Swing'. This is 'Clubhead Lag Pressure'. Feel the parachute full (DRAG) and keep it full. You will feel somewhat as though your are 'Pulling' the Clubhead through the lowest point of the swing (Bottom of Swing-Arc) with a powerful wrist snap right before 'RELEASE and IMPACT'. ('Wet Mop FEEL')

'THE HANDS GET TO THE BALL BEFORE THE CLUBHEAD'

Once you break or hinge your **'FLAT TARGET WRIST'** you will create 'Clubhead Throw-Away' (when the clubhead passes or is in front of the Hands). Your Hands-connection to the Clubhead and thus your 'POWER and Velocity' will very quickly, instantly erode.

The piston-action has taken place prematurely. This piston-action is at the bottom of the swing travel or stroke. **'The Power-Stroke Is OVER Once Your Clubhead Passes Your Hands'.**('In Line Condition')

With Clubhead Throw-away, the accurate delivery of 'Clubhead Speed', ('Power and Accuracy') will become only an aspiration, and a frustrating one at that. Remember your **'FLAT TARGET WRIST'** is a **'PRIMARY ABSOLUTE'** without which you will play erratic mediocre Golf.

78) **TOO STRONG A GRIP:**

'SEEING ONE KNUCKLE' should allow you to manage effectively. If you are 'Leaving The Ball In The Low-Energy Side Of The Fairway', you might perhaps want to add another half or even one more full knuckle to your Set-Up Check-List or '**CONTROLS**'. This adjustment will definitely enable you to 'POWER or TURN your Clubhead through SQUARE in the IMPACT ZONE'.

Beware of the too overactive 'Strong Right (Brace) Hand Grip'. The move active the Brace Hand, the Hands in general, the more active should be your Lower Body; more Brace Foot Pre-Load and Leg Drive. Otherwise your Upper Body (belly button up) will beat your Lower Body (belly button down) back to the Ball in the forward swing resulting in Cast, Slice, Pull or ugly combinations thereof.

Promote the 'Target Hand's Swinging The Clubhead Through The Ball' with a good 'Target Shoulder Pivot or Radius'. Hit the ball with

the back of the Target Hand FEEL. Allow the Brace Hand to simply slap or hit the ball during the 'SEE IT' IMPACT phase only. (Segment #2, Swing Sequence #3) PISTON ACTION through bottom inside cheek at the Bottom of Swing Arc (BOSA), along the accurate Target Line, to the pin, relaxed, released.

I like the mental picture of the Brace Hand **'BULL-WHIPPING The Clubhead Through The Ball'** at the last moment in the 'Forward Swing' just prior to contact. (see 'Clubhead Lag' & 'Delayed Wrist Cock Release') Be cautious not to 'Flip Release'.

Follow and Fill the HAND-Void or Wake and Finish. (Standing in Water Up to Your Waist Drill)

79) **THE ONE-HANDED SET UP**:
(very important and could be very wrong)

There are two simplistic 'SET-UP' formats. You can do it with 'ONE HAND ON THE GRIP' or the other with TWO. Two is closer to the real 'Address Ready Set-Up' that we all so fervently seek to perfect. Both will work when the golfer is very knowledgeable and disciplined, but the one-handed set up is faulty. This 'State Of Mind and Body', a physically disciplined experience, must be earned or developed correctly.

Here's why 'ONE HANDED' is wrong in a demonstrated answer:
(what I call a visual answer)

With good 'POSTURE, GRIP and STANCE', good 'TAP TAP TAP Address Position', and the Club in ONLY the Target or Swinging Hand, have your student look across the top of your head referencing it against some fixed object like a wall club-rack. Tell him to keep watching this relationship. Now gently move your Right Hand or Brace Hand onto the 'GRIP' in the proper position.

Now with your **'Triangular Braced Connected Lever Assembly'** in place will have caused your head to drop or lower a considerable amount; as much as three to six inches. You are now '**REACHING**' and out of the established '**COMFORTABLE and BALANCED SET-UP POSTURE**'. Your 'Natural Swinging MOTION' is compromised and you will not bring about a square, on-line 'IMPACT and Follow Through'. A push right to the low-energy side of the fairway is likely coming at you. Reaching causes this 'Low-Energy' results or what is sometimes

called **‘Blocking The Ball’** or **‘Pushing’** but it is always to the ‘Low-Energy Side Of The Fairway’ or not on your ‘Target Ball Flight Line or Set-Up Alignment’.

80) **FORWARD PRESS:**

This term means Hands deliberately ‘Set-Up’ well ‘In Front Of The Clubface’ and likely, therefore, in front of the ball.

Don’t generally Set-Up ‘Too Forward Pressed’!

Why?

1) It can be unnecessary and even counterproductive. (beneficial for ‘Putting & Chipping’)

2) It can add another ‘Swing Aspect’ to an already complicated enough sequence.

3) Don’t add something to what you desire as pure and simple. It makes the process more complex and defeats the purpose of ‘Pure and Simple’.

4) The ‘Forward Press’ puts your hands unnaturally (especially the Back of Target Hand and it’s Flat Wrist) ahead of sternum centre and ahead of your centre of vision. The ‘Forward Press’ may alter the Primary Absolute ‘Flat Left Wrist’ to ‘Bowed’, although it would be clearly in a better position than if it were hinged forward (‘BENT’) toward the Target so that the Clubhead will have passed the back of the Target Hand. This is called ‘Clubhead Throw Away’ and is quite contrary to your best interests.

5) It can be better start Neutral, Centred and Relaxed.

6) Forward Press, if over done, has a tendency to put ‘Stress and Tension’ in your ‘Lever Assembly’ which is a detriment to smooth performance. (see ‘IMPACT FIX’)

81) **MAKING THE HANDS WORK**:

With the First Hand (‘Target’) and the Second Hand (‘Brace’) properly on the Club, we now get them to make that same ‘SWEEP IT BACK & SWEEP IT THROUGH Motion’ and once this is operating smoothly we get the club hitting the ball. Keep it smooth and get it happening.

M O R E H A N D S:
(our only connection to the Golf Club)

82) **CUT OFF YOUR HANDS:**
(analogy)

HAND - EYE Co-Ordination Cut off your hands! How is your golf game? Now I’ll put them back but blind-fold your eyes. How is your golf game? The message should be clear.

Why do we play golf in the daytime? So we can see and find the little white ball. If we are not looking at it prior to and during impact (‘Seeing The Ball Come Off The Clubface’) we might as well be playing at night.

If we **‘See the Ball Come off the Clubface’**, facilitating a smooth square strike, ‘Ball Flight’ will be precisely where our Feet were pointing, ALIGNED. You will not have to look for your Ball; just walk down the centre of the fairway and you will step on it !

What is your job on the first tee box? To ‘Swing the Clubhead THROUGH the Butt of the Ball’, ‘Down the Line’ to the PIN. You do your job and let us ‘Playmates’ do ours. It is not your job to find your Ball. It is ours. **SO DON'T STEAL MY JOB!** If we are playing for $5,000.00 you can find your own ball! But then you will have a caddy and he better know where it is or he is toast !

See this whole structured, ‘Ancient Game’ has a lot of good sense actually ‘APPLIED’.

Use both the ‘EYES and the HANDS’ at all times. Its like magic!

Q52)

"If you pick up a golfer, like a conch shell,
and hold him to your ear, you'll hear an alibi."

Q53)

"People who say golf is fun are probably the same people who rationalize the game by saying they play it for their health. What could be fun about a game in the entire history of which nobody has ever shot the score he though he should have?"

Ask good questions, get good answers.
For sure, maybe ...

83)

[3] those C A P T A I N E Y E S:

Remember that at least 80% of your data supplied to the brain comes through the EYES so use and rely on them. Make them work and trust their ability moment by moment. Every moment!

SEE IT SEE IT SEE IT
(see TRIGGER WORD SEQUENCE below)

84) **SEEING THE BALL PROPERLY:**
(MOST GOLFERS DO NOT)
Actual Lesson Routine

"When you are ready, let me know." Now tell me PRECISELY what you are looking at on the ball" (Establish '9 o'clock' or 'Bottom Inside Cheek'. ('BIC')

"IF YOU WANT TO KICK IT ASS, HIT IT IN THE PANTS." This one single aspect is worth the entire cost of the lesson and might very

well change your entire golfing future. 70% (or more) of all our students have never seen a ball properly! You are either an exception or are not alone. Now you are equipped to really begin golfing.

SIMPLICITY SIMPLICITY SIMPLICITY

85) **HOW TO SEE A GOLF BALL**: (With your eyes! Right?)
More to it than that.

Roll Playing...You are the student again.
(Red Hat Band Exercise)

Most of my clients are really amazed that we would have a section coming at them that dealt or deals with 'How To Actually See A GOLF Ball'. I think it is one of our most important few moments with you folks; a short period that, well understood or learned, will absolutely serve you for the rest of your GOLFing lives, every moment of it.

86) **SEE IT** ('Bottom Inside Cheek' or 'BIC')

If you want to kick its butt, look at its pants.

A very real effective primary slice correction (its proof of good results from hand-eye co-ordination) is to look intensely at the inside left cheek and swing through this segment of the ball. Your natural ability will make it happen easier than you think. Let you hands and eye perform. Then let the clubhead do the work.

The continuing '9 o'clock' locking the eyes on the backside of the ball is a firm deal that we make with the client. If they break the deal drive home the absolute easy benefit of this fundamental.

SEE IT SEE IT SEE IT Watch their eyes!!

Do not under any circumstance mention or require the client to keep his/her head still or even 'quiet' SEE IT! will get the job done efficiently and precisely.

When you explain to the student that he/she must see the ball from the ‘9 o’clock’ trigger right through completed impact after the ‘SEE IT’ trigger, do not demonstrate this by looking at the actual ball, but tell them that their eyes are the ball. Make them look into your eyes strongly during your entire sequence demonstration. Do it over and over every shot if you have to in order to get the point and feel across. **‘THAT IS UNLESS YOU THINK SOUND GOLF CAN BE GENERATED BY ACCIDENT WITHOUT SEEING THE BALL LEAVE THE CLUBFACE!’**

87)

[4] B A L L:
(#1 Visual Reference Balance Point)

SWING IN BALANCE

The Clubhead is the ‘**SUBJECT**’ while this little white BALL is the ‘**OBJECT**’. The subject does the work and the object gets worked on.
To properly look at the Ball, one must look at the ‘Bottom Inside Cheek or what your ‘555 TEAM’ sometimes calls the ‘4 o’clock position. Get this right!

There are adequate ball choices and varieties, even if most of them are advertising created and figments of our conditioned minds for purely profit purposes, to go around **‘TWICE’**. We constantly get wonderful customers in our stores who play a different ball weekly that has promised to accomplish ever more fantastic feats but never seem, for some reason to lower the buye’s score. It’s wonderful to have our hope resting on something we can just buy, take possession of, simply in trade of a few bucks.

‘A FEW BUCKS!’ At $25.00 to $50.00 and even more per dozen is more than our food expense account or budget.

Rather humbly or humblingly, it is not the ‘Magical Titanium Centred Ball’ that scores, but the great swing put on it with a quality club.

You Cannot Buy A Swing Or The Desired Results.
(except most marginally indeed)

88)

[5] P I N:
(#2 Visual Reference Balance Point)

SWING IN BALANCE

Using your eyes properly will absolutely assist your balance in both ‘Set-Up and Execution’.

THE DESTINATION
IF YOU HAVE NOWHERE TO GO
YOU WILL GO NOWHERE !

89) **PIN** (Flag and Quarter)

"Take Precise Aim"

Remember GOLF is a 2 reference or focal point physical challenge. Always 'Swing In Balance'. You can ONLY do so with your EYES in full operation, sending copious amounts of data to that brain of yours !

1) ‘**SEE THE BALL COME OFF THE CLUBFACE**’ ‘**IMPACT**’

2) Go In The HOLE, Bottom Of The Cup ‘**PIN**’
‘**DESTINATION**’

Golf is a very entertaining ‘Motor Skill’ that focuses on

BALL - PIN BALL - PIN BALL – PIN

and nothing else is primary! Trees, hazards, wind, visibility, temperature, ground conditions, size of the crowd, cost of the round, value of your clubs are all secondary. Unlike flying where the flight plan route weather is of considerable importance, in

golf we can be at least a little ‘obsessed’ with take-off and landing, departure and arrival, the aircraft and the arrival gate.

Keep it simple or you’ll find yourself forcing ‘Rocket Physics Golf’ shots and not ‘PLAYING THE GAME’.

TRIGGER WORD SEQUENCE:

So there it is, **‘TRIGGER WORD SEQUENCE’**. Use it consciously and trust it implicitly until the concept and the tools become subconscious. Thereafter, ‘Check List It’ regularly to ensure you are not subtly sliding or drifting ‘OFF COURSE’.

There is no **‘RADAR VECTORING’** or a friendly helpful ‘A.T.C.’ (‘Air Traffic Control’) in GOLF.

With this ‘Given to you in many different pill forms’ or ‘having come at you now from many different directions and approaches’ you have come ‘FULL FORMAT’!

So there you have the ‘5 X 5’

More **ACTION** Aspects

90) **T R I G G E R W O R D S E Q U E N C E**: the whole thing

TWO VARIETIES:

3 o’CLOCK SWEEP & SEE IT ..... PIN

4 o’CLOCK SWEEP & BALL ..... PIN
(Bottom Inside Cheek) **TURN**
is better

Now let me tell you why this might help you play better GOLF, especially when the heat’s on and the wheels may feel like they are coming off!

If we have an empty mind, one not focused on ‘Primary Current Tasks’, we will leave it open for a host of gremlins:

"Gee, did I ever screw up that birdie opportunity. On in two (2) and four (4) putted. What a jerk!"

"Wow, that eagle on the fifth was phenomenal. That'll put the heat on George for the rest of the front nine. I've got him on the ropes."

Firstly, **'NEVER EVER Carry Double Bogies Or An Eagle (I say a singular Eagle since there are more double bogies!) To Even The Next Tee'**. Take a deep breath, give yourself a big pat on the back and get on with the 'NEXT STROKE'. "The moving pen having written, moves on, never to retrace its steps". This is like sitting in the cockpit of a heavy category transport or airliner; 'The runway behind you is useless!' **'When It's Over, It's Over'**.
This 'TRIGGER WORD SEQUENCE' puts discipline and routine in our easily destabilized game. The words also, when said properly, with the correct RHYTHM and CADENCE, give you direct benefit in transferring these traits to your swinging motion. When you feel pressured, are getting a little too fast, 'SAY THE WORDS!' They will gently but firmly take control of your swing...."RIGHT NOW!'

91) **A LITTLE ABOUT THE TRIGGER WORD SEQUENCE:**

Full Swing Bottom - Top - Bottom - and Through

SWEEP AND SEE IT ..... TO THE TARGET (pin)
(Bottom Inside Cheek)

SWEEP.....the kitchen floor
Can you sweep the kitchen floor using a corn broom
and do so without 'Touching the Floor?'
NO!

(Lever Extensor Action – Bottom Of Swing Arc)
You must have 'Depth and Width' in you Swing

AND ... small, distinct 'Locator Word'
at the top of YOUR swing

HIT WORDS

SEE IT ... PIN (progressively building
(eye contact with target) muscular tension or force)

FOLLOW and FINISH (breathing out)
Relaxed
(looking at the flag ... IMPECCABLY)

92) **TRIGGER WORDS**
Make the words NOT the Muscles set the Pace

Static 3 o'clock
Relax, Deep Breath Out, Check Chin Up
Stick it (the pin) in your ear
so you do not have to peek at it!

Personal TRIGGERS will vary but some are:

i) Forward Press (hands trigger)
ii) Weight Push on Target Heel (foot trigger)
iii) Brace Knee (knee trigger)
iv) Clear Chin (chin trigger)
v) etc.

KEY WORDS / KEY PHRASE (elaborate)

DYNAMIC SWEEP take the penny out
&
SEE IT
PIN (to the TARGET)
My ultimate 'Trigger Word Sequence'

is the very simple **“ 1 & Thru ”**

93) **ONE WORD AT A TIME**:

<3 o’CLOCK> (looking at the backside of the ball)

<4 o’CLOCK> **‘Bottom Inside Cheek’(BIC – Ballistic Point)**

Breath Fully Out Relax CHIN UP (stand tall)
P A U S E (Don’t Hurry It)
READY

94) **<SWEEP>** (click the penny)

‘BULLET PROOF GOLF TIPS’

Thorough explanation of the **‘ONE PIECE TAKEAWAY’**
Hands and right hip Squeezing or gently moving away precisely together.

ERNIE ELS: ‘LOW and SLOW....PIN’ If a swing thought this simple works for Mr. Els, it may very well be advisable for us to use something equally as simple and meaningful.

It should be communicated clearly that the muscular efforts and feels in golf a generally one of pulling or tension, and NOT that of pushing. In other words the ‘One Piece Take-Away’ is a push away with the target side but a pull (turn) action instigated by the right hip and brace hand moving away simultaneously. Similarly, the hitting move or muscle firing action is not one of pushing with the brace side or brace hand, but one of a target side or shoulder pull through generated by the brace foot, leg and hip turn or uncoil

forcing the hips to pull the upper body and shoulders to the target. It is hands, arms, shoulders and upper body following the hips, being pulled through by the hips. It is not ‘Arms Over Legs’ but ‘Legs and Hips Over Arms’. This prevents ‘Handsy or Armsy Golf’

95) **CLUBHEAD LAG**:

‘Clubhead LAG’ is a term seldom used but it makes good sense and is very sound indeed. Picture a fully air-filled parachute at the end of your Club when it is at the ‘Top of Swing Arc’ position. When the Hips fire pulling the upper body to the ‘Target Side’, the hands are pulled along behind the ‘Engine Legs and Hips’. With this pulling sequence, the parachute will remain full throughout the entire ‘Forward Motion or Swing Segments’. This is ‘Clubhead LAG FEEL’.... the full parachute with its ‘DRAG’.

96) **SWEEPING ACTION**:

Explain the ‘Corn Broom Sweeping The Kitchen Floor’ metaphor so that the client absolutely understands and feels the reality of the sweep. Use the penny placement slightly outside the target line and far enough behind the ball to require a deliberate sweep to contact it.

97) **ONE PIECE TAKE-AWAY**:
(This is NOT a sexual term, but it’s rewarding!)
Brace Hand Moves Your UBM Lever Triangle With A Flat Target Wrist

The initial golf move away from ready address: Use your demo club to join hands and hip load point together. Lay the shaft across the student’s Brace Hnad to his Brace Hip Load Point. Make the turn with the student. Remove the demo club and help student to turn back with club on the mat, Low & Slow, back and outside.

CLICK

Watch the Ball. Do not look at the penny!

Now UP AND DOWN. (TURN DROP TURN
STAND TALL STAY TALL FINISH TALL)
The ‘&’ word coming into play or reality.

Key Words: (non action) LOW and SLOW PIN Ernie Els

SWEEP, FLOAT UP & DROP DOWN, HIT THROUGH
(Sweep & See It)

ARMS pushed down to the ‘Bottom Of Swing Arc’ target shoulder prominence to centre of club face ‘RADIUS MAINTAINED’.

Standing tall, push hands down (extended) to bottom of swing ark. Put rubber band around both elbows and keep it there throughout the entire swing. This prevents FAT / THIN along with tall level turns about a vertical spine and a CHIN UP posture.

FEEL IT FEEL IT FEEL IT

98) **POWER IMPACT ZONE** demonstration. a key feel

Bullet Proof Exercise: HIP HIP

99) **TOP OF BACK SWING**: (‘TOB’)

We should in full swing club, make a ‘Full Swing’ because a half trip will not get to the destination. If we have ‘Less Than Full Swing’ the swing duration will be compromised not allowing us the comfortable time to get the clubhead ‘Up To Speed’. If we produce less terminal velocity , we get less distance. Period. Short and sweet.

100) **SWING METHODS**:

LESS THAN FULL SWING

Method A: Bottom to Bottom like a pitch, chip or punch shot.

FULL SWING

Method B: Bottom - Top - Bottom like a driver swing must be in order to achieve our expectations.

Let's look at the full swing as a 'TEN MILE TRIP' which we can shorten to 9 miles, 8 miles, 7 miles or less. The shortened swing length and duration will directly affect terminal velocity. What is your swing length? Full (10 miles) or Less Than Full? The length and comfort of your swing will directly affect your 'Rhythm, Timing, Cadence and Balance'.

In this 'TEN MILE FULL SWING', if we get to the '5 Mile Top Point' the same every time, we will only have to make a '5 Mile Move' or 'Swing In The Forward Segment Of The Motion'. **'A Half Swing Cannot Make A Full Shot!'** Making a precise consistent down swing every time will directly influence our ability to be consistent; be at the same 'IMPACT Point At The Bottom Of Every Swing'; making the same physical muscular feeling every swing.

I like to think that my #7 iron clubhead swings up and into a small 5 inch spatial circle above and behind my head at the top of every swing. A precise top location certainly gives us an advantage making the downward and forward swing. 'CONSISTENT PERFORMANCE'. One of our 3 C's.

THE 'BIG-LITTLE' MAGIC WORD AT THE TOP OF BACK SWING

101) **<'&'>**

TOP Of BACK SWING LOCATOR (T.O.B.)

How do we ensure 'Completing our Back Swing'? Simply, very simply say '**AND**' when you '**FEEL**' your personal **'T.O.B.** As I have discussed, your 'T.O.B.' is accomplished when your Target Shoulder makes positive contact with your Tallish Chin and you have

simultaneously fully ‘Wrist Cocked’. This is quite a natural accomplishment so do not sweat it, just ‘TICK TOCK’ gradually to a ‘FULL SWING’ ‘Bottom-Top-Bottom’ and you will ‘FEEL’ this motion and action taking place without being forced.

This is your ‘PERSONAL TOP of BACKSWING’. (T.O.B.) I emphasize that it is ‘YOUR Top Of Back Swing’ and does NOT have to be any ‘Classic’ or ‘Text Book’ position. You all know of it. Club shaft parallel to the ground and pointing at the Target with the Clubhead TOE pointing at the ground, or similar varieties.

This ‘POSITION’ syndrome, over done, is very dangerous indeed. (understand the 555 Golf Four (4) Segments and the Swing Sequence)

Simply get the student to swing to his comfortable T.O.B. Do not force or put the student in any unnatural top of swing arc position PERIOD but tend to make it a relatively natural ‘Full Swing’. Cause it more to happen by accident. Do not force it.

GET THE ‘TRIGGER WORDS’ WORKING
IN THE CORRECT PLACE AND TEMPO.

A swing thought that might help is to start the DOWN SWING as slowly and gently as the take away move. Let gravity make the initial drop down and INSIDE. If necessary, the instructor might demonstrate the **‘VIVIAN DROP’**. Drop down and Hit through the ‘Butt Of The Ball’.

This delayed firing mode or action, the drop down from top of swing arc before applying the Power, is a predominant necessity for any golfer to be efficiently ‘ON TARGET LINE & INSIDE OUT PATH’

Fire the muscles and ‘HIT The Ball’ below the hips and only during the gradual or progressive ‘SEE IT’ ‘Trigger Words’.

102) **DEMONSTRATION**:

Look at the Sweet-Spot of the Clubface. (making sure the student knows what the sweet-spot is) I am going to make a slow-motion full swing with you looking down the barrel of the gun, along the target line but from the PIN to the Clubface. From the ‘TOP DOWN’, tell me as soon as **‘The Sweet Spot Of The Clubhead Is CLOSING’** or getting

closer to you as opposed to going farther away. (The take-away move will cause the Clubface to be moving away)

The Answer we want to clearly demonstrate is that the 'S.S.' is only getting closer to your nose as it drops to level or below level in its swing path. It's Newtonian pendulum action causes its fastest velocity to be at the bottom of swing arc or lowest point of travel.

Message: **'Do Not Put Any HEAT or FIRE In The clubhead, Make The Hit, Until You Have Dropped the Lever Assembly And Clubhead Well Below Your Armpits'.** The real smoke occurs right down toward the 'Bottom Of The Arc', during 'Segment #3F' and nowhere else. Don't put the hit on it until you are closing, **'Until You Can Clearly Sense That The Clubface Is NEARING The Butt Of The Ball'**.

Work very diligently to ensure that the client says the words properly with cadence and tempo and diction. (demonstrate it) Let the words help you swing the clubhead. They will.

3 o'clock, Sweep & See It....to the PIN

103) **<SEE IT>**:

HIT WORDS (IMPACT) through the 'Impact & SEPARATION Zone'.

104) **<BALL>**: always the object Ball in our path for our Clubhead to swing **T H R O U G H** and NOT at.

105) **<PIN>**: always a Destination TARGET - QUARTER - PIN and we should FEEL as though we are swinging T H R O U G H this point as well.

106) The **'WUSSEY SEE IT'**:

If you want to strike the Ball solidly, see it well and say the Trigger Words '**SEE IT**' with some authority.

If you are suffering from leaving the ball right on the ‘Low Energy Side Of The Fairway you may be the victim of slow hands. Practise the **‘TOE UP - TOE UP’ ‘Bullet-Proof SKILL DRILL’**.

The ‘Golf Digest’ (1994 ANNUAL, January 1994, Driving with Greg Norman) cover photo of GREG NORMAN striking a driver. Does this guy look like he’s seeing it? ....hitting it ? and **‘Following Through With Good Extended Arms (Lever Assembly) To The Target’?** INDEED! One would be hard-pressed to call this motion 'Wussey'!

The force and manner in which you say the 'SEE IT' hitting words will directly affect your power application and distance.

It is NOT a ‘Wussey IMPACT’ so it had better not be a soft mental word picture.

Sweep And ‘S E E I T’ Ball Pin
(Breathing Out)

Say the **‘IMPACT WORDS’** (‘See It’) with some authority and you will strike the Ball with some as well. Make it happen as it will not occur by itself. You are key! The club is but a TOOL!
You can buy the Tools. You cannot buy a swing.

You are ‘**EARNING IT**’ right here.

107) **MY PERSONAL TRIGGER WORD SEQUENCE:**
(Key Words)

Although very similar, my personal ‘Trigger Words or Key Words’ are slightly different. You may certainly modify yours too but never making the sequence at all complicated and staying away from strong verbs. Of course I use a verb but it is ‘Paint The Picture’ word and it is not a tight or strong action word like HIT.

Soften Soften Soften
SWEEP & BALL PIN
(‘TURN’)

Now how much simpler could you make it?

This ‘Trigger Word Sequence’ at times sneaks or slips out of my ‘Subconscious Routine’ and I must then apply it ‘Consciously’ once or twice, or for a day or two, to re-boot it. I never have had any real problem with a ‘Pick Up Inside Take Away’, but if you were to experience this problem, ‘**SWEEP**’ more deliberately.

If your swing gets '**QUICK** or **ABBREVIATED**’, which means your are NOT completing your backswing, pay particular attention to getting the **‘&’** word installed or reinstalled in the ‘Subconscious Trigger Path’. FEEL the ‘Top of your Back Swing’ during several slowish motion Full Swing TICK TOCKS. This is very much like activating a computer ‘MACRO’ as explained. If a component fails for some reason in a macro, we rewrite or reload it. This GOLF STUFF is as simple as DOS or WINDOWS. The ‘**&**’ word will reload your Trigger Macro.

‘BALL’ gets me to ‘Fire’ through ‘IMPACT & SEPARATION Zone’ and coordinates all my physical timing.

‘PIN’ ensures that I never forget what role the TARGET plays in the entire scheme of things. **‘IF WE HAVE NOWHERE TO GO, WE GO NOWHERE!’** If the function, or any primary component of our swings or Golf Routines get soft, we must spend a moment or two reaffirming it. That is what practice is for.

109) **THE BEST USE of TRIGGER WORD SEQUENCE**:

You now have the ‘gist’ or even more of an understanding of this specific ‘555 GOLF ACADEMY Curriculum Component’.

The very basic framework is:

4 o‘clock, SWEEP & SEE IT PIN

We know that the ‘Impact or ‘HIT WORD OPTIONS’ might be ‘SEE IT’, ‘BALL’, ‘TURN’, ‘STRAIGHTEN’ (refering to the ‘Bent & Straighten’ Exercise). These options are generally adequate. Don’t get carried away with more choices as you may complicate the simplicity we have worked so hard to accomplish and maintain.

Why are there options?
Very good question!

I think this **'TRIGGER WORD SEQUENCE'** works for everyone. We know that 'Everyone' is a lot of different folks, with different needs. Each individual with whom I have ever worked is unique. Each one of us has personal strengths, weaknesses, consistencies and inconsistencies, Confidence or lack of it, Comfort or lack of it, all adding up to our Game Quotient, or lack of it!

This being the case, we should be able to 'Customize' this basic framework 'Trigger Word Sequence' to better or best fit ME.

We can.

It is done by a method called **'KEY WORDS'** and I have used this term earlier in the book, but without much detail or explanation. Here is a short one.

The above 'Option HIT Words' are personalized. As 'Key Words', we can change them, as players or instructors, to suit needs.

If you or your student is having problems with the 'PIVOT' action through the Impact Zone, use the 'TURN Key Word'. Always tieing this to the 'Brace Foot' motor or 'Pre-Load' word, 'PUSH' helps. Afterall, it is this Brace Foot that provides the platform off from which you push or brace those Hips, the 'Following Shoulders and Trailing Hands'.

If the difficulty is **'SEEING THE BALL COME OFF THE CLUBFACE'**, if you are 'Bailing Out' or 'Coming Out' of your Swing early and failing to complete it, you may **'KEY WORD'** this problem with the Key Word **'SEE IT'**. I have good results following this 'Key Word' with the **'FOLLOW FINISH'** words **'BALL PIN'**.

If your problem is 'Lack of Extensor Action or Depth in the Brace Hand and Forearm', hitting THIN while knowing your Ball Location is correct, then you would find benefit in the Key Word **'STRAIGHTEN'**. You might say,

SWEEP BEND & STRAIGHTEN PIN
Or
SWEEP BEND & STRAIGHTEN BALL PIN

Remember, you must generally not add more than one word to the Trigger Word Sequence or it will become too long and cumbersome to fire, co-ordinate or 'direct' your actual swing, which is, afterall, the very reason for using 'T.W.S.' in the first place.

I prefer the 'Four Word' version nine times out of ten.

Another specific example of useful 'Trigger Words' is that of the **'FLOAT & DROP'** combination. If you or your student is suffering from the 'Pick-Up INSIDE Take Away', for example, utilize the word **'SWEEP'** adding 'Float' in the 2B, 1B Swing SEGMENTS and 'Drop' in the 1F, 2F Swing SEGMENTS. You know that the very first Lever Assembly Move in the forward swing is accomplished by allowing the Levers Assemblies to simply 'Drop Gravitationally' right towards the deck into the Brace Elbow Rotation and track slot. The use of these specific 'Float Drop' words will prompt better muscular motion.

With this need, your 'Trigger Word Sequence' might be customized to be;

SWEEP FLOAT & DROP TURN PIN

This would be an absolutely **'Maximized Trigger Word Sequence'**; no more words for any reason or the timing and rhythm may be lost.

I actually would prefer that these specific **'FLOAT DROP'** words be used in more of the Drill Mode than perhaps in real Ball Striking. I think it is most useful when doing your 'TICK TOCKS' for 'FEEL' of Completion, Rhythm, Depth and Timing. **'Floating UP and Dropping DOWN Is Newtonian Wise In Any Pendular Application Or Swinging Motion'**, especially with those 'SWINGERS' as opposed to the 'HITTERS' where there is more driving of the Hands towards and through the Ball or AIMING Point. (Bottom Inside Cheek - BIC)

These single words fit very well, indeed, into our overall methodology. Afterall, what makes up our fundamental '**5 5 5 System**', the '**5 SET-UPS**' and the '**5 EXECUTIONS**', except single words with detailed mental pictures and background knowledge? These 'Groups of Five' are all arguably 'KEY WORDS'.

The ‘**5 CONTROLS**’ certainly fall into this verbal category.

CHIN HANDS FEET BALL PIN

Clearly ‘KEY WORD’ function is a single word that ‘Triggers’ a complete function or discipline in our already programmed minds. This is precisely that ‘MACRO Function’ that I use for those of you who are computer buffs. You know precisely what ‘Macros’ are and why they are created and employed.

If you at first FEEL this ‘Trigger Word - Key Word’ system is different, be patient and you will come to understand and benefit directly from your patience and understanding.

We Can and Will, We ‘ARE’ Getting You There
From Where You Used To Be.

WELL DONE!

PLEASURES

Q54)

"Golf is much more fun than walking naked in a strange place, but not much."

Buddy Hackett

Q55)

"Consider pleasures as they depart, not as the come."

Aristotle

(We reflect on the past but grow in the future.)

Q56)

"Pleasure is very seldom found when it is sought.
Our brightest blazes of gladness are commonly
kindled by unexpected sparks."

Johnson

Q57)

"To make pleasures most pleasant, shorten them."

Charles Buxton

(Now I know why winning majors is quick, rare and fleeting.)

Q58)

"Most pleasures, like flowers, when gathered, die."

Young

(GOLF teaches us to gather in a little at a time and to savour even those seemingly small victories for a long while; wisely so.)

RULE **#41**:

The ‘**DEAD AIM**’ Rule

ALWAYS TAKE DEAD AIM

Never strike a ball without having a ‘Precise Destination’ for it. Not only must there be one, but you must have it clearly sorted out in your mind as to where it is and how you are going to get the ball to it ‘Directly’ in as few shots as humanly possible.

Thank you Harvey Penick.

(not only for this Quote but for all your wisdom that you have so kindly distilled for us on this wonderfully challenging and frustrating ‘Game’ that we call GOLF. I can assure you that your contributions and mine will last much longer than we imagine. But the ‘Ball and Stick’ occupation will endure for a very long time to come. In fact, I think the ‘old game’ has really just begun! Wherever, many happy and fulfilling years more to you helping those who really need help in this most noble of endeavours.)

Q59)

Unlike government, in golf we necessarily hold ourselves accountable for outcomes....
Let's work to improve them.

Day by Day, Inch by Inch, It’s a Cinch !

About the next chapter ......

Q60)

‘If You Don’t Do the Drills
You Don’t Get the Thrills!’

TRIVIA OR TRIVIAL?

1) Do you know that the placement of the donkey or burrow's eye and their function allows the animal to see all four feet at once? Sure Sighted! Sure Footed!

2) Who is reported to have originally proposed and established 'Daylight Saving Time'? It is thought to be Benjamin Franklin because he felt the sun rose and set at different 'Real Times' from the east side and west side of the known United States as well as sunrise and sunset taking place at progressively different times.

3) Diamond Sutra is a book that was compiled in about 868 A.D. in China. It is though to be the oldest actual 'Book' in the world. Other collections were groups or collections of scrolls.

4) The life expectancy of a major league baseball is 5 to 7 pitches or 1-2 hits.

5) Humpback wales milk is from 54 to 58% pure fat. So, when you are on a diet, take it off the menu!

6) There is more 'Monopoly Money' in the world than real paper money. But it all is gravitating to having the same real value!

7) Ignition keys on the modern automobile were not introduced generally until 1949. Before that the car and driver had to be a little 'Cranky' to survive and security was an issue.

8) What is full of holes but holds a lot of water? The ‘Sponge’

9) What is the difference between a ‘Jeweller and a Jailer’? The one ‘Sells Watches’ while the other ‘Watches Cells’.

10) What is the quietest game in the world? Bowling, because you can hear a pin drop! (Told you this was just a ‘Change-of-Pace’. I have not given up my day job!)

11) The average person world-wide walks about the equivalent of three times around the world. The North American average is about half that. Fitness becomes an issue and ‘Cardio-Vascular wellness has been steadily compromised with a very high price.

12) What do you get when you cross a dog with an elephant? A very nervous postman!

13) Did you hear about the man who was tap-dancing? He broke his ankle when he fell into the sink!

14) What happened to the frog whose car broke down on the highway? He was ‘Toad Away’!

Back To My Day Job!

DARE TO BE DIFFERENT

SEE IMMEDIATE RESULTS

The 555 Golf Academy is the only golf instruction that is truly based on 'Kinesiology' ('The Musculo-Skeletal Movements Of The Human Body').

Created by Dr. Karl Fischer, PhD in Kinesiology and 'Certified International Master Teaching Professional' ('CIMTP'), The '555 Golf Academy' provides broad-based training in all of golf's aspects. It has proven its ability to provide immediate and dramatic results.

Dr. Karl teaches touring professionals to beginners and has advised some of the nation's biggest and most successful golf instruction institutions.

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Karl is a 40 year dedicated veteran who has come up through the golf trenches. Having provided in excess of 100,000 golf lessons, before long ago stopping count, Dr. Fischer continues helping good people improve and have more fun on a daily basis.

He says, *"We can make smart changes in clients' swings very much faster than they expect. Our proven system involves less cost and reduced frustration. Quicker smiles are a good thing!"*

It is estimated that the number of 'Junior Lessons' during Karl's career, years ago, totaled in excess of 30,000. Every year Fischer organized golf clinics for bright-eyed youngsters helping them to better understand the 'Golf Swing' and thus have more 'FUN'.

Seventy to eighty students per day, four days a week for ten to twelve weeks every summer adds up. His personal client list numbers well in excess of 10,000 students, a third of whom are still on his mailing list and contact him regularly for advice!

He says, *"This battle tested and proven '555 Golf System' quickly prevents or fixes negative playing issues … permanently! We do not rebuild our patients. It is more prudent to simply modify rather than doing major surgery! Smart little steps we take are very predictable with certain outcome!"*