

# THE GOLF MYTH COLLECTION

BOOK E VOLUME 3

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**BOOK E**  
Volume #3

**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!

## BULLET PROOF SKILL DRILLS and more

Firstly, this 'Golf Game' is very much about 'Repetition'. What we do in golf, we do many times. To accomplish this desired 'Consistency', we need to practise a 'Pre-Shot Routine' ('PSR'). We need to achieve 'Basic Golf Skills' that are readily available at very short notice! There is a '555 TEAM' way!

Take control! Nobody can make your 'Shots' for you and, I can assure you, nobody else really gives a 'damn' out there if you do or not! They may be friends in the locker room, but in the pitch of battle, all are your combatants or competitors.

### HOW TO:

We need to '**Conceptualize, Intellectualize and Actualize**' the proper 'Physical Movements' necessary to accomplish the 'Pre-Selected Procedures' using the 'Pre-Selected Components' and get satisfactory results. The best method by which we might do this is through some or all the following 'Bullet-Proof Drills and Exercises' which will create the necessary 'Neuro-Muscular Discipline' required to fetch up out of our 'Mental Library' the correct 'Remembered FEEL' required to accomplish the task.

'Drills' will enable us to define what we think, prove suspicions and perfect 'Motions' that are 'Physically and Mentally' accurate. Often what we initially conclude is not the case. Sensations are unreliable. We need to know the truth, 'Physics and Mechanics', and then practise it over and over until it becomes second nature. This is the only way an 'Aspiring Golfer' might perform reliably under fire.

We have talked about the tremendous value of the 'High-Speed Video Camera' for proving 'Motions', but we need to understand that this technology requires very trained 'Eyes and Interpretive Skills' to prove beneficial. I have seen large numbers of camera buffs filming the 'Golf Swing' and have no idea what they are looking for. Seek the help of 'Trained Golf Teaching Professionals' else you get led astray or lead someone else astray. These relatively rare knowledgeable individuals have the uncanny ability to see 'Truth' and communicate its revelations to the student in a manner that can

not only make sense but create meaningful changes that he or she will monitor for the student over a period of time to ensure results. Taking the wrong medicine will not get you better!

Aspiring Golfers wish to have good 'Ball Control' as well as a 'Golf Swing' that really looks good. Only wishing for these will not get you to a favourable destination. You will always have to work hard and '**EARN IT**'. You alone have to invest and grow in Golf, but finding a qualified teacher is the best place to start. What matters most is how you use your teacher's information to develop your own mastery of the game. The teacher is your 'Second Set' of valuable and trained eyes. In real play, 'Team Work' comes out of just one 'Pair of Eyes and Hands' ..... YOURS! Solitary stuff this GOLF!

I think you must '**TRUST YOUR TEACHER**' implicitly and follow his instructions until you make a decision to fire him. You are climbing a ladder so as to get atop his shoulders. It would be foolish to scale up his leg like the sheer rock face of a cliff when the base of the ladder is right before you nose!

Good exercises or Drills are made to develop better technique which leads to having better 'FEEL' or '**REMEMBERED FEEL**' as I like to call it. Develop simple user-friendly Drills. Use them regularly, daily if possible. Hopefully you will have wisely selected quite a number and therefore divide them up into alternating day schedules; perhaps 'Lower Body Machine' one day and 'Upper Body Machine' 'Drills' the next. 'Short Game' then 'Long Shafted Clubs'. Be imaginative, but thorough and steady.

Too many 'TIPS' may only confuse you so you might perhaps discuss your TIPS and ideas very openly with your teacher before becoming caught up in them. A random pile of tips makes me envision the vortex in a flushing toilet. There is no good time or place for a budding student of Golf to discover the realities of being misled. Ottawa and Washington D.C. are at the end of the political sewer pipe anyway, and we know there is no purpose in going there! Bad advice is a similar plight. The 'Net Before Tax' is negative.

The following 'Drills or Bullet-Proof Exercises' are equally as applicable for the seasoned golfer as for the novice. Always choose them to fit your personal needs. Sound basics never go out of season! Neither does the value and reward of being a good ball striker. Never lose sight of the fact that this earned talent is well within your reach. Don't believe or befriend anyone who tells

you that a quality game is beyond your reach.

Enjoy your 'Drills' and 'Practise Sessions'. They are of tremendous value and can provide considerable 'Physical and Mental Pleasure'. Learn to be organized and become excited about practise so you can get the most out of them.

1)           **HOW TO CHOOSE DRILLS:**

I will group or create the following 'Drill or Exercises' into different 'Named' categories that are designed to accomplish different ends that will suit varying shots and tasks. In each drill I will ensure that you understand its application and usefulness. Some are more general than others.

Choose every single 'Drill' to serve your selfish needs. Resist the temptation to flit, from drill to drill like a butterfly from flower to flower just for the exercise or satisfaction of your inherent '**Work Ethic**'. You may be spending time changing what is already a solid foundation on which you should be building, not tearing down. Exercise caution in selection and application. Understand the aim and purpose of each drill or exercise before you attempt it.

I think you should always be aware throughout these drills of the location of your Hands. They are generally in front of your 'Upper and Lower Body Machines' in 'Pre-Impact, THROUGH and after IMPACT'. Afterall, it is ONLY through your Hands that you might directly control the Clubhead and these Hands and Levers ONLY go 'UP & DOWN'. Work diligently to always have an impeccable and implicit awareness of the precise location, 'AIM and ALIGNMENT Of Your Clubhead Throughout Your Clubhead Trip, Back or Front Swing'. The location of 'Hands' and that 'Clubhead' are inseparably interconnected and key to your success.

Know where they both are ... always.

2)           **MIND AND BODY:**

**"What Your 'MIND' Can Perceive, Your 'BODY' Can Achieve"** ... generally in Golf that is! ('Romantic fantasies not included.')

Be 'Mental Picture' oriented. '**SEE' The Shot Shape And Motion**

Before You 'FEEL' and 'EXECUTE' it. Try to work first at 'Intellectualizing' the situation. Know how to get the job done. Next, 'Conceptualize It' which means understanding why it will happen. These two components in place, you can embark upon 'Reacting To The Situation And The Clubhead Action' and playing Golf by that 'REMEMBERED FEEL' I so often mention ('Actualizing'). (see 'Reflex Golfer')

To aid your accomplishing this 'Remembered FEEL', do not hesitate to stop your swing and 'Hold A New Position' discovered in or the subject of your Drills. Do this several times or more often until you can FEEL the muscular action and store it in your memory bank or 'Golf Execution Library'. It is a useful approach to make these practice moves in slow motion as well as in real time and speed. You may even find it useful to strike several balls in your 'Slowed Down State'.

### 3) **ALIGNMENT GOLF:**

I always want you to concentrate on '**ALIGNMENT GOLF**' and NOT 'Position Golf'. "Where is my Brace Elbow?" is a poor question. "Do I look like I am holding a server's tray at the top of my back swing?" is non-productive 'Position Issue'. "Do I look like Tiger Woods?" or any one else for that matter, is even worse. This is also generally 'Counter Productive' since I am no 'Tiger' physiologically and I am certainly a different human being 'Psychologically'. When there are such differences, we must learn to be ourselves and actually enjoy the 'Trip' or parade.

"Where is the 'Back of my Target Hand' and my Clubface '**Aimed**'?" is a very good start along the improvement 'PATH'. Where are my Shoulders, Hips, Knees, Toes and Ears '**Aligned**'? ('5 Axes') How is my swing 'Winding and Un-Winding'? Is my 'Brace Hand' travelling 'Leg Driven' 'Down The Line'? Where is the 'Big Clubhead Wheel' rolling? Is my 'Sternal Hub and Brace Knee' in the proper place to 'Roll the Wheel'? ('CHIN Tallish, Matador Proud') Am I 'Lower Body Machine Stable? ('Thether Ball Pole') Are the 'Upper and Lower Body Machines' in the proper '**RPM**'? Do I have good 'Lever Extension' so I can 'SET-UP' and maintain 'Depth & Width'? Can I swing naturally 'Down The Line' and let my 'Golf Club Do The Work'?

When we take the time to learn how to 'Master Golf Basics', we will clearly understand that the 'Natural and Neutral Swing' is always 'Down The Body Line'.

These are good places to start thinking about our 'Golf Swings'!

4) **PERFECT PRACTICE MAKES PERMANENT:**

Practice does NOT make Perfect, it makes Permanent, so be wary not to practise improperly. The key to good practice is 'Intellect' and 'Conceptualizing'; to produce the 'Remembered FEEL' which will or can be reproduced in the heat of battle to get the specific job done reliably.

No beating about the bush, swing the Clubhead and strike the Ball 'Down The Line'. Play Golf BALL - PIN or as close as possible.

5) **ALWAYS BE PATIENT:**

Never kick your own butt! There are quite enough people out there who relish in the opportunity to do that for you. Avoid them!

Be 'Patient' with your practice and progress. If you are not, no one else will be. The rewards will be well worth the devotion accomplished with patient persistence.

Always connect your diligent practice to practical mental preparation and understanding. If Golf is 60% or more above your shoulders, give the 'Boney Brain Box' the respect and attention it deserves. ('Cranial Granititis') Never let our **3 C's** get too far from mind. Be objective with all 'Things Golf'.

Practise on developing your 'Focus' and being Comfortable in maintaining it throughout your time 'At Bat'. If you think you can, you can. **'Whether You Believe You Can Or Cannot, You Are Correct!'**

There are few third parties in anyone's life who really care much about your present and future successes. There are even fewer who can help you stay positive and advancing towards a clearly defined, surrounded-by-gold target! Choose friends carefully.

**WE MAKE MISTAKES:**

Don't get pissed off about mistakes! OK! Annoyed! Embrace errors for what they are! ... **'Learning Experiences and Opportunities To Learn'!** Be grateful for the perspective 'Errors' and 'Wrong Feels'



provide you. If every flower on Earth were of optimal beauty, how would we learn to appreciate each one with no comparison? Think about the important of weeds!

If we were to never make mistakes, upon what would we relate our 'Current Shot Making Status'? How would we know how well we are playing? How would we know what we needed to improve?

When I make shot errors, I do get annoyed. I think that is natural. So don't oppose it. Learn to moderate your response but allow it to take its course.

I heard you say "Moderate It? How? I sometimes get simply off the handle! Heated!"

Here is my sage advise!

Get to know the '**Ten Second Rule**'. When you make a good or bad shot, you get 'Ten Seconds' to either celebrate or irritate! After that adequately long period, the spontaneous response is over! Do your 'Post Shot Routine'. Evaluate and save the results in your 'Mental Hard Drive'. You can only build a great 'Shot Library' in this positive minded manner. Learn from all your shots.

**Be Grateful! Be Reverent!**

There is always more work to be done! Move on! You likely have another shot coming right at you, so keep walking and move deliberately and confidently to it!

"Keep you head  
when all about you are losing theirs  
and blaming it on you!"

'IF'  
Rudyard Kipling

**Enjoy The 'Process'! It's an endless 'Journey'!**

6)           **VISUALIZATION:**  
(Pre-SHOT ROUTINE)

'**Visualization**' is accomplished by all 'Good Golfers'. It is the process of seeing in your mind the successful accomplishment of 'What You Want The Ball To Do'. '**See IT**'. '**Trust IT**'. '**Believe IT**'. This process will compute, somewhat automatically, all the 'DISTANCE and DIRECTION Components' so necessary to making that great shot happen reliably. When practising any drill, be sure to visualize the results desired. In this 'Mental Picture Approach' your brain will be able to send the necessary instructions to the 'Golf Body Machine' required to get the job done; to paint your desired mind picture on the real life 'Great Green Grass Canvas'. I think of every course as just that; an opportunity to paint a picture, tell a personal story and make a little humble history. The results should be logged in your personal handicap computer!

A lot of them will be worth saving.

Use 'B-P Exercises and Drills' as a means towards your end.

Of interest, these 'B-P Exercises and Drills' can be done alone; will provide immediate 'Feedback or FEEL' and will generally involve striking a Golf Ball. If occasionally I do not instruct you to 'Strike A Ball' in the Drill, apply the concept and Motions to a Golf Ball if at all possible.

Make sure you understand each 'Drill'. Know its 'Purpose and specifically 'How It Is To Be Properly Executed'. Relate the 'Drill' to 'Shot-Making' and 'Remember Its FEEL'.

'**WARM-UP**' before performing any 'Drills' just as you should before playing a round. Do your full range of 'Stretching' to get the 'Old Machine' up to operating temperature. I strongly recommend you do a regimen of 'TRUNK Drills' ('LBM') first and then shift your area of concern to some 'LEVER Drills' ('UBM'), (see 'Physical Fitness Chapter')

What a shame it is to have clients become injured 'In Practice' when it is bad enough 'In Battle'.

Now to the 'BULLET PROOF DRILLS and/or Exercises:

**HERE THEY ARE ..**

- 7) **THE 'TOE - UP TOE - UP' DRILL:**  
(9 o'clock to 3 o'clock Exercise, IMPACT Zone)  
Shaft Horizontal to Ground, Swing Sequence #3-#7-#9  
(this is an 'RPM DRILL')

This is a '**Hand-Wrist Position and Action, Hand PATH or Delivery Line**' Drill that also benefits our awareness of the 'Lower Body Machine Action especially as it always relates to '**RPM**'. I think this 'Drill' helps us to learn the 'FEEL' of 'Softer more Centrifugally Acting Hands and Wrists'. We should let them act as opposed to making them perform. Be certain NOT to allow this Drill to produce 'TENSION' in your 'Wrist Hinges' or you will practising those chronic 'Blocks' or the induced responsive or reactive 'Flips'. Not good!

The Golf teaching world has a tendency to use big words to describe simple concepts and methods of generating proper swing discipline and ultimately reliable '**REMEMBERED FEEL**'. We need to keep terms and disciplines understandable. A good question might first be, "For whom are these terms intended?" If they are created for a group of brainstorming instructors, make them as complex as can be. If 'Drills, Tips and Exercises', are intended for the betterment of anyone who comes in contact with them, they had better be simple and effective, in language as in design. ('KISS')

Interestingly, the great Ben Hogan made direct reference to complaints such as I am addressing; that 'sometimes the vocabulary is not conducive to understanding the message'. Mr. Hogan, rightfully and properly, stated that he did not care if the vocabulary might be above the average golfers' understanding. "That's what Webster's Dictionary is for." Meaning that 'If one does not understand his language, look it up'. Ben Hogan was a principled man who truly believed that words succinctly chosen and correctly applied, were the pure vehicle to expression, conveying a message and teaching; just as his 'Golf Clubs' did his talking. Of course, he, the venerable 'Purist', is quite right. Please have a dictionary at hand. (see 'Glossary Of Terms' or 'INDEX')

This 'Bullet-Proof Drill' is designed to enable you to establish some Back and Front Swing 'Limits' to your Swings. It has two purposes underlined by the '**5 CONTROLS**' (Components & Procedures). They are to learn the proper 'Feel' of the 'Load or Coil' and then become aware of 'Clocking' or 'Pre-Selected Variable Limits' of your 'Golf Swing'. This 'Drill' is titled '9-3', but it can easily be performed '8-4' as well. (see 'Body Clocking') Be inventive. When you 'Pre-Select' to perform an '8-4', do it in 'Slow-Motion' first making sure to 'FEEL' the 'Brace Hand Limit' at the 'Top Of Back Swing' which, in this case, is nowhere near the maximum of which you are capable. This is a 'Less-Than-Full Swing Procedure'.

#### **TWO POINTS OF INTEREST:**

I, in my early years always called this the '3 o'clock - 9 o'clock Drill' or '3-9' rather than the now '9-3'. Why? Because I felt the clock from inside the clock while as an instructor we see it from the 'Body-On' perspective. Choose your own name if you like but be consistent or your brain will not listen to your commands!

The second point is that of 'FEELING the Clock' with one of your 'Hands'. Factually, as you can see in the above 'Illustration', it is the 'Target or Swing Arm or Lever' that is really the 'Hand on the Clock', so why do I more relate it to my 'Brace Hand'? The answer is simple. My dominant 'Hand or Lever' in my 'Swing Procedures', the 'Motive Force' especially in the 'Short Game' is always my 'Brace Hand or Lever'. You know the '4 B's Approach' we have discussed. So I habitually think of my 'Limit Of Back Swing' being controlled by my 'Brace Lever'. You may 'FEEL' more comfortable using your 'Target or Swing Hand or Lever'. You certainly have that discretion. But be careful and consistent. Remember the 'Brace Hand and Lever' is over the 'Target Hand and Lever', thus they accurately have slightly different ultimate 'FEELS'. Choose yours and learn its 'Clocking FEEL'; 8-4 or 9-3.

#### **QUICK NOTE:**

In this last 'Skill Drill' we referred to '**Time Piece Golf Swing Clocking**'. When your Shaft is 'Horizontal To The Ground' in the 'Back Swing' the 'Head' is at the '3 o'clock Position'. When it is in the same configuration in the 'Follow Thru Stage' (Swing Sequence #9'), it is at the '9 o'clock Position'. There are, of course, all the other hourly locations as well.

You know that your '555 TEAM' has devised a very effective and simpler way of looking at this 'Clocking'. We call it '**Body Clocking**'. Rather than refer to a time piece, which may be confusing and too nebulous, let us use a 'Fool Proof' method, one that we carry around with us everywhere we go. Let us use what we call '**Body Parts Clocking**'!

When we have moved the 'Golf Club Shaft and Head' from the 'IMPACT FIX Position', ('Forward Pressed 6 o'clock position' or 'Swing Sequence #1b - without the 'Forward Press' it is SS #1a) to the 'Horizontal To The Ground Back Swing Position', we are better served referring to this as the '**Brace Hand at the Brace Hip Position or Body Clock**'. Works more effectively every time! The simpler we can make it the better off we ultimately are.

There are '5 Body Clocks'. They are 1)Brace Thigh, 2)Brace Hip, 3)Brace Lower Rib Cage, 4)Brace Arm Pit and 5)Brace Shoulder. We judge our achieving the 'Body Clock Positions' by the arrival of our 'Brace Hand' to the specific locations. (see 'Body Clocking') This is ultimate 'Energy Management & Distance Control'!

There is absolutely no time during the 'Dynamic Swinging Motion' to entertain but minimal 'Subconscious' aspects. There is very limited 'RAM' space on our 'Mental Hard Drive and CPU' to stray off the focal point. Don't devise ways of having to do so!

'Body Clocking' is a true 'Mechanical Asset'.

Learn it even if you do not use it!

#### 8) **PRONATION & SUPINATION:**

'Pronation and Supination' are big words, however correct, and, in Golf, we need, if not to understand their accurate meaning, to create and 'FEEL' the 'Proper Motion' that they describe.

'Pronation & Supination' are terms for 'Rolling the Wrists', '**Turning Them Back**' and then '**Rolling Them Forward**' passing through 'Vertical'. 'Turning Brace Side' and then 'Rolling Target Side' to and through 'IMPACT & SEPARATION Zone' keeping the Wrist Motion up to about the Target Hip Level. (3 o'clock for the righties and 9 o'clock for the lefties, Ralphs and Louies.) What next? Now I have heard just about everything!

To experience 'Pronation & Supination' right now, let one of your 'Hands and Arms' hang, by your side, full length, '**DEEP**' from its Shoulder socket. Point the 'Palm of your Hand' behind you, in the direction your butt is pointing. Raise your entire 'Lever Assembly' up directly in front of your body until your 'Hand reaches Shoulder Height', still 'Palm-Down'. Now 'Roll your Hand', either clockwise or counter-clockwise, until the 'Palm points Up'. Then roll it back facing down. This motion you just accomplished is precisely 'Supination & Pronation'. It is aptly named the '**Rolling Action**'.



Wrist Roll-Pronation & Supination (**TURN** Vertical Roll)



Wrist Roll, Pronation & Supination, (Turn **VERTICAL** Roll)



Wrist Roll, Pronation & Supination, (Turn, Verticle **ROLL**)



9)

**THOSE 'TICK TOCKS':**

(Timing, Tempo, Rhythm, Cadence & Clocking Drill)

This Drill is designed to help you experience the 'FEELING' of the 'Swinging Motion of your Lever Assemblies' hanging extended from your 'Shoulder Sockets' and 'TRAILING or LAGGING' behind the 'LEADING Hips and Torso' through 'Segment #1F and #2F' of the Forward Swing where they 'Match Up' just through the IMPACT Zone. It is imperative that you 'FEEL' at least somewhat 'Pendular'. As you 'Swing the Clubhead Back-and-Forth', doing your 'TICK TOCKS', 'TOUCH-TOUCH' and 'HIP-HIP' exercises, while seeing a precise spot on the ground, 'SEE IT - SEE IT', where the Ball would be if you were to be actually striking one and not just creating that so-important 'Swinging Motion', (HAND-EYE Co-Ordination), pay attention to where your Thumbs are when the 'Clubhead and Shaft' are at the 'Horizontal Elevation', 'HIP HIGH', both on the 'Back Swing' ('Brace Side', 9:00 o'clock) and on the 'Follow through' ('Target Side', 3:00 o'clock).

At these two points, 'HIP-HIP', in the Swing, your 'Golf Clubhead Toe' is, or should be, pointing 'UP' directly toward the heavens or even rolled farther over on the 'Front Swing', depending on your flexibility, 'Grip Placement' and 'Pre-Selected Shot Shape'. With a proper 'GRIP' placed on the Club, your Thumbs will also be generally on top and slightly 'OVER' the Grip and Shaft at 'ADDRESS Set-Up and ADDRESS Fix' unless you are in a 'Stage One or Neutral Gripping Putting Procedure'. The 'GRIP' does not change during the 'Swing'. The 'Thumbs' are generally above the 'Grip and Shaft' while the 'Hands are Below your Hips' or while in the bottom half of the 'Clubhead Circle', in the 'Advancing Swing Segments', or that 'Rolling The Big Wheel Swing'.

**BACK AND FORTH:**

'Swing the Club Back-and-Forth' making sure that during each cycle, at 3:00 o'clock and 9:00 o'clock, (HIP-HIP) your 'TOE IS UP'. The Thumbs will necessarily be as well. This, without Webster's Dictionary, will get your 'Hand Action' range and performance doing the right thing....called Pronation / Supination. The 'Brace Hand' will be '**Centrifugally Rolling Over**' the 'Target Hand and Forearm through IMPACT' on every 'Full Swing, Segment #2F and #3F'. If it is not, you are what we call 'Blocking' which will directly deteriorate your '**Ball Flight**' from straight. Sometimes, we teachers will get you to actively create more of this 'Rolling

Action' to create the 'Remembered FEEL' until it does become more natural. When you select a 'Draw Procedure' you may actually want to create some active and conscious 'Rolling Action'.

Ensure that you 'FEEL your Hands turning over 'T H R O U G H the IMPACT Zone'. This means that your 'Clubface' will be 'Turning THROUGH Square', during that climax instant called 'IMPACT and BALL COMPRESSION and SEPARATION'. At this moment, 'During the Event', the 'Position of the Clubface' is to be pointing 'Directly at the Target', 'Square to the Target' or 'Right Down the Target Line' at the flagstick. Where the 'Clubface Points', the Ball goes!

This 'Procedure's' taking place, your 'Clubhead Toe' will be turning to its straight 'UP' position by the time you reach those 'HIPS' in the 'Forward Swing'. If, at the 'FOLLOW-FINISH' 'HIP Position', your 'Clubface Is Pointing Skyward', your 'Ball' went to the 'Low-Energy Side of Your Target Line' or fairway. Go fetch it!

Equally, your 'Clubhead Toe' may have turned to 'UP' and past, pointing over more to the 'High-Energy Side' or Clubface looking 'DOWN'. This is actually a good Golf attribute which is quite necessary in striking 'Draws'. Caution that your 'Rolling Over' is not radical or violent as the results will tend toward 'Hooks or Pull Hooks' depending on how you 'Clubhead PATH' is generated. 'Inside-Out with fast Hands' can produce undesirable results. Not too much of a good thing! Everything in moderation.

All of this 'Clubhead Control' is '**Take Dead Aim**' stuff without which we are destined to be 'Bush Pilots'! ..... for ever!

- 10)           **THE 'HIP - HIP' DRILL:**  
          (IMPACT ZONE Exercise, the '**48 Drill**')  
          4 o'clock - 8 o'clock  
          (Body Parts Clocking Drill)

This 'Bullet-Proof Drill' is a very useful 'FEEL' move that emphasizes 'Hand Action'. It is an 'Upper (UBM) and Lower (LBM) Body Machine' coordination. This Drill will enable yo to 'FEEL' what the 'IMPACT Zone', the 'Lower Half Of The Swing Circle', the 'Forward Movement Portion of the Swing Circle' 'FEELS' like. It is a great 'Short Game' Drill.

By taking your 'Clubhead Back and Up **ONLY** to HIP-HIGH', the commencement point of SEGMENT #2F, you cannot fire too soon or too

high. You cannot be 'Too Early' if you are already there, in the '**IMPACT & SEPARATION ZONE**'! You will not be 'Firing From the Full-Swing Top' if you do not get there. Just make sure that you 'Horizontal Action Component' is 'PIVOT or LBM Generated'.

This simple abbreviated 'HIP-HIP' or 'IMPACT ZONE' 'Swing Pattern' naturally creates a distinct and properly-timed 'Wrist and Hand Action' (Brace Lever Extensor Action) initiated and POWERED by the 'Brace Foot Pre-Load', also known as 'Brace Leg Drive'. It is key to always have a 'Deep and Wide Low-Energy Take Away or Back Swing' regardless of task. There is no use in stepping on the gas until you and your Clubhead are pointing or travelling in the right direction, 'Advancing' towards the 'Ball - PIN'.

Remember this GOLF is still and always a 'BALL -PIN' function so have both these components in Focus and in the 'Drill'. The #1 and #2 VRBP's ('Visual Reference Balance Points') are essential at all times. Always strike the Ball accurately to a very small 'Target or Quarter'. That is what 'Scoring Is or Will Be Made Of'.

This 'Drill' defines and properly creates 'FEEL for IMPACT & SEPARATION ZONE' which must be properly applied in 'Segment #2F and at the #7 Pre-IMPACT Swing Sequence Point' which is where the 'Brace Piston or Hitting Arm' keeps coming powerfully back to full extension / straight; when the '**Three Brace Levers**', Brace Shoulder (#1), Brace Elbow (#2) and Brace Wrist (#3), have fully fired from 'Cocked to Uncocked' or back to full extension, straightish or 'In-Line', causing the release of 'Stored Potential ENERGY or the transformation of '**Potential Energy into Kinetic Energy**', 'Clubhead Speed and IMPACT Inertia' which is transferred to the Ball.

You know that the restoration of the 'Entire Brace Side' completely back to and THROUGH neutral extension or Set-Up Address Position is what creates a 'Lion's Share of the Energy' release and thus 'POWER' that one must produce to make the 'Little White Ball Go Away' a satisfactory Distance or at all.

We know intimately by now that virtually all the essential 'Forward Motion in our Golf Forward Move' is sourced from the 'Preloaded Powerful Brace Foot' to which the 'COIL and UNCOIL Leg Drive' is attached. This is again called 'Resistance'. The 'Brace Foot' 'Resists' spinning out or slipping backwards from its 'IMPACT FIX Position'. If your back foot slips, as if on ice, during your 'Forward Swing', you will lose most of your 'Power, Thrust and Control'.

11)           **THE 'L TO L' DRILL:**  
              (the '93 Drill')  
              9 o'Clock - 3 o'Clock

Remember, this is 'Swing Sequence #4 to #9b' as well. It is where your 'Target Lever' achieves the 'Horizontal To The Ground' position and the 'Club Shaft Position' is about 90 degrees to it.

This 'Drill' could really have three names, but they are slightly different versions;

i)     That '**HIP-HIP Drill**' you just read about.

As stated, this Drill finds the 'Limit of the Back Swing' with 'BOTH' the 'Hands and the Clubhead' at the 'Hip Height'. Likewise, in the 'Front Swing' your 'Hands and the Clubhead' again only reach about 'Horizontal to the Ground'. If they get higher, it is only due to 'MOMEMENTUM or INERTIA'. (Newtonian Laws of Physics)

This is a '8 o'Clock to 4 o'clock Target Lever Position Drill'.

When you arrive at this 'Swing Sequence Position #3 and #9a, the 'Angle' formed by your 'Target Forearm' ('Through The Wrist and Hand') to the 'Golf Club Shaft' is about 45 degrees or about half of the fully 'Cocked' condition. The name 'HIP-HIP' because we get to 'Shaft Horizontal' and 'Brace Hand' to this position both on the 'Back Swing' and in the 'Front Swing', during 'Swing Segment #2B and #3F'. You notice I have not included the commencement of or entry into Swing Segment #2F. It is closer to 90 degrees 'Wrist Cock'.

Each Swing Segment has an entry and exit.

ii)    This '**L TO L Drill**' you are about to read.

This Drill finds its name in the shape of the letter 'L'.

In the above 'HIP-HIP' 'Back Swing (SS #3) and Front Swing (SS #8) Position', the 'Golf Shaft' becomes 'Horizontal , Level or Parallel to the Ground' and the 'Wrist Angle' is about 45 degree.

This is a '9 o'Clock to 3 o'Clock Drill'.

In this Drill the 'Target Arm or Lever' becomes 'Horizontal, Level

or Parallel to the Ground' and the 'Wrist Angle' is about 90 degrees at Swing Sequence #6 which is the 'Pre-IMPACT Position'. Hence the name 'L'. As mentioned, we arrive at this shape in 'Swing Sequence #6' or in late 'Swing Segments #1F' or early '#2F' which is 'Pre-IMPACT' (Swing Sequence #7).

iii) What I call the '**8 o'clock To 4 o'clock Drill**'  
(or the '84 Drill')

The name is derived from the 'Swing Sequence Numbers' as explained above in i) and ii).

Since there are really 'Two Primary Clocking Positions'; '9 o'Clock to 3 o'Clock (93)' and '8 o'Clock to 4 o'Clock (84)' this Drill has two separate versions. This is why I call them the '**93 Drill**' and the '**84 Drill**'. They are most basic 'Clocking or Limit Of back Swing Drills' remembering that we have 'Five Body Parts Clocks' which are 'Brace Thigh, Brace Hip, Brace Lower Rib Cage, Brace Arm Piut and Brce Shoulder which defines or designates the 'Physical Full Swing'.

12) **FOUR KEY 'TARGET LEVER' COMPONENTS:**

I want you to remember herein, that there are 'Four Key Target Lever Elements or Components' in these Drills;

- i) **the Hand** (Clamps)
- ii) **the Wrist** (Hinges)
- iii) **the Arm** ('Primary Lever')  
(including the Elbow & Shoulder Socket)
- iv) **the Golf Club** ('Secondary Lever')

These 'Elements' are in every single 'Golf Swing' we make. It is useful to evaluate every 'Swing' from this 'Component Aspect' and then to analyse what we do with them in the 'Procedure Aspect'. That is what we learn to do in this 'Collection Of Books'.

We have these '**FOUR TARGET LEVER COMPONENTS**' in each of the 'Stage One, Stage Two and Stage Three' Swings. This may sound 'Complex' but it is really the only method of my keeping this 'SWING' defined in 'Terms and Functions' that can be manageable, 'Mentally and Physically', by all of us 'Players' and 'Hackers' or 'Weekend Warriors' alike. This all must become and remain 'FUN'.

The 'Brace Lever' has the same 'Components' as the 'Primary or Target Lever' except for the 'Golf Club' or 'Secondary Lever'. The 'Target Lever' establishes and maintains the 'Swing Radius' while the 'Brace Lever' provides 'Vertical Thrust or Down Force' and takes out the 'Clubhead LAG'. Both the Hands monitor 'Trailing Condition' and 'Velocity' to maintain RPM'.

13)           **BRACE FOOT DRIVES DRILL:**  
(Target Foot Steers & Catches)

I also call this the 'Connection Drill' because the 'Brace Foot' should be 'Connected' to the 'Clubhead' at all times certainly prior to the 'Release Interval'. This creates that 'RPM' that we so often talk about and without which we are 'Hooped'!

As I mentioned earlier, take a few comfortable steps across your front room and 'FEEL' what specific part of your anatomy 'Moves You' forward in the desired direction. Please take this real experience and knowledge with you to the golf facility. Without it you will not be a happy golfer. Perhaps a better term might be a 'Fully Satisfied Golfer'. Why the different wording? Because I am a fervent believer that Golf, even poorly executed, produces great pleasure.

This 'Brace Leg Drive' and 'HIP-HIP Bullet Proof Exercise' never allows your 'Hands' to transition out and above the general 'IMPACT ZONE', 'Segment #2B in the Back Swing' and 'Swing Segment #2F and #3F in your Forward Swing'. It all takes place '**Under Your Hips**'. However, with the 'Wrist Cock', your 'Clubhead' will be above 'Hip Level' both on the 'Back and Forward Swings'. Although the 'Take Away and Back Swing' is necessarily 'Low Energy' the 'Forward Swing' is always in the 'Power Application Phase or Power Segment'. The heat is on as you 'Leg Drive' and make your 'Forward Move' with that whole wonderful body, 'Belly Button Down and Belly Button Up', the 'Lower and Upper Body Machines'.

Every 'Forward Swing' in GOLF, smallest-shortest putts to biggest-

longest drives, is necessarily accelerating. Likewise, every 'Stage Three Strike' involves 'Brace Foot Pre-Load or Leg Drive' as this is the **'Number One Power Source'** and, without it, you go nowhere and not even straight getting there unless lucky and by mistake. Certainly you can make repeated 'No Leg Drive Stage Three Shots' and even do them, for a while to the same Destination, but you will never be Consistent, especially when you must deliver the Ball your **'Optimal Performance Distance'**. You know that is what you discover when you 'Calibrate Your Bag'.

This **'HIP-HIP Drill'** rather accurately demonstrates an effective 'Punch Basic Shot' such as one might utilize or create to get under an overhanging tree or the wind with a 'KNOCK DOWN #4 or #5 Iron' 'Less-than-Full Swing Distance ('OPD') from the Target. You will recall that we never use more than the 'Minimum Accelerator' backing our car out of the garage. The Clubhead, in this 'Punch' application, is no different. **Slow Back. Fast T H R O U G H.**

#### **THE GOLF PHYSICAL HIERARCHY:**

The Brace Leg, Top Of The Femur (Proximal End) is the engine and 'Master Component' of the golf swing. The 'Brace Toe Pressurizes' the 'Brace Foot PreLoad', which enables well-timed 'Brace Leg Drive'. If you get but one Action mastered, you should make it training your 'Brace Leg Drive'. How smart and sensitive is this 'Brace Leg', top to bottom?

Think for a moment? Your Hip Girdle and Legs are your primary mobility. How smart and trained are your legs? NO! Let's get the priorities carefully defined! How Smart & Trained is your 'BRACE LEG'? IT IS THE KING PIN!

Consider driving your car. What foot is the more active and important from a tasking perspective? Gas Pedle, Brakes and Clutch pay really close attention!

In GOLF your 'Brace Foot' is the 'BOSS COMPONENT'!

You know that this 'Key Part' is primarily responsible for 'Timing' and getting and keeping the 'Upper Body Machine' ('Lver Assemblies') ON PATH & ON PLANE! That is a very bog deal! Be grateful and reverent of your 'Brace Leg'.

14)           **SOME DEFINITION:**

'O.P.D.' stands for '**Optimal Performance Distance**'. (see 'Calibrate Your Bag') It simply means the Distance you would strike your specific iron most efficiently or 'OPTIMALLY' with a Full Swing. Like GOLF, this great English language is fascinating; Lots of variety or ways of getting each job done, but founded on essential basics; 'Grammar and Swing Discipline'.

15)           **LOWER TRAJECTORY:**

As you know, this type of 'Punch Swing' ('PUNCH Basic Swing') with substantial 'Leg Drive' usually generates a slightly 'Lower Trajectory' or more 'Boring Ball Flight' than would a 'Full Swing' as the Ball is placed slightly aft of the normal 'BALL LOCATION'. It is not a '**Bottom Top Bottom Swing**'. It is 'Less Than Full Swing'.

As 'Leg Drive' increases, the '**Net Effective Loft**' ('NEL') at 'IMPACT and Ball Separation From AIMED Clubface' decreases because the '**Lower Body is LEADING the LAGGING or Trailing Upper Body**'. The 'Lower Body Machine's Centre of Turn', the 'PIVOT or ROTATIONAL HUB' moves slightly forward, which causes the trailing 'Clubhead' to get slightly farther behind. The 'LAGGING Shoulders' fall slightly behind the LEADING Hips'. The drive forward sources out of your 'Brace Foot and Leg Drive' accurately related to 'Brace Resistance'. That is why many of the pros, who have great 'Leg-Drive', produce relatively low-flying or boring 'Ball Flights'. AN 'Aft Ball Location'tends to this end as well.

This decreased 'N.E.L.' can be FELT and demonstrated when one performs the '**Static IMPACT FIX Position**'. There will be considerable difference in 'Clubface Position or Loft' between 'Address Ready and IMPACT FIX'. Please learn these two positions well. Focus more on 'IMPACT FIX' that on any other combination of 'Body Part Relationships'!

The fact of the matter is that strong 'Leg-Drive through the IMPACT ZONE' really makes #8 Irons into #7 or #6 Irons. The last time I checked, the #5 Iron Ball flew lower than a #8 Iron Ball! You already know and understand this reality of adjusting 'Loft' with 'SET-UP COMPONENTS' from what the factory supplied us to what we would prefer at any given moment or for a specific task.



Again, recall '**BALL LOCATION**'. When we move the 'Ball Back In Our STANCE', one 'Ball-Width' or two, we strike more descending blows, make 'Clubface to Ball CONTACT' earlier than optimal 'Bottom of Swing Arc', thus reducing the 'Net Effective Loft', which produces lower flying balls, lower Trajectory as well.

Our 'Hands Always LEAD the Clubface to the Ball'.

## **THE HANDS GET TO THE BALL BEFORE THE CLUBHEAD**

### **THE BALL GOES WHERE YOUR HANDS GO ( 'Leg Driven & Pivot Powered Hands' )**

These are two of the very important '5 Primary Absolutes' that factor so prominently in the making of 'Great Golf Swings'. Learn them! (see '5 Primary Absolutes')

#### 16) **SOFT WHEELS & HARD HANDS DRILL:**

'SOFT WHEELS and HARD OVERACTIVE HANDS' usually increases '**N.E.L.**' due somewhat to what is known as 'Clubhead Throwaway', where the 'Leading Edge of the Clubhead' actually passes or gets in front of the 'Target Hand before IMPACT, COMPRESSION and Separation'. There is no worse 'Swing Fault' in GOLF than 'Throw-Away. It is my opinion that the 'Leading Edge of the Clubhead should optimally NEVER pass the 'Back of the Target Hand' and that the 'Target Wrist' should be optimally always 'Flat' (see Primary Absolute).

'Clubhead Throwaway' causes 'THIN HITS', 'Increased Loft', makes your 'BALL LOCATION FEEL Faulty', causes 'SKULLING' in those so important and delicate shots around the green, ruins 'IMPACT' with your 'Zero Iron', decreases 'Clubhead Speed', causes 'Compression Bleed Off or Leakage', faulty 'Clubface AIM', deteriorates 'TIMING', hampers 'Forward Movement' in your entire Golf Body, and more.

I would like to ask you to consider if this 'Clubhead Throwaway' might be related but somewhat opposite to a strong 'Leg Drive'?

'Leg-Drive' gets those 'Shoulders, Arms and Hands' (Lever Assemblies) driven forward of the 'Clubhead' (more C/H LAG). 'Leg-Drive' forces the 'Hands' to get 'Through the Ball or IMPACT before the Leading Edge of your Clubface', thus the decreased '**N.E.L.**' which we often desire (less float and more bore). This being true, perhaps '**Clubhead Throwaway**' might be precipitated from a lack of 'Leg Drive'. Worth a moment of reflection.

17)           **AN ASIDE:**

My staff and I have had hundreds of customers in the stores over the years enquiring about 'Stronger Lofted' drivers; you know those with numbers like 7 or 8 degrees marked on the sole-plates. When asked why, they invariably relate to us that their 'Ball Flight Is Really Aay Too High', you know, 150 yards high and 145 yards long!

I have to be honest with you. When this customer has related his problem and requested an equipment change, I will subtly discuss 'Swing Technique'. You know something like being '**Connected** through IMPACT Zone' which means solid 'Leg Drive'. When this person is adamant about a 'Stronger-Lofted Tool' and tells me in no uncertain terms that he "Did not come in here for a lesson", he is allowed to put money on the line for even a 6.5 degree 'bigger than ever great biggest' whatever, titanium if desired.

This Club may, one day soon, be back in the store consigned for resale, traded or simply sold, customer 'Mad' and at a loss! "There must be a problem with my 'Shaft Flex' as I cannot get this thing down out of the clouds. The stick must be too whippy. I need Xtra-Stiff". This next, 'Coming Right At Him', poor investment will likely join the bone-yard sooner or later as well.

There is one good thing about a high-flying Ball. They land softly and do not roll. As long as you make sure you pull enough club to 'Get There', you will do quite well, generally, although you may be playing 'Generally Golf'... generally, more or less where you had hoped to go! .. sort of!

You cannot buy a 'Good Swing'. You have to develop one. You have to get it the 'Old Fashioned Way'. You have to earn it !

18)            **'POINT THE HOLE IN THE BUTT OF THE GRIP**  
                  at the  
                  **HOLE IN YOUR TUMMY' DRILL:**

This is a 'CONNECTION RPM DRILL', meaning that your 'Brace Foot' should be 'Connected To Your Clubhead Through The IMPACT Zone'.

Think about the 'Bicycle Wheel & Tire Drill' ... very revealing!

Your 'Brace Foot' should be providing Power, Push, Resistance or what we call 'Pre-Load and Leg-Drive' for the 'Aft Side or Brace Side' of your 'Golf Body Machine' which must necessarily be driving or moving forward, '**Carouselling**', through the Ball in virtually every Stroke or Swing.

This is an '**RPM Drill**'. The 'Brace Hand' or the 'Butt of the Grip' should 'TRACK' with or stay a constant distance from the 'Target Hip' certainly through 'Swing Segments #2B and #2F' which is from 'Take Away' and through the '**IMPACT & SEPARATION Zone**'. I personally think even farther and longer is better. The 'Lever Assemblies ONLY go 'UP & DOWN' so they should always be 'In Front of your Hips'! If you want to know what I mean, just look at a good swinging Monty (Colin Montgomery).

If your 'Wrists get Flippy', they are what I call 'Broken Down' and you then violate the '**Flat Target Wrist Rule**' (Primary Absolute) so essential to providing or maintaining 'DIRECTION CONTROL' (Shaft Plane and Clubface AIM) and producing satisfactory 'DISTANCE'. You know, those **2 D's** again and always.

The Drill is very simple to accomplish and when you do it, I want you to remember that it is a 'FEEL EXERCISE'. Here is how it goes.

'SET-UP', '**5 CONTROLS**' fully exercised, '**TAP TAP TAP, BALL LOCATION**' but no Ball required. To improve the visual picture, stick a nice new white tee in the butt of the Grip. This tee should be pointing between your 'Belley Button and Target Hip THROUGH the IMPACT & SEPARATION Zone'. (Swing Segments #2B, #2F and #3F; Swing Sequences #1, #1a, #2 #3, #7, #8, #8a and #9). This is the 'Bottom Half Of The Swing Circle' where the 'Power & Control' is applied.

During Swing Sequence #4, #5, #6, #6a, #7 (Horizontal and not purely at the Baseline Of The Plane), #9 (Horizontal and not purely at the Baseline Of The Plane) and #10 the tee will be pointing at the 'Baseline Of The Plane' or generally at the Target Line'.

In your 'Triangular' 'One Piece Take Away' ('Bottom Half Of The Swing Circle'), 'FEEL' and keep the 'Hole In The Butt Of The Grip' pointing directly at the 'Hole in your Tummy'. Continue to do this the entire 'Time and Distance' in your 'Clubhead PATH' that your 'Hands Are Below Your Hips' (Swing Segments #2B, #2F and #3F). Solid 'IMPACT & SEPARATION' is very about this 'Timing Stuff'. (see 'Bicycle Valve Stem')

Pay particular attention that, in order to accomplish this 'Bullet Proof Drill', you must 'FEEL' as though your 'Brace Foot' is very active, especially in the 'Front Swing'. I suggest that you 'FEEL' your 'Brace Foot Big Toe' is 'Pushing Down Into The Sand' throughout you entire Back and Front Swings, but with the 'Leg-Drive Power' applied only in Segment #2B+.

19)           **BRACE FOOT UNLOADED DRILL:**

The instant your 'Brace Foot' (PIVOT) becomes passive or inactive, in this process of keeping the 'Clubhead Moving Down-The-Line Towards the Target', your 'Hands' take over the action or task of moving the 'Clubhead'. When your '**Rear Wheel Drive Fails, All You Have Left Is Front Wheel Drive**' ('Arms Over Legs'). Your 'Target Elbow Chicken-Wings'. Your nice 'Bottom Of Swing Arc Goes To Hell'. Any '**DEEP FLAT and WIDE FEELING**' evaporates. 'Clubface SQUARE', 'Clubhead Path' and 'Club Shaft On-Plane' becomes a myth. This is the beginning of the deep, gooey stuff, that will inhibit your great 'Golf Swings' finding their way to the surface and staying there.

You will be 'In The Tank' and this one is not a swimming pool! Remember, that at all points in your swing where your Hands are '**ABOVE YOUR HIPS**', the 'Hole in the Butt' points 'Down-the-Base Line of the Plane' or 'At the Target Line'. Do some 'Slow-Motion Swings' and 'FEEL' what I am talking about. Also of significant importance, '**Whenever your Hands are above your Hips, your Clubhead is MOVING BACKWARDS or AWAY from the Target Pin**' so there is little purpose in stepping on the throttle or applying 'POWER' from any of the 'Power Sources or Power Accumulators' such as 'Brace Toe, Foot, Leg Drive which energizes the 'PIVOT'; from the 'Brace Arm or Lever 'EXTENSOR ACTION' or any of the other four 'Pressure Points'.

Of interest, when a person completes his or her 'Front Swing' to Swing Sequence #10 or #11 ('Finish and Bounce Back') you can tell a

lot by the position of the sole of their 'Brace Shoe'. If its cleats are facing the crowd behind and the centreline is vertical or better still 'Plumb', the 'Power Interval', the 'Brace Leg Drive Interval Of The Swing' ('IMPACT & SEPARATION') went well.

If it is not 'Plumb or Vertical' there were compromises in the formula. If the 'Brace Foot' is 'Laid Off or Heel Open' or farther from the Body or closer to the Target Line than the Toe, the 'Brace Leg Drive' was 'Un-LOADED Early'. The 'Brace Foot' should 'FEEL Lazy or sloppy'.

If the 'Brace Heel' is held 'Closed' or leaning towards the Body and away from the 'Target Line' ('Foot Line and Body Line'), you likely did not 'Un-LOAD' fully and properly. Your Hips, Hands and Feet likely did not 'Release'. Your entire Swinging Motion likely did not evolve freely and 'Centrifugally' with a 'Clubhead Slinging Action'. It was therefore tending to be 'Manipulated'.

Not good.

Remember, the 'Lower Body Machine Rotational Target' is NOT the 'Ball'. You keep the throttle or hammer down, the 'Pivot Pressure On' until your 'Hip Girdle' rotates all the way to the 'Target' which is well past the 'Ballistic Ball Location'. We do NOT Hit 'AT' the Ball, but Swing 'THROUGH' the Ball! Old news right?

So you can tell a lot by the '**FEEL Of Your Heel**'!

It is a 'Flamingo Drill', 'Tap Tap Your Brace Toe Twice On The Ground' time! Time for a Feel'!

20)           **THE 'TAP YOUR BRACE TOE' DRILL:**

                  Flamingo Drill  
                  (a key 'BULLET PROOF DRILL')

This Drill is designed to ensure that you completed your 'TURN or PIVOT' in the forward direction. If so you will have transferred your 'Body Mass' from the 'LOADED Brace Foot' in the Back Swing to the now 'Loaded Target Foot' in the Front Swing or FOLLOW - FINISH. (see 'Flamingo' Drill)

Your 'LEG DRIVE POWERS the FORWARD PIVOT or ROTATION' that 'Turns the Hips OUT'. This is the 'Primary or Sole POWER for moving the Clubhead 'Laterally or Horizontally' to the ground.

Your 'Brace Leg Drive' is applied before the 'Upper Body Machine' fires. The 'Front Swing' in Golf is POWERED '**FROM THE GROUND UP**' (toenails to finger nails and to the Clubhead) and 'ROTATION or PIVOT' is sourced '**FROM THE INSIDE OUT**' (Spinal Column or 'Body Crankshaft outward to the 'Ribs and Shoulders', through the 'Arms and Hands' ('Lever Assemblies') down the 'Shaft To The Clubhead'). This 'ACTION' is very much like the application of 'FORCE and ENERGY' through a 'FLAIL' such as was used to reap grain in more basic or primitive times.

This is a very simple 'Bullet Proof Drill' with tremendous integral benefits. There is 'Lots of Bang for your Buck'!

Please remember that the 'ROTATION or PIVOT' is the '**PRIMARY ENGINE Of The Golf Swing**'.

This 'TAPPING Of Your Brace Toe' upon completion of your 'Forward Swing', or resulting from your 'Forward ROTATION' which naturally moves your 'WEIGHT to the Target or Front Toe', is a key 'Check-Point' in my long-time, proven teaching regimen.

When performing this 'Toe Tap Dance' (or almost) you should be 'Looking at your Visual Reference Balance Point #2 (VRBP #2)' which is the 'Target Pin'. You, of course, already know that the 'VRBP #1', which is the 'Stationery BALL', should be watched throughout the entire 'Back and Front Swings' well through '**Swing Segment #3F**' and through 'Swing Sequence #8 towards #9'. This 'EYE' function ensures good '**BALANCE and Solid IMPACT**' on the 'Centre Of Mass' or 'Sweet Spot'. This type of 'IMPACT' efficiently transfers 'Kinetic ENERGY' from the 'Speeding Clubhead' to the 'Patiently Waiting Golf Ball'.

Two thoughts; 1) Why do we play Golf in the daytime? So we can 'See the Ball' come off the Clubface. 2) Every time you strike the 'Poorly' (or well) ask yourself if you 'Saw the Ball Come Off the Clubface' to the best of your ability. You will know in your heart and mind what the truth is! Listen to your Heart & Mind!

'**The EYES Are The Captain of the Golf Club Ship**' and primary 'Data Gatherers'. The data they gather is sent to the 'Brain' at nearly the 'Speed-of-Light'. The Brain analyses it and send instructions to the 'Navigator Hands' which of course, 'Control The Golf Club'. Please never loose 'Sight' of this 'Scientific Truth'. Your Golf 'Well-Being and Pleasure' depends on it.

At the completion of your 'Front Swing, FOLLOW - FINISH and Hold',

you will be able to test your completion by simply 'Tapping Your Brace Toe on the Deck' with your 'Cleats Showing to the Crowd behind You'. Doing so is proof of your 'ROTATION has been completed and that your WEIGHT has naturally moved forward onto your 'Target Foot' and side. This is a mini version of the 'Flamingo Drill or position'. You know it already.

TAP TAP takes care of that!

- 21)           **THE 'STICKING THE TOE ('blade of the axe')  
                  **INTO THE TRUNK OF THE TREE' DRILL:**  
                  (Swing Segment #2F thru #3F)**

( 'TOE UP' powerfully Forward through 'Bottom Half Of The Circle)  
                  'IMPACT & SEPARATION Zone'

This Drill is designed to actualise your 'Brace Leg Drive' and your 'Brace Lever Extensor Action'.

Often we hear the professionals or low handicappers saying that they "Blocked the Ball Right" (to the Low ENERGY Side of the Target Line). The Ball Flight path never reaches the 'Target Line', that precise straight line from centre of the Ball to centre of the Quarter. Leaky shots are not pretty shots!

The Ball travels off the Clubface and ends up on the 'Low Energy Side of the Target Line' in the light rough, if not farther from centre line where it's deeper. (Remember a 'Low Energy' is right-side for right-handers and left side for Lefties). Every one of us has our own 'Leaky Side' of the fairway. When you take a 'Leak', it is always either right or left!

- 22)           **SOME SIMPLICITY:**

I am a very simple folk and teach in a similar manner. I find it works best. The message gets across more directly and that is my job as a teacher, pure and simple. Oh yes, and making the message 'Stick'. This following image, from my very pragmatic point-of-view, works very well. We are still in the 'IMPACT Zone'.

- 23)           **THIS 'AXE THING' DRILL:**

Firstly, the 'Heel of the Club' is the end that is located directly

under the Shaft and Hozel, closest to your 'Feet or Foot Line at Address'. The 'Sole Of The Clubhead', like that of your favourite shoes, is the bottom surface that touches the turf. The 'Toe' of the Clubhead (just like this shoe) is the end farthest away from and directly opposite to the heel. There is the 'Toe and Heel' end of the 'Clubface' as well.

We are standing, 'ADDRESS READY', with a ginormous cedar tree directly off our 'Target Shoulder' sitting right on the 'Target Line'. The tree is inside our full 'Clubhead Extension Distance at Hip High' so that we are going to strike it hard in the forward swing just about 'Knee High', 'Swing Segment #3F,' the 'Deceleration Phase', when the Power may be turned off (RELEASED) but the 'Clubhead Speed' has not fully bled off. We are going to finish nice and high, 'Up The Trunk'.

In our image, this 'TOE of the Clubhead is the CUTTING-EDGE or BLADE of a single-bitted 'AXE' as used for chopping firewood'. Make sure that you turn the toe firmly through IMPACT (Square) ending up with it pointing directly at the sky with the sole pointing at the pin, (trunk of the tree), thus firmly 'Sticking the Toe and then Sole in the Tree Trunk'. You should make this move with a 'ripping the tree trunk in half from the bottom up FEELING'. Experiment with this 'MOTION' creating the proper 'FEEL' and apply it to your golf strikes.

You will immediately find that the 'Ball Strike' will be more positive as the hands are strongly engaged. The resulting Ball Flight will be directly at the pin and likely moving in a slight draw motion. Also, with this '**Ripping UP The Tree FEELING**' and motion, you will be swinging your Clubhead quite vertically or 'Rolling the Clubhead Wheel' quite upright. You will recall that, when we roll the wheel without any 'Tilt or Incline', it rolls dead straight at the Target or down a straight line. Your Swing is slightly similar.

24)                   **COLIN MONTGOMERIE:**  
                  ('Ne Plus Ultra' or close)

You may know Colin Montgomerie's swing. He finishes very tall with his Hands quite high and his Clubhead equally as low behind his back, almost in his 'Brace Pocket'. His 'Clubhead Plane' is quite 'Upright'. As mentioned, this uprightness tends to strike straighter Balls than the 'Flat Plane' variety of swing. More



Upright', as in your 'Short Irons' tends to cut the 'Ball' less!  
The blow are less 'Glancing' or 'Swipecy'!

Colin's long game is world-class. I think it is second to none and, with some minor adjustments, not to his 'Mechanics' but his mind-set, he will become a American hero as well. He thinks people do not like him on this side of the pond, but he is quite mistaken. When he, one day, forgets, in his morning 'Routine', to lodge this fear back in his frontal lobe, he will win his first tournament, perhaps a major. I guarantee you, the crowds, waving the patriotic flags as they tend to do, will wave Colin's as well and very high indeed.

25) **FOLLOW THROUGH:**

In this 'Axe Thing', remember NOT to simply have one finite objective, the 'Strike or IMPACT', in mind with this 'Bullet Proof Drill'. Don't just stick it into the trunk and feel this is the end of the journey, otherwise it will resemble our being '**Ball Bound**' as discussed earlier. Complete the 'Full Swing Circle'.

In Golf you have to 'FOLLOW and FINISH' all the way to a Target, our #2 VRBP. With this exercise you should feel like you have 'Leg-Drive Stuck the Toe In The Tree' and then ripped it up the trunk splitting the tree in-two, slicing the crown gently off the tree. This feeling will get you to the Target and 'Up the Flag' or '**UP YOUR NOSE**' finishing tallish with chin, chest, tummy and hips 'SQUARE to the TARGET'. Completed like Colin Montgomerie.

**IF YOU HAVE NOWHERE TO GO, YOU WILL GO NOWHERE.**

We want our ball to go to the '**QUARTER**'. If we take our 'Clubhead and Whole Body' there, we will certainly, or with more likelihood, get the ball to the hole. If we do not swing our Clubhead Down the Line to and 'T H R O U G H' the Pin, how can one expect his Ball to get there.

Think of this 'GOLF SWING' as a collaborative effort....everything making it 'SMOOTHLY and POWERFULLY' happen from the ground up.....

I firmly believe, in a whole 'Golf Swing', with everything working  
..... so pucker it up!

Don't drop the penny!  
(nickel, dime or quarter either)

26)           **THE 'PIVOT WAGGLE' ('LBM') DRILL:**  
          (small in size but huge in importance)

Perhaps this 'Miniature Full Swing Dress Rehearsal Stroke' should have preceded the 'Hip-Hip and Sticking The Toe into the Tree' drills, but we have worked our way back to the beginning which surely leads to the future. Alternative is the 'Hands Waggle - UBM Motion' which is a very poor discipline.

Using your '**5 CONTROLS**' programme, 'SET-UP', Clubhead either directly aft of the Ball or to the Foot Line side of it. Now lifting the Clubhead just off the ground, swing it back and forth several times, using precisely the skills and 'Body Machine Procedures' as you might for the real 'Full Swing', just miniature. The Back Swing might only be about a foot or so with approximately the same amount of Forward Swing or slightly more. I like to 'FEEL' as though this 'Waggle' is a little like making a very short 'Bump & Run'.

This 'Waggle' has a tendency to be made commonly with the 'Lower Lever Assemblies', the 'Forearms and Wrists' which is NOT your 'Optimal Option'. In fact. I see a very large number of golfers, clients or not, who are actually, in their '**Pre-Shot Routine**', in their 'Waggle', really practising a very bad 'Procedural Error'. The one I am talking about, and have harped about for a millenia, is allowing that 'Primary Imperative '**FLAT TARGET WRIST to BEND**' during the 'Back and Forth MOTION' of the 'Waggle'.

I know that your 'Pre-Selected Components and Procedures' in your 'Waggle' **WILL RECUR** in your real swing. If you allow a 'Target Wrist Breakdown' in your 'Pre-SHOT ROUTINE', it is very likely, perhaps unavoidable that you will suffer its ills in the actual Golf Swing. You 'Compression and Line of Compression' is doomed before you 'get out of the blocks'. Make 'PIVOT Waggles'. The 'LBM

Goes R&R' horizontally. The 'UBM Goes U&D' - Vertical Motion.

## **LEVER ASSEMBLY STABILITY:**

(via Wrist Stability)

The easiest way I know to develop 'Hand Control' so fundamental to making good Golf shots, is, firstly to 'Conceptualize' and the to 'Intellectualize' the process; you know 'Components and Procedures'. The 'Hole In Your Butt Drill' is about the best. If not; if you disagree, it is in the best company!

A stated many times before, the '**Hole In The Butt Of Your Grip**' always points at the '**Hole In Your Tummy**' while the hands are below your hips. A lot of great physical patterns come out of this, including the very useful '**One Piece Take Away**'. Don't leave home without it!

I want to add here that your 'Waggle' should or must be of the '**PIVOT Waggle**' variety so that your 'Lateral or Horizontal MOTION of the Clubhead' is sourced from the 'Spine Out' and not from the 'Hands In' which is an 'Arms over Legs' error.

### 27) **MORE 'PIVOT WAGGLE' DRILL:**

This simple 'Bullet Proof Drill' just mentioned above is of such importance that I have decided to give it a number! (#27)

Make your standard '**5 CONTROL SET-UP**' and when you are 'Address Ready', perform your 'Waggle' but make sure all MOTION horizontally, backward and forward, is 'PIVOT or HIP' sourced or generated.

**'THE HOLE IN YOUR BUTT  
Must Point At  
THE HOLE IN YOUR TUMMY'.**

In this manner, your 'Three Zones', the 'Hands, Arms and Body' including the 'Two Lever Assemblies (Golf Club included) in the 'Hands Zone', must 'TURN at the same RPM'. If the Clubhead moves the Hips must move it!

If you make a nice smooth 'Waggle' (moving back and forth of the Clubhead) the MOTION must be sourced in the 'Firm Brace Toe, Foot and Leg, with a Firm Brace Flexed Knee to support the entire Upper and Lower Body Machine.

I FEEL like I can ONLY move my Clubhead with my Brace Foot and Hips as the '**Golf Machine Engine**'. I hope you do too!

This is a 'Hands-On', you need a Golf Club, 'Bullet Proof Exercise'. I know you always have that '#9 or #PW' sitting beside you so, stand up and put this 'PIVOT Waggle' to the test.

It's a 'FEEL Drill'.

How does it FEEL?



PIVOT WAGGLE, sweeping the clubhead away  
with the 'Triangular Core Muscles' ... a couple  
back and forth actions to get the 'Proper Feeling'.

The Take-Away Drill!

Swing Sequence #1a ... the first 8-12 Inches!  
Breathing Out and 'Seeing The Red Dot' (BIC)



IMPACT, Swing Sequence #8 and #8a (Chase Follow),  
Everything fully functional! Well Done!

This is very small but very important 'Drill' as it focuses on getting your 'Take-Away' happening properly. If it does not take place in the correct physical manner, you will either have to 'FIX IT ENROUTE' or 'Suffer the Consequences' of a bad start.

28)           **LIKE THE FULL SWING:**

There is a 'Putt in every Swing' whether it is an abbreviated 'Procedure' or not. The '**IMPACT Zone or Interval**' is reliably similar in '**Components and Conditions**' for all swings from Putts to that biggest Driver. Clubhead PATH and Clubface AIM behaviour must comply with the Laws Of Physics and the Geometry of the Circle. My objective is always to create an understanding of 'Physics & Mechanics' and then to convert that knowledge to 'Geometry & FEEL' so we can become '**REFLEX GOLFERS**' playing more '**REMEMBERED FEEL**' than any attempt to make moves in our 'Conscious Minds'. This swinging in the 'Conscious State of Mind' is far too slow for the 'Speeding Clubhead'. Our 'Mental Computer' cannot keep up even if we are convinced that it is possible. Don't waste your time attempting to 'Think Your Way Through A Full Speed Swing'. You will just 'Get In Your Own Way' and not like the results. When you know things are wrong, avoid them.

**SLOW MOTION DRILLS:**

You may and should '**Think Your Way Through Your Slow MOTION Drills**' as they are designed to 'Programme Your Brain Macro Computer'. The absolute best way to learn a 'New Procedure' is to do so in a quiet environment making 'Swings Back & Forth', in 'Slow MOTION' without and then with a Golf Club. Even when you are 'the Best of the Best', go back to '**SLOW MOTION DRILLS**' regularly. They are your friends.

Remember that even your 'Less Than Full Swing' has all the 'Full Swing' components, except for reaching the T.O.B. You know when you have reached T.O.B. because your Target Shoulder has COILED or rotated completely aft making solid contact with your Tallish CHIN while your Wrist Cock has fully evolved. Usually your Hip rotation will be close if not completely 'COILED IN' as well since the 'Lower Body Machine' completes its 'COIL' at about 45 degrees compared with the 'Shoulders', the later-completing 'Upper Body Machine' reaching about 90 degrees.

What does this 'COILING Lower Body Machine' enable us to do? What does it prepare us for? The answer is quite simple. It prepares us for the 'Forward Move', for the 'Un-COILING' and release of stored Energy (the Tightly-Wound Body Rubber Band, 'Brace Foot to Brace Shoulder') and creating the 'Speeding Clubhead's passing THROUGH the Ball' and transferring 'Energy' to it in the form of 'SPEED or VELOCITY' along a 'Ball Path', intending, of course, to take the 'Ball to the Target'.

Think for a moment about this 'Body Rubber Band' that runs from your Brace Foot to your Brace Shoulder. If you have ever played with one of those 'Wind-Up' balsa wood airplanes that is propelled by the unwinding rubber band which is fixed to the tail area at one end and to the propeller at the other, you will have a basic clear understanding of this 'Golf Body Machine Rubber Band' concept.

Once the airplane's propeller is wound up and you let go of it, we know the propeller will turn with FORCE and pull the craft forward, as long as we have wound it up in the proper direction. We know the source of POWER is in the wound up rubber band. But from what end of the rubber band does the Energy Release source? Does it come from the propeller end or from the Tail-End? Of course, from the Tail-End where it is 'FIXED or ANCHORED'; from where the 'RESISTANCE' is created. When we do 'Push-Ups' the Resistance, the source of POWER, is from the ground up. We are NOT pulled up from above.

#### **HOW DOES THIS RELATE TO GOLF?:**

Picture a wooden wind-up airplane sitting with its tail on the ground, propeller pointing straight up. The tail anchors the rubber band or Power source. Visualize this as us in another dimension.

We unwind or turn our propeller (Lever Assembly and Clubhead) from the ground up. We 'UNWIND the Body Rubber Band' from our Brace Foot and NOT from our Hands and Clubhead (the propeller end). We hit the Ball with our Brace Foot and NOT from or with our HANDS directly. Our Forward Swing source of Power is from our Brace Foot up through our bodies; from the Lower Body Machine to the Upper Body Machine. This is why we must '**FEEL CONNECTED**' 'Brace Foot to Clubhead THROUGH IMPACT'. We must 'FEEL' as though our 'Brace Foot is Driving the Clubhead THROUGH the Ball'.



29)           **BACK TO THE 'PIVOT WAGGLE':**

Now back to the 'Waggle' in summary; to the point. Even in the smallest of swings, except for the Putting stroke which is without any active participation of the 'Lower Body Machine', we must have 'All the Components Active' or we will compromise the Swinging Motion and fail to become Consistently 'Target Effective'. The 'Waggle' in its miniature state, '**Must Have the Brace Foot Active**' ('**PIVOT DRIVEN CLUBHEAD**') (see 'ALS DR') as must a 'Bump and Run' stroke. In this very small 'Waggle Dress Rehearsal', which we use for a 'Full Swing', one must 'FEEL the Action, the Resistance, of the Brace Foot'. We must 'FEEL' its gentle 'Winding Up and UN-COILING or Pushing Action' even in the miniature 'Forward Move'.

This 'Brace Foot' participation is essential to making those pre-eminent thirty-foot 'Bump and Runs' from the fringe that can, more often than ever believed, go dead centre cup. **BALL - PIN!** What a great way to save the putter's having to bail us out or delivering that nail in the competitor's coffin! Holed approach shots work wonders in putting statistics. A reputation of being the club's deadliest pitch and chipper will make you a very popular partner. Low numbers come from this stuff! Good waggles produce the 'FEEL', pull the shot up from our 'Mind Computer', so we can reproduce it for real.

30)           **WE'RE SIMPLE FOLK**  
                  (analogy)

                  Taking it on the chin !

Being a simple teacher, I ask a lot of 'Simple Questions' hoping to get 'Simple Answers and Meaningful Conversation'. You just hit your tee-shot directly 'RIGHT' into 'Trickle Creek' or the 'Fairway Jungle' where strokes are lost, never to be found, but left to live with the tigers and snakes who share your ball's new home. (local kids run through these habitat frequently earning their pocket-money, at your expense, the ultimate irony being that they find and sell your own ball back to you, on its way back to the same fairway jungle...the modern definition and example of '**Recycling**')

I think a primary reason for improving your game, getting that 'Little White Ball's Coming Off Your Golf Tools', 'Squarely to the Target', might well be stopping this adolescent free-trade, this recycling of one personal property abandoned in battle! However

you might disagree. You may look upon this process as being socially responsible; doing your part in the creating an environment for some 'Entrepreneurial Experience' in our youth, the club's junior programme. There's an honourable, face-saving justification for continuing to strike the ball the pits!

In any case, your Ball just smoked, well dribbled, into the bush 'Low Energy' right and we decided it was a PUSH!

31) **SOME SIMPLE NECESSARY QUESTIONS:**

1) Where did it go? Right! Bush! Lost! But no delay of game because I am not going in there looking for it!

2) Who hit it there? I did. (If your shot '**Sucked**', take it on the chin. Forget the excuses: "Would you mind not talking when I am hitting? You distracted me. A bay's crying. Some inconsiderate so-and-so clicked his camera in the middle of my backswing." Making phoney excuses is just a poor shot toward cowardice.) In Golf we have but one person to blame.

3) Why did it go right? Because my clubface was POINTING THERE at IMPACT! Golf is a truthful game and one of its truths is that '**The Ball always goes precisely where I hit it!**' Sorry, if you are one of a 'Ball and Stick Fraternity' who always thought that the Golfing God sat up there directing your ball! However, all rounds of Golf are still good. Some are just better than others.

Q61)

**'THE WORST DAY ON THE LINKS  
IS BETTER THAN THE BEST DAY AT WORK'.**

So we agree that the Ball went right because you had your 'Clubface **AIM**ing There', and perhaps your 'Feet **ALIGN**ed There' as well through 'IMPACT and SEPARATION' for one or more reasons.

The objective of Golf is to generate 'Clubhead Speed' applied 'SQUARELY to the Butt of the Ball down the proper 'Line Of Compression or Target Line'.

You missed a 'Secondary Absolute' (one or several) on this occasion!

What do we do about it?

32)           **THE 'FIND IT, FEEL IT & FIX IT' DRILL:**  
                  **'REMEMBERED FEEL'**

Set yourself at a comfortable 'Address Ready Position' with your Hands properly on the grip. Now shift gears to 'IMPACT FIX' (a 'Pre-SHOT Routine' item). 'Set and FEEL' the 'Back of your Target Hand', carpal bones, we all have them, facing the pin and then so too should be the face of the 'Clubhead'. Your 'Target Hand' controls the 'Clubface', while your 'Brace Hand' controls the 'Clubhead' and especially the 'Toe of this Head'. Your 'Brace Index or Trigger Finger' takes out the 'Clubhead Lag through IMPACT'. Your #3 Pressure Point ('Brace Index Finger Second Segment, pad between the second and third Joint') applies 'FORCE' to the Aft-Side of the 'Golf Club Handle' to take out the 'Club Head Lag Pressure' ('Parachute Drag'). **This 'Pressure' is a 'Velocity Monitor and Accelerator'.**

Without releasing your firm but gentle 'GRIP', (both hands on), roll or open the 'Clubface'. It will be pointing right. While in this 'Clubhead Pointing Right or Brace Position', ask yourself 'What do I have to do to correct this 'Clubface Aiming Problem?' The answer is to correct the improper 'Clubface Aim' getting it back to being square to the 'Target or Ball Flight Line'.

Here we are again returning to the 'Rolling Forward of the Rolled Back Hands through IMPACT'.

Now very slowly and deliberately do it and 'FEEL IT'. The 'Target Hand' will roll or turn counter-clockwise making the 'Clubface AIM' correction. Do it two or three times, back and forth, or as long as it takes for you to 'FEEL the Target Hand's Motion and Force' applied through the 'Grip' and 'Shaft' to the 'Clubhead'. This is the 'CORRECTION or SOLUTION' to the leaky shot to the 'Low-ENERGY Side of the Target Line' and beyond, where tigers, snakes and all sorts of creatures and demons lurk!

What I am trying to show you here, and to instil in your Golf discipline and approach to the game, is for you to analyse your

shortcomings and discover the solution for yourself. Combine this discovery, this scouting process, with some sound teaching time with your trusted and proven pro. You will be on the right trail and taking good steps making 'Short Trips part of the Golf Journey'. Practising good Drills, you will not be as often drawn off course by whims and bad advice which is abundantly strewn before you on 'Golf's Great Journey'. All trials and tribulations considered, it is worth every minute and nickel of the investment!

The Swing                      The Target

33)            **'THROUGH THE BALL .....AT THE FLAG' DRILL:**  
(Specific Destination BALL-PIN, FOLLOW & FINISH)  
VRBP #1 and VRBP #2

This Drill is designed to promote 'Swinging Through the Ball' and not At it! It is intended to get you focused on the 'Target' more than on the 'Ball'. It is a 'Brace Lever Extension Drill'.

When I teach it has always been beneficial to have numerous ways to explain the basic necessities, 'Secondary Absolutes' and effective to have real-life stories or analogies to support and imprint the message.

Living in a fairly conservative region, I have been told that our '555 Golf' saying '**If you want to kick it's butt, you had better be looking at it's pants**' was a little strong-flavoured. I actually prefer to say 'If you want to kick it's ass, look at the Ball's Bottom Inside Cheek' but I shall not as my Mother is still certainly listening! Just checked with her. "IT'S OK!"

Years ago, when I started to carefully select and develop a repertoire of '**SAYINGS**' to reinforce '**IMAGES**' leading to repetitive 'Motions', our 'SEE THE PIN' aspect worked but I wanted to add one more images that were 'impactive' and memorable.



Lever Extension, Swing Sequence #8 7 #8a, Both Levers Straight  
Only Twice in a full Golf Swing ... this interval and at Address  
Ready (SS#1) and Impact Fix (SS#1a)

34)           **THE FLAG-PERSON DRILL:**

When I look at the flag, I see it as a person standing on the green to whom I want to deliver a high-flying soft-landing accurate Ball. The linen or, as it is in today's synthetic world, nylon flag sits atop the stick waving at us saying "Here I am!" The flag stick fits solidly in the 'Quarter Hole' at the bottom of the cup. The linen is a person's head, the stick is the body and the cup is it's feet. It is imperative that you do not 'Shoot At The Flag' as is so often verbalized. If we make our Ball fly directly 'AT' it and miss by one inch, we will sail the green and end up in the back forty which is generally cluttered maliciously with raspberry bushes, tall grass, fescue, sand-traps or water. That's not cool! Fly the ball softly 'TO' the cup or, depending on the character of your spin, pick your precise spot just past or short so that the one hop stop will get your Ball to the cup. Don't leave this to chance as you CAN spin or land the ball under absolute predetermined control.

Make a plan, a courageous scheme, trust it and execute.

A nice little twist we might consider is that this 'FLAG' is waiving gently over the cup as a sign of 'Surrender' but the final concession documents never get signed! It is never over until it's really over. I request that my favourite persimmon driver is right beside me in my casket when my quest is really over.

35)           **THE 'UP YOUR NOSE' DRILL:**

(Still thinking about this 'Flag Person'!)

This Drill is again designed to promote better 'Brace Lever Extensor Action' supported by solid 'Brace Leg Drive'. We each need to ensure that the 'Brace Hand Delivery Path' is extended 'Down The Line' or we will not deliver the Ball there either.

A 'Flat Plane Swing' is more demanding for delivery accuracy than is it's sister the 'Vertical or more Upright Plane Swing' for the simple reason that the Clubhead swings farther away from the 'Target Line' and thus approaches it in much more of an angled or slanted path. Think of the great Swing accuracy of Colin Montgomery's long irons.

A big sweeping 'Clubhead PATH' comes back to or 'On-Line' more abruptly than does one that is 'Upright or Up & Down'. If you picture a 'Ferris Wheel', it is On-Line as it goes 'Round and Round'. A 'Carousel' is 'On-Line' once in every full circle. Timing

has to be good when you jump off. I prefer a more 'Upright Swing Plane' for this reason but it does not mean that flat 'Leverage Swingers' cannot get both efficient and accurate. It just takes more skill and luck.

The 'Upright Swing' will tend to strike less Hooks and Slices! Now that's a beneficial consideration.

36)           **A WORD PICTURE:**

This word picture '**Up Your Nose**' seemed a little risky and risqué at first and, to be honest, I was gently concerned that I might again offend the ladies who heard me use it. So I was very careful to introduce the saying in good taste and with a good dose of gentlemanly humility and caution; with the 'Back Door Wide Open' as an escape route were I to be deemed as treading on culture.

'Up Your Nose' (the nose of the flag) is where you swing your club after it has travelled through the 'Butt of the Ball' Down-the-Line to the Pin. 'FOLLOW FINISH' nice and Tall. If we 'Swing the Clubhead' as a pendulum, smoothly and without interruption, allowing it to 'FLOW along the Target Line to the Pin', our results will be rewarding. If we purely and consistently 'Swing the Clubhead at the Flag', it is very likely that the Ball (as long as Impact is Square) will go there naturally; with 'CONFIDENCE'. (see 'Clubhead PATH & Swing PLANE')

Do you think that a real '**PLAYER**' does not know where his Ball is going precisely, and then, if he misses, 'WHY' ?

All too often, we see golfers hitting the ball and ending up 'Pulled To The High-Energy Side' of the fairway or 'Pushed To The Low-Energy Side'; the side where you feel it 'Leaked' and there was no 'Zip'. They just cannot get the ball to travel to the flag. 'Swing the Clubhead Through the Butt of the Ball', along the 'Target-Line' (Stick the toe of the Club into the Tree) arms Fully extended, Elbows still pointing to the flag-stick and then '**Up Your Nose**' which will produce a nice high relaxed finish. Now you can adjust this 'Push and Pull' one shot at a time.

Boy was I gentlemanly conservative and somewhat surprised! Nine out of ten of the ladies that, in the beginning, heard me deliver this tasty little 'Remember What I am Telling You' '**UP YOUR NOSE**' morsel, laughed and were quite open about thinking it was really a

great mental picture. I keep in touch with my clients and years after laying the 'Up Your Nose' on them, they still have it in their working grasp. The image lasted. Therefore, this is effective teaching.

### **MAKING IT STICK!:**

Making it stick! When you pick up a 'HANDFUL' on the farm and throw it at the barn-door, everything right, it will make that 'THUNK' sound when it hits the barn door. This is the same sound a 'Golf Ball' makes coming, high-flying, into a soft green. Love that sound,

... especially when it sticks!

- 37)           **THE 'SLAP THE CART SEAT' DRILL:**  
              (Target Hand & Brace Hand. A Supination RPM Drill)  
              Natural Rolling Over of your Hands

This Drill is designed to impart the proper 'FEEL' of our 'Target Hand and Lever Action'. Remembering that this Hand should 'Turn and Roll' (Pronate and Supinate) rather naturally and 'Centrifugally'.

The Motion of the Hands is very much an 'Effect' of the 'Brace Leg and Hip or PIVOT Action'. Get your 'SET-UP' right before you even think of attempting the 'EXECUTION'. Then it is 'Soft and Smooth'.

Start at 'Medicine IMPACT FIX Position', your normally 'CHIN Tallish and HANDS Deep Set-Up', with the 'Back of the Target Hand facing the Target'. Make the relaxed-Elbow, 'One Piece Triangular Take Away Move' to the Hip height limit point making sure this 'Target Hand' has turned 'Palm Down'.

Have the client now make a gentle hip fire or uncoil and release move back to the Target. Have the client make simultaneously a Target Hand '**JUDO CHOP MOTION**' to point of 'IMPACT or Bottom of Swing Arc' (B.O.S.A.) keeping the 'Palm Down' position until just before 'IMPACT' when the back of the hand should be returned to the 'Facing Target Position'. You will recall that the 'Forward Swing' characteristic or profile of '**D.O.F.T.**' ('Down Out Forward and Through the Ball'). Use this motion.



At this very instant in the Drill, have the client slap or back-hand, 'Judo Chop Motion', the padded seat of a power cart parked facing the 'Brace Side', with the back of his 'Target Hand'.

You can use the image of slapping the wife or husband's behind if it will get the point across. Do the move several times until you clearly see the 'Wrist Turn Over' taking place with authority.

Ensure your student really 'FEELS' it. If he or she has, they can tell you what they felt precisely and you will then know they have got it.

Remember the forceful 'See It' (IMPACT words) should accomplish the same desired 'Power Applied' results. No 'Wussey See It'

You might try this with your 'Isolated Brace Hand' as well.

### 38) THE 'YOUR 'X' TO THE TARGET' DRILL:

The '**EXTENSION MOVE**'.  
(good Hands and Arms position Extended Lever Assemblies)  
See the '**X**' on your Brace Index Finger' Drill

Instructor: 'Push the Hands to the Target'. Sweep the 'PENNY' In & Sweep It Out. Explain and demonstrate a '**PULL**'.  
"You Pulled It"

Thesaurus Antonym to 'Pulled It' is "PUSHED IT". Get your student to 'Pull' several Balls to his or her 'High-Energy Side'. They will '**Round House**', reflex the 'Target Elbow', 'Chicken Wing' and likely 'FEEL' this error. (see 'Hand PATH') In 'Round-Housing' the 'Target Elbow' 'PIVOTS or Rotates Around the Target Hip' rather than 'Clearing or Tracking Down-the-Line' to 'Create Space Between the Target Lever and The Target Rib Cage' as experienced in 'Putting'.

If the student is 'Pulling' have him apply more 'PUSHING MOTION or Hand Pressure' (Leg Drive as well) through 'IMPACT Zone' and he will 'FEEL' this 'PULL' allowing or enabling correction of the initial error. 'Pushing the Hands Down-The-Line' (Triceps Extensor Action) will extend that 'Lever Assembly'.

39)           **HOLDING YOUR BREATH DRILL CREATES TENSION:**  
                  (see the 4 B's)

'Holding ones Breath Through IMPACT' keeps the Chest muscles tight and induces 'Round-Housing' or 'Holding On'. If your 'Pulmonary Pressure' is not 'Released, the 'Levers' can never properly 'Release' and likely the 'PIVOT' will not do so either.

'Breathing Out Through IMPACT' assists 'Clubhead Release' and 'Extension' (Pinch) which considerably eliminates that 'Pulling Action'. If you need to release the Tension in your lungs-chest, practise 'Blowing Out' and hearing it 'Through IMPACT'. Remember, we call this Drill '**Spitting On The Pin**' which highlights an 'Active Destination' and provides a vital 'Release Method'. Two for the price of one and that's still a bargain at double the price!

Remember, if you have a student problem, such as above, and you get your client, (or yourself), to 'FEEL the Opposite Motion', they can then relate one to the other. Once they know both muscular errors or 'LIMITS', (Pull and Push) they should be able to find a 'Happy Medium' and make the Ball travel under control where they desire it to go. Feel the bad. Feel the opposite. Find the middle ground.

You will be amazed at how real-world practical this approach to things GOLF is. Remember, as a teacher or student of the Game, keep your perspectives wide and work on overall 'Balance' at all times. Golf is endlessly a 'Game Of Balance' and 'Proportion'.

40)           **THE 'WAKING UP SLEEPY HANDS' DRILL:**

Sometimes we get in the habit of 'Holding On' or 'Blocking Our Shots' to the Low ENERGY Side of the Target Line'. If so we have to do two things; Make a concerted effort to 'Muscularly Turn and Roll the Hands' and 'Relax More with good Breathing Out Through The IMPACT & SEPARATION Zone'.

A solid example of this 'Feeling the Extremes' corrective procedure applies to a student with '**SLOW or BLOCKED HANDS**'. As stated, they will chronically leave their Balls to the 'Low Energy Side'. Have them strike five Balls or more solidly and exaggeratedly to the 'High Energy Side'. This is a 'Wrist Turn and Roll Exercise' that closes down the 'Clubface AIM'. Now and ONLY now will they have felt the opposite condition to the 'Leaky Side'.

All the well-chosen words in Webster's English will often fail to get the message delivered, but this act of actually striking Balls in the opposite manner is a 'BULLET PROOF FIX'. It takes '**FAST HANDS**' to deliver a Golf Ball directly to the 'High Energy Side' of one of our hitting cages or even on a driving range. So, 'Put these 5 Balls directly into the 'High Energy Corner' right now.

BALL to PIN or BALL to CORNER.

**FEEL The STEEL**  
**The Clubhead must be moving to the Target**  
**or your Ball will not be !**

**'YOUR BALL GOES WHERE YOUR HANDS GO'**

This wakes up 'Slow Hands' GUARANTEED! In God's green fairway 'Slow Hands Need to be Speeded Up'. 'Sleeping Hands Need to be Awakened' ..... directly! As teacher, define the deficiency. Design a meaningful corrective plan and get it done.

41) **STAYING ON LINE DRILL:**

Next, show the student how to 'Maintain the Target Line' with their Clubhead as long as they can comfortably do so. 'FEEL the Hands travelling Down-the-Line all the way to and THROUGH the Target PIN'. This will get them, along with the Elbows, 'Extended' to the Target or Pin. In throwing a baseball short-stop to first, would not be done with a bent throwing-arm elbow at release. If the Clubhead does not generally travel to the Pin, you cannot expect your Ball to go there. 'Throw the Clubhead at the Hole and surely your Ball will follow'!

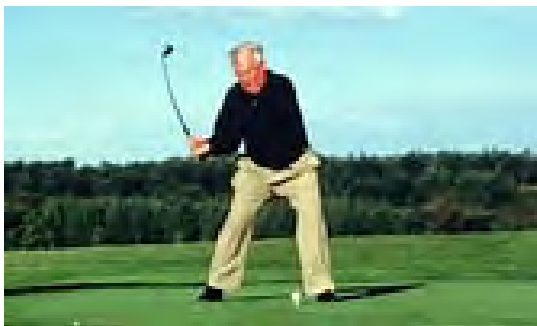
There is a great 'MOE NORMAN' picture which you should use as a specific training aid. Visual reality.



Moe Norman Trademark Extension Picture



MOE NORMAN, Gravitaional Connection  
Moe's Drop and A Tug  
He was slightly 'Closed Aligned'  
With a 'Subtle 'PULL' to On Line  
Moe had a distinctive 'Slide Thru Impact & Separation.  
22 Inches of ' Lateral Chase On Line'  
Chase Follow (SS#8a towards SS#9)



MOE NORMAN, Rotational Power  
Connection with the ground.  
He could 'Bend or Flex A Golf Shaft'.  
Moe 'Ran Into His TOP Of Back Swing' (TOB)  
Like a Train Taking Out The Coupler Slack!  
He 'Bounced Off The TOB Wall'!

42)           **ROUND-HOUSING DRILL:**  
          (contributes to Pull and Slice)  
          Remember the 'Overactive Carousel'

We sometimes call it the 'Hold On' error.

I want to input here that this '**Round-Housing**' we have discussed more than once, is the failure or preclusion of getting or allowing adequate separation of the 'Target Elbow from the Target Thorax and Abdomen through Clubhead Release'; some what as if your Elbows were tied to your side by a lariat around your tummy. Make a 'Full Swing' with your Elbows in this position, even tied if you have a rope, so that you know the 'FEEL' of 'Round Housing'. You will not be able to 'Extend or Straighten' your 'Target Elbow' with it tied to your Abdomen. Then take the rope off and extend to the 'Target through IMPACT and Release'. Make your 'Clubhead Extend' to the Flagstick.

'Round-Housing' usually places your Clubhead and Clubshaft 'UNDER PLANE'.

'**Stick Your Toe In The Tree.**' You or your student will immediately FEEL the absence of 'Round-Housing'. This 'FEEL' will impart more 'LIFTING MOMENT', more 'Up & Down' into your 'Upper Body Machine' to 'MATCH' you 'Lower Body Machine' performance. We need to always have 'Matching Components and Procedures'.

#### **WHAT TO FEEL:**

In this 'Bullet Proof Exercise' you will FEEL that the primary negative 'Round-Housing' physical swing attributes is a '**REFLEXED**' (bent) TARGET or Swing Arm Elbow', usually produced by the dominant 'BRACE or Hitting Hand' 'Running Over The Swinging Target Hand', usually due to inadequate 'Leg Drive and Forward HIP Rotation', forcing the Target Lever to yield and bend at the Elbow. As I say, usually a contributor to this error is '**Slow Legs & Hips**', and a poor 'Uncoiling Action' due to inadequate 'Brace Foot Pre-Load'. Lack of knowledge is a factor, but now you have the knowledge.

If you simply set-up and make a 3/4 Swing with your 'Hands ONLY, Hips Stationery, no Turning Motion', you will absolutely 'FEEL' this phenomenon of '**HANDS OVER LEGS OR HIPS**' which will force your 'Target Elbow toward your Target Hip' and perform the '**Round-Housing**' or '**Reflexing**' Motion. You are familiar with the term 'Clubhead Throwaway' so I will not elaborate.

You also remember that the 'Hole in the end of the Grip' should be pointing at the 'Hole in our Tummies' all the while our Hands are below our Hips or level. This keeps our Hands and those Levers 'In Front of our Body Machine' which is so essential to making good 'Connected', 'Leg-Driven', 'Golf Swings'.

Throw your Hands, Golf Club and all at the Target Pin driven by a very strong early or initial 'Brace Foot and Leg Action' that will propel your Hips and all that is attached, trailing toward your Target. If everything is moving in a different direction or not moving in unison, getting your Ball to the Pin becomes a most difficult task, nigh to impossible less by mistake, producing what I call 'Get Lucky or Crap Shoot Golf'. It is a most common variety easily improved. You are on the right track now.

43)           **THE 'POINT YOUR ELBOWS AT THE STICK' DRILL:**  
                  (This is a 'FOLLOW - FINISH' Drill)

This is again a 'Brace Lever Extensor Action and Leg Drive Drill'. I think we should tend to 'Follow or Chase the Ball Down the Line To and Through The Target PIN'.

The desired physical position of the two elbows is that they are both fully extended, straight, through IMPACT & SEPARATION (Segment #2F and #3F) until the Clubhead comes at least to or above level. The 'Target Elbow' then must reflex through relaxation (Segment #3F, Sequence Point #9-#10) letting the 'Lever-Assembly' fold comfortably over the 'Target Shoulder' to a relaxed 'Top of Front Swing ('TOF') 'Follow - Finish'.

At this 'Swing Sequence Point #11, or 'Bounce Back' position as we call it, both your Elbows should be generally pointing directly at the Target. You should be able to 'Sight' or see the Target - Pin lined up roughly across your Brace Forearm, depending on how 'Flat or Upright is your Swing Plane'. Try it. Determine your own personal 'Sight' location. Use it and FEEL it. This is a game or athletic endeavour of '**Remembered Feel**'. ('Moe Norman')

44)           **THE 'BEND & STRAIGHTEN' DRILL:**  
                  (CORRECTING LACK OF 'Brace Lever' EXTENSION)

This is clearly, plainly and simply a 'Brace Lever', 'Three Lever Single Action Drill'. It is essential to the development of proper

'Upper Body Machine Motions'.

A reliable '**DEEP, FLAT & WIDE** Swinging Motion' (TICK TOCKs) will go a very long way to correcting this very common '**ROUND-HOUSING**' 'Swing Fault'. Feel long-armed, very extended or bottomed through 'IMPACT & SEPARATION Zone'. Remember, it is '**IMPACT FIX to IMPACT FIX**' as an overall 'Swing Thought and FEEL'.

The 'Brace Arm Bend & Straighten Drill' is the best 'Extensor ACTION Drill' I know of. At the 'T.O.B.' your 'Brace Elbow' must be 'Bent' and it must come back to 'Straighten' through the 'IMPACT Zone', to the 'Bottom Of Swing Arc'. This is just past 'IMPACT and Separation'. Remember the 'Front Swing Sequence' is a) Clubhead Release, b) IMPACT & Separation and then finally c) Bottom of Swing Arc. This is the reason the 'Divot' is taken after the Ball Departs the Clubface.

Always 'REPEAT the IMPACT FIX' (forward-pressed Back Of Target hand with slight Brace Leg Drive) while 'Swinging Through IMPACT Zone'.

Then, 'Stick the Toe in the Tree' !





Bend & Straighten Drill, Swing Sequence #5,  
123 123 Primary Articulating Joints Sequence (PAJ)



Bend & Straighten, Swing Sequence #6  
Primary Articulating Joints, Sequence PAJ 123 123



Bend & Straighten, Swing Sequence #7, Pre Impact Segment  
Primary Articulating Joints, (PAJ) 123 123



Bend & Straighten, Swing Sequence #8a,  
Primary Articulating Joints Sequence ... 123 123 (PAJ)

45)           **THE 'NO FOOLING WAY OF FEELING  
THE PROPER PUTTING STROKE' DRILL:**

How often have we read, heard or seen someone else giving on course tips as to '**THE** Way to Putt' or even, '**A** Way to Putt'?

The way to Putt Reliably, Repeatedly and Repetitiously is to apply the Putter Face, 'Optimal Percussion Area' (O.P.A. or Sweet Spot) to the backside of the Ball with the '**Correct Weight or Pace and Face AIMED SQUARELY Down the Target Line or Ball Rolling Line**' on a flat dance floor. If there is a break in a short putt, then adjust as required either by 'ReAIMing to a point right of left of the cup or, if it is a longer putt farther off-line, by 'ReAIMing' to the carefully determined off-set 'Top Of Break Point'.

'Clubface AIM'. 'Clubhead PATH'. 'Sweet Spot' (OPA) and 'Weight' or 'ENERGY Level'.

Boring stuff! Right!

But primitively pure!

What any one of us would give for eighteen to twenty putting strokes per round. Wouldn't that be something? Settle for 25?

One day I went '**OUT With 10 Putting Strokes**' and came '**IN With 12**'. I have never had a round of '**18**' and quite honestly may not expect one, but that will not stop my dreaming and striving.

Nonsense! Think positively. I have a seventeen coming at me...that is, as long as I earn it! Will go out right now and work on 'Holing Out My Chipping'!

Do you know of an honest '18'? I certainly do not even remotely!

But magical stories abound!

Those who have raw GOLF talents, work ethic and positive attitude are more than 'Blessed'!

Be Daily Grateful!

46)

**THE 'BASEBOARD MOULDING' DRILL:**

(Working on some 'Putting Mechanics' but mostly 'Feel')

This Drill is a Keeper!

I always tell my students that 'My Putter Taught Me Everything I Know About Making A Good Putting Stroke'! And mean it!

This Drill is designed to simply demonstrate 'Clubface AIM, Clubhead PATH, Sweet Spot (OPA) and 'Energy Management'. I always joke with my students that their 'Putter Can Train Them To Make Perfect Putts' if they would only succumb to allowing the opportunity! Get your 'Putter Head' Swinging with dynamic perfection and then just join it in the 'MOTION'. Then 'Remember the FEEL' so you can reproduce it at will!

Take your putter into a carpeted hallway. Find a place where there is at least three or four feet of wall. Face it.

'GET COMFORTABLE' with your 'CHIN Tallish', 'EYES' looking a little down your nose and a little bounce in your knees. You do not want stiff legs as that generally means the rest of your will be stiff. Shuffle your feet forward until your forehead just touches or about touches the wall. With your putter properly griped in both hands, hanging from your armpits by longish arms, the putter-head will meet the floor and it's toe should be just contacting the baseboard moulding. This is a safe posture and working position from which to make good putts and score well.

Jack Nicklaus is a strong proponent of having your 'Dominant EYE' directly over the 'Target Line'. This lets you aim and see the line better. To visualize this position, if you were to shed a tear out of your 'Dominant EYE' (just think about how many approach shots you made and this recall may bring a tear!) it will drop straight down onto the putting 'Target or Ball Rolling Line'.

Now, comfortably, without moving your forehead, slide the toe of the putter gently back and forth along the baseboard moulding, meticulously making sure the clubface remains 'Square to the Target Line'. (square or at right angle to the wall) Make these Swings back and forth ten times 'FEELING the Motion', especially the 'Triangular Forearms and Shoulders' somewhat 'Pivoting Around Your Adam's Apple'. There is very little if any 'Chest Movement', NO Hips, Legs or Knee Movement (LBM).

This 'Set It Up and FEEL the Motion Drill' will tell you a great deal of truth about making the 'Proper Putting Stroke'. It is NOT a HIT! It's a 'Stroke Through the Backside of the Ball' flowing gently but firmly, following to the very centre of the 'Bottom of the Cup'. That's the place where that wonderful 'RATTLING' sound comes from. (just before the applause).

47)           **THE 'FIXING THE OUTSIDE-IN CLUBHEAD PATH' DRILL:**  
                  ('Railway Tie or Shoe Box Drill')

Do you have the problem of Swinging 'Outside-In' or 'Coming Over the Top'? and want to 'FIX IT FAST' like yesterday?

Here's One Method of Doing So.

Take a full railway tie and place it on the grass parallel to the direction you want to strike your Balls. Have the Target end of the railway tie only about three inches ahead of the 'BALL LOCATION'. This tie will be parallel to your intended 'Flight Line and that old Target Line'.

Set or tee up a ball 2" (inches) from the centre inside face of the railway tie. Set yourself up properly...FULL ROUTINE. Now 'Swing Through the Ball' with your #5 iron directly at the flag, '**Seeing the Ball Come Off Your Clubface**'.

If your 'CLUBHEAD PATH' were Outside-In, you will not do this exercise often and may have, indeed, scuffed the toe of your #5 Iron and certainly felt the jolt in your Hands, in fact, through your entire Body. A good lesson but a hard one. The event will have created a sensation and registered in your memory; 'Striking The Immoveable Object'.

48)           **THE 'SHOE-BOX' DRILL:**  
                  (this is a 'PATH Drill' with simply a more moveable object)

As a less severe alternative, use an empty Shoe-Box placed 2" on the far side of the 'Target Line from the BALL LOCATION. There should still be about three inches of the box in front of your 'BALL LOCATION'.

A productive tip which will help you confidently strike the Ball two inches from the railway tie is to 'Look at the inside rear lower quadrant of the ball, **'Bottom Inside Cheek'** ('BIC'), and keep looking at it right through 'IMPACT'. Your 'EYE-HAND' Co-Ordination will make it happen with ease.

Remember, you should 'FEEL' as though you are 'Swinging Your Clubhead Through the Ball' and to the 'Outside of Target Line', to what we call our **'Swing FEEL Line'** or that wonderful **'Yellow Ball'**.

One of those anomalies of Golf ..... **'Swing Right To Hit Left'**. I know, that stuff made my head spin too when I first grasped the concept and the light came on. Congratulations if yours is on! A little knowledge makes the seemingly impossible, probable and easily within reach.

... more soon.

49)           **THE 'SECOND BASEMAN'S CHEST' DRILL:**  
                  (a 'Clubhead PATH Drill')

This Drill is quite similar to the 'Railway-Tie or Shoe-Box Drill' in that the objective is ensure your swing is 'Inside-Out' and not 'Over-the-Top' or 'Outside-In' as we call it. In the 'Railway Tie Bullet Proof Drill', there was an immoveable object that forced your 'Clubhead' to keep 'Inside the Line directly THROUGH IMPACT'. This tough chunk of wood will stop your 'Reaching Tendency' as well and do so very actively. An 'Outside-In Clubhead PATH' results in an equally 'Inside The Line' path once you have passed the 'IMPACT Zone' moving forward. Stop either the 'Back Swing or Front Swing' error and you have stopped the entire error!

Remember the proper front-swing Clubhead Path is that **'D.O.F.T.'** or **'Down Out Forward and Through PATH'** which, for right handers, moves the Clubhead firmly toward the Second Baseman's chest, (he is standing between second and first base), then through actual second base with the Clubhead's ending up in the short stop's glove.

**'Swing D.O.F.T. Right To Hit Left Or Straight'**.

Leave the 'Shoe-Box' in place just 2" outside the 'Target Line', with the Ball sitting teed up nice and low '3 inches in front of Mid-Box' and on the 'Target Line'. Place a second tee in the turf one foot down the line, a second at two feet and a third at three



feet. This will define your Target Line. Now at four five feet place a 'Yellow Ball' 12" to 15" outside the 'Target Line'. This 'Yellow Ball' is you '**SWING FEEL POINT**' through which one should swing the '**D.O.F.T.**' Clubhead moving through the Second-Baseman's chest.

50)           **THE 'BASKET' DRILL:**

Now at the two foot point place an empty driving basket upside down with it's 9 o'clock point at 24 inches and it's 12 o'clock point about six inches inside the 'Target Line', towards the 'Foot Line'. (You may use two long irons or two 36" pieces of white 1" P.V.C. pipe to define your intended 'Target Line and your Foot Line'.)

As well, to define your 'Foot Line' and 9 o'clock, 'Brace Hip', 'Clubhead Position' which occurs when the shaft is level to the ground with '**Toe Up**', stick a headless shaft with a grip installed (a broken Shaft is perfect) vertically into the ground about three feet aft of your 'Brace Foot'. You will '**FEEL**' as though you are going to touch this shaft in your '**Deep, Flat and Wide**' Take Away, but will not.

**THE STAGE IS SET. NOW EXECUTE:**

'One Piece Take Away', '**FEELING**' initially as though you are moving the 'Clubhead Back On the Target Line', '**Floating Up**' in that 'Deep, Flat Wide Arc' just about touching the 'Vertical Shaft' and completing to 'Top Of Back Swing' (T.O.B.). Then, steeping back down or replanting your 'Target Heel' (if is Lifted) the 'Lower Body Machine' (Belly Button Down) initiates the 'Forward Swing' with that 'Brace Foot' '**Pushing**' strongly by the time your 'Hands **FEEL** Armpit Level' (Clubhead Advancing).

Followed by those Hands (Lever Assembly) '**Dropping Like An Apple From A Tree**' 'Inside' to a point where they '**FEEL**' about 'Brace Hip Level' where you begin to smoothly but powerfully '**Fire Out The Wrist Cock**'. This the 'Bull Whipping Feel' I have often mentioned.

You are looking at the '**Bottom Inside Cheek Of The Ball**' so that your 'Captain EYES' can guide those 'Navigator Hands' which run the 'Golf Club Ship' through that 'Bottom Inside Cheek of the Ball'. This is, of course, an '**Inside Out Clubhead PATH**'.

Continue your 'Swinging Action' 'FEELING' powerfully, 'Brace Foot' pushing (Leg Driven), as though the 'Clubhead' is headed directly at the 'Yellow Ball' until it will naturally be forced to swing or radius through or back across the 'Target Line' from the 'Low Energy Side of the Target Line' or fairway. This will create for you a nice strong straight 'Ball' or even a wonderful slight 'Draw'.

Oh the basket! **You will miss it ! .... with room to spare.**

If you 'Swing Outside-In' you will smack the 'Shoe-Box' and slug that empty basket resulting in whatever those IMPACTS have to offer. Not overly pretty. Prepare for the driving range attendant's ire and even a bill for replacing the basket. If you are into the 'Bean Bag' stuff, the bag may be a more suitable alternative.

51)           **THE 'BRACE FOOT PRELOAD' DRILL:**  
                  ('AFT-TILT')

Keep that 'Brace Foot Pre-Loaded' or 'PUSHING' right 'Through IMPACT to OUTSIDE of Down the Line', '**Yellow Ball**' and cut the sugar cane, Flagstick, off with your 'Clubhead'. (White Ball is 'On-Target Line' while Yellow Ball is 2 inches to the 'Low-ENERGY Side' at about two feet, 'Secondary Swing Target')

'Slices and Pulls' are created by 'Swinging Left' to correct that too-well-known 'Ball Flight Problem', '**The LEFTER I SWING, The RIGHTER I GO**'. That is because you put more 'Cut and Side-Spin Rate on the Ball' (Venturi or Bernoulli Effect).

Try this:

**'SWING RIGHT to HIT LEFT'**  
(take the 'Yellow Ball Out')

Remember, the Geometric Shape of the Clubhead ORBIT in the Front Swing is '**Down, Out, Forward and THROUGH**' or '**D O F T**'.

Later on in this '**GOLFMYTH COLLECTION OF BOOKS**' I will show you how to correct the dreaded 'Hook & Slice'. One of my key ingredients,

is to catch the client hitting slices likely into the next fairway or the very 'Low-Energy Side' of the driving range.

A 'Magical, Bullet Proof Fix', has come out of having this student, still '**AIMing** and **ALIGNing**' 'Parallel to the Target Line', try diligently to strike the Ball precisely where his Slices have been landing and deliberately strike several Ball right there. 'Swinging the Clubhead Through the Ball' and getting it to the 'Slice Location' almost ensures an 'Inside-Out Clubhead PATH'. This precludes the 'SLICE'. The same logic applies to the 'Hook Fix' as well.

When one who suffers from the 'Slice Error' learns to hit deliberate 'Banana Slices', they are assured of understanding the error. When this same student learns to strike deliberate 'Hooks', then the cure is in hand!

I think one should practise both occasionally!

This familiarity does not breed 'Contempt' but 'Comfort' through 'Understanding'.

There is an old saying, "**Great generals Who Know Their Enemies Intimately, Shall Overcome Them In battle!**"

Always take a logical approach to 'Things Golf'!

Now that's stupid simple!

52) **THE 'DOING IT IN THE BARREL' DRILL:**

(smaller for TINY BUTTS and bigger for BIG BUTTS)

The equipment has to FIT !

This Drill is designed to enable you to 'FEEL' the stability of 'COILING Over Your Brace Knee' without the temptation to 'Slide or Shift' to this same 'Brace Side' which immediately releases or compromises your good 'COIL'. Some really bad 'Cause and Effect' things happening if you allow the 'Lower Body Machine' to break down! Remember, in the 'Front Swing', you want to move forward so that your 'Weight' move completely over and onto your nice 'Vertical Target Leg'. ('Flamingo'!) If you do not get to this 'Finished Position' you likely accomplished mediocre 'IMPACT' with your Hands or 'Manipulated'.

Put on your favourite pair of light shorts and jump into the barrel with your #7 Iron in hand. This is a 'Mind Drill' unless you have a barrel!

There are very sharp nails driven in from the outside of the backside top of the barrel. When you COIL or make your LOAD or BRACE TURN, make sure you do not shift your weight outside your Brace Knee or Foot. This causes a slide backwards. If you do so, there will be a Prick Waiting. (I will not touch that further!)

This 'Loaded Coil Position' demonstrates the Brace Side Pivot, or what I call the '**Winding Up Of Your Body Rubber-Band**'. When fully Turned & Coiled, you will be '**POSTED**' or should FEEL as though you have a Broom-Stick running from your 'Brace Heel' up to your 'Brace Shoulder'.

As you 'UNCOIL or FIRE', Turning the entire 'Body Machine' to the 'Target Side', make sure you end up with your 'HIPS, CHEST and CHIN Tallish and Square to the Flag'. Your Hip will be pressed firmly or positively against the front inside of the barrel which is padded for comfort. Your 'Hips, Chest, Shoulders and Chin' should be squarely pointing to the Target or even slight past.

This 'Unloaded Coil Position' demonstrates the Target Side Pivot or the '**Unwinding Of Your Body Rubber-Band**'. When fully Uncoiled, you will be '**POSTED**' again and 'FEEL' as though you have that Broom-Stick running from the 'Ball of your Target Foot' to your 'Target Clavicle'. Your CHIN will still be Tallish as it was at 'Set-Up' or 'IMPACT FIX Position.

This exercise will help you avoid '**SWAYING In The BACK'SWING Which Is Really Sliding In A Negative Direction**'. As well it will prevent 'Sliding in your Forward Swing' which, as we all know, is the father of that dreaded 'SNAP HOOK'. Remember, the 'Base Of Your PIVOT' is the 'Medial Head of your Brace Femur or the inside Knob or your Brace Knee'. 'FEEL' its being 'Stable in or slightly 'Forward-Pressed (Loaded)' the Back and Front Swings'.

**'DO IT IN THE BARREL!'** (I hope you have the luxury of a real big whisky barrel; some brew still left in the bottom. Might 'Loosen Up Your Swing' and 'Wake Up Your COIL'!)

If not enable you to forget and rest well!

53)           **THE 'POINT YOUR X' DRILL:**

'You can Shoot as Straight as You can Point'

Would you ever imagine that you might fire or strike a Golf Ball as straight as you can point your 'Brace or Hitting Hand Index Finger'? Putter to the Driver! Sounds a little too simple and a bit out of Disney's Fantasyland for me. Right? Well I think not.

Your Hands must be properly placed on the 'Golf Club Grip' and in the process of 'Swinging Smoothly' and making the basic pendulum work freely as it must, you will necessarily feel that both your Hands are naturally 'Rolling Over Towards the Target'.

In other words, the 'Back of your Target Hand', although it will start its swing relatively perpendicular to the ground, **'DOES NOT STAY IN THAT RELATIONSHIP'** or even remain fixed or steady at any time in the 'Swinging Motion' with other than possibly a specific putting and 'Chipping or Pitching Stroke' that covers a very short distance or piece of ground.

If you 'Set Up and FEEL' this smooth and progressive Motion, observe it, you will see that your 'Brace or Hitting Hand's INDEX FINGER' (if it is, for the purpose of this exercise, extended down the Trailing Side of the Shaft / Handle) will 'POINT Down the Target Line' upon the 'FOLLOW Segment #3F Of The Swing'. I say this hoping that your 'Target Wrist Is Flat' to the Pin during Impact and does not break down even after the strike. Also I am ideally expecting that your 'Belt buckle, Chest and Chin are facing the Pin / Target' when you are finished your Swing 'Tallish CHINNED and Breathed Out Relaxed'.

Now, once you have completed several of these 'Long Index Fingered Swinging Motions', place your Hands on the Grip normally. The tip of your 'Target Index Finger' will now be wrapped comfortable around the Grip with some extension or a gap between it and the middle finger in order to facilitate an effective **'#3 Pressure Point'** which primarily controls the 'Toe Of Your Clubhead'. Draw an 'X' on the 'Second Knuckle' of this same Index Finger and now, in the finishing stages of your swing feel as though you are 'Pointing your 'X' at the Target / Pin.

This Motion or position at 'FOLLOW / FINISH' will ensure the proper 'Rolling Over Motion' of the Hands toward the Target. For those Physiologically correct readers, this musculo-skeletal action is called 'Pronation and relates to Supination'; Terms too big for

this relatively simple-minded golfer to endure !

Point Your 'X' at the Target / Pin. 'Swing the Clubhead' at the end of 'Long Arms under a Tallish CHIN' with it's travelling down the 'Target Line' all the way to the PIN or Target / Quarter. You CAN shoot as straight as you can point.

54)           **THE 'FOLLOW - FINISH' DRILL:**  
              (Fully 'BREATHE OUT' and Relaxed)  
              'Swinging Through the Ball and NOT Hitting AT it'  
              a 'Tae Kwon Do Approach' to Golf

This is a 'Release Drill'. In order for us to get the Ball to Fly to the Target naturally, we must 'Release or Swing from Relative Relaxation at IMPACT FIX to and Through IMPACT continuing on to a nicely 'Balanced and Relaxed, Breathed-Out Finish'.

'Breathe Out As Your Clubhead Is Backing Out Of The Garage, Away From The Ball' (Breathing OUT) and 'BLOW OUT In The Front Swing Through The IMPACT Zone And Ball' or in the Forward Swing. (Breathing OUT. Spit on the PIN Drill)

If you hold your breath through IMPACT, you will 'Impede Your Ferris Wheel' and likely 'PULL or Round-House'.

You remember the very important '**BREATHING OUT RULE**' that states '**IF YOUR CLUBHEAD IS IN MOTION, YOU SHOULD BE BREATHING OUT**'. I know this is a bit purist, but then so too is our intentions of making 'Great Golf Swings Every Time We Step Up To The Plate! Remember, we must strive for 'Pure Personal Pleasure'.

Don't know about you, but I am a 'Purist Eternal Optimist'! Golf appreciates that 'State Of Mind'!

Again, I know it is very smooth and successful to 'Breathe In' in the Back Swing and to 'Breathe Out' in the Front Swing. But, I have seen a huge number of potentially good 'Ball Strikers' pay the '**BLOCK and PULL**' price for 'Holding Their Breath' in the 'Front Swing'. They do not know they are doing it until a third party who understands the concept brings the deficiency to their attention.

I do not believe you can 'Score Up To Your Expectations and Potential' is you do not 'Breathe' properly. 'Breathing Out' when

the 'WORK MOTION or POWER Stroke' is being accomplished is no more in question than 'Holding Your Breath For An Hour'!

Just ask the 'Orientals' who have understood, taught and practised this very common bodily function for many thousands of years. They can tell you all about it, if you have any doubts in what I am telling you.

55)           **THE 'THROUGH' DRILL:**

After you hit each shot, making each good swing of the 'Clubhead Through the Butt of the Ball', I want your 'Elbows Pointing relatively at the Target', (along with your belt-buckle, tummy, Chest and Chin) breathing out and relaxed....'FOLLOW and FINISHED'. Follow means that, with your Swing properly executed, your 'Hands, Arms, Shoulders and entire Body Machine' should 'FOLLOW the Clubhead down the Line to the Target'. Let your entire body 'FLOW' into the Swing like water does back into the wake trough trailing your speed boat.

It sometimes helps to think of **"FOLLOWING Your Live Hands (to which are attached the Grip, Shaft, Clubhead and very momentarily the face of the ball) to the Target / Pin"**. If Clubhead (hammer head) does not travel / flow to the pin, the Ball has little likelihood of doing so.

'Swing The Clubhead In A Full Circle', (Bottom - Top - Bottom), Low and Slow back, Fast and Hard through IMPACT, (**SWING SLOWLY AND HIT HARD**) through the 'BUTT OF THE BALL' (looking impeccably at the Bottom Inside Cheek) 'DOWN OUT AND FORWARD', through the Ball (don't think or Feel HIT THE BALL) 'Down the Target Line to the PIN, FOLLOW - FINISH', 'Breathing Out and Relaxed'.

Now that's a mouthful and all in one breath too !

Always work toward a 'Quality Relaxed Finish'. Interestingly, if one has in his mind the feel of this '**Q.R.F.**' it will help to Swing to it, while, on the way striking the 'Little White Ball'. **In 'Full Swings', always 'Complete your Back Swing' and always 'Complete Your Front Swing'.**

Without getting too detailed right here, regardless of the length of your Back Swing, Full Swing, Less-than-Full-Swing, or even the

very abbreviated 'Bump & Run', you still must 'Complete Your Back and Front Swings'.....always! The same applies to your Putting. Remember, there is a 'Putt In Every Swing Procedure From The Actual Putt to the Longest Drive'.

**BRACE SIDE Swing Length = TARGET SIDE Swing Length:**  
(but the Target Side is Accelerated so it will be slightly longer)

Also interestingly, but second in importance to the 'FINISH FEEL', is that in a balanced 'BRACE Side = TARGET Side Motion', the T.O.B. or 'Top of Back Swing Position' will be very similar in feel and comfort to the 'T.O.F.' or 'Top of Forward Swing'. In the Less-Than-Full-Swings, your 'Front Swing' will tend to be slightly higher than your 'Back Swing' as it is accelerating while travelling forward. The Power is on.

Close your 'EYES' and do some 3/4 TICK TOCK (TOUCH TOUCH..... SEE IT - SEE IT) swings and record gently in your mind the 'Feel' and position of the 'T.O.B. and T.O.F.'. You will find them, of course, on opposite sides of the 'Swing Centre', but you will find them very similar in 'FEEL'.

Now open your 'EYES' and watch yourself make them standing before the mirror in your bathroom just before doing your teeth in the morning. Like the advice of your dentist, "Do this exercise at least morning and night, while after every meal is advisable".

Life in the 'Kingdom Of GOLF' is a continuing 'Journey' and not just a 'Single Trip', so best put some teeth into the meat of it as often as possible.

56) **MORE ON THE 'SHOEBOX' DRILL:**  
(a Clubhead Path Drill)

'Swinging the Clubhead' 'Outside-In or Over the Top' as it is sometimes called, is 'NOT A GOOD TRAIT'. The first 'Forward Swing Move' is to start the 'Movement or Momentum' subtly by 'Dropping or Letting the Lever Assembly (especially the hands by FEEL) **FALL** from the 'Top of the Back Swing' (TOP) directly, 'GRAVITATIONALLY', toward the ground while TURNING the hips toward the Pin or Target'. This move creates the 'Dropping of your 'Brace Elbow into the HIP-SLOT' as is so often referenced.



If you are 'Inside-Out', as this move produces, you will strike the ball with a motion that is DOWN, OUT AND FORWARD or with the feeling of swinging to the right side of second base with the bat moving at second base and finishing toward shortstop (the target is second base). This also makes you feel as though you are striking the ball on it's 'Inside Bottom Cheek'. **If You Want To Kick It's Butt, Look At It's Pants!**

57)           **THIS 'RAILWAY TIE' DRILL:**

When I am in one of my sterner moods and might have just starting losing patience with a student that will not listen or adapt to the 'Inside-Out' course of action, or begin to 'FEEL and Execute' the proper moves, as mentioned, the 'SHOEBOX' object can be replaced with a 'RAILWAY TIE' that will certainly do the trick with authority!

Place an empty 'Shoebox' just outside the Ball about two inches with it's long edge parallel to the Target Line. Do your Set-Up Routine, making sure you are properly 'ALIGNED' with a comfortable 'STANCE', Club comfortably and properly 'AIMED' and sitting behind the Ball. Now make your 'Full-Swing' striking the Ball 'Down the Line to the Target'.

If you are 'OUTSIDE-IN', you will strike the 'SHOEBOX or RAILWAY TIE' doing it no good. If you are 'INSIDE-OUT' you will strike the Ball doing it GOOD and 'Feeling' the same way!

Do this 'Swing Clubhead PATH Drill' several times. If you persist in damaging the 'SHOEBOX', as I stated, use the 'RAILWAY TIE'. You will soon stop 'Swinging OUTSIDE-IN'!

The results of striking the 'RAILWAY TIE' will be memorable, but not nearly so bad as consistently striking the 'Little White Ball With The Stick' with this 'OUTSIDE-IN Clubhead PATH'. (which spawns huge PULLS and the infamous SLICE) There are no vaccinations for this 'GOLF DISEASE', only practical routine healthy lifestyles combined with a proper Swing that anyone can foster with a little understanding, some trust and more practice.

Don't chase the 'Practice Makes Perfect' as it is a misnomer. Develop 'Perfect Practice Makes Permanent' and live by it.

58)           **THE 'PUTTING GRIP' DRILL:**

Do you have difficulty in gauging the 'Distance to the Target or Weight'? Are you having problems staying 'On Line' in your Putting, missing left or right? If so you may be 'Flicking' your putter head at the Ball with Hand and Wrist 'Manipulation', rather than propelling the Steel smoothly THROUGH the Ball, imparting solid 'Rolling Action' to it with your putter head.

Likely, you have an action I call 'Brace Hand Over Target' or your 'Brace Hand' is far too dominant 'Through your IMPACT Zone' which causes your 'Clubface to Close Down' or become unstable during the actual moment of contact and causing the Ball to roll end over end down the chosen 'Ball Rolling Path (BRP) or Line'.

The 'Reverse Overlap GRIP' or the 'Target Hand Low GRIP' may be a step in the right direction towards improvement.

Hold the Putter with the Target forefinger, Index finger, on top of or overlapping the third and little fingers of the 'Brace Hand'. Address the Ball with a slight pressure of this 'Target Index Finger' against the small, 'Helper Fingers', of the 'Brace Hand'. When you actually apply this 'Pressure' you may notice how the 'Putter Head' moves slightly Aft or away from the Ball. This 'Forward Press' is likely to be beneficial to your putting stroke. It means **'Your Hands Will Lead The Clubhead TO and THROUGH IMPACT & SEPARATION'**.

In this 'Address Position', make sure your Hands hang Comfortably from your Shoulders and that they are quite 'Over The Ball'.

The 'GRIP Pressure' should be 'TOOTH PASTE TUBE LIGHT' (cap off) or lighter in 'Set-Up' and throughout the entire 'Swinging Motion', backwards and forward. The Shoulders should 'Dominate in FEEL' and 'Action', making a somewhat 'Rocking Action' about the 'Adam's Apple or Top Of Sternum'. Do not take the Clubhead away with the Hands, but with a 'Rocking Shoulder Motion'. You 'Wrist Forearm Position', especially their 'Angles to the Club Shaft', should be maintained throughout the 'Entire Swinging Motion'. Maintain your 'Set-Up Triangles'. Putting is, indeed. **'Passive Handed'**.

A nice 'FEEL' or sensation that one might try to develop is that of NOT HITTING the Ball but **'Collecting Or Almost Pushing'** the Ball away with the blade. You might even practise actually 'Pushing some Balls Down the Line to and Through the Cup'. You will be most

surprised at the action and resulting 'FEEL', one that you might find actually adopted in your future 'Putting Stroke'.

59)           **THE 'TARGET HAND LOW' DRILL:**  
                  **a Pure Pendulum Stroke**

I insert this Drill before the 'Putting Section' because it is very applicable in the 'Short Game' Procedures as well. When you are 'Chipping' you can employ this 'Grip' to good results.

Another very positive 'Putting Motion Drill' is that of 'Swinging the Clubhead **'Target Hand Low'**'. I suggest that you begin this approach with your 'Target Hand' about five inches below the butt or bell of the grip and swinging it back and forth with 'One Hand Only'. This is because the 'Target Hand' will be about at this elevation in real use and it will naturally introduce you to the correct 'POSTURE and Lever Position', 'EYES over Target Line', that you should employ in the real stroke.

This is an introduction to a 'Putting Grip' that may be very useful. Remember, this is still a 'BASEBOARD MOULDING DRILL' and can be practised with great success in your favourite hallway, out of the rain and sun, peace and quiet!

**SHORT GAME DRILLS:**60) **THE 'CHIPPING WITH A WRIST-BAND' DRILL:**

This Drill is designed to enable your 'FEELING' what it is like to 'EXECUTE' a 'Stage One Procedure'; in other words a 'Flat Target Wristed' or 'Target Hand and Wrist Leading the Clubhead to the Ball Stroke'. Putting and Chipping are this type of 'Procedure'. With your 'Chipping Stroke' it is useful to 'Forward Press' your Target Hand and Wrist to the 'Bowed Configuration' and then to hold this 'Shape' through the entire stroke. Doing this, you will now 'FEEL' and know what it is like to really have you 'Clubhead Trailing Behind Your Leading Target Hand and Wrist'. There will be 'Flip or Throw-Away' and you will have good solid control of your 'Loft' at the 'Moment Of Separation'. This is what the Drill is all about. The 'Elastic Wrist Band' does not allow you to 'Bend Your Target Wrist and Butt of the Shaft to the Brace Side'. Your 'Wrist and Forearm Triangles' will remain constant throughout the entire 'Back and Front Swings'.

You can also use our '**STEEL ROD DRILL**' where we insert a three foot small diameter steel rod into the grip hole and down the shaft about a foot. The two foot segment that sticks out rest about Target Ribcage and will not allow any 'Throw-Away'. Great aide!

Great players can miss the greens more often than they would like to admit and suffer, but they can play their short game very well indeed. This takes pressure off their long irons and, when they get it very close from the fringe, it also takes the pressure of the putter. What wonderful problems to have!

Remember the Chip Shot's purpose is to fly the ball through the air quite close to the ground to the nearest flat surface part of the 'Dance Floor' where it might quickly act a whole lot like a Putt. Occasionally, one might strike a high Lob or Flop-Shot that lands softly without but a minimum of roll, but this skill is indeed a skill. It ranks higher in difficulty than the 'Bump & Run Stroke' which should be every golfer's bread and butter.

As a general rule, the more lofted the club, the less the roll after contact with the putting surface. You noticed that I took the liberty to assume your shot got to the putting surface.

Attitude. Attitude. Attitude.

I have mentioned to you that, when we are within the fringe, all our strokes should be 'Putting Strokes'. I still maintain this opinion and can support it with tens of thousands of successful shots made by thousands of players.

These short shots fly quite high, but you 'DO NOT HELP THE BALL INTO THE AIR'. The 'FEELING' you should have with a stable 'Tallish CHIN', is that your 'Hands and Arms' are getting back to the Ball 'DEEP, FLAT And WIDE', the same way your took the Clubhead away from the ball in the first place. Remember, I have always told you and maintained that

**'The First 5 Inches Of Your Back Swing,  
Determines Your Front Swing'.**

If you have any 'FEELING' of 'Helping the Ball into the Air' you are prone to '**Chicken Winging**' or 'Reflexing Your Target Elbow' which, in the process of shortening its 'Swing Radius' brings the Clubhead both 'Up and Inside' its necessary Clubhead Path to get your desired job done. One of '**GOLF's Anomalies**' is that '**To Get The Ball Up, You Must Strike Down**'. You will certainly NOT get your 'Brace Lever Fully Extended' and thus not get to the important 'In-Line Condition' through the 'Bottom Of Swing Arc'. If you have not discovered this, you must soon do so. The factory (Clubface or Loft) makes the Ball have that 'Trajectory' we all so admire, that is unless we are playing in the Irish wind and wanted a 'Knock Down Shot'. How cruel GOLF can be!

Procure a tennis wrist sweat-band and place it on your 'Target Wrist'. Slip your #PW Grip under it so that the 'GRIP' makes secure contact with your 'Target Wrist'. In this manner you will not experience any break-down of the necessary 'Flat Target Wrist' which, as you will recall, is one of our '**Secondary Absolutes**' from way back in our 'GOLF ... Solving The Complexity Myth Journey'.

If you set up a ball in the 'TAP TAP TAP' 'Optimal Ball Location', about centre Sternum or slightly aft, and brush the grass with a couple practice swings, FEELING your weight about 65% on your 'Target Foot' and moving the 'Clubhead' primarily away with your 'Target Hand, Arm and Shoulder', you will, with some positive 'Leg Drive', get the Clubhead directly back to and through the 'Butt of

the Ball' simply allowing the loft to do its work.

This may be a 'Less Than Full Swing' but it still has the 'Brace Foot Pre-Load and Leg Drive Component', even in the practice swing if you made one.

The benefit of this 'Wrist-Band' is to force your Hands to get through the Ball or 'IMPACT' before the Clubhead; to always those 'Active Hands' leading and the front edge of the Clubhead trailing the Hands.

This exercise will assist your preventing 'SKULLING The Ball' or making 'Thin Hits' that come off the leading edge of the club as though it were a #1 Iron ....LOW, HOT and Too FAR. The only hope for this 'Dreaded Skull' is that it might be 'Dead On Line' an strike the stick. Lots of luck!

61)           **THE 'CHIPPING WITH A PENNY' DRILL:**  
                  ('Clicking & Removing')

This Drill is designed to ensure that the 'Leading Edge of your Clubface' just 'Pinches' the ground directly under and just behind the bottom of the Ball. It is a 'Bottom Of Swing Arc' control Drill. You will need to pay particular attention to the 'Length and Relaxedness (Extension) of your Swing or Target Lever which needs to be long throughout the procedure. Remember, your 'Target Lever', from my perspective, is a 'Dead Rope' the bottom end to which you throw your 'Brace Hand'. This produces 'Proper Depth' and solid reliable 'IMPACT' without which 'Golf' is less FUN than you deserve!

'Skulling or Thin Hits' are generally caused by allowing 'Lifting Motion' to creep into your 'Front Swing' in an effort to, subconsciously, create a 'More-Lofted Ball Flight'. This 'Lifting Motion' is created by a 'Reflexed Target Elbow' that shortens the 'Target Lever's Swing Radius'.

Stopping or preventing this short-coming is essential to your golfing well-being, the sooner the better.

Taking your standard 'Target Side Pre-Loaded Set-Up', Ball in the 'Optimal Ball Location' ('OBL') of about mid to one Ball aft of Sternum, have a penny placed about three to four inches directly 'On Line' in front of your Object Ball. In your 'Forward Swing',

'CHIN Tallish', 'FEEL' like you will take the penny out with your through swing. This will promote the necessary **'DEEP FLAT And WIDE FEELING'** we have so deliberately spoken about. The 'Sweeping MOTION'.

'Swing Down and Through' (CHIN Tallish) to make your Ball fly UP.

If you ever want to strike a beautiful 'LOB SHOT' steeply up over a small spruce tree, it must be made to happen by making a '**Descending Blow**' with the Clubhead.

#### CHIN Tallish and HANDS DEEP

It will work every time, like clock-work and only costs a penny!

#### 62) THE 'PUTTING CHIP CAN MAKE IT HAPPEN FOR YOU' ( 'STROKE RELIABLE TRIANGLES DRILL' )

This is designed to produce 'Stage One Procedures'. Remember, a 'Chip' is just a 'Putting Stroke With A different and slightly more Lofted Clubface'; with a different 'Tool'. 'Strokes and Pre-SHOT ROUTINES' are the same. Learn to accomplish this.

When you are on the fringe, generally use your putting stroke to move the Ball unless it is on tightly cut grass with nothing in the way of the cup, then use your putter.

This Drill requires that you place your Ball on the fringe and use, perhaps your #7 or #8 Iron to produce some loft and Ball Flight as opposed to purely roll.

Hold the Club as though it were a putter. 'FEEL' like it is a Putter. Make a 'Putting Stroke Down the Line to and Through the Cup or Displaced/Off Set Target'. Some weight 'Pre-Loaded to the Target Foot' (65%) may be beneficial to prevent any tendency to strike the Ball staying on the Brace Side. 'Choking Down' slightly, maintaining 'COMFORT', 'GRIP the Club in your Putting Grip' and Putt the Ball normally.

You will produce a 'Putting Ball Action', 'With A Hop' then a 'Roll Dead Centre Cup'.

Remember, the final focus or concentration is on 'Pace, WEIGHT or DISTANCE' and not on 'DIRECTION'. It's really a Putt, not a Chip.

63)           **THE 'HIGH PITCHING WEDGE SHOTS  
FROM OUTSIDE 60 YARDS' DRILL:**

This is a 'Getting The Leading Edge of the Clubface' DOWN and THRU the Bottom Of The Ball Drill'. It is an 'Extensor Action Drill' in which we must reliably locate the 'Bottom Of Swing Arc'.

The usual tendency or problem in this shot is to strike the Ball FAT or making contact with the ground before the Ball.

The problem sources from generally not keeping your '5 CONTROLS' in operation even if you think you set-up with them. If you 'Drop your Tallish CHIN' you will drop that other head, the one made of steel!

When you try to make a 'Descending Blow' with this type of wedge shot, the 'Arms, Hands and Clubhead' are 'Descending' and NOT the 'Upper Body Machine', most specifically your 'CHIN'.

**'To strike a Ball UP, keep your CHIN Up and your Hands DOWN through the IMPACT segment of your forward Swing'.**

(see 'Down Up & Down')

A drill you can employ to help this happen reliably might to take a Golf shaft with the head broken off or an umbrella and stick it in the ground about three feet directly outside your 'Brace Heel'. In your 'Take Away Move', 'Hinge Your Wrists Early' so that you have a bit of a '**Pick Up Inside Take-Away Action In Your Clubhead**' ('Steeper Angle of Attack'). You want to 'Back Swing' to be quite steep so that it might come back down steeply as well. This is what is necessary to create that quite vertical 'Angle of Attack' in the 'Forward Swing', that Descending Blow which makes the loft work more effectively. This 'Face to Ball IMPACT' creates CUT and Back Spin' which makes the 'Trajectory Steep' and causes the Ball to 'Spin Back' upon making contact with the putting surface.



64)           **THE 'OVER THE PICNIC TABLE' DRILL:**

This is a '**Swing Down So You Can Get It Up Drill**'. It is another 'Properly Timed Bottom Of Swing Arc Drill'. You truly know this is important stuff!

We often have to strike a Ball over a very close obstacle with a 'Less-Than-Full-Swing'. Without a proper picture in our minds, we may be handicapped! This 'BULLET-PROOF Drill' is both useful as a proper 'Mental Image Generator' as well as being a good sound producer of good 'Swing Mechanics'.

Find a 'Bench Seat Picnic Table' and drop a Ball about five paces to its side. Take a #PW and move a few Balls over the table top. You may hit the table with the first or first few strokes. If so this drill will be of some help.

With the poor shots, striking the table, you will have tried to 'Lift the Ball over the Table' or at least tried to help get adequate 'LOFT or Trajectory' to accomplish your desired task. This will not work!

To establish the correct FEEL, which will lead to improved technique, 'SET-UP' with your '**5 CONTROLS**' as the guideline. Have your 'Ball Placement' slightly 'AFT' of your standard location. I might suggest that this stroke requires your Ball to be about mid-Sternum or just slightly 'AFT' to generate a slightly 'Steeper Angle of Attach' or more 'Descending Blow'. You want to 'Swing Down in order to get your Ball to Go Up'.

Now, keeping your 'CHIN Tallish' and FEELING a bit 'Armsy', take your Clubhead away with slightly more 'LIFTING ACTION' than perhaps you might employ as a general rule. In the 'Forward Swing' generated by this steeper 'Back Swing', you will produce more 'Clubhead ACTION' and thus a 'Steeper Trajectory'. The ONLY way you will ever successfully get Balls to fly steeply up and down is to allow your properly-selected 'LOFT' to do the job. Any other procedure becomes unnatural and higher-risk. Make your Golf Game as 'Low Risk' and 'Reliably Consistent' as possible.

Another version of this same 'B-P Drill' is to, with the same Set-Up, FEEL as though you are 'Swinging the Clubhead Under the Bench Seat', keeping the Clubhead 'Low to the Ground' through IMPACT and in the 'Follow Stage' or Swing Segment #3F and through Swing Sequence #8 and #9.

**'Swing Down to Make the Ball Go Up'.  
If you get 'UP', you will be 'DOWN'.**

65) **'UNDER THE PICNIC BENCH' DRILL:**

This is a 'Sister Drill' to the above. The key difference in 'Components and Procedures' here is that you very much 'LEAD the Clubface with your 'Forward Pressed Target Hand' which 'Delofts The Clubface' and keeps your 'Hands' travelling very 'Parallel to the Ground' which causes considerable 'Net Effective Decrease in Clubface Loft' at the 'Moment Of Separation'. It is the rather typical 'Punch or Bump and Run Stroke Procedure which is most useful in your 'Short Game Arsenal'.

66) **THE 'ANGLE OF ATTACK' DRILL:**

To produce a 'Steeper Angle of Attack', one must employ somewhat of a 'Pick Up Take Away' with your 'Weight Distribution slightly forward in your STANCE (more weight on the Target Foot than on the Brace Foot). You must get the Clubhead 'Lifting' quite early in the 'Back Swing' (more 'Lift' than 'PIVOT', more 'Up & Down' than 'Round & Round').

Remember, these types of Drill are really all 'Clocking Drills', so work diligently to get an accurate 'Feel' of where your 'Target or Brace Hands' are at your 'Pre-Selected Limit Of Your Back Swing'. I told you earlier that I have come to generally prefer using my 'Brace Hand' as my 'Clock or Back Swing Limit or Position Locator'. Also I advised you that I often, rather than 'Clocking', use my Brace Lower Thigh, my Brace Hip, Brace Lower Rib Cage and Brace Arm Pit as guidelines or 'Position Locators'. This works very well and the we use 'Body Parts' (FEEL) rather what might perhaps be a more nebulous and more mathematical 'Clocking'. Experiment. Make your choices! It's your Game!

To utilize a 'Steeper Angle Of Attack' to produce 'Various Ball Flights', one can employ either of several Drills. Here is one with two options.

Place your 'Object Ball' on the ground. Now place another Ball about 8 inches directly behind it on the 'Target Line'. Using a short iron (#PW), make your Take-Away not as 'Low and Slow' as you

might with a mid or long iron. You should 'FEEL some Brace Hand Lifting Action' in the early 'Back Swing' in order to clear the 'Obstacle Ball' which you will also miss on the 'Front Swing'. This achieved, you will have made a 'Steep Angle of Attack' back to and through the Ball, likely taking some 'Divot'. You will 'FEEL Down and Through' with a 'Longish and Lowish Follow-Through'. You want to 'Chase The Ball' a little. Again, I appropriately call this 'Follow'.

Also you can take a 'Practice 2X4' which we use virtually ever practice session, and use it in place of the 'Obstacle Ball'. Again place it on the 'Target Line' about 8 inches behind the 'Object Ball' and miss it in both your 'Front and Back Swings'. You will discover that you employ a reduced 'PIVOT' in these 'Procedures'; more 'Brace Lever Lift (UBM)' and less 'Spinal ROTATION (LBM)'. The stroke is quite a 'Descending Blow' 'Down and Through and not AT the Ball'. You must utilize some 'Clubhead Release' as well. Throw that 'Brace Hand Down to the Dead Target Rope' so you can get 'Released' through the 'Bottom Of Swing Arc'. Think 'BALL PIN' always!

#### 67) **THE 'TOWEL' DRILL:**

We often miss green from inside 50 yards which hurts both our performance, scoring and pride. Ever felt like, on certain days, you could not slap your derriere with both hands, your own?

This shortcoming generally comes from a host of errors, but we can put some stability in the equation '**USING A TOWEL**'.

We tend to getting sloppy in our 'Set-Up or Maintenance' thereof. We get 'Disconnected' and 'Flailing the Clubhead' so that we have little hope of getting the 'Clubhead Back to the Ball', either 'Squarely or Effectively'.

Place a 'Golf Towel' across your entire Chest so that it is held under both Armpits. 'Set-up' normally and 'Execute' in your regular manner, but do not drop the towel. This drill will keep your 'Upper Arms' in contact with your Chest so as to prevent flailing or 'Disconnection' (protects RPM). This promotes your 'Hands and Arms, the Lever Assembly', 'Swinging Upwards and Downwards' rather than 'Outwards and Away from your Body' which tends towards 'Casting and the 'Outside-In Clubhead PATH'. I just want to add here that when you 'Cast', the 'Outside-In PATH' applies to your 'Hands and Arms'

as well as to the 'Clubhead'! The 'Clubhead is simply farther away from your 'Shoulder Sockets and Sternal Crankshaft'. This 'Towel Drill' will promote more and better 'Leg Action' as well since you will have less freedom to use the 'Upper Body Machine' as the 'Dominant Force' and go into what I call the 'Arms Over Legs' mode which is a 'Primary Swing Error'.

I have heard the same drill accomplished using two dollar bills, one held under each arm pit. If you do it with hundred dollar bills in a strong wind, your drill will be more effective and perhaps last for a shorter period of time! Loose Armpits will then take on a new meaning, 'Tighter Cash Flow'!

You may have had the privilege of reading Ben Hogan's book called the 'Five Fundamentals' in which he suggests you might find an old second-hand suit jacket, about two sizes too small, cut off the sleeves at just below the Elbows and wear this to keep you more 'CONFINED or CONNECTED', 'Arms to Chest' during the Swing (Better Triangles which also apply to your Full Swing Procedures). This tight little Vest too may work, but I cannot say I have ever tried it. Give me a call or E-mail me if you have. I have no doubt that Ben did!

By the way! You should use 'Two Towels' for this Drill! The second one is laying on the Green and you must fly your Balls onto it for accuracy! Think you can, not can't!

68)           **THE 'TOWEL WITH A TWIST' DRILL:**

This is a 'Target and Accuracy Drill' that is self-explanatory.

This one is so you can 'Wipe Up' in your 'Short Game!

Follow your 'Routine'. Some basic elements are:

- i)    Staying 'Mentally Sharp and Tough'.
- ii)   Reading the Green, Putting, Chipping and Pitching.
- iii)  Focusing on the 'Precise Target'.
- iv)   'Energy Management'
- v)    Hitting the Target

This 'Towel Drill' is very simple indeed. It serves to remind you

that there is a 'Carefully-Chosen Target' in these three 'Procedures' that is really the same size for every shot, short or longer.

You carry a 'Golf Towel'? If not get one soon as they are useful. Place the towel on the green to define your 'Landing Area'; not the place where you want your Ball to come to rest, but where you want it to make its 'Touch-Down'. When you place it, always allow for the break in the green. Remember, 'Chipping and, for that matter, Pitching, are both 'Putting Routines and Procedures'. You must know the 'Green Characteristics' as you are going to deal with 'Slope' like it or not. Now when you execute your shot, get the Ball to land on the towel. If you do not go in the hole, make slight adjustments for 'Distance and Direction' and try again until you get one in. Then move the towel and select another position or lie from which to strike your Ball.

69)           **FOUR REASONS TO FAIL:**

We can get careless and miss our 'Short Game Shots' with more regularity than liked.

When we miss there is a reason, or four;

- i) Did not 'Set-Up' properly
- ii) Did not have adequate 'Technique'
- iii) Did not 'Trust and Execute'
- iv) Did not have adequate 'Desire'

We can all have a fear of making the shot, but this can do nothing for us that is good. Lack of trust instill 'Panic' which gets us headed in the wrong direction from success.

Work on drills and exercises to prevent or subdue this 'Fear' which resides in the 'Subconscious'. You do not need it so cast it out. Like a bad dream or a missed Putt, write it off and get on with the 'Rest of Your Life'. It is ahead of you! The last shot is behind you. Never play Golf or Life looking out of your 'Rear View Mirror'.

70)

**THE 'SLOPE' DRILL:**

When we are in the 'Short Game Mode', we will always be confronted with 'Slope and Lie'. It is a 'Way of Life' in Golf. How many perfect lies do we get out on the course. I do not have a 'World Percentage' but I can assure you mine 'FEELS' like less than 25% when it is likely 50% to 65%. Strange how the bad over powers the work of the good! The bad apple really does sour the barrel. Stay positive but work on reading and doing the best you can with 'Slope and Lie'.

When you are 'Chipping', 'Pitching' or 'Running the Ball Onto the Green' being aware of that 'Slope and Lie' is very important.

It is often the case that the 'Pin' is in an awkward location giving you very little room to work the Ball in from the front of the Cup. When this is the case you have three choices;

- i) Strike the Ball **'Dead At The Stick'**
  
- ii) Land it past the hole and **'Draw It Back'** with 'Under-Spin' which takes talent and is 'Risky Business'.
  
- iii) Chose an iron that will land without but a minimum of 'Loft and Trajectory' short enough of the green, in the early upslope or just before, and allow your Ball to **'Run Up Onto The Green'**. This is a very predictable Ball Action and its only negative factor might be grass in front of the green that is light or deeper rough that will prevent 'Roll'. Also hitting the Ball into the slope certainly 'Kill Its Speed' but to do so, you need to effectively perform the 'Towel Drill' and hit your carefully planned mark!

It will do you well to remember the 'Approach Rule' which is 'Always Approach The Cup From Below'. Seldom, if ever, does anything else make sense.

Nevertheless these three considerations are valid. You make your choice but keep it low risk!

71)           **THE 'HAND ACTION' DRILL:**

Errant shots will result from the Clubface's being 'AIMED Open or Closed to the Target Line through IMPACT'. A cause of this error or swing defect may be from simply not knowing that your 'Hands and Wrists' must be 'Fluid and Working' through the IMPACT Zone.

So many good potential Golfers get their 'Wrist and Hands', and thus their 'Forearms and Elbows' right to their 'Shoulders' excessively 'TIGHT' and cannot make a Swing. This may be primarily a 'Component and SET-UP Issue'. Tension starts there. Those 'Upper Body Machine' 'Articulating Joints' must be free to move or articulate. 'Wrists, Elbows and Shoulder Sockets' must be free to allow smooth Movement and at any time this freedom is impeded, you will fail to make the athletic moves necessary to make a 'Golf Ball' do its desired thing!

I have written a 'Bullet Proof Drill' called '**HIP HIP**' which you might refer to again if you are not familiar with it. I am certain you already know it well. Just doing my 'Teaching Job', forever reminding and prodding!

When doing your 'TICK TOCKS', remember that your 'Clubhead Toe' must be pointing relatively 'Up' both at the 9 and 3 o'clock Swing Sequence Positions' (SS#3, SS#6 and SS#9). Doing this with relaxed 'Hands and Arms', will naturally enable or promote your 'Hands and Arms Rotating or Rolling Over' towards the Back in the 'Back Swing' and towards the Front in the 'Front Swing'.

In this Drill it is important to 'FEEL the Brace Wrist Turning Back in the Back Swing with the Target Wrist Turning smoothly, without TENSION, in the same direction'. In the 'Forward Swing' your should 'FEEL' the opposite taking place, especially 'Through IMPACT'. You should 'FEEL Clubhead Release' which is when the 'Brace Hand' overtakes or 'Rolls over the Target Hand' which has been 'Leading the Entire Lever Package through IMPACT'.

The benefit of this Drill in the hinging of your 'Wrists in the Back and Forward Swings' which establishes the correct 'AIM of the Clubface' in relation to the 'Swing Path'. The 'Back Of the Target Hand CONTROLS The Clubface AIM'. This 'Target Wrist Action' creates or enables 'Ball Flight and Spin Rate Control', what striking the Golf Ball 'Dead to the Stick' is really all about.

72)           **MORE 'HAND ACTION' DRILL:**  
                  (using Two TEES)

When you do not hinge or roll your Wrists correctly in the Golf Swing, you will miss the Target because the Clubface is improperly 'AIMED' or is not looking directly towards it at 'IMPACT'.

Find Two 'TEES', both red, and chew some gum well before!

Attach one tee to the sweet spot of a long iron Clubface with a small piece of gum. In this manner, the 'TEE' will always be pointing absolutely squarely from the Clubface. You will be able to simply look at the TEE and see where the Clubface is pointing. AIM will now be very visual.

Take a second 'TEE' and insert it into the back of your 'Target Glove', just under the velcro flap will do nicely.

Adopt the 'IMPACT FIX Position' and check both 'TEES' to be pointing in the same direction, which should be to the Target.

At the start of your 'Back Swing', 'ONE PIECE Take Away', take the Clubhead back until your Wrists begin to 'Hinge and/or Turn'. At this point check that your 'Two TEES' are still pointing in the same direction or parallel. At the point in your 'Back Swing' where the shaft is level with the ground and the 'TOE IS UP', the 'Two TEES' should still be pointing in the same direction which will be directly at the 'Target Line'.

At or through 'IMPACT', with your Hands slightly leading the Clubhead back to the Ball, your 'Two TEES' should NOT be pointing to the 'Outside of the Target Line' or to the 'Low-Energy Side of Target Line'. If this is the case, your 'Clubface will be OPEN' and your 'Target Wrist will not be Flat' but 'Arched or Bowed' back away from the Target.



If the opposite is true, and your 'Two TEES' are pointing to the 'High-Energy Side of the Target Line', you have what is called 'Clubhead Throw Away' and your 'Target Wrist' will be cupped or pinching your 'Wrist-Watch'. This is a formula for disaster and bodes very poorly for your current game. If you do not strike the Ball with a basic Flat Target Wrist, you will fall into a morass of terrible demons. Keep those 'Two TEES' pointing in the same direction and pointing 'Down the Line through IMPACT'.

73)           **THE 'CASTING CORRECTION' DRILL:**  
(not like in a ballot or voting!)

Lots of high handicappers move their 'Brace Shoulder' forward in the very early stage of their 'Forward Swing'. (Swing Segment #1F, Swing Sequences #5-#6-#7-#8) This is due largely to way too much 'TENSION' in the 'Upper Body Machine', usually stemming from too tight a 'GRIP'. Next to your mind, the physical 'Root Cause' may simply be the 'Brace Hand's Thumb and Index Fingers' squeezing. Those are your two 'Pincher or Working Fingers'.

Strange as it may seem, squeeze or 'Tension' in just these two fingers can derail an entire great swing that might have happened if only.....!

As well, you may just be too tight between your Hips and Your Shoulders. Remember you should 'Feel' and be slightly 'Disconnected' between these two set of 'Primary Articulating Joints' so you can achieve proper balance between the 'LEADING Lower Body Machine' and the 'LAGGING Upper Body Machine'. **'FROM THE GROUND UP'** and **'FROM THE INSIDE-OUT'**.

This 'Forward Motion of the Brace Shoulder' is called 'Casting' as it resembles the casting of a fishing lure across a river in search of the allusive 'North American Steelhead' which may be as rare a catch as a great 'INSIDE-OUT' Golf Swing. Very few people have and the pleasure of making the 'Inside-Out Draw' or of 'Catching that allusive and 'Furious Fighting Sea Run Trout'. Pound for pound it's a tiger!

This breakdown results in 'Loss of Power', 'Poor Balance', 'Deteriorated or Impossible Clubhead Control', 'Incorrect Clubhead PATH' and, of course, not being able to make the Ball go where intended, 'Unpredictable Ball Flight and Shape'.

74)           **THE 'SPLIT GRIP' DRILL:**

A Drill that might help is one that I call the '**Split GRIP Drill**'.

This is really an 'Isolate The Parts Drill' designed to assist you to 'FEEL' the 'Proper Brace Hand Action' of 'Down and Through'. So it is a 'Brace Lever Extensor Action Drill' and 'Wrist Position and Action Drill'. It is a 'Brace Component Drill'.

Holding the club so that the 'Brace Hand' is at the very bottom or small end of the 'GRIP' (just feeling the bare shaft) and the 'Target Hand' is in its normal position. Make a 'Back Swing' to the 'Top of Back Swing' (T.O.B.). Then letting the Arms drop or swing freely down, you will 'FEEL' that your 'Brace Hand, Arm and Shoulder' must drop in order to get the 'Clubhead Down and Back to the Ball'. You will 'FEEL' that your 'Target Foot Heel' must be 'Planted or Replanted' to initiate the 'Forward swing'; that the 'Brace Foot' must lead or drive the 'Legs and Hips' in the 'Forward Swing' and that your 'Lever Assemblies' must trail in order that your 'Brace Elbow' drops into the 'Brace Hip Slot', a natural occurrence if your 'LBM LEADS'.

You will 'FEEL' that your 'Target Hand' certainly leads the Butt of the 'Grip' down and back to the Ball. The hole in the butt or bell of the 'Grip' (centre of shaft) will point at the 'Target Line' on the way down. You should 'FEEL' the '**WIDTH and DEPTH and FLATNESS**' of the 'Clubhead PATH' as is created in the 'Downward and Forward Swing back to the Ball'. This is what you felt on the way up. 'What goes up must come down'.

The benefit of this Drill is that one can sense the 'Clubhead Speed through IMPACT' is achieved when movement in the 'Down Swing' is sourced from the 'Brace Foot', 'Leg' and 'Hips', translating through the 'Upper Body Machine', those 'Shoulders', 'Arms' and 'Hands'. The 'Clubhead' should 'FEEL' as though it accelerates 'THROUGH', not AT, the Ball, which will achieve greater 'Clubhead Speed and DISTANCE' with less effort.

You will also certainly 'FEEL the POWER' of the 'Brace Side of the Lever Assembly' coming back to 'Extension' and 'Pistoning the Clubhead Through the Ball'. Do this in Less-Than-Full-Swings first if necessary to 'FEEL' the details in a shortened format. Learn Short before you attempt Long!

I cannot over-emphasize that all these Drills are generally done with the '**5 CONTROLS**' always in place and operating. I would like you, while '**Sitting On The John**', to be aware of these Controls!

A rule I impress upon my students is that "If you have a golf club in your Hands, you will have pulled it from your Bag. When you pick it up by the Head, pick your own Head up, '**CHIN Tallish**', and keep it there until you return the Club to the Bag".

The '**Bottom Line**' in this '**FIX the CASTING Stuff**' is to start the Front Swing '**FROM THE GROUND UP**' and '**FROM THE INSIDE OUT**'. If the '**Brace Foot**' produces '**Leg Drive**' properly, the '**HIPS**', '**Lower Body Machine**' will leave the '**Starting Gate**' early causing the '**Brace Shoulder**' to '**Lag or Fall Slightly Behind**'. With a little '**AFT TILT**' thrown into the equation for good '**Physical Measure**', you will be '**Off to the Races**' with the proper sequencing required to create '**Golf Shots**' you know desire. It cannot happen '**Arms Over Legs**'.

**'Bottoms Up'**

75) **THE 'SWING PATH' DRILL:**  
(Ground Clock Drill)

So this could also be called the '**7 To 1**' ('**ISO**') or '**5 to 11**' ('**OSI**') Drill.

You know that the proper or favoured '**Clubhead PATH**' is one that travels from '**Square to INSIDE to Square to Inside**' of the '**Target Line**', but cannot really see or '**FEEL**' this sensation. Without an understanding of this '**Geometry**', poor shots will prevail.

A Drill to become more aware of this basic movement is to place a club on the ground directly in front of your chest. This will simulate the Target Line.

Take hold of another long iron with both '**Hands, Palm Down**', at about '**HIP Height**', '**GRIP forward**', '**Shaft Level to the Ground and Shaft Pointing directly Down the Line**'. Your '**Arms**' should be nicely and comfortably extended. Your '**Elbows**' should NOT be tight.

Looking at a simulated '**BALL LOCATION**', mid section of the ground club, make your '**Shoulder Turn and Body COIL**' to a point where your '**Brace Arm**' is '**Parallel to the Ground**' and your '**Brace Hand** is at '**Shoulder Height**'. You will have a little bend and aft movement or

yield in your 'Target Knee' as you would have in a normal 'Back Swing'. Your 'HIP COIL' will be about Full or 45 degrees with your 'Shoulder TURN or COIL' at about 60 to 70 degrees and increasing rapidly to the 'Full Coil Condition' which may easily exceed 90 to 100 degrees.

In your peripheral vision you may see that the 'Hole in the Butt of the Grip' and thus the centre of the shaft will be pointing directly at the 'Target Line or Base-Line of the Swing Plane' to this point in the exercise. This means that you are on a good 'Back Swing Plane'.

Let your Arms now swing down or fall freely coming to level and ascending up again on the 'Front Swing Side Of Your Chest'. At this 'Target Hand Level with the Target Shoulder Point', the 'Clubhead' will be pointing directly at the 'Target Line or at the Base-Line of the Plane' and also be 'On Plane..

Note that the 'FEELING and actual 'Club and Hands Movement' is to the 'INSIDE', closer to your 'FOOT LINE' on both the Back Swing (Brace Hand level with Brace Shoulder) and Front Swing (Target Hand level with Target Shoulder). You will 'FEEL' that the natural 'Swing PATH' is 'Inside to Square to Inside' (**ISI**).

There is some similarity in this Drill to the 'SPLIT GRIP Drill' above.

You will notice in this Drill that there is no the tendency to 'CAST' the 'Brace Shoulder OUT towards the Target Line'. The 'Forward Swing' is executed in comfort and without 'TENSION', being initiated by a dropping action of the 'Brace Side Lever Assembly' under that 'Tallish CHIN'. **5 CONTROLS** again.

Importantly, you should 'FEEL' this 'Clubhead Path or Swinging Path' in your real Full Swing.

'7-1' and '5-11' Drill  
Driving Range Clock

76)           **THE 'FEEL THE STEEL' DRILL:**  
(another Remembered FEEL Drill)

This Drill is designed to promote your awareness of the 'Clubhead MASS Location and Behaviour'. You will have 'Swing Weight' in your

Hands but it is strange how few people ever really recognize where it is at all times throughout the entire Back and Front Swings. If you do not know precisely where your 'Sweet Spot' is how can you effectively get it together with the 'Butt Of The Ball'?

My students often do not have any awareness or 'FEEL of the Clubhead at any point in their Swing', but especially at the T.O.B., in Swing Segment late #1B and early #1F which, as you know, is a 'MOMENT of Low Inertia'. If you have no 'FEEL at the Top', you will have very little 'FEEL' in the 'IMPACT segment, late #2F.

Students of the Game must work diligently to know precisely where the steel is at all times in the swing both backward and forward. 'If You Know Where The Clubhead Is At All Times', you will be able to get it back to the Ball, 'Swinging in Balance' and under complete control, 'Clubhead PATH and Clubface AIM', meaning 'Sweet Spot IMPACT or Optimal ENERGY TRANSFER'.

To create more 'Clubhead FEEL' one can take two different approaches: Add weight to a normal #3 Iron or 'Take It Away'. I think both are good and complimentary approaches. When we know the negative and the positive, it becomes easier to become aware of the normal.

Hold your #3 Iron by the head end, by the shaft just below the head which is pointing at your belly button. In a correctly set-up '5 CONTROLS' position, swing the 'GRIP' in a smooth, rhythmic 'TICK TOCK' cycle full swing, 'Top of Back Swing' to 'Top of Front Swing', or just slightly abbreviated if you 'FEEL' uncomfortable maximized. Do about thirty of these in three sets of ten.

Now 'GRIP' your club normally and do the same drill normally.

You will now 'FEEL THE STEEL' with considerable awareness. You are immediately aware of the precise moment when the Clubhead arrives at the end of the 'Back Swing', you can FEEL it 'S W I S H' through the ball and arrive at the completion of the 'Forward Swing'.

This Drill will build 'RHYTHM, TEMPO, TIMING, PACE and CADENCE'.

'Swinging your Golf Club' in a normal manner in the dark of your backyard under a dull moon so that you can just make out a visual reference object for balance will go a long way to developing 'Clubhead FEEL'.

77)           **THE 'TURN TURN TURN' DRILL:**

This is a 'PIVOT DRILL'; 'Load and Release'. Turn Right Turn Left. Turn Brace Turn Target. It is very useful and good exercise too! I would do some of these twice a day every day. They will not likely make you sweat so you can do them in your three piece suit!

This Drill is primarily a 'Lower Body Machine, ROTATIONAL or PIVOT' exercise. It enables us to 'FEEL the COILING and Winding-Up of the Body Rubber Band'. It is really all I want you to experience. Of interest, from a chiropractic point of view, it is very good for your lumbar spine, as long as your 'Three Zone **R.P.M.'s** are Matched'; The 'Hole in Your Butt's Pointing at the Hole in Your Tummy!' while your 'Hands are at Hip Level or below'; 'Clubhead Advancing and not Retreating'.

The old '**5 CONTROLS**' in operational as usual. Always!

**'CHIN HANDS FEET BALL PIN'.**

In the 'Set-Up Position', hold your two Hands, (elbows comfortably bent), directly in front of your respective Shoulders. The Palms should be forward and, of course the backs of your Hands will be facing the Shoulders. Take a Golf Club, 'Grip' pointing towards your 'Target Side', and rest it, 'CRADLE IT', on your two thumbs. This having been done, the 'Club Shaft' will be 'Parallel or Aligned', with your 'Shoulders'. You are ready.

Keeping some flex in your 'KNEES and ELBOWS', weight distributed to the front of the 'Balls of your Feet', just behind the big joint of your big toes, 'FEELING pushed up from your Hips to your Shoulders' (Clearance with Spinal Crankshaft in Working Order) giving you a nice straight and ready-to-work spine on which to Pivot, now simply '**TURN** your Shoulders' smoothly towards the 'Brace Side' until you 'FEEL' your 'ankles, knees and Brace Hip coming snug'. The muscles and ligaments will 'Only TURN So Far' and then they tell you it's completed by the snug FEEL. The dominant snugness should be felt in the 'Brace Hip Load Point' where the big thigh muscles (quadriceps) attach to the pelvis area. Notice how the 'Shoulders Wind Up the Hips' and not the other way around.

**'Wind Up From the Top Down, Un-Wind From the Ground Up'**

Now let it go. You will thus '**TURN**' your back towards the 'TARGET Side' which takes you through the 'IMPACT Zone' and turns you, with some effort again, to the point where your 'HIPS are pointing Squarely at the Target' (Follow-Finish).

Keeping 'TURNING back and forth' several times 'FEELING the Rotation around your Flexed Brace Knee', the snugness and the relief from snugness in each full cycle. This 'Motion Back and Forth' is why I call the exercise the '**TURN TURN TURN Drill**'.

It has a specific purpose; to get you making the 'Body COIL' in and out. This move is the 'Engine of, or your Primary POWER Source for the Golf Swing'.

'FEEL IT' and do it every day, even if it is for only a few moments at a time in the elevator between your eighth floor office and the lobby. Do it in both directions so that you keep your spine balanced and limber in both rotations, 'COILING IN BRACE Side and OUT TARGET Side'.

#### 78)           **THE 'TURN DROP TURN' DRILL:**

This is a 'PIVOT Drill that includes the 'Lever Assemblies Dropping down to the 'Bottom Of Swing Arc' through the 'IMPACT Zone' with appropriate 'Leg Drive' applied. It is a foundation Drill and deserves your regular attention.

This Drill is the next progression to the one just above. 'TURN TURN TURN' just involves 'Loading, COILING the Lower Body Machine or Rubber Band' that we have so often discussed. This 'Next Step' adds the 'Upper Body Machine', the 'Lever Assemblies', which is your 'Arms and Hands holding the Golf Tool'.

Two very important elements of a 'Sound Swing' is 'Good Rotation or Turning Action around a properly placed PIVOT or Stable Crankshaft' and a 'Relaxed Initial Dropping Action of the Back-Swing-Elevated Lever Assemblies from Top of Back Swing into the Front Swing'.

Take your normal 'Set-Up', 'IMPACT FIX Position' and make your good normal 'One Piece Take Away' (Brace Hand to Brace Shoulder) with good 'Lever Extension', '**DEEP FLAT and WIDE**' all the way to the 'Top of Back Swing', 'Target Shoulder making solid contact with your Tallish CHIN' with the 'Wrist Cock' fully established.

This is the '**TURN-IN** or LOAD-COILED' part of the Drill fully established. From this T.O.B. position, the actual 'Drill' begins.

The fully 'Loaded, Coiled or Turned HIPS', with their tight 'HIP-LOAD POINT at the Brace Hip', are ready and wanting to 'UNLOAD'. So let them unwind forward. **TURNING** back Target-ward.

At the same time your are doing so, let the 'Lever Assemblies', 'Arms, Hands and Golf Club', '**DROP** straight toward the ground'. 'FEEL' it dropping but NOT with any dropping of your 'Tallish CHIN'. Your Clubhead will continue to 'Drop and Swing' through its 'Full Swing Arc', through IMPACT (Swing Sequence Point #3) and continue right up to the tall 'FOLLOW FINISH' at the end of the 'Front Swing'.

Once the 'Brace Foot' provides its '**PUSH**' which continues 'Right Through IMPACT', your 'HIPS' naturally continue to 'TURN or UNCOIL' all the way to 'Facing the Target Squarely'.

The Drill could have been called 'TURNING DROPPING and TURNING' from 'COILED to fully UNCOILED', from 'Hips TURNED IN to about 45 degrees to Square to the Target Line and continuing smoothly to 90 degrees, SQUARE TO TARGET, or even slightly more upon 'Brace Foot Preload Release' up onto the 'Brace Toe' ('Flamingo Position').

#### 79)           **THE 'AFT TILT' DRILL:**

This is a 'Spine Angle' 'SET-UP' Drill that affects 'PLANE'.

This is a drill that relates to the same subject matter as the recent 'TURN-DROP-TURN DRILL'. It is about 'PIVOT'. It is about your 'SPINAL CRANKSHAFT' which is the 'Centre Of It All'. You know we swing the Golf Club '**FROM THE GROUND UP**' and '**FROM THE INSIDE OUT**'. There are other ways, but you will not get to your 'Destination' except by making good or 'Compensating Mistakes'. I know, 'Getting in the Hole anyway you can' counts, but making 'Compensatory Errors or Corrections' is no way to endear 'Reliable Scoring'. The ONLY way you and I will ever make consistently good Golf Shots is to make a 'Consistent Swinging MOTION' based on sound 'Principles and the Laws of Physics'. (Newtonian Stuff!)

Our 'Spinal SET-UP' is about as important as it gets. One of the absolute foundation 'COMPONENTS' for a good swing is to establish a good 'STANCE Foundation' along with a good 'POSTURAL Foundation'



about which your 'Lever Assemblies can go 'Up and Down and ROTATE ON PLANE' so your Clubhead can travel in its 'Pre-Selected ORBIT'. That is relatively easy and simple to maintain once you 'SET-UP' correctly. However, if you do not 'SET-UP' correctly, you will likely never get it right and your 'Clubhead PATH' and even your 'Clubface AIM' will be suspect. What follows next? Your 'Ball Flight' will suck! Your scores will balloon as will likely your 'Trajectory'. There is an entire 'Pandora's Box full of Golf Demons' you do not even want to know that stem from a poor 'Spine Angle' (SET-UP Components).

'SPINE ANGLE' has two aspects. It is either 'Correct or Incorrect'. It has only 'Two conditions; 1) Plumb or Perpendicular, 2) NOT Plumb or NOT Perpendicular.

The Spine has 'Three Variables' other than having it 'Top Of Spinal Column' (Head) 'CHIN Tallish' so you have the necessary 'Clearance' to make the 'ROTATION or PIVOT' and not get 'Jammed' up in your 'Hip to Sternum Envelope'. Inadequate 'Clearance' causes your 'Spinal Crankshaft' to have some bend or bow in it. That will not turn freely. These three variables are; 1) Plumb, 2) Forward INCINATION, (Perpendicular 'X' Axis to Target Line or Body Line) and 3) AFT TILT (Longitudinal 'Y' Axis to Target or Body Line)

We need the proper amount of these 'Conditions' to make good Golf Swings. They must 'Match Pre-Selected Procedures'.

So 'AFT-TILT' is the condition of 'Leaning Brace Side'.

How do we establish and 'FEEL' this 'AFT TILT'? There are numerous ways, but this Drill will definitely help. One very useful associated 'B-P Drill' is to 'Target Tilt' substantially and make  $\frac{3}{4}$  Swings. You will 'FEEL' the difference. Learn to appreciate the taste of sugar with a little vinegar!

**IMPORTANT REALITY:**

**Spinal AFT-TILT is Minimally VARIABLE  
Spinal Forward INCLINATION is Generally NOT.**

What I mean by this is, once you establish your primary 'Forward Inclination', it remains constant throughout the entire 'Back and Front Swings' to the point where you accomplish the 'Brace Foot Pressure and Leg Drive Release' which allow you to come up onto your 'Brace Toe' in the 'Flamingo TAP TAP' position with your thighs about even or parallel to the 'Target Plane' or 'Square to the Target Line'. Your 'Aft-Tilt' varies throughout the Swing.

### **THE DRILL:**

Pull a 'Mid Iron' from your bag.

Now;

- i) Stand CHIN Tallish with good 'Pushed Up FEEL' from your Hips to your Sternum. Set-Up 'ROTATIONAL Clearance'. You will benefit from some comfortable 'Knee Flex' and the accompanying 'Sit Down FEEL', meaning that you are 'BENT at the Hip Sockets' and NOT in the Tummy. This is essential for 'ROTATIONAL STABILITY' and producing the ability to 'Swing the Clubhead ON PLANE, in its proper ORBIT'. Golf is a 'Game Of Straight Lines'. You need one of these from six inches below your 'Belly Button' to the base of your 'Sternum'. **'CRANKSHAFT'**
- ii) Place the 'Toe of your Mid Iron under your Chin' with the Shaft running 'Vertically Parallel' to your 'Forward Inclined Spine'.
- iii) Place the 'GRIP' between your Knees again 'On Spine Angle'. The 'GRIP' should be about 'Equidistant' from both Knees.

Now we will make the 'Spinal Adjustment' to an 'AFT-TILTED Condition' so necessary to 'Swinging your Clubhead on an **'INSIDE-OUT Clubhead PATH'** (I/O) and making 'Draw Ball Flight Shapes'. Your Driver will not make you happy without some 'SET-UP AFT-TILT'.

- iv) Move or 'Aft-Tilt' you 'Upper Spinal Column', Head,

Neck, Shoulders, Chest and Abdomen slowly to the Brace Side, keeping Tall, until the Butt of the GRIP makes gentle contact with the inside of your Target Knee. You will now have the correct amount of 'AFT-TILT' in your 'SPINAL SET-UP' to make a very positive 'TURN BRACE- TURN TARGET' Golf Swing resulting in Ball Flight that is pleasing. Oh, by the way, your Golf Ball Location's being correct, helps!

Your 'SET-UP AFT-TILT' will be approximately 10 to 15 degrees while your 'IMPACT AFT-TILT' ranges from 25 to 35 degrees. The increase in 'Aft-Tilt' is due to the '**HIPS LEADING**' and '**SHOULDERS LAGGING**' conditions in your 'Components and Procedures'. When you do this Drill, you will 'FEEL' as though your 'Brace Shoulder' is 'LAGGING' or is 'AFT' of your 'Brace Hip'.

That is a 'GOOD FEEL'. Each one of us needs a 'GOOD FEEL' once in a while in Golf and in the 'Game of Life'!

A word of advice: Keep this Drill related to your 'Swing Sequences and Swing Segments'. It will help you to get the 'Picture' and keep it in focus as a 'Matter of ROUTINE'.

And that's Cool!

80)           **THE 'ADDRESS READY AND IMPACT FIX' DRILL:**  
                  (SET-UP Phase. Loaded Brace Knee)

I have use the term 'Address to Address' in my teaching to give my students the notion of starting from and getting back to the same 'BALL LOCATION', 'TAP TAP TAP' at the end of the up and down swings.

'**ADDRESS FIX**' is simply the 'TAP TAP TAP' point or what we call the 'Optimal Ball Location' with no 'Leg Drive Loading'; with no 'Forward Pressed Brace Knee'.

'**IMPACT FIX**' is quite easily defined or demonstrated as well. Take or accomplish your 'Address Ready'. With this 'TAP TAP TAP' effected, make sure your 'Leading Edge of Clubhead' is in contact with a Door Jamb or Gate Post at this point. This condition involves some 'Forward Pressed Brace Knee' or what I call 'Brace

Leg Drive PreLOADING'. You make it 'FEEL' like it is in the 'Ready To Do Work' position. With 'Brace Knee PreLOAD', your weight will be 'Pre-LOADED' onto the inside of your 'Brace Foot'. Now, keeping your Hands in front of your Tummy, 'PUSH your HIPS out of COIL with your Brace Foot and bend the Clubshaft'. You will 'FEEL Dynamic POWER' or pressure in your Hands, your Brace Elbow will move in quite close to your 'Brace HIP' and 'your Hands will move slightly back towards your Brace Hip'. This is a POWERFUL move and is the one that actually takes place in the 'IMPACT Zone'. It is that 'Brace Foot FEELING **Connected**' and driving the 'Clubhead Through the Ball'.

Know the difference between 'Address Ready and IMPACT Fix'.

Strive to create or recreate that 'IMPACT FIX FEEL' the moment you make contact with Ball. This will ensure solid and effective Leg Drive which is so important to making Golf Balls go away!

81)           **A DIFFERENT APPROACH:**

This may seem quite novel to you or even verging on the ridiculous, but for you who are slicers, for example, I want you to go out in a practice session, warm up with your normal routine, preferably stretches and short irons first, and then progress directly to your driver which does that slicing.

Now set up in your usual manner, the one used to inadvertently hit the big ball curving badly to the 'Low-Energy Side Of The Fairway', and deliberately strive to 'Strike Big Slicing Balls'.

**QUESTION:**

Are you nuts?!

**ANSWER:**

No. I simply know from years of teaching and making shots, that once a golfer learns to shank or slice on purpose, he'll never do it accidentally again.

How reasonable is this approach?

You have been trying to fix that slice for years without reliable immunity, so what have you got to lose? I would bet as well that you do not know precisely what makes your slice happen. This exercise will assist you in finding more about it.

You will recall one of my 'Bullet Proof Drills' or 'FIXES' for the slice is to wait for one to happen. Remember precisely where the ball landed. Set up exactly the same way you did to strike it. Only now 'Sling the Clubhead deliberately Through the Ball toward the Slice Landing Point'. Try to deliberately strike balls to the 'Slice's Landing Point' with quite a normal free-feeling swing.

You already know the methodology to this process, but I will repeat it. 'Swinging the Clubhead to the Slice's Landing Point' forces you to swing 'Inside-Out', even with some manipulation, but results in your 'Ball Flight's being Straight or having a Slight Draw', which is, of course, the exact opposite to your previous results. **'The Lifter I Swing, The Righter My Ball Flies'**.

Be inventive and imaginative in your approach to practising.

## 82) **INVENTIVE & IMAGINATIVE:**

Another very useful sort of practice drill is to go to a short practice hole where a nine or eight iron might be required to move the ball tee to green. Make a few good swings with the #9 Iron to the stick. Then make the same net distance with your #8, then your #7 and then with your #6 Irons in succession. This being accomplished, try the same with your #V, #III wood and even your driver.

This practice discipline causes you to create swings under different circumstances and with different requirements over the same distances. Golf is made of these variables, so best we try them from time to time and subject our 'Mind Computer' to different tasks. This keeps 'FEEL' and 'Execution' sharp and reliable.

I would hope that all my students and cohorts for that matter, might become capable of 'Looking at a shot. Analysing it comfortably; 'Visualizing its Ball Flight'; and then simply making it happen'. Enough 'Earned Meaningful Experience' and the resulting 'Remembered FEEL' will protect your wonderful aspirations from disappointment; at least the full kind of deflation that leaves us wondering "WHY do I play this stupid frustrating game that more resembles torture than entertainment?"

83)           **THE 'FEET TOGETHER' DRILL:**  
(LBM Rotation & Balance Drill)

This 'B-P Drill' is designed to make you better aware of 'Balance' and the 'Function of Your Brace Leg Drive and PIVOT'. It is a 'FEEL DRILL'!

Place your feet heels close together, or approximately four to six inches apart will be more comfortable, and assume your normal 'Address Ready Position' with the your Ball in the 'Optimal Ball Location', 'TAP TAP TAP'. This will be slightly forward of Sternum, about under your 'Target Clavicle'. You will need some spinal tilt forward and aft bending at the Hips, feeling some considerable distance from you 'Hip Sockets to your Sternum' (Clearance). This is you '**5 CONTROLS**' still on the job like loyal soldiers. Don't chase them away or discharge them under any circumstances as you performance is resting in their hands.

Swing normally, 'TICK TOCKS', starting with your #9 or #PW and gradually progressing up to your longer irons. Begin without a Ball.

You might start striking the Ball placed on a tee to facilitate better 'IMPACT'. Use a short tee or push a long one quite low to the ground, just as you would do when actually teeing up for an iron par three.

This drill promotes your Arms' Swinging with the Body following. Make sure you can 'FEEL the Swinging Motion's Starting 'Lower Body Machine' first or From the Ground Up'. The 'Feet, Knees and Hips lead and the 'Upper Body Machine', including those Two Lever Assemblies', follow. Your 'Lower Body' does not move simultaneously back or forth with the 'Upper Body'. It is absolutely essential that you get this right. Don't stop until you do for it would be like starting off on a camping trip with the wheels off your R.V.!

Your 'FEELING' should be one of the 'Lever Assemblies, Hands and Arms, Swinging Long Down under from the Shoulder Sockets centred on your HUB STERNUM, under that Tallish CHIN...always'! This compound 'Lever Assembly' should 'FEEL' as though it is swinging away from 'IMPACT FIX' before the 'Lower Body' jumps on board. You should 'FEEL' as though your 'Hands and Arms' have swing past you Hips before the Hips follow and start to 'Wind Up'. Once you get the pendulum action going Rhythmically, focus on your 'Feet, Knees and Hips' pushing a little and leading as they do in the real Golf

Stroke.

This drill will reduce unwanted 'Shoulder and Upper Body Action'. It will tend to help you 'FEEL' and keep a 'Stable Head' while improving your 'Balance'. You will be amazed at how far your Balls will travel with very little effort. Take this 'Effortless Feeling' to the course with you and use it.

You will find that this drill will assist you in 'Reducing Tension in you Lever Assemblies and Upper Body Machine'. Remember to breathe smoothly and evenly throughout the exercise keeping a 'FEEL of Rhythm and Smooth.

Believe it or not, with your Feet somewhat disabled in this work, your Feet will learn to FEEL proper pushing or driving action.

This 'BULLET-PROOF Drill' will tend to develop more 'Lifting ACTION' in your 'Lever Assemblies' and thus a more 'Upright SWING PLANE' if you are too 'Flat or Round'. When you restrict your 'PIVOT' the magical 'GOLFING MACHINE' will compensate with another Procedure to get the job done. You will precipitate increased 'Upper Body Machine' and the 'Lever Assemblies' will do more 'WORK'.

This 'B.P. Drill' will also help you to 'Release Your Hands' through the 'IMPACT Zone' and simply 'Get Down To The Ball'.

It's a good drill.

84)           **THE 'BACK-TO-TARGET' DRILL:**  
                  (Narrowish STANCE)

This exercise is somewhat of a companion drill to the 'Feet-Together Drill' explained above. It emphasizes your 'Target arm Function' and promotes 'Target Lever Release'. You should be very aware of your TICK TOCKING Lever Assembly movements. The 'Lower Body Machine' (PIVOT, with Back To Target) is deactivated so this is primarily an 'Upper Body Machine Drill' to assist in better 'Lever Action and Awareness'. Maximum Closed ALIGNMENT Drill.

This drill is designed to promote 'The Proper Cocking and Rotating of your Hands and Forearms' ('**Clubhead Release**') while, obviously still controlling the 'Clubhead and Clubface'. It will help you to appreciate that you do not have to 'Rotate your Body' excessively

to 'Square up the Clubface through IMPACT'. The drill will let you experience hitting shots with the correct or beneficial 'Draw Shape of Shot' while your body remains relatively stationary. Your Hands will take a dominant role.

This drill will also amplify the 'FEELING of your Target Elbow's Folding after IMPACT'. Place your 'FEET at Right Angles to the Target Line', your back will be generally facing the Target, with the Ball teed even with your toes off your 'Target Side Pocket'. To ensure you are 'Standing or Addressing the Ball in a proper Location', Set-Up normal 'IMPACT FIX', 'TAP TAP TAP', and then turn your body and 'TAP TAP TAP' behind the new quite different BALL LOCATION. You will certainly have to move your 'Feet' slightly to accomplish this. **DON'T REACH.**

'Square Your Shoulders To The Target Line' or 'Slightly OPEN' to maintain comfort.

Now simply 'Cock your Wrists and Swing your Arms Upward and Backward'. You will have absolutely no concern about clearing or swinging around your body as it is already fully turned forward. Let your 'Hands and Arms' drop and swing back down and through the Ball. Your 'Brace Arm' will cross over your 'Target Forearm' while the 'Target Elbow' folds or yields smoothly to the through movement.

If this drill is done correctly, your 'Ball Flight' will be initially to the 'Low-Energy Side' with a gentle drawing action to the 'High-Energy Side'. All this is done with your 'Back generally to the Target'!

Keep any 'FEELING of Tension' out of this Drill and it is not 'HITS' but 'SWINGS' through the Ball moving your Clubhead 'Down-the-Line' to the Target - PIN.... **ALWAYS!**

NOTE: If you perform the 'Counterpart to this Drill', 'Front to the Target', you will amplify the 'Lower Body Machine Actions' while somewhat minimizing the 'Upper Body Machine Actions'.

#### **KEY POINTS:**

Remember, from a 'Three Part or Three Zone Body Machine' perspective (RPMs of the Hands, Arms and Body), when one Zone 'Slows Down' another Zone or Component will have to 'Speed Up' to



compensate and produce the 'Pre-Selected Ball Flight Shape' via 'Pre-Selected Clubface AIM' (Component) and 'Pre-Selected Clubhead PATH' (Procedure).

If your 'Clubface is not Square to the Target at the Moment of Separation', if the 'Back of Your Target Hand (that Controls the Clubface) is not 'Square to the Target at the Moment of Separation', your Ball is not going to the Target unless you have 'Imparted Spin Rate' that creates curvature to compensate for errored 'Clubface AIM at Separation'. In other words, you can strike a Ball 'PULLED Left' or to the 'High ENERGY Side of Target Line' and then put some 'CUT or X Axis Spin Rate' on the Ball which will cause it to curve back towards the Target Line in a 'Higher ENERGY Direction'.

However this is NOT 'ENERGY Efficient' and makes Golf a bit of a 'Crap Shoot'. 'Hit and Pray Golf' is less enjoyable than the great 'BALL PIN' variety where 'SET-UP Components' being in place only require a 'Turn Brace - Turn Target Procedure' to get the Ball to fly directly at the Target. Don't know about you, but this is my kind of Golf! You walk less in a straight line and certainly lose fewer Balls! Those 'Lower Numbers' as just fantastic too!

This 'Drill' with your 'Back to the Target' is obviously a very 'Closed ALIGNMENT' condition. This condition absolutely impairs the 'PIVOT or ROTATION Range and Speed of the Hips' relative to its 'Getting To The Target Job'. Without any 'Manipulation or Compensation of the Hands and Wrists' the Ball is going to the 'Low ENERGY Side of Target Line'. Our 'Mental Computer' has a 'Visual Image' of the desired shot and, being in charge, it is going to do whatever is necessary to 'Get The Job Done'. When the Hips are 'Slow' the Hands and Wrists will 'Speed Up' to compensate towards a 'Net Straight Ball Flight'.

It does not take a 'Rocket Scientist' to get a Grip on this reality.

If your 'Mind Picture' right now is at all 'Fuzzy' take a relaxed moment to review this and the 'Three Part Body Machine' sections of the book. See your friendly 'Tour Guide INDEX' for the proper 'Flight Planned Route'. You must understand '**RPM**' and its relationship to 'Components and Procedures'. This is simple and the guts of it all. This knowledge is as 'Cool' as a 180 yard #5 Iron ripped 'One Hop Stop' at the receptive Green!

All I can say here in closing this Drill, is to stick to your '**5 CONTROLS**' and '**TRUST YOR SWING**'. A good 'SET-UP' (doable) and a fairly good Swing (pursuable) will produce a very respectable Ball Flight and numbers. This is a pure 'Formula For Success' and it's yours for the taking in the Book. Continued good reading!

85)           **THE 'TEE' DRILL:**

It is amazing how an inexpensive little GOLF device as a wooden tee might become an implement for so many drills.

This exercise is very similar to our past discussions of keeping the 'Hole in the Butt of your Grip pointing at the Hole in your Tummy' while your Hands are below your Hips. Likewise, to keep your Swing 'On Plane', the hole in the Grip, when your Hands are above your Hips, should be pointing at or down the 'Target Line'. One end of the 'Golf Club', when it is 'ON PLANE', is always pointing at the 'Target Line' except at the instant when the Shaft is Parallel to the 'Target Line'. This is important knowledge. You can now buy little laser lights that are inserted into the 'Butt of the Grip' and shining straight out of the shaft. When 'On PLANE' the light will be pointing generally at the 'Base Line of the Plane' or generally at the 'Target Line'. Visualize this concept and draw pictures to get it if you have to!

Here's the Drill.

Stick a nice new white 1.75 inch tee in the 'Grip Hole'. At Address it will be pointing at your 'Belly Button' or slightly 'Targetward' or towards the 'Target Hip'. 'Forward Press' and 'Brace Foot Pre-LOAD' produces this 'Forward Leaning Shaft' condition. Accomplish the '**One Piece Take Away**', moving your Hips, Shoulders and Hands back simultaneously. This keeps the tee pointing at your navel.

As your Hands raise naturally up in the 'Back Swing', the tee will move away from your tummy and track towards the 'Target Line'. The butt of your 'Grip' will begin to point at and follow the 'Target Line' while your 'Hands are above your Hips', both on the 'Brace Back Swing and Target Front Swing side of your Clubhead Trip'.

If you have any difficulty visualizing the 'Target Line', take your driver and III Wood out of your bag. Stand behind your Ball and

look 'Down-The-Line' to the Flag. Place the Butt of the Grip of your Driver next to the front edge of the Ball and lay the club on the ground so that the shaft is pointing directly down-the-line to the PIN. Now do the same with your III Wood but in the opposite direction or to the Brace Side of the Ball. These two clubs will form or define your 'Target Line'. Now resume the drill making sure your tee is pointing along the Target Line at all times your Hands are above your Hips.

You will necessarily 'FEEL good Arm Extension' throughout this Drill for if you do not, your tee will not point either at your 'Belly Button' or at the 'Target Line'. You will be 'Off Plane' and your Clubhead will not be tracking 'Down-the-Line' to the stick. Neither will your Ball!

If you do not have good 'Extension' you will likely have 'Wrist Hinge Position and the resulting Hinge Actions' coming unglued! Of course, your 'Clubface AIM' and likely your 'Clubhead PATH' will also likely have gone to Hell! The 'Golf Swing' does not like 'Floppy or Flippy Wrists'! And unstable 'Lever Assemblies'!

This drill is another good and loyal 'GOLF Soldier'.

#### 86)           **THE 'ISOLATING THE PARTS' DRILL:**

We have talked about this concept before. The purpose of this Drill is that you might 'FEEL' separate parts doing their separate but co-operative tasks.

You may have heard the saying that 'Your Two Hands Work As One'.

It simply is not true. They are very different but cooperative. The 'Palm of your Brace Hand' roughly faces the 'Target', while the 'Palm of your Target Hand' faces aft. This means and proves these two hands are not the same, but the opposite! The same Philosophy and Physics applies to most or all paired appendages that God provides us. Our 'Brace Side' is similar but opposite to our 'Target Side', as well as all the 'Stuff that hangs upon or from it'. While the 'Target Hand is Turning' the 'Brace Hand is Rolling'.

Certainly your 'Brace Foot' has a very separate job to do than does your 'Target Foot'. We know it provide the 'Resistance', 'Drives or

is the Number One Power Source for the Golf Swing', while the 'Target Foot' simply 'Steers and Catches the entire Golf Body which is moving forward toward the Target or Pin', much as we do when we walk, one and every step at a time. You remember our '**Two Wheel Drive, Rear Wheel Drive Pick-Up Truck Analogy**'. That is what we are; back, rear, brace wheels powering and front wheels steering.

87)           **THE 'TARGET LEVER ONLY' DRILL:**  
                  (isolate parts)

There are 'Target Hand Only Drills' such as S'lap The Cart Seat' and this is simply a longer Lever version of the same done with a greater 'Range of Motion'; quite 'Full Swing' in fact. Starting firstly without a Ball, properly 'IMPACT FIX' and doing our famous '555 Golf TICK TOCKS'; at least five or six, just ticking the tee. About 3/4 swings will suffice.

Now, having got the 'FEEL for the 'Target Lever Swinging' the Clubhead back and forth in full unison with your Lower and Upper Body Machines', place a Ball on the tee and do a 'TICK TOCK' of the Clubhead through it. See the Ball well and focus on swinging smoothly, 'DEEP FLAT and WIDE Clubhead' through and to the PIN. You must 'FEEL' your 'Target Lever's Swinging from the Target Shoulder Socket' and about the 'Sternal HUB' the 'Net Rotation Centre'. You must 'FEEL some PUSH' provided by your 'Brace Foot', that 'Number One POWER Source'.

When you get really comfortable and proficient with this one ball at a time, shift gears to our 'Three Ball' format. This means, of course, as you know, striking one Ball with every forward segment of each TICK TOCK. You can do it, so, if at first you do not succeed, try again!

NOTE: The 'Target or Swing Lever (Hand and Arm) is primarily a 'Round & Round Component' that is propelled very much by the 'PIVOT' through the '#4 Power Accumulator and the #4 Pressure Point' both found in located in the region of where your 'Target Arm' meets the 'Target Side of your Chest and Thorax' (LBM).

88)           **THE 'BRACE LEVER ONLY' DRILL:**  
                  (isolate parts)

This is the same situation as just accomplished with your 'Target Hand and Lever', except it now involves your 'Brace Hand and Lever'.

Make sure your 'Grip', although one-handed, is correctly applied. How? you ask. Easy! Place both hands on the Grip as though you were going to make a normally executed perfect shot. Check it visually first; then for 'FEEL'. Once you know it is right, '**Take One Of Your Hands Off**'. I can do that!

It is KEY to both these drills, in fact, I think all ball striking drills, to always '**FEEL the Swinging Clubhead Travelling THROUGH the Ball, Down The Line to and THROUGH the Target PIN.**' Always, Always, Always '**FEEL The STEEL**'.

In fact, I want you to always 'FEEL' your entire 'Swinging Action and entire Golfing Machine Body', toenails to fingernails, through each swing. Feel your entire Swing as one continuous Motion and not as separate pieces of the puzzle. See and FEEL the entire puzzle as one exercise resulting in crushing a 'Little White Ball' a precise distance, sometimes FAR and sometimes NOT SO FAR, '**Dead Stick**'.

You might FEEL the '**High-Lighting**' of your 'Brace Foot DRIVING', of your 'Hands RELEASING and EXTENDING Down-the-Line', of your 'CHIN's being Tallish throughout the entire Swinging Motion', of your 'EYES Seeing the Ball Come Off the Clubface', of the 'One Piece Take Away', of your 'Being Inside and Behind the Ball at Set-Up Address', of your 'Swinging INSIDE-OUT', and of any other 'Secondary Absolute' you have need to reinforce to avoid errors and peril. But '**You Must Not FEEL A Single Position**' throughout your 'Golf Swing'. You cannot and do not hit a Golf Ball with any one aspect of your overall 'Swinging Motion', so don't get sidetracked or derailed by '**POSITION GOLF**' and it's 'Genie Bottle Full Of Demons'.

NOTE: The 'Brace Arm' is primarily an 'Up & Down Component.'

89)           **THE 'BRACE LEG ONLY' DRILL:**

'Isolating the Parts' is a great way to focus on and improve or develop specific 'Muscular WORK and MOTIONS' necessary to accomplish you physical task, Golf or not.

We know that the 'Engine of the Golf Swing' is 'ROTATION' and that this takes place 'From the Ground Up and From the Inside-Out'. We know that it is the 'Brace Toe Pressure and Brace Foot PreLoad' that stimulates the 'Brace Leg Drive' that 'POWERS the Coiled or Loaded Hips to return to the Target Side or Rotate Back Forward to an through the 'Neutral or Zero ENERGY Station'. We know that if we do not 'COIL or LOAD' the 'Lower Body Machine' it cannot provide the POWER to move the Golf Club through the Ball. This being the case, we have but one option and that is to use our 'Upper Body Machine' to hit the Ball. The 'Lower Body Machine' is the Component that is capable of purely 'Swinging' the Clubhead THROUGH the Ball and not the optional 'Hitting' AT the Ball. Hitting may produce 'Clubhead Speed' but it DOES NOT produce the necessary 'Clubhead CONTROL' that is so important to 'Consistency and Reliability' that good GOLF is made of. Players are all blest with this 'Repeatability', boring as it may be!

Knowing this, how can we 'Isolate' the PIVOT ACTION or ROTATION, the Coiling and UnCoiling of the Hips as well as their 'Undercarriage' for the purpose of 'FEELING' the MOTION of specific parts; in this case the Brace Leg Drive without any substantial support or help from the Target Foot and Leg? We know that the Target Side, other than 'Balance and Stability' of the Machine, does very little except to get out of the way and catch us after 'IMPACT'.

NOTE: The 'Target Leg' only provides 'Passive Stability or Balance' to the entire 'Golf Body Machine' somewhat as one leg of a tripod for a camera. The three legs are the 'Target, Brace and the Golf Club'. 'Brace Leg is Active or Dynamic'.

**HERE'S THE DRILL.**

Pull a #6 Iron and have a Ball teed up low to the ground as you would do for a long Par 3.

Complete your PreShot ROUTINE including a proper 'SET-UP' with the direct and disciplined assistance of your '5 CONTROLS'.

As soon as you are ready to make your 'Low & Slow, Deep, Flat and Wide, Breathing-Out TAKE-AWAY', elevate your Target Heel considerably so that you are well up onto your 'Target Toe'. You will have to bend your 'Target Knee' slightly. This will cause you to, perhaps, shift some 'Weight to the Brace Side', out of the optimal '50:50, 55:45 Distribution'. Don't pay too much attention to this 'FEEL'.

Now, back from the Ball slightly, make several TICK TOCKS at 'Medium Speed, Less Than FULL SWING' (3/4 Swing is great) Do five Tick Tocks, relax and do five more with all the Parts or Components in working order, 'Battle Stations'. Make sure these 'Captain EYES' are fully 'On Deck' so that they can direct or send orders to the 'Navigator HANDS' that control the Golf Club. You know the order of command.

You will 'FEEL' that you have 'Isolated' out of the Muscular Sequence the 'Comfortable Support' of the Target Foot. It will be a little awkward. With this SET-UP, you will not be able to compromise the true function of the Brace Leg, its ability to provide 'Stability and POWER'. You will have to keep Weight and Brace on it throughout the entire 'Back and Front Swings'. You will NOT be able to 'SWAY or SHIFT' your 'SET-UP Knee Flex Position' as is so easily done with the help of an overly active 'Target Leg'. You are now without its influence which is the purpose of this Drill.

Always keep in mind, whenever we do one thing on one side of the Golf Body Machine', it invariably affects the 'Companion Part or Component' on the other side. If there is no 'Companion Components' (which is rare) your marvellous 'Body Machine' will find something to satisfy 'Balance'. Parts that work alone are rare!

Take a moment to stand 'IMPACT FIX Position' and make a 'Slowish MOTION Turn to the Brace Side'. Keep quite a lot of 'Weight on your Target Leg' to about Swing Sequence #3 - #4 and pay particular attention to your 'Brace Knee Flex'. It will want or tend to 'Sway' or come out of its strong 'Ready Posted Position'. Any time you allow this 'Brace Flexed Knee Break Down' to take place, completely or partially, you have 'Compromised Your Pivot and ROTATION'. Your 'Spinal Stability' necessary to keep the Clubhead 'In ORBIT' is a figment of your imagination and the only way you can accomplish the 'Pre-Selected Shot' is to 'Manipulate' with a lot of luck.

Your Swing will be a '**Make IT Happen**' and not a '**Let IT Happen**'. Your Golfing prowess will pay the price of the 'Brace Leg Break Down, the Loss of Brace Knee Flex' so necessary to the 'Rotational Stability required to get a 'Speeding Clubface Sweet Spot' precisely back to the 'Butt of the Ball for IMPACT and that Moment of Separation'.

The purpose of the 'Bullet Proof Drill' is for you to 'FEEL' the 'Sway, Shift, increased Bending or Straightening' of the properly 'Set-Up Brace Knee Component during the Swing'. It's a 'NO NO'. As mentioned, at any time you change your 'Brace Knee Position', the 'ROTATIONAL Base of your PIVOT', you must have altered the position of the Top of your PIVOT', the 'Shoulders, Neck and Head positions' (Your Spinal Crankshaft). This obviously alters the position of the attached 'Lever Assemblies' and thus the 'Clubhead and Face'. Purely 'Set-Up IMPACT is History'. You know the results! We all know the results!

I just saw the video of one of the worlds most famous athletes making a long iron stroke, fairway to green. He missed it 'Thin Right, Low ENERGY Side' which is, unfortunately, his tendency and 'Nemesis'. The cause is break-down of his 'Brace POSTING' or a firmly stable 'Flexed Brace Knee'. Regularly, as he makes his mid-way (Swing Sequence #3-#4-#5) Back Swing, he is 'Pushing Back' with his 'Target Leg' which creates 'Brace Knee Sway, Shift, Bend or Straighten' and then the 'Top of PIVOT', 'Shoulders, Arms, Hands and Golf Club' come out of or fail to get 'Into Proper ORBIT' as required by the 'Pre-Selected Components and Procedures'. It is unstable. He cannot get 'Powerfully and Reliably Back to the Ball'. This man is easily powerful enough to launch 'Golf Balls into ORBIT'! But seldom does except by mistake or by 'Get Lucky Golf', the brand played by so many wonderful folks, who would rather NOT!

This superstar, who has 'Too Much Slack in his Levers and Upper Body Machine', as often is the case with very tall people, needs to 'Reduce or Abbreviate his Swing' and absolutely work on getting his 'Brace Knee Flex' stabilized. A little more 'Sit-Down FEEL' would help a lot! Until he does, his '**BRACE POST**' will fail and his Golf Ball will NOT go where he planned it to go!

Wish I could talk to him for a few moments. T.V. does not listen and I talk to it all the time!

In any case, you do this 'Isolate the Parts Drill' with your 'Brace Side' and develop a reliable 'Brace Post', steady 'Brace Knee Flex', so you can make the Ball go away where you want it. We



generally have our own hands full looking after ourselves; looking after 'Number One'. Leave the other folks to the teachers, hoping they will be lucky enough to stumble onto one 'Open-Minded and Open-Scheduled' enough to be of assistance.

If you need one, go out and find one!

Don't delay. The very basic help you need will not come off the front cover of a box of Wheaties although you can get the nutrition you need from inside, with whole milk, of course!



POSTING ... Body-on and Down the Line  
Various Brace & Target Knee Views,  
Swing Sequence #10, Top Of Front Swing



POSTING DRILL, Swing Sequence #6, Abbreviated Procedure  
Target Lever Horizontal ... Shaft approximately Vertical

90)           **THE 'OUTSIDE-IN LOOP' DRILL:**

"What is he up to now?"

This 'Feel Drill' has been around effectively for a very long time. You will have seen it; Lee Trevino's 'Figure Eight' swing and Jim Furyk's big 'Outside to Inside Looping Swing' are distinct examples.

"But how and why?"

I have said before, that any golfer who perfects the Slice, will never hit one on course by accident!

This is the logic behind the '**Outside-In Loop Drill**'.

Always 'Set-Up', '**5 CONTROLS**', 'IMPACT FIX', 'TAP TAP TAP', take your 'Clubhead Away' with an exaggerated 'Pushing It Directly Back Down The Line', or even slightly 'Outside The Line'. In this manner you will absolutely know and 'FEEL your Lever Assemblies Extension' and the 'One Piece Take Away' which will never hurt you.

Knowing and having accomplished this 'Outside The Line FEEL', you will be subconsciously aware of its 'Clubhead Tracking' and once you have done this on the way 'Out of your Clubhead Garage', you cannot or will not repeat the 'Clubhead Path' on the 'Forward Swing'. If you 'Loop Out' on the way back, how could you 'Loop Out' on the way forward? You cannot without exceptional difficulty, so it just does not happen. If you were to do it, the 'FEELING would be one of extreme abruptness and discomfort'. Your body would simply rebel.

Being an old farm body with simple working best, I find such Drills very useful at not only understanding but 'FEELING Fixes' or just 'FEELING the Situation' which is primary to correction.

You know that our proper Swings evolve in what I call the '**D.O.F.T.**' or 'Down Out Forward and THROUGH Clubhead PATH'. This gives us another great 'FEEL Drill' which you already know and it is really the 'Forward Half' of this '**Outside-In Loop Drill**'.

Outside-In Loop Drill  
Furyk Drill

Remember our '**ORANGE BALL - YELLOW BALL**' discipline? If not flip your INDEX open and track it down right now!

We really swing 'RIGHT To Make The Ball Travel LEFT'. This is what the 'Jim Furyk Drill' accomplishes; getting 'Outside in the Take Away' so you have to get 'Inside in the Forward Swing through the Impact Zone'. (Segment #2F) Continuing forward on the 'Inside-Out Clubhead PATH', causes our 'Clubhead to Travel', at least 'FEELING' so, again 'Outside The Line' or '**D.O.F.T.**'. With good 'Hand Action', this produces that wonderful slight drawing action which is a good servant when you do not want a straight of slightly fading 'Ball Flight'.

You should master them all although one will likely be your 'Bread and Butter'. Jack Nicklaus is a 'Left to Right' man. This Ball flies slightly higher, lands softly and does not run a great deal after making its 'Touch Down'. Not a bad golfing tool!

Best of luck in working out your arsenal. And I know you can do it if you really are prepared to earn it. Put in the time. It's worth the investment and it is fun too.

#### 91)           **THE 'FEEL PUTTING' DRILL:**

I think it is important that we have or develop great 'FEEL for our Strokes', especially those of the 'Straight Up and Down' blade.

So how might I accomplish this without a lot of complicated 'To-Do', as I am just a simple country boy?

Inspect the 'Putting Surface First'. Find an area that is nice and flat for the last fifteen (15) feet to the cup.

Make your normal disciplined 'Routine SET-UP' with several 'TICK TOCK warm up Strokes'. Always have your '**5 CONTROLS**' in place.

Be aware of where your 'Clubhead' is (FEEL the STEEL) and know where your 'Putter Face is AIMED'.

To define and refine this 'FEEL of Clubhead PATH and Face AIM', make about a dozen strokes over this fifteen (15) foot surface dead to the Cup. Make them with your 'EYES Closed'. Stroke! Don't HIT. In the process of each stroke, just before you open your eyes to check the results and set-up another Ball, '**Call Out**' where you

'FEEL you Ball Rolling Path' ended up. Use such useful precise descriptive terms as 'Pulled', 'Pushed', 'Long', 'Short' and 'IN'. You might further define the stroke results by analysing what error created failures but do not get too technical as this is a 'FEEL' project, not a college thesis.

The objective of this 'Bullet Proof Drill' is to stroke , 'FEEL the Stroke' and 'Observe the results'. When you accomplish just what you wanted and it worked, store the entire 'Routine' and specific procedure in your 'Shot Memory' for future use.

Doing this Drill will improve your senses and 'FEEL' so that tiny deviations become readily apparent. Keep your 'Putter Face SQUARE to the Target', regardless of how you might alter your 'Stroke Pattern' for any reason.

Remember, it is this teachers firm opinion that '**Every Putt Is Dead Straight**' and all we need to do is 'Feed our Roll the Ball either to the Cup or to the Top of Break' and allow 'Weight or Speed' to get it to the bottom of the cup.

How simple is that?

## 92)           **THE 'BASEBALL SWING' DRILL:**

The purpose of this Drill is to get ourselves 'Free-Wheeling' with good 'Brace Leg Drive' (LBM) and effective 'Brace Lever Extension' which focuses on that 'Upper Body Machine'. This 'Lower Body Machine' is where the 'POWER' will be found. It is key that, when wanting to strike the Ball far, we keep our 'Grip Pressure and Wrist Hinge Actions' soft and relaxed so we produce speed and avoid what we call 'Wrist Blocking or Hand Blocking' which is very common. I so often see great 'Lower Body Machine' Power and Swings that cannot get the Ball to travel 'Down The Line' but 'Leaking to the Low ENERGY Side of the Target Line'. I check the Grip Position on the Club Handle. It is fine (V's Slight towards the Brace Shoulder) So now what?

Well the 'Wrist Hinges Position' is satisfactory but the 'Wrist Hinge Actions' are not. If your 'Wrist Tension' is not optimal or close, your 'Wrist Hinge Actions' will be impaired and you will NOT Re-SQUARE the AIMED Clubface through the IMPACT Zone. You will not delivery the Ball down the Pre-Selected Bal Flight Line!

It is important that we become familiar or learn the 'FEEL of ROUND & ROUND' in order to, especially, strike the Long Irons, Fairway Woods and Driver well. These longer-shafted clubs naturally have a 'Flatter Set-Up Shaft Plane' than do the shorter Irons.

In order to 'FEEL' what a good 'Flatish and Roundish Swing Plane FEELS Like', take your Long Iron in its normal 'Grip' and swing it like a 'Baseball Bat' level over home plate. Do it at least five times, make sure your last two swings are 'Home Runs' or close.

Next, with this same 'Golf Club', 'Set-Up your 'IMPACT FIX' with the 'Clubhead' at 'Knee High'. (Believe it or not, you have a 'Set-Up or Address Position' in Base Ball too!) Again, make five good solid swings over home plate with the last two being 'Home Runs'.

Now, without any delay, drop your Clubhead to the 'Tee Up Ball Height' and, 'FEELING the same Round & Round', almost 'Home Run FEEL', make you Long Iron Swing right through the Butt of the Ball, pushing around with that 'Brace Foot and PIVOT', all the way to and THROUGH the Ball and Target. 'FEEL' like you have 'FINISHED IT', Oh, Yes. Remember to 'BREATHE OUT' while the 'Swinging Clubhead is in MOTION'.

Base Ball Swing Drill  
Tool Swing On A 'Horizontal Plane

93)           **IN CONCLUSION:**

The 'Third Phase of becoming a Good Golfer', after 'Learning good Techniques and Practising Them', is to believe in yourself and your ability. This will lead you to knowing how to maximized your growing strengths.

'Trust Your Clubs   and   Trust Your Swings'

Ongoing Practice is essential to learning self-affirmation. A good golfing technique needs to be supported by a firm belief in yourself in order to make you perform well on the golf course.

94)           **SOME IDEAS FOR YOU:**

The 'Subconscious Mind' is a silent computer that translates every 'Thought into Action upon Command'. "You are what you think you are". This statement is alive and meaningful on the course. With solid foundation, you will play to the level you believe you can, even, I think, if it is not universally thought to be realistic.

You say "Why can he say that?"

I have a very personal reason. When I was learning and correcting some bad swing shortcomings, a leading head pro said to my teacher, "You are wasting your time. He's too set in his ways to change." Some years ago now, I had the experience of playing against this person who was still more wrapped up in his own image than in the interests of others. I beat him by seven strokes. There was no purpose in mentioning my knowledge of his conversation with my teacher. I know he remembered. Allowing him to wonder if I knew was better than saving him the experience of wondering.

I, like you, can and did learn to score consistently. Once earned, you will own that ability as long as you believe in yourself. This led to my twenty plus years of trusting my students ability and knowing they too could improve, some remarkably so. Thankfully, I discovered that telling them of their potential, teaching and sharing my trust in them was something I learned.

95)           **MORE BASIC SKILLS:**

i)    Use your imagination to 'SEE' a successful end result. Believe that the above Drills you have selected to work on will greatly improve your game.

ii)   Believe that your game is progressing.

iii)  Imagine yourself playing each golf shot easily from now on, without the need for too much conscious thought or effort. Learn to play your 'Visualized Image' for real.

iv)   Avoid using will-power to play well as this suggests that you cannot play well without it. I think will-power is an innate part of us and does not need to be forced into action.



v) Your subconscious does not react to wilful or conscious commands. It responds only to your faith and belief in the earned outcomes. Your diligent practice will have earned the outcomes, so let them happen.

vi) As you practise your new skills, affirm to yourself regularly and often how much clearer you are in your mind; how you can FEEL yourself progressing; how much better you FEEL about yourself as a Golfer. Your behaviour changes, as does your mood. You will soon find yourself doing the right things without having to think about them. Suddenly things will begin to work out for you more often and consistently so.

vii) When you have the FEELING of Success, you will have  
Success.

viii) Simply know that you are now a better player.

ix) Do not underestimate the POWER of this affirmative mental  
process.

96) **THE 'TO LOWER YOUR SCORES' DRILL:**  
(good Drills earn us the right)

Once you have mastered golfing techniques, learn to play tactically on the course so that you can maximize your strengths and minimize your number of strokes per round.

A strong mental attitude, as well as technical skills, is required when playing golf. All expert players use their sense of reasoning on course. Here are some ways to keep your mind focused when competing.

i) It is impossible to hit good shots on the golf course if you are thinking about your technique. Play Golf! Move the Ball from A to B in the most economical way possible. Save working on your technique for the driving range or a practice round.

ii) Make sure every hole has a plan and every shot has a realistic 'Dead Aim' target. Make your Targets very small and precise, the Pin Quarter, as you can miss small Targets by quite a lot and still be very close. Big targets tend to be lazy targets and when you miss one, there is still a wedge to the dance-floor.

iii) Never compare yourself with any other player. You are unique. You have your own style, strengths, experience and PAR. Keep your game plan within these personal parameters. Generally, the U.S.G.A. handicap system will take care of the rest and, often, in your favour.

iv) Always play the course and never your opponent. He too is unique and has very different abilities which he will use along a different course route and game plan to his total number of strokes. He may have big gripper boots and want to play off-road, in the rough to prove something. No need for you to follow!

If you were to enquire as to the club I used for my shot, I may or may not tell you. Then again, I may not tell you the truth. Out of interest, it's against the rules for you to ask and for me to respond. I could tell you how to legally get around this, but you too can buy a formal U.S.G.A. 'The Rules of Golf'.

**PLAY YOUR OWN GAME and TRUST IT !**

v) Play to your strengths, using the clubs that work best for you, whenever possible. Working your weaknesses has no intelligent place on the course so leave them for the practice range.

vi) Utilize the teeing ground to suit the shape of your shot. You do not have to stand in the middle.

vii) Keep in the present tense by dealing with each shot honestly to the best of your ability and leaving the next shot until later. You cannot hit a good shot when preoccupied with either the last or next one.

viii) Don't become outcome oriented. Don't count your score until the end and avoid the 'All I Have To Do Now' syndrome. When you play '**OUTCOME GOLF**', you will often end up saying "If Only...".

ix) Be patient, particularly with yourself. No player hits bad shots on purpose. Accidents happen even to the best champions.



- c) Visualize either a 4 or 5 or 6 foot piece of Cord directly across the cup at right angles to your Target Line. Your Putter will be about 24 to 30 to 36 inches making the measuring task very simple. Remembering that 'Inside the Rubber' (the length from the bottom of the grip to the sole of the putter head) is a very common criteria for measuring remaining putts. You must declare the size of the 'D', once for the entire match.

Make a 'D' shape with this Cord Line, imaginary or real, as the vertical leg or back of the 'D' which is closest to the starting point, curved part away.

- d) Player #1 strokes his ball to the hole. If he 'Holes' it he gains '3 Points'. Player #2 then gets a chance to equal Player #1's performance to 'Halve the Hole'. No points are gained by either player if Player #2 holes out. Honours remain.

If Player #2 fails to even get into the 'D' after Player #1 holes out, he loses an additional point. Player #1 scores 4!

- e) Player #1 has the 'Honours'. He, therefore, chooses the next hole and, as well, may elect his opponent to stroke his next putt first. You see, Player #1 will get information as to the Line or Break and Weight .. 'THE READ'. There may be strategy that Player #1 desires to play first to put pressure on Player #2 or 'Finish the Competition' if the two players are tied and it just takes one stroke to end it.

- f) The stroking Player (ie. #1) putts his ball into the 'D' and receives '1 Point' for doing so. Player #2 has an opportunity to equal this stroke. If he does so the hole is 'Halved' with no points gained.

- g) If Player #1 misses the 'D' and Player #2 putts his ball into the 'D', Player #2 'Steals the Hole' for 1 Point, but he **'MUST PUTT OUT'**. If he fails to do so, the hole is 'Halved', but Player #2 has the 'Honours'. If you 'Steal the Honours', you must 'Putt Out' to score a point. NO GIMMIES !

If both players put their balls into the 'D' and one putts out

while the other misses, the player who putts out scores '1 Point' and has the 'Honours'. If they both putt out, the hole is then 'Halved'.

You see it is all tied up if you perform equally, but if you slip just a little, you are one or more points behind. It is really a form of 'Match Play'. If you 'Halve the Hole', the 'Honours' and the score remain the same.

Playing to 13 Points or to 21 Points varies the time it takes to complete a match.

99) **THERE'S A CATCH!:**

Any time either Player is 'OUTSIDE the D', after making his stroke, be it his first, second or even third, there is a penalty.

If you come up 'SHORT' of the CORD (short of the cup, first stroke) you must 'Mark, Pick and Replace your Ball' two putter lengths directly farther or back from the cup.

If you stroke your Ball 'LONG', past the CORD but 'OUTSIDE the D', you must 'Mark, Pick and Replace your Ball. One putter length directly farther from the cup.

If you are 'Coming Back' from a stroke that was 'Past the Cord Line and outside the D' and fail to get into the then 24, 30 or 36 inch half circle (depending on the size of your 'D'), you must now retreat two full putter or club lengths. If you come up 'SHORT' again, it's 'Four Lengths Directly Farther From the Cup'. Short by one inch means about '12 Foot, 1 Incher' coming back.

ONLY when your Ball comes to rest 'INSIDE the D' may you Putt it from where it lies.

So, any time you fail to get 'INSIDE the D', you are penalized either one, two or four putter lengths giving you at least a three, six or 12 footer back. To make it interesting and more 'Real Thing', make each situation worth a 'Buck'. The loser 'Must Hole Out' '**BY THE 'Stroke Play' RULES**', no 'Gimmies'. Lose by 'One', 'It's a Buck': by 'Two', It's Two Bucks' etc. **BUCK A STROKE!**

THE GAME IS ON

100) **THE 'VARIABLES' DRILL:**

In order to 'Play Golf' well and with considerable skill, we must be able to make a significant number of 'Shots With the Same Club'. I think the Europeans are better at this than we 'Westerners'. The reason is that they are forced to 'Traditionally' play a greater number of shots from 'Adverse Lies and Positions' on the 'Links Style Courses'. Their annual averaged weather is not the world's best either!

I spoke earlier about the 'Texans Ability to Make More Shots' deriving from their start or learning to play on mediocre grounds with commensurate 'Lies' in the wind coming off or influenced by the 'Gulf of Mexico' and all that 'Mid America', the 'Flatlands' by which they are surrounded. There is no doubt that the 'Kites and the Crenshaws' were 'Weaned and Ground against this Stone'. It shows!

For this Drill I would suggest that you use the #8 Iron to start and do so on the range where you have a well-defined Target at about 125 and 150 yards. What we are going to do or work on here is 'Full Swings and Less-Than-Full Swings' with one club to one target. So this Drill is one of 'Constant Yardages with variable Clubhead Speeds'. It's a 'FEEL and TOUCH DRILL' and a good one.

Make sure you are 'Stretched Out and Warmed Up' properly so you do not hurt something. This applies to you, young and old alike. In our 'Physiotherapy and Sports Injury Recovery Centre', which has a 'Golf Specialty Area', we are constantly attending to 'JOCKS' with minor injuries which, long-term, will 'TAKE THEM OUT'! Please do not fall into this group. Another very 'Capacity Group' is that of 'NOT SO JOCKS' about 40 to 60 years of age, out of shape or 'UNTONED' to be more polite. They are the 'I Think I Am Impervious' group. We are all 'PERVIOUS' at some point!

**TO THE DRILL:**

Strike some 'Full Swing #8 Irons' to your 'Calibrated F/S DISTANCE' which you know. (Mine is comfortably 150 yards).

Next, strike some to 140 and then to 130, and then to 120, and then to 110, and then to 100, and then to 90, and then to 80, and then

to 70, and then to 60, and then to 50, and then to 40, 30, 20, 10, and 5 yards still with the same #8 Iron.

If you do not recall or are not familiar with the '**5 WAYS TO SHORTEN YOUR DISTANCE**' chapter, I would suggest that you take a moment to become acquainted. That is what this Chapter is all about; 'Varying the Components and Procedures to Accomplish Variable Goals'. When I say 'Components' I do not just mean the 'TOOLS' but also all the 'Body Machine Parts' that we have so diligently entertained for many pages, enjoyably and usefully I trust!

With above 'DISTANCE PROGRESSION' we will have exercised both our 'Knowledge and Skill' in all 'Three Stages' of the Golf Swing. We will have adjusted about everything we can adjust from GRIP, STANCE, BALL LOCATION and ALIGNMENT. Oh, I forgot that '**POSTURE**'. No I didn't.

Your POSTURE is always what?

'**CHIN TALLISH and MATADOR PROUD**'. It never changes. It's a 'Constant' and that's good because you do not have to fuss with 'Variable POSTURES'.

A little 'Tongue-In-Cheek', the only time you might have to play a shot with a different POSTURE is when you are forced under the big branches of a tree that hovers over your Ball or in some other problem situation. I suppose you might 'Hang Your Head In Disgust' but it may be foolish as this Golf is just a Game and tomorrow is another day coming at us. Besides you MUST LEARN to be your own 'Best Friend'. The course will be hard enough on you to add more punishment so don't!

#### **MORE ASPECTS:**

Once you have mastered the #8 Iron, take your #5 and do the same from your 'Optimal DISTANCE' all the way into the green. It will test your 'Skill and Patience'.

### **EVEN MORE ASPECTS:**

You are no doubt becoming proficient by now. So let's add another challenge. I want you to 'Fade Two, Strike Two Straight, and Draw Two' to the same Target. Sounds like knitting; 'Knit Two, Pearl One and Quit'. Do this at all the 'Ten Yard Incremental DISTANCES' until you get down inside 30 yards. The little 30 yard 'CUT SHOT' is most useful when you want or need to 'MOVE THE BALL' left to right or right to left. (for Lefties) Remember to accomplish well-executed 'Short Cut Shots' you are going to have to vary your 'Components and Procedures' slightly.

One late afternoon two of my instructors and I got into a contest 'Cutting #3 Irons to the 110 yards Short Game Green'. It was guarded by two bunkers front, one right with a Hill left, so you can see there was some challenge. We did everything from 'Maximized Cuts' to 'Run On Shots', to 'Running the Ball Through the Bunkers' and more. We got silly enough to try 'Hooking or Cutting from the Low ENERGY Side back to the Pin, but I am not and have never been a 'Hooker Of The Golf Ball'. I was not able to get that job done in this 'Abbreviated Swing Situation'. In Full Swing or nearly F/S, I can manage to adjust the 'GRIP and ALIGNMENT Components' to get the job done, but I truly prefer just hitting them 'Straight At The Stick'.

Try this 'VARIABLES DRILL'. It is a very useful practice regimen and can be a lot of fun as well, if you set your mind to having fun in practice!

Personally, I love to practise, sometimes more than play, depending on my time constraints. You students are relentless 'Time Consumers'! Thank you for that.

### 101) **THE 'TURN YOUR POCKET' DRILL:**

**'PIVOT & ROTATION are the FULL SWING ENGINES of the GOLF SWING'.**

'Brace Toe PreLoad' stimulates 'Brace Foot Pressure' which fires 'Brace Leg Drive' which 'POWERS (Pushes) the forward ROTATING 'LEADING Hips' that pull the 'LAGGING' UPPER BODY MACHINE comprised of the Shoulders, Arms, Hands and the Golf Club'.



The Hips go **'Round & Round'**. **CAROUSEL** (PUSH)

The Lever Assemblies go **'Up & Down'** **FERRIS WHEEL**  
(TURN & LIFT)

still that

**'BEND & STRAIGHTEN' Drill** (PINCH)

Always **'SET-UP'** with your **'5 CONTROLS'**.

Make your **'BRACE SIDE, COIL, LOAD TURN IN'**, over the stable **'Medial Head** (the boney knob on the inside portion) of your **'Flexed Brace Knee'**. In this **'MOTION'**, your **'Brace Pocket'** will have **'Turned over** and perhaps behind your **'Brace Heel'**. You will **'FEEL Wound Up'** and ready, willing and able to **'Unwind'** to the **'Target Side'** in the **'Direction of the Pin'**.

In the **'UnCoiling or Forward Move'**, **'ROTATION** towards the **'Target'** provided by the **'Brace Foot Pressure'** and resulting **'Brace Leg Drive'**, you will **'FEEL'** as though your **'Brace Pocket'** is **'Turning** rather **'Level forward** through the **'IMPACT Zone or BALL LOCATION'**, to where it is even turned slightly past **'Square'** and closer to the **'Target'**.

Similar to **'Turning your Belt Buckle or Belly Button to Facing the Pin or Square to the Target'**, you can now think and **'FEEL'** **'Turning Your Brace Pocket IN to COIL and OUT to UnCOIL and Release'**.

**'TURN YOUR BRACE POCKET IN, PUSH YOUR TARGET POCKET OUT'**  
softly smoothly

See if this image works and helps make consistent **'HIP ROTATION'** which will certainly provide more **'Clubhead Speed and DISTANCE'**.

I know when you **'TURN more effectively'**, your **'Lever Assemblies'** can be more **'Passive'** and, thus **'Swing more 'Centrifugally'** than **'Muscularly'** which creates certain **'Manipulation'**. This **'Hands-Driven Manipulation Swing Error'** takes the **'Clubhead 'Out Of Its Natural ORBIT'** and ruins any hope for **'Consistent Reliable IMPACT and Squareness of Clubface'** at the **'Instant of Separation'**.

All things being in order, you will have your 'THREE ZONES', 'Body, Arms and Hands' (with the Golf Club) under Control. They will all be 'ROTATING around your properly 'Inclined and Aft-Tilted Spinal Crankshaft' at the same 'R.P.M.' so that you can create and maintain 'CONNECTION from your Brace Toe' through your 'Lower and Upper Body Machine' all the way to the 'Speeding Clubhead which is on PATH', '**IN ORBIT**', with its 'Squarely AIMED Clubface'.

**'IMPACT IS 'INCIDENTAL' TO A GOOD SWINGING CLUBHEAD'.**

Don't 'Make IT Happen'. 'Let IT Happen'.

You cannot force a good shot. 'TENSION' will preclude its occurrence. Remember 'TENSION is the Number One Killer of a Good Golf Swing'. I think that a 'Tight Target Elbow' is a sure sign of bad things about to happen! A 'Firm Brace Foot' turning a gently 'Extended Target Lever' will 'Let IT Happen' more often than not.

Very basic stuff!

Turn Your Brace Pocket  
THE SWAPPING POCKETS DRILL

## SHAFT DRILLS

### 102)       **THE 'SHAFT' DRILLS:**               (most useful)

When we, or a friend, break a golf shaft off at the hozel the usual outcome is to throw the broken shaft away.    **SAVE IT!**

You need three full-length driver shafts. Paint them totally white. Carry them with you at all times, in your trunk is fine! But take them in your bag to the driving range . . . and use them!

The purpose of these Drills is to provide very visual 'ALIGNMENT' of your 'SET-UP Components' as well as to provide very positive 'FEEL' Drills that will expose or identify any 'Procedural Errors' that you might have in specific 'Lower Body Machine' (LBM) regions, especially in the 'Feet, Legs and Hips'. That certainly is a 'Lion's Share' of the 'LBM', isn't it?

Here's how.

Use these 'White Shafts' for '**ALIGNMENT**' by carefully laying one on the ground directly on the 'Target Line' and the other slightly closer to your Toes to give you a clear indication of the 'Foot or Body Line'. They are generally 'Parallel' as people tend to use a '**Parallel ALIGNMENT (Ideally creates Rotation Down The Target Line)**'. If you prefer, as I do, to use a slightly '**Open ALIGNMENT (Promotes Free Rotation Down The Target Line)**', the 'Body Line Shaft' will be 'AIMED slightly away from the Target Line Shaft' at the end closest to the PIN. Of course, there is '**Closed ALIGNMENT (Restricts Free Rotation Down The Target Line)**' as well.

You can place the third shaft perpendicular to the 'Body Line Shaft' to indicate your 'BALL LOCATION' if you so desire. I do not do this as I know exactly where my 'Clavicle' is located. I call this a 'SET-UP STATION'. Unless you use such 'TOOLS' to visually show you where the 'Alignment' really is, you are likely to become gradually 'FEELing Properly Aligned' while you are NOT. Check your 'Alignment' regularly.



ALIGNMENT Shafts

103)           **THE 'BRACE KNEE SHAFT' DRILL:**  
                  (Base Of Pivot)

I have often spoken to you about that 'Importance of a Flexed Brace Knee' which is the ONLY manner in which we can exert any 'PUSH or THRUST' from the 'Ground Up' (PIVOT ROTATION THRUST). A stiff or fully 'Extended Brace Knee' cannot generate THRUST.

There is a useful 'Shaft Drill' for setting-up Brace Knee Flex and maintaining it throughout the entire back and front swings.

Using your '**5 CONTROLS**' get yourself thoroughly 'IMPACT FIX Ready'.

This having been accomplished, have a friend take one of the 'White Shafts' and, while standing outside your 'Brace Knee', he should then place the middle of the shaft directly in the 'crotch of your knee' (the back of your knee) so that the tip of the shaft is aimed about at your 'Target Heel'. Place the tip on the ground half way between your heels. Stick it into to ground about an inch. Now push the mid section of the shaft forward toward the 'Target Line' with considerable pressure. While exerting this pressure, push the tip of the shaft into the ground about four to six inches, until it is firm and keeps pressure on the back of your 'Brace Knee' without being held.

Now make a 'Slow-MOTION Back and Front Swing' with a #8 Iron. You will 'FEEL' the Stick keeping your Brace Knee Flexed' throughout the entire Back and Front Swings.

The objective of this 'Shaft Drill' is simply for you to 'FEEL' this constant 'Knee Flex'. It is NOT a crutch that you can become reliant upon.

Use it for what it is worth.

104)           **THE 'SHAFT SWING PLANE' DRILL:**

Now that we have these 'White Shafts', let us put them to further uses that are simple.

You have already placed the 'Target Line and the Foot Line Shafts' on the ground to indicate these 'ALIGNMENTS'.

Take the third shaft now and stick it into the ground at the end (or just beyond the end) of the Target Line Shaft so that it

matches the 'Shaft Plane' of the Golf Club you are about to swing. When you are 'Set-Up', ready to swing, 'TAP TAP TAP', your 'Golf Club Shaft' will be at a certain angle to the Ground or to Horizontal. This is your 'Set-Up or IMPACT FIX Shaft Plane Angle'.

The third 'White Shaft' should match or be parallel to this 'Shaft Plane'.

It is placed to your 'Brace Side' far enough away that the tip of your 'Shaft and Clubhead' extend just past it when at 'Swing Sequence #3' or just between 'Swing Segment #1B and #2B'.

Now you can make your Back Swing to about a  $\frac{3}{4}$  top and back down in 'Slow MOTION'. If you keep your shaft in contact with Drill Shaft in this 'Slow MOTION Drill', you will know what it 'FEELS' like to be 'On Plane'.

You will know what the proper Balanced 'Lift and Rotation Ratio' is in your 'Brace Side Golf Swing', both 'Up and Down Swings'.

Get a 'FEELING for this but 'ONLY in Slow Motion'. I have seen lots of these 'White Shafts' broken in the 'Full Swing Full Speed Mode'. All you have to do is catch the Grip end squarely with your Golf Shaft. Snap and its gone!

#### 105)            '**SHAFT SWING PLANE or CORD' DRILL:**

Because this is such an important concept, I find it useful to supply you with yet another 'Swing Plane Drill'. This very much resembles one of our 'Putting Drills' where we use two stainless steel rods to support a tight string just over the 'Ball Rolling Line' (BRL) to demonstrate the 'Target Line'. It is a 'Visual Drill'. The following is as well, but it is a 'Half to Full-Swing Drill' that will be done in 'Slow Motion'.

Take two regular white 'Shaft Drill Shafts' (same length) and snugly tie a fifteen foot piece of cord just at the 'Nose-End or Tip of the Grip'. Now push one of these two shafts into the turf while stretching out the second to where the cord is tight. Then stick it into the ground as well. I would like the cord to be 'Level to the Ground at about Knee Height'.

Take a Mid Iron in Hand and 'Set-Up 555 Correct' with the 'Clubhead Soled' and the 'Underside of the Shaft' making gentle contact with

the cord. You must not do this drill with the Topside making contact so your 'Set-Up' is made reaching your 'Golf Club' over the cord and not coming at the 'IMPACT FIX Position' from below or behind.

The contact point should be just below the 'Grip' or within a couple of inches below it.

Where the 'Clubhead is Soled' mark this location with a tee (you may need a friend to help). Then mark a line on the grass with chalk or paint to designate the 'Target Line'. It will parallel the 'Cord Line' that is suspended by the two 'White Shafts'. We are working with 'Parallel Alignment References'. This 'Line on the Grass' is the 'Baseline of the Shaft Plane' and it is about to become our task to work at making our 'Swing Plane' 'MATCH It' relatively closely. This 'Drill' is a 'First Five Inches plus a foot or two Take-Away Drill'.

The stage is set!

Now step back into your 'IMPACT FIX Ready Position' with the 'Sole of your Clubhead' just hovering above the 'Painted Grass Line'. You must be '555 Golf Set-Up'.

Make your 'NORMAL Take-Away' in 'Slow Motion' and see if your 'Shaft' stays in gentle contact with the cord; if your 'Shaft' moves away from the cord or if your 'Shaft' presses the cord and forces it to move.

If you do other than just keep gentle contact, your 'Take-Away Move' is faulty and you have taken your Clubshaft 'Off the Shaft Plane' which means it is very likely 'Off the Swing Plane' as well. I want to remind you that the 'Clubhead' should generally remain on the 'Target Line' for the 'First Five Inches of the Take-Away'. This will make you 'FEEL' like you are 'Extending Out and Away From the Target Line' when you are actually not doing so. The purpose of the 'Drill' is to assist you in maintaining your 'Lever Assembly Extension' or 'Depth of your Swing' in the early stages of your 'Back Swing' which will hopefully promote your doing so throughout the entire 'Back and Front Swings'.

You will want to take your swing to 'Swing Sequence #3 (Shaft Horizontal to the Ground) and then let it return to the 'Start Point' and continue on to 'Swing Sequence #8' which is the 'Mirror Image of 'Swing Sequence #3'. So, your Clubshaft again becomes

'Horizontal to the Ground' but on the 'Target Side' as opposed to the 'Brace Side'. All the while, your 'Club Shaft' should stay in contact with the cord.

So this is the first part of this 'Two-Part Drill'.

Now let's add two more 'Long White Drive or Wood Shafts' to the scene. These will be stuck in the ground from just behind the 'Sole Grounded Heel of the Clubhead', one about three inches 'forward or toward the Target (slanting at about 45 degrees down the line or parallel to the Line which means this shaft will be in contact with the cord). The other will be stuck into the ground about three inches aft and just behind the Target Line' (at about 45 degrees) while making contact with the cord as well.

Now the modified stage is set again.

Making your 'Back Swing' in 'Slow Motion', just as you did in the first half of the 'Plane Drill', cord under the shaft' make your 'Take-Away' and as you get the Clubhead raised of the ground about six inches to a foot, (Swing Sequence #2), your own Shaft will come into contact not only with the cord but also with the Shaft Drill Shaft; that is if your own Shaft is 'On the Shaft Plane'. Remember, the portion of your Swing that is below horizontal really very closely shares the 'Two Planes' as they are very similar in the 'Bottom Half of the Circle'.

If you are not making gentle contact with both the cord and the 'Drill Shafts' you will want to make several more 'Slow Motion Swings' in both direction (9 o'clock to 3 o'clock) before you progress to allowing your Club Shaft's getting above Horizontal (Swing Sequence #3 and #9). Once you get to the  $\frac{3}{4}$  Swing Height and Length, do so at less than 'Full Speed' to avoid striking or getting under the 'Drill Shafts'. Make absolutely certain that your assistant and no one else is at all close to the 'Hitting Area'. 'DO NOT SWING AT FULL SPEED' in this 'Drill'. There is no benefit and it is dangerous!

This 'Drill' takes some setting up but it is very worth while and warrants the time. If you do not have the time, just set-up the 'Aft Drill Shaft' on the correct Shaft and Swing Plane and then perform the 'Drill' again but still with caution.



**STABLE TARGET & BRACE FOOT SHAFT DRILLS:**

A great number of good people raise their Target Foot Heel off the ground at the Top Of Back Swing. I call this 'Ballerina Feet' and it is very unstable position. If your Feet are unstable, your Clubhead Control and Position, both at the TOB and through the IMPACT Zone, or 'Bottom of Swing Arc' will be unstable as well.

If you either raise your Target Heel excessively or allow your Brace Knee to become Stiff, the next thing to go wrong will likely be your Target Arm or Lever will get a big bend in it at the Elbow producing that 'Secondary Drop'. You will have a tendency to 'Sway' out of your 'Balance Zone' as well. Not good!

To prevent your Target Heel's lifting up excessively off the ground, you can place a 'White Shaft' laying across your Target Foot's arch of shoe laces and then push the tip into the ground to the Target Side. As you stick it in, take your Target Foot away so that the shaft is really about laying on the ground. Once you have stuck it in, pull up on the shaft slightly and replace your foot under the shaft. There will be pressure from the shaft onto the top of your Foot or shoe laces.

With this 'White Shaft' in place, make your Golf Swing. You will now know, at least, what keeping your Target Foot Solidly on the Ground FEELS like. Of course, you have to be able to do this without any outside assistance.

I think the best method of 'Keeping Your Target Heel Planted' is to **'TURN YOUR TARGET FOOT Quite OPEN To The Body Line'**.

This is a STANCE issue e all know well by now!

Golf is necessarily played on Stable Feet, on a stable platform. So let us get this organized without any delay! It's the foundation of your Game. 'No Ballerina Feet'.

Shaft for Target Foot Drill

Shaft for Brace Foot Drill

107)           **THE SHAFT DRILL SUMMARY:**

The above are several useful 'Shaft Drills' and there are more that can be devised to serve specific needs by students and teachers. I want to tell you, however, that any 'Shaft Drill' that you might use **'Must Be Safe'**. You must not place these shaft where they will 'Be Struck by the Club' directly on the end or side. A glancing touch may be acceptable, but no more. I would strongly suggest that anytime you are using 'Shaft Drills', do so in either **'Slow or Medium Motion'**. You must not place them where they might possibly do any harm to you, so use good judgement. Try to do 'Dress Rehearsals' of your 'Shaft Drill Swings' before you do the real thing. This is no 'New Procedure' since we always **'VISUALIZE'** our shots before we make them. 'Practice Procedures' are no different! Here are some 'Placements and Preventions' that the 'Shaft Drills' offer to those who take the time to learn and use them.

1)   **BRACE KNEE FLEX DRILL:** Prevents the Brace Knee getting out of its 'Constant Adequate Knee Flex Condition' adequate to perform the 'Pre-Selected Procedures' with the 'Pre-Selected Components'.

2)   **INSIDE TARGET KNEE DRILL:** Prevents excessive Lower Body Machine Motion and that 'Never-Worth-a-Darn' 'SWAY' and the generally useless 'Ballerina Feet'. Without stability of the 'Swing Pedestal' we are on thin ice.

3)   **OUTSIDE 'BRACE POST' DRILL:** Prevents or monitors 'SWAY' or moving off the Ball to the Brace Side. This 'Shaft Drill' gives us a very good 'Visual and FEEL' for a stable 'PIVOT and ROTATION'.

4)   **OUTSIDE 'TARGET POST' DRILL:** Prevents or monitors excessive Lower Body Machine Motion during the 'Down or Front Swing'. We want to always 'Turn In The Barrel' and stay 'In Balance' in order to execute useful Golf Swings.

5)   **CLUBHEAD AND CLUBSHAFT PLANE DRILL:** Prevents or gives us reference to the 'INSIDE and OUTSIDE TAKE AWAY' which means this Shaft properly-placed will give us information as to our 'Clubhead and Clubshaft PLANES' depending on where we stick it or them into

the ground.

6) **THE 'SWOOSH' DRILL:** Prevents early 'Release' or what I generally like to term as 'Clubhead Throw-Away'. When we get the 'Highest Pitch or Frequency Noise' out of our Shaft through or after the 'Bottom Of Swing Arc' or the 'IMPACT Zone', we know the 'SWINGING MOTION' has been made with the 'Hands LEADING and the Clubhead LAGGING' which is likely the results of the Swing's having been generated 'From the Ground Up' and 'From the Inside-Out'. This is how it should be!

These 'Shaft Drills' are all '**Isolate The Parts Drills**' so use them with this in mind, otherwise you will not get the maximum benefit out of them.

I would suggest that you do some of these regularly and use them whenever you find yourself getting sloppy with any of the MOTIONS they pattern. This is a 'SEEING and FEELING' drill situation and, as such, using 'Multi-Sensory Receptors', will have considerable influence on your 'Motions'.

108) **THE 'CHIPPING PRATICE' DRILL:**

What can be more important than sound 'Chipping'?

Be imaginative in your 'Chipping Practice'. Don't just make the same old strokes over and over from the same place beside the practice green for long periods of time. This may perfect one shot, but it will also get you in a '**Stroke Rut**' which Chipping will not like. Chipping has a million variations so practise appropriately. Vary your lies, positions and clubs.

A great 'Bullet Proof Drill' you can use is to 'Set-Up' a nine or multi-hole 'Chipping Course' around the practice green. You may have to do so very early or very late in order to not 'Hog the Practice Area'. You can also find a secluded area away from the crowd and set-up this situation there.

In setting-up this '**Nine Hole Chipping Practice Course**', you should place five Golf Balls at each specific location (for each Club) on or just outside the green's fringe. I would design this from '**One Pace**' to about '**Five Paces**' off the actual putting surface. This

varying 'Distance Off the Green' is in order to require our wise and conditioned 'Club Selection' for controlling the 'Air Time Ground Time' ratio we need; Ball Flight and Shape. This is simply a result of 'Clubface LOFT' and 'Clubhead Speed' or the 'Length of our Backswings' which is a 'Pre-Selected Component and Procedure'. The higher-LOFTED clubs will produce more '**Air Time to Roll Time Ratio**'. We will clear more grass with the higher-LOFTED Clubheads and faces.

To ensure you understand this approach to 'Chipping Practice' I will restate this Drill. For example, place twenty-seven Golf Balls three Paces from the fringe. Select your #PW and strike five with sufficient 'Clubhead Speed, Stroke Length' to get the Ball to the Hole. Next, select your #9 Iron and do the same. Then use your #8 and #7 respectively to do the same. This is four Clubs getting the same job done with varying 'Pre-Selected Components and Procedures'. Now you have a range of 'Tools or Arsenal' to get the job done.

You still have seven Balls remaining. Because the fringe or collar is in good repair and smooth, now take your 'Putter' and make the same shot three times. FEEL the ENERGY. Use your '**5 CONTROLS**', '**B.E.S.T.**', '**Three Brush Strokes**', '**the One Inch Rule**', '**One & THRU**' (for TEMPO) and '**Breathing Out**' (for smooth control) to get these three Putting Strokes accomplished. I want to pointedly add here that these 'Guideline to good ROUTINE' have been in-use for the previous twenty strokes. Of course they have! RIGHT?

So you now have four Balls left. Take your #PW, your #9, #8 and #7 Irons, 'Setting-Up Properly' for each, and stroke one Ball each 'Into The Bottom of the Cup'! You will have to adjust your 'Procedures' and 'Follow Your ROUTINE'.

Remember each approach shot, especially 'Chip Shots', is your '**Last Stroke for this Hole**'. 'Chips are just Putts with more HOP' than the 'Putter' so they should be as accurate as 'Putts'. They are still to be 'Holed Out' in one single stroke of the Clubhead.

This 'Attitude' is essential in making good, 'Get-The-Job-Done' 'Chipping Strokes'.

This 'BULLET-PROOF Drill' will help your scoring more than you can even imagine. Varying the 'LIE' is wise too but the session gets longer. This 'Stuff is Fun' and is where, in Golf, the 'Rubber really meets the Pavement!' You are about to experience improvement



'Weight' that is on the 'Target Foot' is on the Ball and Toe of the foot. The reason for this is that, once we 'Remove the Weight or Load' we essentially 'Deactivate' the Target Foot.

Step In Drill  
Brace Leg Only Drill

NOTE: You can just as easily produce the 'Sister Drill' as well that emphasizes your 'Target Foot', almost a 'No Step In Drill'. Be inventive. Variety is spicy!

110)           **DEACTIVATION DRILL?:**

**QUESTION:**

Deactivate it from what? Great question!

**ANSWER:**

Deactivate it from applying any 'FORCE or THRUST' in the 'AFT DIRECTION' during the 'Take Away and Back Swing'. I do NOT want you to have any 'Negative Leg Drive In The Back Swing' that may tend to move you 'Aft' and 'Off Balance'. If you have any 'AFT LEG DRIVE' that will FEEL beneficial to making the 'ROTATION or PIVOT that COILS or LOADS the Lower Body Machine', you are '**UNWINDING UP FROM THE GROUND UP**' and I want you to '**WIND UP FROM THE SHOULDERS OR BRACE HAND DOWN**'. If we 'Coil From the Top Down' we will naturally create 'Full Resistance' in the 'Lower Body Machine' (LBM) before the 'Upper Body Machine' (UBM) come into 'Full Coil' as well. Why is this the case? Because the 'Shoulders' can generally 'Turn About 90 Degrees' while the 'Hips' can 'Load Coil' to about half that or about 45 degrees.

It does not a 'Rocket Scientist' to 'Conceptualize and Intellectualize' the fact that the 'L.B.M.', 'COMING TIGHT FIRST' wants to get back to 'Comfort or Tonus First' so it 'Un-Coils First', '**FROM THE GROUND UP**'.

The '**HIPS (LBM) LEAD**' while the '**SHOULDERS, ARMS, HANDS and GOLF CLUB, THE LEVER ASSEMBLIES, THE UBM, LAGS**'.

#### **THE POINT OF THE DRILL:**

I want you to FEEL that the 'LBM Brace Side, Leg Drive, has CONTROL of the 'PIVOT or Forward ROTATION'. The Brace Leg does the WORK. The Target Leg does NOT do the WORK. **The Target Leg acts as a 'Stabilizer'**, somewhat like the '**Third Leg of a Tripod**'. It provides 'Balance and Stability'. It does NOT provide any POWER or generate 'Forward MOTION'.

With your Target Heel off the ground, your Target Foot and Leg is 'Deactivated'. It still provides 'Balance and Stability' but it cannot provide any 'AFT THRUST' during the Take-Away and it does NOT contribute anything of much significance to the 'Load PIVOT'. The 'Target Leg' cannot now, with the 'Heel Raised', provide the 'FORCE to PUSH you AFT' in the 'TURN BRACE SEGMENT of the SWING'. You do NOT want to have anything 'PUSH Your SHOULDERS Outside the Margins or Limits of your STANCE. Once your 'Centre of Body MASS' shifts outside your 'STANCE Pedestal' you will soon create 'Conditions' that are counterproductive to a good solid 'PIVOT Centred Coil or ROTATION'.

The great 'POWERFUL Golf Swings' with, especially the long Clubs (Driver), such as produced by the likes of Ernie Els and Tiger Woods are very 'PIVOT Stable' and have very little '**Lateral Movement to the Brace Side**', although there is necessarily some. The Head, if you have had the pleasure of viewing and understanding 'High Speed Digital Video Sequencing', moves 'Aft and Slightly Up' in the Back Swing, but it does NOT move 'Out Of The Box'.

The 'Stability of the Centred PIVOT' remains 'In Place' or 'In Full Influence' throughout the entire Front and Back Swings'. Watch any great Swing and you will easily see that the 'Head is Behind the Ball Through IMPACT'. This is NOT manufactured or 'FORCED' but is a natural 'Newtonian MOTION' governed not by whim but by 'Scientific LAW'. It is NOT an 'OPTION'. This 'Head Position' is governed by the '**Newtonian Action Reaction LAW**' and you had better 'Not Leave Home Without It' if you are headed for the links!

This '**Brace Leg Drive Only Drill**' serves to let you know what it FEELS like to have 'NO TARGET LEG POWER' in the Golf Swing. It forces you to 'Start Your Front Swing FROM THE GROUND UP', 'From

the Brace Side to the Target Side' and 'From the Inside Out' which means that the 'Spinal Crankshaft (HIPS and Abdomen) turns the Shoulders and the Lever Assemblies which includes the Golf Club'. In the 'FULL SWING' (Active PIVOT) we 'HIT THE BALL WITH OUR BRACE FOOT'. In my 'Lighter Moods', becoming more frequent as I get older and mellow, I frequently tell my students to 'Drop Kick the Golf Ball'. You should see the looks!

111)           **THE 'TRIGGER WORD SEQUENCE' DRILL:**

We have covered a lot of information and 'Concepts' in the last pages, so let's see if we can 'Tidy Up' and summarize a little.

You will recall those **4 P's 'PUSH PINCH PULMONARY PIN'**. If you do not or are 'Fuzzy', get to your 'INDEX' right now and review or locate this material and find out about it.

I like to think, with all this knowledge of the 'PIVOT' and 'Lower Body Machine' dominance in the Golf Swing, that we can use a simple reminder, one that is 'ACTIVE or useful in the EXECUTIONS PHASE' of the Swing. SET-UP is 'PASSIVE'.

So here are 'Three Words' that are '**NON VERBAL meaning NON ACTION**'. They take very little time to say in our 'Minds or our Subconscious' which controls the 'High-Speed, Multitude of Brain Synapses that msut MACRO during the Golf Swing' in order for us to 'Pull this relatively complex Golf Swing Off'. It ain't gong to happen if we try to 'Think Out Way Through the 1.5 Second Physical Event'. If you try to think your way through '**IT** ', you will be 'Standing In Your Own Way' as in your 'Square Target Footed STANCE'.

The '**3 B**' Trigger Words are '**RIGHT HAND, RIGHT SHOULDER, RIGHT FOOT**'. This, understood, will make your 'GOLFING MACHINE' come to life and produce Shots that are things of beauty. Of this I am certain! So, tie 'KEY WORDS' to your 'Motions'.

**FEELING THE GROUND**

112)           **THE 'BARE FOOT' DRILL:**

This is a 'FEEL Drill' that might be rarely used but useful.

I first heard about it from one of the great Canadian Golf teachers from Toronto, Ontario and then was reminded of it by John Dudley



and none other than Nick Faldo. He used this drill regularly but would not tell me if he did it before or after a couple of good glasses!

In any case we had his assurances that it was used, so one evening, completely sober, I tried it in a corner of our short game training area. It is a very useful 'FEEL' experience. Here's how it goes.

Get 'Bare-Footed', but not 'naked'! You might want to make sure you have washed your feet recently. The grass may be sensitive and you are certain to draw some curiosity.

Start with some 'Slow MOTION Drills - No Club' and progress to 'Medium MOTION - No Club'; then onto 'Medium MOTION - Club' and finally extending into moderately Full Swing with a Short Iron.

i) **'FEELING AT REST':**

The 'Pressure Zones' of each foot is important. When we simply stand observing Mother Nature, or anything, we should be about 'Even-Weighted'. Our 'Weight Distribution' should be about '50% Right & 50% Left', and the 'Longitudinal Weight Distribution' of each foot, (Weight Front to Back) is also evenly distributed. Of course, we have the 'Weight Around the Perimeter of the Foot and the Arch is free of load; that is unless you have terribly 'Fallen Arches'! Some people do you know.

ii) **'FEELING AT ADDRESS READY':**

Now the 'Pressure Zones' will have changed slightly. You, with 'Flex In Your Knees', should 'FEEL' that your 'Longitudinal Weight Distribution' has shifted slightly forward to where you 'FEEL' balanced just behind the rear portion of the 'Big Toes' and your 'Heels' may have lightened up. The overall 'Feel' should be that you have move your 'Weight Forward' and that you are 'Ready to Perform' whatever task you have chosen.

This is the 'Matador Proud' 'SET-UP' condition.

This is also the 'Greco-Roman Wrestler' 'SET-UP' condition we spoke of earlier on in the book. These are just two of several

'Descriptive Mental Physical Pictures' I have developed. You may have another. Great! As long as you can relate and get yourself to a 'Ready Position and State'.

iii) **'FEELING IN THE BACK SWING':**

In 'Swing Segment #2B and #1B, Swing Sequences #1, #2, #3 and #4, pay attention as to what you 'FEEL' and where specifically your 'Weight Distribution' is moving to and from. Is the 'Weight' on the front, outside, rear or inside of the Brace Foot at each Segment and Sequence? Where is it with the Target Foot. Make you 'Progressive MOTION Drill Swings' several times (about 5) and mentally record the sensations. You will now be better 'In Touch' with your Feet.

iv) **'FEELING IN THE FRONT SWING':**

Repeat the 'Back Swing Drill' and record the 'FEELINGS' you get. Now do the Drill, with a Club, 'Front Swing and Back Swing' 'FEELING' especially how the 'Weight is Transferring' in the 'Feet' throughout the entire Swing.

Next, expand this 'Area Of FEEL' to include your 'Brace Knee'.

When you are 'Comfortable', focus further on your 'HIPS' as a relatively 'Level Turning Unit'. You will find that, in the Back Swing, you experience an 'Increased Weight Load as well as increased Torque' on the Brace Side of the 'Hip Girdle'. If you do not, figure out why before proceeding. Likewise, you will experience quite the opposite in the Front Swing.

In your 'Bare Feet' your sensations are heightened and that may be useful for you as well.

**FEELING THE GROUND**

113) **THE 'SHOES WITH NO CLEAT ON WET GRASS' DRILL:**  
(Brace Foot PreLoad and Leg Drive)

For those of you who prefer not to go 'Bare-Footed'!

The basis of this Drill is similar to the 'Bare Foot Drill' in that

it is a 'FEEL Drill' designed to make us more aware of how our 'Feet Perform' throughout the Front and Back Swings.

This 'FEEL Drill' with 'Smooth Soles on Wet Grass' making FULL and Less-Than-Full Swings, of course, exposes us to the risk of 'Slipping'. This is what I call the 'Feet Spin Out' tendency. If we have improper 'Thrust and ROTATION' in the 'Lower Body Machine', we will produce too much early 'LBM Drive' before the 'Weight Distribution' produces the proper resistance of the Feet to the ground. Hence we will slip. This is all about 'MATCHING Components and Procedures'. How often have I alluded to this 'MATCHING' condition? It is a key to making good 'Golf Swings'. You would not take a full cut at the Ball with your 'Putter' or make a 'Putter Swing' with your Driver intending on a 300 yarder!

**QUESTION:**

'Why in the world would I want to do this slipper shoe stuff?'

**ANSWER:**

To test your 'SET-UP'. If your 'Weight Distribution' is faulty, you are going to induce problems, such as 'Slipping or Spinning Out'. If you do, well and good. Pay very close attention as to the 'FEEL of Slipping or Spinning Out'. Analyse the 'FEEL' and then figure out what you can do to reduce or eliminate it.

To test your 'Balance' which is directly influenced by your 'TEMPO, Timing, Pace, RHYTHM and Cadence. If you hurry your swing, you will promote the 'Muscular Timing in the Upper and Lower Body Machines' becoming out of 'Balance'. Your 'R.P.M.s' will NOT be 'Synchronized. Very likely, the 'Upper Body Machine Components and Procedures' will be 'Firing First'.

This will cause you to apply a great deal of rather 'Quick Pressure' on the 'Brace Foot', hence the induction of 'Slipping and Sliding as well as Spinning Out'. Your beneficial 'Smoothness' in the 'Application of POWER to the Brace Foot Point of Resistance' will have been lost or compromised.

This 'Drill' is somewhat like making shots from a 'Shallow and Firm Sanded Bunker'. You are at risk of 'Slipping or Spinning Out'. We know that, don't we? And what do we do to counter the risk? We

'SET-UP' with the proper 'Fairway Bunker Characteristics', select 'One Extra Club' (one that will 'Clear the Lip of the Bunker') and '**SWING SMOOTHER**'. What does this 'Smoother' mean? It means that we do not apply 'Abrupt Brace Foot Torque' or any 'Explosive POWER' to the 'Pushing Side'. We have to 'Throttle Up the RPM's' and just 'Slip the Clutch a little'. You never 'POP THE CLUTCH' in the 'Sand or Wet Grass Environment', that is unless you like the 'High Risk Environment' that goes with it!

I think 'Smooth' is always 'Good in Golf'! Even if you execute a 'Brisk Punch Shot' it should be both 'Balanced and Smooth' although not to the same degree as perhaps in a great '#2 Iron Swing'. Work with these 'Foot Drills' and explore their usefulness. I think you will find some with relative ease.

Every little bit helps!

The 'Experiential Realm' in Golf is beyond our wildest expectations and it will likely never cease for you as they have for me. I wish you many experiences that imprint your 'Grey Matter'!

#### 114) **THE 'WEIGHT LOADING' DRILL:**

While we are on the topic of 'Feet and FEELING', I have a very useful 'Drill' for you. I have often been asked to explain or give some general advice regarding what one should do with a 'Side-Hill Lie' that has the Ball 'Below Your Feet'. Well, having done so, I am always reminded that the 'FEEL' in one's 'Feet or STANCE' is quite unique. I think most of it is about this 'Weight Distribution' so here are two 'Drills' that may help you become better in touch with this aspect of the 'Game'. Both of the following 'Drills' are about one's weight 'Loaded Aft' or slightly on the 'Heels'.

#### **SIDEHILL, BALL BELOW FEET:**

- a) Set your Ball on a substantial side-hill so that it has to be well below your Feet during the 'Execution'. Do all your 'Prep-Work' and once you are fully 'Set-Up' take a moment to 'FEEL' your 'Weight Distribution' being slightly on your Heels. When you 'Swing, you will likely experience the tendency to be 'Falling Forward or Down-Slope' which you should not fight or get overly wrought with avoiding it. Do

this drill, and in fact the actual shot, with less than your maximum 'Power' so that you remain 'In Balance' through the 'IMPACT Zone'. Of course, you will recall, the tendency for your Ball to come out to the 'Low ENERGY Side' of the Target Line so you will either 'ALIGN' slightly to the 'High ENERGY Side' or, and I like this method of countering the poor Lie, you might simply adjust your 'GRIP' slightly 'Closed' and make a very normal 'Swing' through the Ball, Finishing well 'Down-the-Line' with good 'Follow'. Let your Clubhead 'Follow' the Ball well 'D.T.L.' towards the 'Pin Target Quarter'.

#### **HALF A BALL UNDER EACH HEEL:**

- b) This 'Drill' is made on the flat with a good Lie. It is still a 'Weight Loading Drill' just 'Set-Up' in a different manner. Perform your standard '5 CONTROLS' and normal 'PreSHOT Routine'. Get yourself to the 'IMPACT FIX Position'. Mark your 'Heels' with two tees. Step back and place one 'Golf Ball' where each 'Heel' will be. Once you are standing on these two Balls, your 'Net Effective Weight Loading' will be slightly to more than slightly, on your 'Heels'. Now make a smooth  $\frac{3}{4}$  Swing or use 'Less-Than-Full Power' and pay particular attention as to how your 'Weight FEELS' through the entire Back and Front Swings. This is a 'Weight and Balance Drill' that produces very predictable results.

Remember we are aware that, in the normal 'Full-Swing EXECUTION' we should 'FEEL' as though our 'Weight' moves from just behind the 'Big Joint or Ball of the Toe at 'Set-Up' and then towards or 'Aft or Heelward' at the 'Top Of The Back Swing' (TOB).

#### 115) **THE 'STEER SO YOU CAN CLEAR' DRILL:**

This is a 'STANCE' drill that will clearly demonstrate the importance of having your 'Target Foot Turned Adequately 'OPEN' to promote and enable your 'Lower Body Machine's' full 'Range of Motion'. It is the 'Engine of the Golf Swing' and must not be impeded or have any unnecessary Resistance applied. You must have 'Free-Wheeling' as a primary goal when making big Full Swings like your Driver Swing. This is a primary Drill that each one of us must learn and use! It is part of my 'PreSHOT ROUTINE'.

This is a 'SET-UP Drill' meaning that your '**5 CONTROLS**' must be in place before we even think of doing the Drill. 'POSTURE and GRIP' must be properly attended to and then we move on.

You will recall that I like to make a 'Circling Approach' to 'Landing'; no I mean to 'Address'! There's that pilot stuff again! Sorry you take 'Salem Out Of The Country', but you cannot take the 'Country Out Of Salem'! This 'Golfing Boy' will always be a 'Fly Boy' as well. Perhaps someday we might go for a ride to some distant course for a round! Back to business.

Your 'GRIP' is set, certainly in your Target Hand but likely in both. It was put on the Club in front of your Chest and then checked 'Visually'. The 'V's were Brace Shoulder and the match or 'FIT' of the two Hands was perfect.

After 'Visualizing Your Shot' from 'Down The Line (DTL)', I want you to walk in a semi-circle to directly behind the Ball. Take a look 'DTL' to the Target and back again to the Ball. Now step up to the Ball, about 'Two Paces Back', 'Feet relatively together, FEELING Balanced. Set your 'Clubface SQUARE to the Target Line (Ball Flight Line).

Now take on fairly big step with your 'Brace Foot' up to the 'Foot Line' with that foot 'SQUARE to the Ball Flight Line' or 'Matching the Clubface AIM'. Then bring your Target Foot up beside the Brace Foot with it's being 'Parallel' or 'AIMED' in the same 'Direction'; straight ahead. Your STANCE is now '**SQUARE SQUARE**'.

Next, 'Step Your Target Foot' to its proper position relative to the 'Ball Location' for 'WIDTH'.

Next, 'Step Your Brace Foot' back to its proper position to the 'Target Foot' for 'WIDTH and Stability'.

Next, 'Turn Your Target Foot' 'OPEN' to the Target Side about 30 degrees to 45 degrees depending on the Club Selected and you need to 'Set-Up' so you can '**STEER TO CLEAR**'. Remember, I do not think you can overdo this 'Open Footedness' even to 50 or 60 degrees. It will 'FEEL very Turned Target' but that will not be negative except in the very rarest of occasions. Experiment a little making sure you 'FEEL very Turned Target'.

I want to tell you that the 'Set-Up Task' is to get all the 'Components (body Parts) in a Position to Work in sequence and

harmony when the 'Procedure' commences.

This 'STEP IN' DRILL (variety) will help you accomplish this 'Harmony'.

116)           **THE 'BRACE HAND BRACE SHOULDER' DRILL:**

This function has been addressed earlier in the book, but it warrants a Drill.

It is key to a proper 'COILING Procedure' (WINDING From The Top Down') which is, of course, key to the 'UnCOILING Procedure' (UnWINDING From The Ground Up and 'Inside-Out').

Once properly '**5 CONTROLS**' 'SET-UP', Address or IMPACT FIX, and 'Breathing Out', ROTATE your Right Hand, Right Elbow and Right Shoulder, '**TOGETHER BACK & UP**'. Your Shoulder should 'FEEL' relatively 'Level Back' while your Brace Elbow and Brace Hand will '**FEEL AROUND & UP**'.

When you have your '**ROUND & ROUND MOTION**' (HIPS Carousel) balanced with the '**UP & DOWN MOTION**' (LEVERS Ferris Wheel), you will be 'ON PLANE' and your 'Clubhead PATH or ORBIT' will become established naturally. You should never have to 'Fuss With Your Plane'. I am not and do not want to appear facetious because I am not. This 'Take Away MOTION' is very simple and basic as long as you have the correct 'Spinal Forward Inclination and Aft Tilt' and make the 'Brace Hand, Brace Shoulder, Brace Foot' sequence.

I threw in the 'Brace Foot' as it is the 'PIVITOL' first forward MOVE since the 'Hips Must LEAD' and the 'Upper Body Must LAG'.

Incidentally, I truly 'FEEL' that, with your 'SET-UP' in order, the total 'Body Machine, Lower and Upper', will perform very much on its own as long as you 'TURN RIGHT (Brace) - TURN LEFT (Target)'. In this manner, the 'Lower Body Machine' can 'PIVOT ITS WAY TO POWER' every time.

This is wonderfully the 'Full Swing Formula For Success' and there are no real other versions. (Stage Three).

Keep it simple. FEEL the MOTION.

Brace Hand to Brace Shoulder  
Three Actions and a Single Motion

117)           **THE 'REVERSE SLIDE OR SWAY' DRILL:**

The main purpose of this Drill is to enable you to 'FEEL' these 'MOTIONS or ACTION' even though they are completely wrong. When we know the bad Swing aspects we are better prepared to avoid them and get to know and employ the good aspects of our 'Swing Procedures'. Just a little common sense!

Some people make their 'Take Away' with the 'Clubhead and Hands' moving 'AFT' while their 'Hips and Lower Body' are moving 'FORWARD'. This produces a 'False Weight Shift' that only 'FEELS' like 'Brace Load' with pseudo 'COIL'. These 'Lateral Top or Bottom of PIVOT Drills' are all about 'Differential Movement' and 'Lateral vs. Rotational'. I want to tell you that very little 'Lateral Hip Motion' cancels a lot of 'Rotational Motion'. A very small amount of 'Lateral' requires a great deal of 'Rotational' to balance and allow 'Timing' (RPM) to be effective.

This 'Slide' is not going to provide any 'POWER' as we have 'NOT COILED or LOADED the Brace Side to do any WORK'. If our playing partner were to just give us a gentle 'Nudge' on our 'Target Shoulder' towards the 'Brace Side' we would fall over to the Brace Side. Our 'Upper Body Machine' is way outside our 'Foot Pedestal' and we will certainly look 'Out of Balance' to about everyone except ourselves.

Robert Burns said "I would the Lord the giftie gee (give) us to see ourselves as ithers (others) see us". Have your buddy take a video and show you. Just consider whether you are 'In Balance or Not'. NOT!

Golf must be played 'In Balance At All Times'.

**THE DRILL:**  
(a Shaft Drill)

Take a 'Painted Golf Shaft' (our are all generally White) and stick it firmly in the ground just 'Mid-Outside Your Target Foot' so it sticks straight up into the air to at least 'Hip High'. As your 'STANCE WIDTH' may be slightly wider that your 'Hip Width', I would have the 'Grip End of the Shaft' leaning or kicked in towards my Target Hip and 'Making Contact' with it.

Now when you make your normal, 'Hips Reverse Sliding To The Target



Side' you will 'Run Into the Shaft', 'Get The Shaft', which should enable you to 'FEEL' the lateral movement. Once you 'FEEL IT' you will know what movement is in error, Now you can 'Alter Your Procedures' to take out the 'Hips To Target Slide'.

Focus on your 'Brace Knee's Being Flexed and Stable Under The Outside Of Your Brace Hip' during the entire Back Swing. This is the 'Key To Correction'. Then 'RIGHT (Brace) HAND, RIGHT (Brace) SHOUDLER'. You will not have to do much else.

You might ask me 'Why do you say 'RIGHT' when your term of preference is 'BRACE'? It's a good question. The answer is that 'I have always called the Drill the 'RIGHT HAND RIGHT SHOULDER DRILL' and this old dog hasn't desired to learn a new trick!

In any case, 'No More Reverse Slide', Hips Moving Target, Shoulders Moving Brace.

118)           **THE 'MEDICINE BALL' DRILL:**  
                  (a PIVOT DRILL)

This is a very good old Drill! It promotes our 'FEELING' the pure 'PIVOT Motion', 'Load and Release' that are so necessary in making good 'Golf Swings'.

Take a 'Light Medicine Ball' or something similar (a Honey Dew Mellon will do but don't drop it!), 'Hold It Between Your Palms at Tummy High'. '**TURN BRACE**' and 'Throw (release) the Medicine Ball' to a friend standing directly on your 'FOOT LINE' (Four Feet Aft) but facing your Brace Hip. Your friend catches the 'Medicine Ball' and then throws it back to you. Do it again.

This is a 'FEEL DRILL' and I want you to 'FEEL' the 'Slight Push Off Your Target Side with your Hips and Shoulder doing the WORK of Transporting the Ball' 'Up The Line' to your friend.

After doing this ten times, have your friend 'Change Ends'. Its half time! Now he or she will be standing 'Down The Line' about Five Feet. Now '**TURN BRACE - TURN TARGET**' and 'Release the Ball' so that it travels smoothly again into the Hands of your friend.

You must learn to 'Let the Ball Go at Just the Right Time' so it 'Tracks or PATHS or is Delivered DTL to the Target' which is your 'Pre-Selected Procedure'. We must 'Let The GO Off The Clubface' you

know. If we 'HOLD ON' it will be a 'PULL' to the 'High ENERGY Side' of the Target Line every time'

'BREATHE OUT' !

119)           **THE 'SHAFT ACROSS YOUR SHOULDERS' DRILL:**

This is a great 'PIVOT or ROTATION DRILL' and will help you 'FEEL' both the 'Lower and Upper Body Machines' doing their 'ROUND & ROUND and 'UP & DOWN' Work.

This 'Shaft Drill' will really help you to 'FEEL Your Shoulder Plane' during the entire Back and Front Swings. Both the Hips and Shoulders should 'FEEL Levelish'.

Place a 'Long Shafted Club Across Your Shoulders' allowing the fingers of both Hands, 'Palms Facing Forward', to curl over the shaft. Allow the Weight of your 'Lever Assemblies' to hang on the Shaft and your Shoulders.

Now 'TURN BRACE COIL Over Your Brace or Flexed PIVOT Knee', 'FEELING the Brace Shoulder's Moving BACK and slightly UP' while the 'TARGET Shoulder's Moves Forward and slightly UNDER the Tallish CHIN'. Your Clubshaft will be 'ON PLANE'. Your Target Shoulder will have travelled to about even with the Ball or to the Ball Location.

FEEL the LOAD COIL over your 'Flexed Brace Knee' as it is the 'Pedestal Base of the PIVOT'. Remember, your 'Brace Knee is never Straight at any time during the entire Back or Front Swing'.



Shaft Across Your Chest ... Cradling On Your Thumbs



Shaft Across Your Shoulders, Thumbs Up



Shaft Across Your Soulders, Thumbs Up  
Brace Load Coil



Shaft Across Your Shoulders, Thumbs Up,  
Target Un-Coil and Un-Load

120) **THE 'SHAFT BEHIND YOUR BACK' DRILL:  
Cradled In Your Elbows**

This Drill is very similar to the 'Shaft Across Your Shoulders DRILL'. With the Shaft across your 'Lower Back', place each end of the Shaft in the 'Crotch of your Elbows'.



Shaft Behind Your Back, Cradled In Your Elbows



Shaft Behind Your Back, Cradled In Your Elbows  
Brace Load and Un-Coiled





Shaft Behind Your Back, Cradled In Your Elbows,  
Target Un-Loaded and Un-Coiled



Shaft Behind Your Back, Cradled In Your Elbows,  
Target Un-Loaded and Un-Coiled

With this 'SET-UP', again 'TURN BRACE - TURN TARGET' 'FEELING your WEIGHT 'ROTATING' to your Brace Side as it must do. Your Hips will 'FEEL Levelish' while your Shoulders will 'FEEL Levelish as well but with perhaps just a little 'UP' thrown in for 'Good Hip PLANE'.

This is a 'PIVOT LOAD & UNLOAD COIL DRILL'. Focus on this event n 'Slow and Medium MOTION'. '**REMEMBER THE FEEL**'.

It's fundamental!

#### 121)           **THE 'BRACE THUMB UNDER' DRILL:**

This is a 'Wrist Hinge Position and Wrist Hinge Action Drill that is very useful to both function and 'FEEL'. Without proper balanced 'Wrist Hinge Actions' we are seriously impaired in our 'Golf Aspirations'!

There is quite a lot to this 'Wrist Hinge' topic, so you might turn to your 'Trusty and Friendly Tour Guide INDEX' and seek out more information on this key topic.

When you make your 'Take Away with a Mid to Long Iron', 'Brace Hand, Brace Shoulder' with the proper 'GRIP Component In Place' you will 'FEEL that your Brace Thumb', which is on top of the Shaft (GRIP) at IMPACT FIX, has '**TURNED**' to the 'Brace Side' and is actually '**UNDER THE SHAFT**' at the 'Top Of Back Swing' (TOB).

This Back Swing 'TURNING ACTION' (Pronation) becomes a Front Swing 'ROLLING ACTION' (Supination). It is a natural essential 'ACTION' or Move that you must learn and 'FEEL'.

When your 'Brace Thumb Is Under the Shaft' at the 'T.O.B.', your 'Brace Elbow' will also be 'Under the Shaft and Brace Hand' so that its 'Condition is Vertical' to the ground or close to perpendicular. Then also, your 'Forearm will be Vertical'. Just 'FEEL as though your 'Cocked Brace Lever' (Brace Elbow and Brace Wrist) is 'UNDER the SHAFT', somewhat supporting the Golf Club.

The 'Brace Lever and Side' is about to 'Deliver the Blow' so it had better be 'In Control' at the 'T.O.B.' If not you will likely never have 'Control of the Clubhead' or anything related thereto, including the Golf Ball!

122)           **THE 'LEVEL AND LATE' DRILL:**

This Drill was devised more in the 'Process of Teaching' than sitting at the drawing board. I think this is really the way to develop or stumble onto good Drill; by 'Swinging the Golf Club' or having student do it for you and provide good 'Feed Back'. Might just as well let them do the 'WORK' and just sit back and observe. Afterall, I have put in my years as the 'Swinging Apprentice'. The 'Shoulders and Hips Turn Relatively Level' while the 'Hands Hit or Fire Relatively Late in the Swing'. The 'Lower Body Machine LEADS' while the 'Upper Body Machine LAGS or TRAILS'. 'Leg Drive' early while 'Hand Action' late!

I had a very good 'Player' whose name is 'Kenny Kates' from Las Vegas, Nevada who was working with me to sharpen thing up. I always ask my students 'What did you FEEL?' He, after some deliberation and several more shots, told me he 'FELT LEVEL in the Hips and LATE in the Levers'.

I understand precisely what he means and rather like that explanation of his 'FEELINGS'. I can make a 'Full Swing' and 'FEEL the same thing, 'Hips LEADING and Levers LAGGING' so I endorse the Drill.

Hope you do as well.

123)           **THE 'FLAT TARGET WRIST' DRILL:**

This is 'NOT AN OPTION' if you want to become a Player. You know the 'FLAT TARGET WRIST' is an 'Imperative'. They are three in number; 1) the Flat Target Wrist, 2) the Clubshaft 'ON PLANE' and 3) establishing and maintaining Clubhead LAG Pressure THROUGH the IMPACT Zone.

This Drill requires that you 'FEEL the Wrist to be FLAT or having its 'HINGE PIN' Vertical and Parallel to the Clubface' generally. That is your 'Wrist Bones' being generally 'Up and Down' and more or less 'In Line' with the Clubface.

Now make your 'Slow MOTION Back Swing and Front Swing' to about half way back. This will be to your 'Swing Sequence #3' between 'Swing Segment #2B and #1B.

The focus here is to your 'Flat Target Wrist' being 'FLAT at IMPACT FIX' and remaining 'FLAT during the Abbreviated Back and Front Swings'.

I want you to 'FEEL' that the '**BACK OF YOUR TARGET HAND CONTROLS THE CLUBFACE AIM**'.

**'Where Your Target Hand Points, Your Clubface AIMS'.**

NOTE: This is really an 'Isolate The Parts Drill' and should be done in 'Slow Motion' to impart the most 'Feel'. Invent several more of these to learn more about all nine your 'Hand Wrist Positions and Actions'. 'Matching Components and Procedures'

124) **THE 'BUTT MASTER 2000' DRILL:**

This is a great Drill with an equally good name. It was so named because it directly involves your 'Derriere', those fit and trim 'Gluteus Maximus, Medeus and Minimus Muscles' you are so attached to! Well there may be some 'Adiapore Tissue' involved too. That's life in the fast or perhaps slow lane!

This Drill is designed to promote 'PIVOT Stability' with good 'Weight Distribution at Address FIX, IMPACT FIX and at the 'Top Of Your Back Swing (TOB) which should lead to 'Good Balance' and 'POWER Delivery' Through the IMPACT Zone which tends to produce good 'Balance' in the 'FOLLOW-FINISH Segments'. 'Matching Components and Procedures' leading to 'Balanced Motions and Actions' is what 'Golf' feed on!

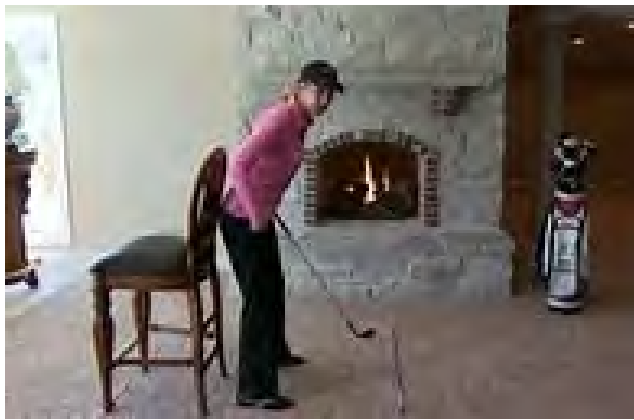
The 'BASIS' of this Drill is that we must 'FEEL' stable in our behinds. They must not be 'Swaying or Reverse Sliding' in either our Front or Back Swings. Our HIPS must be 'PIVOTING or ROTATING' 'LOAD COIL and UNLOAD COILING' over our 'Flexed Brace Knee' which is the 'Base of the PIVOT'.

We are NOT doing the 'HULA'!

In order to 'FEEL this Posterior Stability', great Golf teachers have devised a Drill called the 'Butt Master 2000'.

Take a standard chair with a back, a school auditorium chair is perfect, and stand 'Behind It' with your 'BUTT' against its seat back. Now make your 'Brace and Target Turns' in 'Slow MOTION' ensuring that your 'Butt Does Not Lose Contact with the Chair'. In this manner, your HIPS, the 'Lower Golf Machine' will be stable in their 'PIVOT and ROTATION'. You will 'FEEL' also that your 'Flexed Brace Knee', the 'Base of the PIVOT' is very stable.

You may 'Set-Up' with your Butt against a wall as well. 'Variation of a Good Theme' again!



Butt Master 2000 Drill

NOTE: This Drill is designed to help you 'FEEL' the primary 'Positions and Motions' of the 'Lower Body Machine' with special emphasis on 'Brace Knee and related Hip Action as well as the very key 'Shoulder Rotational Motions about the Spinal Crankshaft'. Notice your 'Weight Distribution' at all times. This is best done as a 'Slow Motion Drill'.

125)           **THE 'HOLE IN YOUR BUTT' DRILL:**

This is an 'RPM Drill'.

This Drill has been mentioned earlier, but merits another centre-stage. (a former Tee Drill)

**'THE HOLE IN YOUR BUTT POINTS AT THE HOLE IN YOUR TUMMY!'**

When you are at 'Address FIX' the hole in the butt of your GRIP points about at your 'Belly Button'. At 'IMPACT FIX' the 'Hole in Your Butt Points about half way to your Target Hip.

During the Back and Front Swings, while your Hands are at 'HIP HEIGHT' or lower, the 'Hole in Your Butt' should point where it started at 'IMPACT FIX'.

Simultaneously, the 'OTHER END OF THE GOLF CLUB' points 'At the Base of the Plane Line'.

If you can keep this 'Condition or Relationship' '**CONSTANT** throughout the Swing', you are traversing onto 'Thicker Ice'.

Good things are about to happen for you. It's a reward for your attention and diligence! Who said Golf was not fair?

It is 'Brutally Fair'.

NOTE: This is best done as a 'Slow Motion Drill' so as to enable your getting the best 'Remembered FEEL' out of this drill

**THE 'BRACE LEG OVERDRIVE' DRILL:**

This is another 'Lower Body Machine Spin-Out Drill' that is very useful. It is a 'FEEL Drill'. Too much 'LBM' that does not 'MATCH' the 'Upper Body Machine' Motions. Poor 'Timing'; things too early and too late!

Too much of a good thing can become a bad thing! I know, you are thinking of things Golf and 'Other' and your response is 'Try Me'!

This 'Over-Cooked Swing Error' is not a fault suffered from 'Hackers or Underachievers'. It is an 'OVER-ROTATED Lower Body Machine' with 'Over-Active Legs, generally the Brace Variety'.

The first thing we must accomplish to get back into 'Balance' is to 'Conceptualize, Intellectualize and then Actualize' the correction. In this case you must 'Moderate or Quiet the Lower Body Machine' and allow it to 'CLEAR Smoothly'.

I have found that the 'Spin-Outers' and 'OVER-DRIVERS' tend to have a 'TOO SQUARE TARGET FOOT' that seems to make them 'FEEL' like they are 'Breaking Down a Locked Door'. Of course this is true. If your 'GATE IS CLOSED' you have to take some ACTION to get through it. The 'Speeding Car' simply 'Takes It Out'. Not very intellectual but practical. We are like the automobile here too. Once much of this takes place, were are 'In The Body Shop' so alert your chiropractor!

**THE DRILL:**

My corrective measures are found, at least partially, in the sue of another 'SHAFT DRILL'. Stick one of your 'Long White Shafts' firmly straight in the ground just outside your 'STEERING MID TARGET FOOT' so that it is 'Stationed Just Lateral Target to your Target Hip'. Now when you make your 'Leg-Driven Target Turn' you should 'Run Into It' instead of the 'Golf Wall or Closed Gate'. Make your Turn right to 'Shaft Touching Your Tummy'. This is like the 'Turning In The Barrel Drill'. It is also similar to 'Letting Your Nose Drip on the Ground after the Swing is Completed Drill'.

You must 'COMPLETE your TURN with your CHIN (Upper Body Machine) ultimately keeping up with your Hips. The CHIN generally catches up in Swing Segment #3 during Swing Sequence #7 - #8. The Hips are still 'LEADING the LAGGING Upper Body Machine' through IMPACT and



Separation.

This Drill, or the deficiency overall, is one of 'R.P.M.', still staying 'Vehicular in our Approach to this Golf Stuff'! You know the 'Three Golfing Machine Zones', 1) the Body, 2) the Levers or Arms and those 3) Hands 'Clamped or Holding onto the Golf Club. You must 'Keep these Three Zones Turning At the same rate or 'R.P.M.' or you will get 'Parts Flying Everywhere', Pistons and Rings through the Head and Cylinder Walls with broken Valves', a costly 'Physical Failure' resulting from a 'Mental Failure' that took place about the same time in the event!

We need to re-programme the 'Mental Aspect' to prevent the 'Physical Result'. It is relatively easy to accomplish and inexpensive.

You will have already deduced that the result of this 'Leg Overdrive' is the notorious 'Reverse C'. Just don't finish with your Head very far behind your Hips. DO NOT strive to 'Keep Your Head Behind The Ball'. I very much dislike this 'Instruction' which is so liberally given by instructors who have investment interest in chiropractic clinics. If you have aggressive 'FAST FIX' parts distributor friends who also own and operate big automotive repair shops, just be wary of their advice.

John Patrick is the author of a book titled 'Repairmen May Gyp You' and it was fun to read. Always 'Conceptualize and Intellectualize all the 'Good Advice' before you carefully 'Actualize It'. Play it by 'FEEL' and if it is simply 'Uncomfortable' put it in the 'On Hold or Rejected Bag'!

This is a 'Remembered FEEL Drill' and is best done in a 'Slow Motion' environment as are most of my 'Bullet-Proof Drills'. Even if the subject is 'Component and Procedure Speed', once you think you have it right, do it in 'Slow Motion' to prove the 'Motions' and that your 'Components Match during the Procedures'. Always the same old approach! Boringly effective!

127)           **THE 'BASEBALL SWING' DRILL:**  
                 (sometimes called the 'Forehand Top-Spin Lob Shot')

The above 'Target Hip Shaft Drill' applies as do all 'PIVOT and R.P.M. Drills' we have addressed.

This Drill is a 'Free-Wheeling Drill' that we have often talked about. If I am redundant, forgive me. But good things are worth sharing even perhaps three times! We must keep throwing handfuls of it at the barn door until some of it sticks! Good teachers are a persistent lot! Fortunate for you! Right?

We sometimes 'Lose Extension with our 'Lever Assemblies', especially the 'Target Lever' whose primary job is setting and maintaining 'Swing Radius'. Of course, the Target Hand Controls the Clubface and contributes significantly to the 'Turn & Roll ACTION' of the Hand and Wrist, as well as to the 'Bend, FLAT and Bowed or Arched' position of the 'Hinge and Clamp'. Remember, we more let these ACTIONS take place than to force them to take place.

Hackers, and I use this term congenially as opposed to always say 'Those who have not become accustomed to accomplishing a fully perfected or reasonable Golf Swing', tend to use too much 'Upper Body Machine' and then, of course, too little 'Lower Body Machine'. (see 'The Difference Between Pros and Hackers') So this Drill is almost the 'Flip Side' to the above 'Brace Leg Overdrive Drill'.

At any time the famous 'Three Machine Zone Rule' or the 'RPM Rule' is violated, we need a mechanical tune up! Mental too! Strive to 'KEEP YOUR HANDS and GOLF CLUB In Front of your HIPS or BODY when they are Below Your Rib Cage or Tummy'. This promotes 'R.P.M. and Zone Control.'

Students of the Game get 'Lower Body Stuck' and then their 'Extension Goes Away' and the 'Target Elbow and Lever both Shortens and Round-Houses'.

A repair process I would recommend is to take a 'Long Iron or Wood' and make big 'Home Run Swings' over the Left Field Wall (Righties or Ralrhs) or Right Field Wall (Lefties or Louies). This promotes a very good free 'FULL HIP TURN' and 'Levers Following' Swing right through 'Clubhead and Hip Release'. You can elect to make your practice Swings 'FEELING Like' you are a Lumberjack or Faller Chopping down a big fir tree. Whatever your 'Image' it must 'Complete the Turn Brace to Target'. That is where the POWER resides and unless you get this 'ROTATION' to happen, you are in for a rough ride at 'Mesquite'!

Do this 'Drill' both at 'High Speed and in Slow Motion'.

128)           **THE 'MIRROR' DRILL:**

You need a full figure mirror or prop to do this. Most 'Golf Courses' and 'Golf Schools' will have one that you can borrow. The purpose of this Drill is simply to see yourself as others see you and perhaps discovering and learning from the experience! Personally, I do not like to see my protruding tummy, so I stopped using the tall mirror and reverted to my 'FEEL' and 'Imagination'!

There is a significant tendency in the average Golfer's 'Procedures' to either 'LOCK THE HEAD IN PLACE' (the old Keep Your Head Behind the Ball garbage) or to allow it to 'Move About Like It Had A Mind Of Its Own'. This 'Wandering About' is not very 'Heady Decision'. Well it is, but you know what I mean!

To know exactly where your Head is during any Swing, you can simply use a 'Bathroom Mirror' as your primary and only 'Training Aid'.

Stand 'Square-Chested facing the Mirror'. Place both Hands straight up above your Shoulders, Palm open facing the Mirror with Index Fingers pointing Up as well. They should be relaxed but in place. Not 'TENSION'. So your 'Index Fingers' will be about at the same elevation as your ears.

Now 'Look Yourself In The EYE'. Make your Brace Load Turn keeping your EYE on yourself. Turn Brace and Turn Target all the while looking perhaps at the 'Bridge of your Nose'. Do the Drill ten times, five in 'Slow MOTION' and five at 'Medium Speed'.

Voila, your Head has remained 'Stable'. No big deal right? That is as long as your can keep it stale!

Those 'Captain EYES' are in control of this Condition. When you are actually striking a Golf Ball, you must '**SEE THE BALL COME OFF THE CLUBFACE**' while maintaining that '**Tallish CHIN**'.

Simple as that! 'Good Spine Angles with a nice Tall PIVOT Spinal Crankshaft' or you will pay!

You must make this happen; NO DELAY!

It's 'IMPERATIVE'.

The Full Length Mirror Drill

The Small 3x5 Putting 'Eye Position Mirror

129)           **THE 'SOFT AND SMOOTH' DRILL:**

I have mentioned many times throughout this book that you must be '**SOFT BACK AND SMOOTH THROUGH**' meaning that your Back Swing is 'Soft-Handed' while the 'Accelerating Front Swing must remain 'Smooth'. Jerky MOTIONS will not get the job done to your satisfaction. The dreams will not come true!

This problem of NOT being 'Smooth' is likely a 'TENSION and TEMPO' issue. Make a Drill for yourself that is based on the thoughts and 'FEELINGS' of 'Relaxation and RHYTHM'. When you make your 'TICK TOCKS' do them '**BREATHING OUT and COUNTING 1 and Thru**'. These two very simple concepts will clear up most all you 'TEMPO and RHYTHM' failures. Thus your Hands and Arm, holding the Golf Club, will move in synchronization with your Body. Here we are, the old 'R.P.M. Drill' concept again. It is not going away. You would be best to come to terms with this co-operation.

130)           **THE 'CLOCKING' DRILL:**  
                  (Clubhead PATH Drill)

The purpose of this Drill is to help you discover and groove the length of your 'Back Swing Travel' so as to better 'Manage Your ENERGY Levels' especially in your 'Less-Than Full Swings'. 'Consistence Distance' depends on this ability. Learn and practise it diligently and often.

Many 'Aspiring Golfers' (you see I do have alternatives to saying 'Hackers') have difficulty 'Swinging the Clubhead' 'On PATH'. They tend to 'OUTSIDE-IN' (**O/I**) which induces the Cut or Spin, which creates the Fade and Slice.

To assist in overcoming the 'Error In PATH', set a Long Iron, GRIP to you, on the ground directly on the 'Target Line' about three feet in front of the Ball. The Clubhead is '**12 o'Clock**'. Your TARGET or PIN is where the Clubhead is located.

Now place another Iron beside the first club, Butt of the Grip to you and Head AIMING at '**2 o'Clock**'. Additionally, place a nice new white GOLF BALL between the two Grips. This is '**1 o'Clock**'.

So now you have the 'Early After Noon Clock' set up as a 'Drill Station'.

Strike some  $\frac{3}{4}$  Swings with your #7 Iron 'FEELING' your Clubhead's travelling directly over the '**2 o'Clock Shaft**'. This may result in a 'PUSH' but that is 'Result and FEEL' for now. Next 'Swing the Clubhead' over the '**1 o'Clock Ball**' so your 'CLUBHEAD PATH' is definitely '**I/O**'.

Remember you need 'Brace Leg Drive', the 'Bottom Moving the Top' from the 'Inside Out'.

This is the '**7 o'Clock to 1 o'Clock Drill**'.

For 'Lefties' it is the '**5 o'Clock to 11 o'Clock Drill**'.

It is a good simple Drill so use it regularly.

#### 131) More '**CLOCKING**' DRILLS:

Remember, 'SLICING and PULLING' are '**OUTSIDE-IN CLUBHEAD PATHS**' (O/I) and the above Drill will help. Also keep in mind that the SLICE is 'FAST HANDS and SLOW HIPS' so an important correction is to 'Apply More Brace Foot PreLoad and Leg Drive to Propel the Hip ROTATION at 'high R.P.M.s' so when they 'LEAD' you 'Upper Body Machine' will 'LAG' as it should to get '**I/O**'.

Remember 'HOOKING and PUSHING' are '**INSIDE-OUT CLUBHEAD PATHS**' (I/O) and the above Drills will help as well. This 'SLOW HIPS and FAST HANDS' 'Inside-Out'. The deal is simple.

If you are an '**O/I**', set-up and work the '**7 o'Clock to 1 o'Clock Drill**' and vice versa.

These are 'FEEL Drills' so 'Give Them A FEEL' !

I want to make you a '**Remembered FEEL Golfer**' and if your do so, you will become a '**REFLEX PLAYER**' simply taking a 'Look Down-the-Line at the Target', 'Visualizing' and then 'Pulling the Smooth Trigger'.

That is a wonderful situation to be in.

132)           **THE 'SHANK' DRILL:**

Assuming that the 'BALL LOCATION' is correct relative to your 'Target Clavicle and Target Heel', this 'Swing Error' is one of 'Clubhead PATH' moving from 'SWEET SPOT at SET-UP' to the 'HEEL and more at IMPACT'. The scenario is quite clear.

We have allowed the 'Top of our PIVOT' to move forward. We have 'Increased our Forward Inclination' thus causing the Clubhead to get farther from our Feet. The culprit is found in the Shoulders, especially the Brace moving 'Forward' with a stable 'Extended Swing Radius'.

What I like to do to correct this error is a simple 'ROTATION Drill'. 'Flex Your Knees' and 'Keep the Brace Knee Flexed' at all times, Front and Back Swings'.

'FEEL some 'SIT DOWN' by lowering your Butt a little which will shift your 'Foot Weight Distribution' slightly AFT towards your Heels. When you are 'Weighted On Your Heels' you will NOT 'Get up onto your Toes' which invariably moves your 'Weight Forward on your Feet', which moves your 'Clubhead Forward' as well. Hence the 'Dreaded Shank'. Note that this 'Motion' is clearly a deficient 'PIVOT' function so any 'Shank' has 'Suspicious LBM Rotation'. 'First things First'; get that 'LBM' working as a 'Power Source'.

Swing on an 'Inside-Out' Clubhead PATH, '7 o'Clock to 1 o'Clock' as discussed earlier. No more Shanks!

The other 'Component and Procedure' one might be aware and cautious of is that of your 'Lever Lengths'. Make sure you are not 'Short-Arming' your 'Set-Up'. If this is the case, you will likely be standing too close to the Ball and will tend to be 'Set-Up' with the Ball on the 'Heel of the Clubhead'. Be very particular about these 'Set-Up Components'. They translate directly into 'Procedural Realities'.

133)           **THE 'B.E.S.T.' DRILL:**

Of course, this is a 'Putting Drill'.

You know I strongly recommend that you utilize it for your 'Chipping Practice' as well. Afterall, 'Chips' are just 'Putts'

with a different 'Golf Club'! The good 'Short Game Pays'!

I am not going to 'Hold Your Hand or Give Your Strokes' in this matter. Turn to your 'Trusty INDEX' and take a Trip to the 'B.E.S.T.' Place!

I will give you an option. Turn to your 'Table of Contents' and go to the 'PUTTING CHAPTERS'. You will find the 'Key to Pandora's Box' and the information will flood your 'Mental Reservoir'.

This material will lead you to the 'One Inch Rule', to the 'Three Brush Stroke Rule', 'Green Reading' and a lot more.

The 'Little Stroke With The Upright Stick' is more than important! Make it your friend FAST!

#### **SURPRISING OPTIONS:**

Be curious and inventive.

'Putting is more of an 'Artform than a Science'. I have a personal 'Drill' I use which just gives me a little more perspective in my 'Putting'. It may help you as well. I have an old 'Bulls Eye' putter which, as you know, is 'Right Hand-Left Hand'. Regularly, I will practise 'Putting Left-Handed' just to remind me of the 'Motions' of the various 'Components'. I own several really excellent Putters and have been known to do it 'Left-Handed' for short periods if I get in a 'Right-Handed Rut'!

I can hear you saying, "I have enough trouble doing it my regular way without throwing in another method!" You may be surprised at what you 'FEEL' by experimenting a little. All experiences contribute to your overall success! Perhaps just a little, but a little may make a difference.

For what it is worth!

NOTE: Although 'Putting' is certainly a relatively 'Slow Motion Action', make sure you always make some 'Strokes' in every 'Practise Session' in 'Slow Motion'. 'Feel the Parts and the Steel'. (especially your 'Hands and Forearm Conditions' Triangles)

134)           **THE 'ENERGY MANAGEMENT' DRILL:**

This is a very useful 'Putting Drill' without which you will not find your 'Weight or DISTANCE' (Range) which is a greater challenge than is 'DIRECTION' (Azimuth).

Knowing your 'One Inch Rule' is very important here. As well, more along the line of pure 'FEEL' which I like to develop, you can do the following:

Find a flat area on your 'Practice Green'. Place five nice new white 'Playing Quality Balls' at four, five, six, seven and eight feet in an arc or straight line but spaced so you can strike them easily (Spiral Drill). Perform your 'B.E.S.T. ROUTINE' and 'Execute the Stroke in the Proper Procedures'. Therefore, before each stroke, you should make your 'Three Brush Strokes and then Paint the Picture'. This is the '**ENERGY MANAGEMENT**' aspect of the Drill. You should be able to adjust the 'Length of Your Back Swing' to create the right amount of ENERGY to propel the Ball all the way to and past the hole by about 12 to 17 inches if you miss the 'Targeted Back of the Cup'.

Now increase your 'Ball Rolling Distance' and place the five Balls at nine, ten, eleven, twelve and thirteen feet. Repeat the 'ROUTINE', several times if necessary until you get 'CONTROL'.

Next increase your 'Ball Rolling Distance' again by placing the five Balls at fourteen, fifteen, sixteen, seventeen and eighteen Feet. Repeat the Drill.

I would like you to extend this 'ENERGY Management Drill' all the way out to a 'Measured' forty or fifty feet.

The key and most difficult aspect of 'Putting' is 'Weight and DISTANCE'. In order to become a solid putter, you must 'Master the Basics' in making this 'Shortest of Strokes'.

You will recall the 'Safety Ladder Drill' used for both 'Putting and Chipping'. This is a very useful 'Energy Management Drill' that should be both remembered and used often if you want to become and remain a good 'Short Sticker'.

You see, practice can be and is quite easy so enjoy! There is a never-ending selection available just to keep things fresh and productive. Keep building your 'Mental Catalogue of Drills'.



135)           **THE 'TOP OF BREAK' DRILL:**  
                  (the High Point of Break)

This is a 'Reading the Green' Drill and once you understand the 'Procedures and ROUTINE', and as long as you have an 'EYE for IT', you will get very good at 'Holing Putts'.

Locate an area on the 'Practice Green' that has an even 'Slope to the Hole'. Set five Balls about fifteen feet on the 'Side Hill'. Read the Green and then find the '**TOP OF BREAK**'. In these long braking Putts you will NOT putt referencing the Hole but Putt to and through a 'Point on the Green' that is 'Above the Hole' so that the 'Slope and Break' will cause the 'Ball Rolling Line' to 'Feed The Cup'. I would suggest you find and use what I call an 'Intermediate Spot to Putt Through' as well. This 'Spot' should NOT be out of your 'Peripheral Vision' so you DO NOT have to 'Turn Your Head to See It'. Putting is a 'Steady Headed Event'.

Remember, if you do not 'Get to the Hole' either 'ON LINE or From Above the Hole' if there is Slope, you are 'NOT GOING IN' and will not get the reward of finding the bottom of the cup!

'FEEL Your ENERGY', do your 'B.E.S.T.', the 'One Inch Rule', make the 'Three Brush Strokes and then Paint the Picture'.

Find several different locations with break from which to make these long radiusing Putts. Practise these very often and for about thirty minutes per session. Putting accounts for about half your carded numbers and directly influences how you 'Feel About Yourself On Course' so give it some attention. The 'Short Game' is 75% of the exercise we call Golf!

NOTE: I teach at numerous golf courses regionally and nationally and have travelled in my flying profession to many great courses afar. They all have 'Lawn or Greens Movers' to keep the 'Short Stuff on the Dance Floor' very manicured. The standard cutting procedures is to 'Veri-Cut' in 'Parallel Lines, Courses or Passes' which provides wonderful usually 'Bi-Directional Lines' that 'Grid the Green'. Practise after the greens are freshly mown.

136)           **THE 'LIGHT-HEADED' DRILL:**

Never make your 'Putter Take-Away' with the Putter Head resting on the Dance Floor or Deck.

Get it 'Light' before your Take-Away or you will start your Swing with your 'Hands Manipulating the Blade Upwards'.

Your Shoulders must 'MOVE the BLADE' in their 'Rocking Chair MOTION' and your Hands must remain 'PASSIVE' and your Wrists must retain their 'TRIANGULAR SHAPE' so your Putt with that 'Imperative FLAT TARGET WRIST'. If you suffer 'Target Wrist Bending During the Swinging MOTION' you will 'FLIP Your Clubhead' and that is generally a formula for disaster. Avoid it like the plague Start you 'Putting Stroke' '**LIGHT HEADED**'.

This naturally induces very beneficial 'Over Spin or Roll' which you clearly understand.

The Putting Thin Drill  
Produces Immediate 'End Over End Roll'

137)           **THE 'CHIPPING' DRILL:**

The answer or 'Key' to this 'Stage One Stroke' can be found in the 'SHORT GAME Chapter' and it would be wise to review the 'Chipping Characteristics' in that area of the book.

To accomplish this Drill, prepare for it as though you were getting ready to make 'Putts'. Afterall, 'Chipping is simply a Putting Stroke with a Different Club'. The Stroke is the same.

'Read the Green'. Do your 'B.E.S.T.', 'One Inch Rule', 'Three Brush Stroke and then Paint the Picture', 'BREATHING OUT' of course!

Guidelines: '**BALL BACK, WEIGHT FORWARD, HANDS FORWARD**' so that you strike or make contact, Club to Ball, in a 'PINCHING or Descending Blow'. It is essential NOT to 'FEEL any Pick-Up of Lifting Moment in your Chipping Procedures'. It is a 'Rocking Chair Shoulders, Swing Down and Through the Ball Procedure, always!

'THINS' do not make for successful 'Chips'. They soon become known as 'Skulls' if you do not follow 'SET-UP and EXECUTION Procedures' to a tee!

'Chips' use the mandatory '**FLAT TARGET WRIST**' as a 'Component'. It is NOT a 'HANDSY Stroke'. Practise this 'Stroke' from all around the fringe and light ruff in. Use your 'SIX PUTTERS'; the #7

through the #SW or even your #LW if your are courageous. Be careful to 'Set Your CHIN Tallish' and keep it there in the 'PIVOT SET POSITION' or you will 'CHILI DIP' the shot. Those '**5 CONTROLS**' are always in the successful equation. **ALWAYS!**

Remember, I am a 'Brace Hand Dominant' man in 'Stage Two Procedures' just after the 'Rocking Chair Shoulders' Procedure. Either of these must be performed over a very stable 'Brace Knee' with a 'Still Head and great Eyes on Deck'!

138)           **MORE OF THAT OLD 'CLOCKING' DRILL:**

This 'Clocking Stuff' is vital if you ever want to 'Master the Basics of your Short Game'. To get the whole story turn to your Chapter 'Five Ways To Shorten Your DISTANCE'.

Set-Up for Chipping and Pitching with several different clubs at your side. Adjust your 'Characteristics, Components and Procedures' to support the Pre-Selected Stroke and Ball Flight or Shape.

Remember, the 'Length of your Back Swing or Clubhead Travel' generally 'CONTROLS DISTANCE'. '**CLOCKING**' is my developed method of this 'Control'. Learn to 'FEEL' at least 'Two Basic Clocks', the 07:30 and the 09:00 positions with the 'Two Delivery Procedures' being '**DROP and DROP THRUST**'.

Make these practice shots from all around the Green, from different 'LIES and DISTANCES'. If you work on it and earn it, you will become a great 'Short Game Expert'. You will get a 'Reputation'.

I think it makes even more sense to learn your 'Body Parts Clocking Drills' where we take our Brace Hand to the Brace Thigh, the Brace Hip, the Brace Rib Cage, the Brace Arm Pit and to the Brace Shoulder which would be a 'Text-Book Full Swing' or very close. (see Index 'Body Parts Clocking')

139)           **THE 'BUNKER' DRILL:**  
(Short White 2X4 Drill)

Refer to your 'Bunker Characteristics' in the 'Short Game' area of the book. Refresh your memory.

The 'Bunker Stroke' is generally a 'Shoulder MOTION Stroke with

amplified Hand Action' and does not involve a very active 'Lower Body Machine'. In fact, I sometimes teach it as a 'Stage Two Stroke' which has 'Wrist Cock but NO PIVOT'. You know the old 'Cock and Drop Through Resulting in a Sandy Splash Move'.

A Drill you might use is to set a 'One or Two Foot Long White 2 X 4 in the sand so that the top surface of the wood is level with the top of the sand.

#### **THE RECIPE:**

Place a 1/3 of a cup of sand on the end of the 2 X 4 farthest forward. Set yourself up 'SQUARE Alignment - SQUARE Clubface AIM' '5 CONTROLS' and 'REMOVE THE SAND'. Try several of these.

Place another 1/3 of a cup of sand on the end of the 2 X 4 and, setting-up, 'OPEN Alignment - OPEN Clubface AIM', 'REMOVE THE SAND'.

Now, Place a Ball on top of the this little 1/3 cup or pile of sand, Ball Location Forward, 'OPEN - OPEN', and 'REMOVE THE SAND'. Like 'MAGIC' your Ball will be 'Splashed Out of The Bunker' along with the Sand.

Use your 'Various Wedges' during this Drill just to get to know what they do and how it 'FEELS'. Almost all Drills are '**FEEL DRILLS**'. So 'Give It A FEEL'!

Remember, Bunker Shots cause the Ball to Travel about '**ONE FIFTH**' normal DISTANCE. So give it a lick! And do NOT try to 'LIFT THE BALL OUT OF THE BUNKER'. Bunker Stroke Procedures are very 'Hands UP AND DOWN Procedures' with a 'Lift and Drop FEEL'. 'Upper Body Machine' with a 'Quiet Lower Body'.

Give yourself every opportunity to perform to your expectations. 'SET-UP and EXECUTE' according to 'Pre-Selected Procedures and those 'Characteristics' we have listed in your Book in the 'Short Game Chapter'. Review. Review!

#### 140) **THE 'UP & DOWN FROM ANYWHERE-EVERYWHERE' DRILL:**

I am not going into a long dissertation about this Drill as it is not necessary.

It is a 'SHORT GAME DRILL'.

Take your 'SHORT GAME TOOLS' out from the 'Practice Green' at varying 'DISTANCES' and throw Balls 'At Random' around a specific area chosen for its LIES and Position relative to the Target Pin.

'EVALUATE', 'VISUALIZE', 'Prepare Components and Procedures', 'VISUALIZE again', 'SET-UP' and 'EXECUTE'.

Use your 'IMAGINATION' and make 'Lots Of Shots'.

Have FUN!

141)           **THE 'SHOULDERS MATCHING SLOPE' DRILL:**  
                  **Chipping, Bump & Run & Knock Down ... Short Game**

This is a 'Lie Drill'; you know the 'Environmental Considerations'. What has 'Lady Luck and Mother Nature' provided. Once we have become accustomed to this 'Variable Reality', we sometimes call it the 'Rub Of The Green'. A bit Scottish, wouldn't you say, Old Chap? I am always amazed and amused by the wonderful range of 'Connotation in Language'. "Is the green Rubbing me or am I Rubbing the Green. Does sound a trifle like a massage, wouldn't you say, Laddie?"

I digress!

When you are on an 'UPHILL or DOWNHILL LIE' remember to 'SET-UP' with your 'SPINE ANGLE Perpendicular to the Slope' and thus your 'SHOULDERS Horizontal to the Slope'. Then, with the 'Ball Location' properly placed so that your Clubhead Strikes The Ball 'NATURALLY' in the Forward MOTION, simply '**SWING UP OR DOWN THE SLOPE**'.

Remember, by standing on an 'UPSLOPE' your '#5 Iron' will have added 'NET EFFECTIVE LOFT' greater than the factory Specification by the amount of 'UPSLOPE on which you are standing'. If you are standing on a twenty degree Upslope, your NET EFFECTIVE #5 Iron Loft will be about 32 degrees 'PLUS 20 degrees for the SLOPE' producing the 'N.E.L.' of  $32 + 20 = 52$  degrees. So your #5 Iron just became, from a 'Trajectory Perspective', an '**A WEDGE**'.

The same is true about 'DOWNSLOPE' just backwards. The 'N.E.L.' will 'DECREASE' as our 'LIE' becomes more 'DOWNHILL' so, in this

situation, 'Take a More Lofted Club' and plan for it to go shorter than you would expect.

Use your 'IMAGINATION' and 'VISUALIZE'.  
Be inventive in your 'SHORT GAMES'.

## MORE ELEMENTS AND ENVIRONMENT

### 142) THE 'WIND' DRILL:

This is a 'Challenge' so enjoy it!

The first prerequisite for 'Playing In The Wind' is to having the ability to make solid shots with, of course, '**SOLID IMPACT and very CONTROLLED COMPRESSION and LINE OF COMPRESSION**'.

Now the task is very simplified.

You can do one of two things;

i) Strike your Ball with no or 'ZERO SIDE SPIN RATE' and '**FEED THE WIND**' just as a Boater would do to compensate for 'Drift' in the Wind or in the river's current. If your 'Wind DIRECTION and VELOCITY' is from the 'RIGHT' or 'Low ENERGY Side' of the Target Line, 'AIM RIGHT, Hit a Straight Ball and allow the Wind to 'Bring It Back', This is what I mean by '**FEED THE WIND**'.

ii) Strike your Ball with 'SPIN RATE' (FADE or DRAW). If you do this effectively, you could take the same 'Wind DIRECTION and VELOCITY Situation' 'RIGHT TO LEFT' and simply strike a 'Straight Down-the-Line' 'INITIAL BALL FLIGHT' and allow it to 'Fade to the Low ENERGY Side' of Target Line, which will cause the 'SPIN RATE' to '**FEED THE WIND**' and thus 'Hold the Line'.

### HEAD ON ... IN YOUR FACE:

If you have a 'Windy Shot' 'HEAD ON' you will want to generally 'Keep yur Ball Flight' '**UNDER THE WIND**' so you will want to do one of two things;

a) Select a 'Lower or Stronger LOFTED Club'

b) 'Set-Up and Execute' a '**KNOCK DOWN SHOT**'. Procedurally, this means adjusting your 'BALL LOCATION', possibly your 'GRIP', your

'STANCE' to give you 'Stability' and 'ALIGNMENT' to possibly compensate for your 'GRIP Adjustment' and to 'FEED THE WIND'. By moving the 'BALL LOCATION AFT' you produce 'Contact and COMPRESSION' earlier in the Forward Swing. The earlier the more 'DeLOFTED' will be your 'NET EFFECTIVE LOFT' at 'Separation'. Your Ball will fly on a 'Lower Trajectory' and thus 'Stay Under The Wind'.

Wait for a 'Windy Day' and play lots of shots into varying 'DIRECTION and VELOCITY' with the 'PIN' precisely 'DEAD AIM'.

Work at it until you have some success.

If you play in a 'Windy Area', work at it more!

143)           **'CREATE THE RESISTANCE' DRILL:**

I have talked a lot about your 'TURN AND LOAD MOTION' over your 'Flexed Brace Knee' that is the 'BASE of your ROTATIONAL PEDISTAL' or the 'BASE OF YOUR PIVOT'. I would promote that you become intimately aware of the 'Stability and Brace FEEL or your Brace Knee throughout the Entire Swinging MOTION, Back Swing and Front Swing'.

Create Drill to 'SET-UP and EXECUTE' this 'Brace RESISTIVE Coil'.

We already used two of the 'Shaft Drills' that are directly relevant.

- i) the 'Shaft Across Your Shoulders Drill' and the
- ii) the 'Shaft Behind Your Back and Across Your Elbows Drill'

Use these to help you 'Create and FEEL RESISTENCE'.

'RESISTENCE' is that 'Tightness, HIP LOAD and Brace Knee Load' that we generate when we 'TURN and COIL the SHOULDERS and the HIPS' to the Brace Side around a 'Stable, Properly-Angled SPINE'. These 'FEEL DRILLS' require that you 'Create and Experience the FEEL' so that you can 'Play REMEMBERED FEEL Golf'.

Starting NOW!



NOTE: Again evaluate these 'Machine Actions' in the 'Slow Motion' mode so as to be able to better understand and convert to that so useful 'Remembered FEEL'.

144)           **THE 'CLUBHEAD SPEED' DRILL:**

To create 'Clubhead Speed' we need to make our 'Lever Assemblies Travel with Velocity' through the IMPACT Zone. We know the 'PIVOT or ROTATING Spine' is the 'Primary Source of POWER' so we must 'COIL SMOOTHLY and UnCOIL Rapidly'.

In this manner, we will 'TRANSPORT the LEVERS in a HORIZONTAL MOTION' (Carousel) with the 'BODY' being the 'ENGINE'. This is the 'PUSH FUNCTION'.

Now we can 'RAISE and LOWER', make the 'LEVERS GO UP AND DOWN' (Ferris Wheel) to create 'VERTICAL MOTION' and 'Velocity'. This is the 'PINCH FUNCTION'.

Hence the       **4 P's 'PUSH PINCH PULMONARY and PIN'**.  
                  (always Swinging the Clubhead to the Target)

**THE DRILL:**

The 'DRILL' might be to take one of your 'Long Shaft Drill Shafts', hold it by the 'Handle' and Swing it normally. In the 'Forward Swing', Swing Segment #2F, Swing Sequences #6, #7 and #8, '**MAKE THE TIP OF THE SHAFT 'S W O O S H'** or make a 'High Frequency Hum'. The Higher the Frequency and the Louder the Noise' the 'Higher the Velocity' which mean you have created more 'Clubhead Speed'.

This is a very simple DRILL but use it often and regularly to keep your 'TEMPO, TIMING, RHYTHM, CADENCE' in Balance. Doing this Drill will keep your 'LOWER BODY MACHINE' '**LEADNG**' your "UPPER BODY MACHINE' which must be '**LAGGING**' behind the 'L.B.M.' in order to create a 'Mechanically and Geometrically Correct Swing'.

You will, by using these Drills, learn to 'FEEL' correctness.

In order to grow, you require this 'Discipline' best on a 'Daily Basis'. Develop a 'Regimen and ROUTINE' soon and use it!

This 'Game of Golf' is 'Your Bacon' and ONLY you can 'COOK and SERVE IT'! with or without 'Juevos Rancheros'!

'EAT WELL and with GOOD COMPANY' always!

145)           **THE 'MAINTAIN YOUR CLEARANCE' DRILL:**

If you do not have 'Adequate Clearance or Room Between your Hips and Your Sternum or Shoulders', you will not be able to 'Swing the Golf Club'. You will be forced to 'Hit It At The Ball'.

You will be 'COMPRESSED In Your Abdomen and Chest' from the 'Hips Up' which will naturally restrict your 'PIVOT, ROTATION and TURNING MOTION or ACTION'.

This will force you to somehow 'Clear The Hips' in the Front Swing. The method of common use is to 'Slide the Hips' out of the way of the 'Forward Moving' 'Upper Body Machine', the 'Lever Assemblies'. This 'Sliding or Lateral Hip MOTION' is very dangerous when it comes to creating 'ROTATION' of the 'LBM' to support 'Transportation of the UBM' 'Down-The-Line' with properly 'Timed Clubhead Release' with correctly 'AIMED Clubface' at the 'Moment of Separation'. This is the 'Stuff' good 'Compression and Line of Compression' are made of.

You need 'ROTATION' so you need 'CLEARANCE'.

**THE DRILL:**

Make sure you 'SET-UP' properly using your '5 CONTROLS'.

This includes that 'CHIN Tallish' with that 'MATADOR PROUD' separation from 'Hips to Sternum' which we call 'CLEARANCE'.

When you have this 'Condition and FEEL', place a long-shafted Golf Club across your Shoulders and make your 'LOAD & Un-LOAD and COIL & Un-COIL TURNS' to the Brace and Target Sides. Use the 'Shaft Across Your Shoulders Drill' from earlier in this Chapter.

Once you have completed several of these, 'Compress Your Sternum to Hip Distance' (shorten it) and make more 'TURNS to the Brace and Target'.

You will 'FEEL' the 'Restricted ROTATIONAL MOTION'. Remember this 'SET-UP' and the 'FEEL' you got from creating the poor condition. This is more '**REMEMBERED FEEL**' programme and it works!

So now you know the 'Poor Condition'. Avoid it. Use the 'MATADOR PROUD Component' to perform the 'Procedure'.

You must be becoming convinced of the 'Value of the **5 CONTROLS**'.



Low Hips to High Sternum Clearance  
Upper Legs, Lower Abdomen & Lats, Chest & Thoracic  
You must be 'Extended Upwards to facilitate  
'Easy Spine Axis Rotation'.

146)           **THE 'FIND YOUR RHYTHM' DRILL:**

It does not really matter whether you swing 'Fast or Slow' merely that your 'TEMPO and RHYTHM' allows you to generate POWER while staying in 'Complete CONTROL of your Swing'. This is the essence of good 'TEMPO and RHYTHM'.

147)           **THE 'RHYTHM AND TEMPO' DRILL:**

**QUESTION:**

How can I determine whether I have a 'Fast or Slow' TEMPO or RHYTHM?

**ANSWER:**

You can do so on the Driving Range, and certainly NOT on the Golf Course.

The next time you are at the 'Practice Range' try 'Striking Balls with different 'Paces of Swing'. Begin with your 'Normal RHYTHM'. Then 'Slow' it down. Then 'Speed' it up. By FEELING both sides of 'YOUR' average or normal, you will become better able to adjust to your 'Optimal Blend or Balance'. You will soon be able to maintain your best 'BALANCE and CONTROL'.

I want you to remember here that you are your own person. If you are a relatively 'Quick Walker' with what will then be a higher 'Cardio and Pulmonary Rate', your 'PACE and RHYTHM in GOLF' will likely be 'Faster' than average or match your walking conditions. Do not try to make yourself into something you are not. We are what we are!

**THE DRILL:                            DO TICK TOCKS                            Daily!**

148)           **THE 'FIND YOUR TEMPO' DRILL:**

This 'Drill' is as simple and as important as they get. Isn't that a nice combination? Timing is as important to us as it is in our 'Getting Down the Road Machines'. We need our 'Parts' moving in 'Harmony' and this process varies from individual to individual so

do not allow anyone to 'CAN YOU'. I'm different so the 'Speed' (Hertz) at which I perform best is individual!

How often do you find yourself 'Getting Too Fast' in your Swing? Even when you do not 'FEEL IT', your talented playing partners often gently, or not so gently, mention that 'That good old swing is getting a little quick!' So now what?

I sort of 'FEEL IT' but I guess 'IT' must come and go and I am never certain as to 'How Quick Is Quick'. When I play well I 'FEEL GOOD' and the guys don't bug me and that is good too! Having a 'Plan and a Method' to get this '**TEMPO**' consistent and correct would be nice.

Here's a secret which might just be 'THE SECRET'. Now that's a scary thought. Everyone knows of 'THE SECRET' but few have ever got a 'Grip On It'! Your turn. Right?

#### 149)           **THE 'MENTAL METRONOME' DRILL:**

For those of you who are musical or have seen music instruction taking place, may know what a 'Metronome' is. If not, it is a 'Mechanical or Computer Device' that keep a regular beat which can be varied to suit the music you are making. You can speed up or slow down the 'Beat'.

In dancing, if you do that sort of thing, needs to have a beat as well as Golf. But Golf is more fun! (I'm in trouble again right?) When we waltz, some of us 'Consciously or Subconsciously' say numbers in our minds. A version is '**One And Two And**'. This is a four beat or four time rhythm.

In Golf we need this counting. So let's do a surgical implant! A 'Golf Pacemaker' may make you stand out in the swinging crowd.

You will recall that in the 'Putting' chapters we developed a count to get the Stroke 'Rhythmic' and it works well. We said in our minds (out loud at first) '**One And Two**' and then when we got smarter, we changed it to '**One And Thru**' so that the '**NONE ACTION WORDS**', as the 'Trigger Words' must be, were more useful.

How do I mean they become more useful? The very basic word '**TWO**' is just a number with no message. The word '**THRU**' clearly conveys a 'Meaning or Message'. '**THRU**' conveys a 'travelling, passage or

MOTION' which is precisely what we want it to do. Remember we always 'Swing the Clubhead NOT AT but THROUGH the Ball'.

So, if we chose our 'Trigger Words' wisely, which is as easily done as not, we will benefit from 'Three and Four Letter Words'!

And our 'Golf TIMING and TEMPO' will get better too!

Not a bad result for something so simple!

150)       **THE 'PVC ON THE GROUND' DRILL:**  
              (similar to the Shaft Drills)

This may also be done with two or three long iron shafts laid on the ground in your hitting practice area. We need to know and 'Calibrate Our ALIGNMENT' on a regular basis. Often when we think the gun is pointed in the correct Direction, it is not.

This Drill is simple.

Place one long Iron, Clubhead away from you so hold it by the Grip, on the ground in your teeing area so that the 'Shaft is 'ALIGNED' precisely 'Down-the-Line' to the Target. Step back behind it and check to insure it is 'Sighted'.

Next place another similar shaft closer to your 'Foot/Body Line' by about 10 to 15 inches. It must be precisely 'Parallel' to the Target Line Shaft. This Shaft is called the Foot/Body Line Shaft and helps you directly to 'ALIGN YOUR FEET'.

Now place your Ball on the ground just outside or away from your Feet and in front of the Target Line Shaft. The Ball should be about in the middle or slightly aft of centre.

If you desire it is not a bad practise procedure to now place the butt of your third club pointing at the Ball with 'Nose of the Grip' just touching the 'Foot/Body Shaft' and the Clubhead laying back between your Feet. This is the 'Ball Location Shaft' which may vary in position for longer and shorter Irons during practice.

NOTE: Be impeccable in your 'Drill Station Layout' to get the 'Sticks Right'. You must trust the station or you will not use it effectively. If it is worth doing, it is worth doing right!

151)           **THE 'PVC BUNGIE ALIGNMENT AXIS' DRILL:**

This is a 'SHAFT or PVC Drill' as the 'PVC GROUND DRILL' above but these PVC pipes are not on the ground. They are hanging on you!

Procure two 30 to 32 inch soft cord 'Bungie Cables'. As well you need two 36 to 48 inch pieces of 3.4" PVC plumbing pipe or you can use two wooden 36" yard sticks.

Place one across your hips in front of your body. Attach one bungie hook just beside your Target Hip and run it 'Behind' your back or butt and attach it then to the PVC beside your Brace Hip. It now is held in place across your Hips and give you a visual 'Hip Axis' line.

Do the same with a PVC pipe across your Shoulders, just at Armpit level. Place on end of the BUNGIE (Hook) right at your Target Armpit and run the bungie through your Armpit, around behind your back, through your Brace Armpit and hook it to the Brace End of the PVC pipe. This creates a visual Shoulder axis.

Now you have two PVC Pipes in place clearly demonstrating your Shoulder and Hips Axes. You can also do the same for your Knees and Ankles or Feet Axis.

Now the actual DRILL is simply to SET-UP and check you 'ALIGNMENT' to have these 'Four Axes' parallel to the Target Line or Foot/Body Lines.

Next, make some 'Slow NOTION' Turns to Brace, back through the IMPACT ZONE and to Target Side. View the position of the PVC Pipes during this entire Back and Front Motion. You will now clearly see your Foot, Knee, Hip and Shoulder Axes in Motion. You will clearly see their differentials and limits of ROTATION, Inclination and Aft-Tilt.

This is a great visual drill that help us to easily understand 'ALIGNMENT' which is so important to our Golf Games.

152)           **THE '#8 IRON PUSH THE BALL BACK' DRILL:**

This Drill is designed to produce a 'Micro PIVOT and RPM Function' that enables your 'FEELING' both 'PIVOT Release' and 'Brace Hand Delivery PATH' and 'Brace Hand Release'. It is a great and practical Drill! Better to return your Balls from the Green to the



Fringe or your next 'Practice Station' with a 'Stroke' than by bending over, picking them up and putting them into your pocket from which you will have to extract them very shortly in any case! Deliver your Balls to the next station with a #8 Iron 'PUSH Back Drill'!

This is a 'Take-Away or Back Swing' Drill. It is designed and used to assist you to make the proper 'One Piece or Connected Take-Away'. You want your 'Upper Body Machine' to move simultaneously, at first with the 'Lower Body Machine'. You want to 'FEEL' that your Shoulders and then your Hips move everything aft or away from the Ball from the first foot or two; from 'Swing Sequence #1 through #2 and to #3'.

To effect this 'Move', place a Basketball directly behind the Clubhead on the Target Line. Now perform the 'One Piece Take-Away' pushing the Ball directly 'Down-The-Line' until your Hands are at the 07:30 Clock (about at your Brace Pocket or Hip). **'Move the Triangle to move the Ball'**. You should 'FEEL WORK or RESISTANCE' in your 'Upper Body Machine', Arms and Shoulders, and not in your Hands or Wrists.

Your Clubhead will naturally 'Clear the Ball' as the 'Turn and Lift Ratio' is accomplished.

Push The Ball Back  
Similar to the #8 Iron Push Drill  
It is a 'No Flippy Handed Drill'

In this Drill, you will at first use no Golf Ball but, as you get proficient in the Take-Away Move, (Pushing the Basketball aft) you can add a Golf Ball and actually strike it in the Forward Swing. Do not try to 'Kill The Ball'. Keep it 'Soft Away and Smooth Through'.

This, like most of my Drills, is a 'FEEL Drill'. Don't miss the 'FEEL'.

Remember our 'Shaft Drills'. You can facilitate the 'Learning Process' by sticking a long shaft into the ground, vertically plumb, just outside your Brace Foot and extending upwards in the vicinity of your Brace Hip. The Shaft will be in contact with the outside of your Brace Foot but will be clear of your Brace Hip

about two to three inches. The wider your STANCE the greater will be the 'Clearance' grip end of Shaft to Hip. So you can understand that the 'Clearance in the Driver SET-UP is greater than in the Shorter-Shafted Clubs. Shorter-Shafted Clubs require a 'Narrower STANCE Component' than do longer Clubs.

This is called the '**Brace Post Drill**' as well.

During the Take-Away your Brace Hip will move laterally and come in contact with the Grip of the Drill Shaft. This is what I call the '**TOUCH IN**' Drill and it is both useful and relevant to the initial Front Swing as well. In the initial Front Swing you will have a Lateral Shift of the Hips back to the front or 'Target Side' which is 'Triggered' by 'Replacing the Target Heel Pressure to the Ground'. This causes the reverse process to the Back Swing just with more 'Force or Power'. You should 'FEEL A BUMPING ACTION' just as your Hips move laterally and start to ROTATE towards the Target Side.

So it is '**TOUCH IN and BUMP OUT**'.

You can place a Golf Shaft just outside the 'Target Foot' similar to the Brace Foot Shaft just discussed. This is called the Target Post Shaft and the continuing Drill will cause you to come in contact with this 'Post' upon completion of your 'Forward ROTATION' when you have moved fully around and laterally. Having completed to Swing Sequence #9 (TOF) will naturally place you standing straight up on your Target Leg, Knee straight and bearing about 95% of your total weight.

You know the 'Tap Your Brace Toe Drill'. To review, upon completion to Swing Sequence #9, you should be able to 'Tap Your Brace Toe Twice' on the ground behind you. This is also what I call the '**Flamingo Drill**' for obvious reasons.

Use them as these Drills are very useful, 'FEEL Drills'.

If you can do the '**FLAMINGO**' and '**Bump the Target Post**', you have completed.

NOTE: Again it is useful to perform this 'Drill in its Slow Motion Form' to ensure the proper 'FEEL'.

153)           **THE '#8 IRON PUSH THE BALL FORWARD' DRILL:**

Very similar to the previous 'Drill' but in the reverse direction.

The purpose of this 'Drill' is to develop 'FEEL' and 'Clubface Control' with good 'Release' to a 'Target'.

Simply place about half a dozen 'Balls' randomly (from about four to fifteen feet) around the cup on your 'Practice Green'.

Now 'Read The Green' to get a general idea of its 'Contour Configuration'.

Place your 'Clubhead' directly behind a Ball, making contact; 'One Look Down The Ball Rolling Line (BRL) and back; now, 'Brace Handed Only', 'PUSH the BALL' with the 'Clubface' 'Down the Line' to the hole with a lot of 'Follow'.

Again, the 'Purpose of the Drill' is to develop 'FEEL' for the 'Clubface AIM' and perhaps for the Ball's coming off the Clubface at Separation. Smoothly 'Release the Ball' directly 'DTL' to the Hole.

Watch it travel all the way. Evaluate your 'FEEL' and 'Performance'.

Remember, there is a 'Putt' in every 'Drive'. I want you to learn to 'FEEL' the 'Hand Position Through the IMPACT Zone'.

You can perform this 'DRILL' with your 'Target Hand' as well to work on the 'Flat Target Wrist FEEL and EXECUTION'.

Do some every day. In you living room will do quite nicely!

NOTE: This is an 'Isolate The Parts' 'Slow Motion Drill'.

154)           **THE '9 o'Clock Rib Cage' DRILL:**

I have discussed these 'Shaft Drills' earlier but it will be useful to mention another at this time.

Select your Club that you want to practise with. Lay it on the ground with the 'Butt of the Grip' against the outside of your 'Brace Foot Toe' with the Shaft extending 'Aft and Parallel to the Target Line'.

Now stick your 'Shaft Drill Shaft' vertically and Plumb, in the ground at the Sole of the Clubhead.

Make your 'One Piece Take-Away' and at the 07:30 o'Clock Target Hand Position (Swing Sequence #3) and slightly higher, you should find your Clubhead about touching the Grip of the Shaft Drill Shaft. Also your Club Shaft will be about parallel to the ground, the Clubface should be slightly closed and, when viewed from 'Down-The-Line', on the Hand (Elbow and Forearm) Plane, the Clubhead should cover or conceal the Brace Hand. In other words, your Clubhead will be 'Superimposed' to the Hands. This is visual proof that you are 'ON PLANE' and have the correct balance of 'Hip ROTATION' (Carousel, Round & Round) and Arm and Hand Lift (Ferris Wheel, Up & Down) to remain on the 'Pre-Selected Address or IMPACT FIX PLANE'.

Remember, the maintenance of your 'SET-UP Spinal Inclination and Aft-Tilt' is key to staying 'On PLANE'. Your SET-UP Knee Flex and 'Sit Down FEEL' is equally important.

In all these Drills, 'FEEL your RHYTHM, TEMPO, TIMING, CADENCE and BALANCE'. This entire Golf Back and Front Swing Event must be 'Soft in the Back Swing and Smooth but powerful in the Front Swing'.

This is a 'Slow and Medium Motion Drill'.

#### 155)           **THE 'BALL LOCATION' DRILL:**

We are on the topic of the '5 SET-UPS' again or still.

##### **FORWARD:**

If we place the Ball farther forward than 'Optimal' we must increase our 'Leg Drive and PIVOT' to get back to it at the precise 'Moment of Compression or IMPACT'.

For this reason, when you are struggling with proper 'Brace Toe Pressure, Brace Foot PreLoad and Brace Leg Drive', struggling with 'ROTATIONAL RPM' or 'PIVOT SPEED' usually leading to 'Arms Over Legs' producing the big Draw Hook or, if one make compensations or Manipulations, resulting in the 'Block to the 'Low ENERGY Side' of Target Line. You know the scenarios.

Ball Location forward means more Leg-Drive to get back to the Ball and perhaps slower 'Hand Speed' as will or simultaneously. Deliberately placing your Ball Location well forward, striking mid to short irons from the Driver Ball Location, will amplify your 'Lower Body Machine Actions' and stimulate the 'PIVOT'. Use this often during your practice sessions if you tend to hook.

#### **BALL AFT:**

If we place the Ball more AFT than 'Optimal' we must increase our 'Hands Speed' to get back to Square at the 'Moment of Separation'. I could say that you would have to reduce the Hips Speed, PIVOT or ROTATIONAL, but I never or very rarely even consider the issue except with the player quality of Tiger Woods whose 'PIVOT Speed' is close to super human. He gets 'Hips Ahead' and trapped. Then his lightning fast Hands do the rest by flipping 'Brace Over Target' which creates the Hook or the Pull Hook. This swing error is a very dynamic event not plaguing most of the North American Golfers whose 'Ball Flight Pattern of Shape' is the 'Floating High Right or Low ENERGY Side Leaky Fades'. Not much authority with which to get 'BALL to PIN' reliably with controlled Distance and Direction.

#### **HIP SPEED (R&R) vs HAND SPEED (U&D):**

In Ball Flight Error assessment, 'Curving Right Low ENERGY Side' or 'Curving Left High ENERGY Side', we need to carefully determine whether the Hips (LBM) were slow or the Hands (UBM) were fast. I can tell you right now that the Hips do not but rarely have a 'Too Fast Problem'.

#### **QUESTION:**

So if we are hitting 'Draw-Hooks', described as 'Inside-Out with Fast Hands', what do we do? Slow down the Hands or speed up the Hips?

#### **ANSWER:**

Look at the 'Components and Procedures' but pay particular attention to the 'ENGINE' whose role is critical and must be 'Dominant'. You will find almost invariably that the 'Hips get Slow' due to lost 'Brace Toe Pressure, Brace Foot PreLoad and Brace

Leg Drive'. You might be 'Out Of Shape' or just fatigued due to 'Too Much Bush Time' on this round! You must develop 'Stretch, Strength and Endurance' supported by sound 'Cardio-Vascular Pulmonary Performance' in order to cut it in the presence of players.

When it comes to 'Troubleshooting' swing errors always look to the 'Primary Components and Procedures' first. No point in looking at the 'Little Picture until you have a handle on the Big Picture'! That is the pilot coming out again. When we would assess a 'Flight Planned Route', ie. Vancouver, British Columbia, Canada to Sidney, Australia, we would always review the Total Weather Picture at high level going to lower levels and then from the destination or terminal weather to enroute to what was outside the door and relatively close to home; what we called 'Terminal Weather'. So be methodical and Routine in your approach to Swing Analysis. Remedy the Primary before the Secondary.

'First Things First'!

NOTE: This is definitely a 'Slow and Medium Motion Drill'.

156)           **THE 'UP & DOWN, ROUND & ROUND' DRILL:**  
                  (an 'Isolate the Parts' Drill)

You know that the 'Absolute Motion of the Hips is Round & Round' (Carousel) while the 'Absolute Motion of the Hands is Up & Down' (Ferris Wheel). This Drill 'Isolates the Parts' to demonstrate these two distinct MOTIONS.

'ROUND & ROUND' is purely a PIVOT or ROTATIONAL MOTION. When we '**Zero Out The PIVOT**', we do not allow any Body Rotation. If you were to lay a Shaft across your Hips at Address, it would be roughly parallel to Target Line. When you 'Zero Out' you prevent the 'Round & Round Motion'.

UP & DOWN is purely the Motion of the Lever Assemblies, raising with the biceps (upper front of arm) and lowering and Thrusting Down with the triceps (upper back of arm). If we 'Zero Out' the Levers they would cease to 'Raise and Lower'. The 'Upper Body Machine' would no longer go 'Up & Down'.

Here is this 'Isolate the Parts' Drill.

Set-Up at Address with all the '**5 SET-UP**' in place. Always!

**ISOLATE THE LEVERS:**

(as the Working Parts, Hips not Working)

Now 'Zero Out the PIVOT or the Hips'. You cannot ROTATE to the Brace Side so your 'Lower Body Machine' is 'Out Of Service'.

Now activate the 'Upper Body Machine'. This means your 'Lever Assemblies' (Shoulder Sockets, Arms, Hands and Golf Club) will raise straight up allowing your Club Shaft to rest gently on your Brace Shoulder just at the base of your trapezius muscle in the area of the deltoid muscle. This means the biceps have done their work. This is the Motion of your 'Lever Back Swing'; Swing Sequences #1, #2, #3, #4 and #5.

Now raise the Shaft off your Shoulder and lower it back to the ground in the reverse motion. At the end of this 'Downward Trip' make a little 'Thrust' and smack the grass or ground. This is 'Down Force or Vertical Acceleration and resulting Compression'. This is your 'Lever Motion of the Impact Segment of your Front Swing'; Swing Sequences #5, #6, #7 and #8.

Now raise the 'Lever Assemblies' back up on the same trip as you just performed but take the Shaft up and rest it on your Target Shoulder. This is the 'Lever Assemblies Motion of the FOLLOW-FINISH'; Swing Sequences #8a ('Chase'), #9 and #10.

In these stages we 'Zero Out the Hips' and made the Levers active. We featured the 'Ferris Wheel'.

Isolate the Levers Drill

Any time you are using both hands, you can 'Isolate One Hand' to test its stability and control. Once you have done so, decommission the working Hand and repeat with the other component.

**ISOLATE THE HIPS:**

(as active or working parts)

Rather the same song, same melody but with different words.

Zero Out the 'Levers' by virtually leaving them hang from your Shoulders with the Clubhead almost on the ground.

Quite simply, if you were to 'PIVOT or ROTATE your Hips to the Brace Side the Clubhead would stay just off the grass and make a quarter circle, Clubhead just outside your Brace Foot or slightly more depending on your Flexibility and Range Of Motion. Then you would TURN back towards the Target Side back to and through IMPACT to the limit of Rotation where your Clubhead will have travelled to about outside your Target Foot. This is the 'Pure ROUND & ROUND' or 'Carousel'.

**PARTS OUT OF ISOLATION:**

(combined again)

Now, still partially 'Isolated', 'Ferris Wheel to the Top' resting your Shaft on your trapezius muscle.

Now 'Carousel' to the limit of the Back Swing, where you 'FEEL' snug 'Hip Load Point'. The 'Coil' is completed and ready to respond by releasing in forward Rotation; the reverse Trip.

Hold this 'Hip Position' for a '10 Count'.

Now 'Ferris Wheel' the Levers in the Forward Swing Configuration. Raise the Shaft up off the trapezius and lower it to the Ground with a 'Thump or some Down Thrust or FORCE. Where will the Clubhead strike the grass? Precisely! Just outside your Brace Foot because your 'Coiled and Loaded PIVOT' has been 'Zeroed Out' in the 'Turned Position'.

Now, raise the 'Levers' back up to the highest point, not resting on the 'Shoulder'. This is the 'Top Of Back Swing' loaded position.

Allow your Levers to gently drop towards the grass as you now 'Push



with the Brace Foot' allowing the 'Loaded PIVOT' to 'Release its Potential ENERGY'. So your 'Lever Assemblies' are dropping as your Hips are Rotating Forward, both with progressive 'Speed and FORCE'. Do this at first without 'FORCE' or 'POWER' and in 'Slow MOTION'.

#### **MEDIUM MOTION, ALL THE PARTS:**

Now return to the 'Top Of Back Swing Position and repeat the forward Trip with 'Medium MOTION'. Do this 'Carousel & Ferris Wheel' combined Trip several more times until you are Comfortable and definitely 'FEEL' the 'Isolated Parts Working Co-Operatively'.

#### **WITH A GOLF BALL:**

(getting real!)

Now to the 'Moment of Truth'. Place a Golf Ball in its proper Ball Location for the 'Practice Iron' (mid iron preferred) and make the 'DRILL MOTION', to the Top Of Back Swing. Let the 'Ferris Wheel Drop' while the 'Coiled or Loaded Carousel' releases forward.

You should 'FEEL' that '**PUSH PINCH PULMONARY PIN**' (the 4 P's) we have so often talked about. You have now taken the 'ISOLATED PARTS' and combined them to produce what 'FEELS' awkward but is really about the 'Perfect Back and Front Swings'.

Do this 'Bullet-Proof Drill' every time you go out to practise. When you can master this 'Combination of Basic Moves' you can produce '**Compression and Line of Compression**'. You will have a great Grip on the Game of Golf.

This is quite a complex Drill but well worth the time and effort.

#### 157) **THE 'BIG PUSH' DRILL:**

This 'Bullet Proof Drill' is a great asset. I think it is one of the finest Drills I use when it comes to the 'Full Swing' and the 'PIVOT'. If you want to get that 'Lower Body Machine' (LBM) activated this is the way.

You know we require a lot of 'Balance' in our overall Game. By this I mean 'Mental as well as Physical' but right now I mean your 'Three Body Zones', your '**RPMS**' must be 'In Balance'. The 'Hands, Arms and Body' must pass through the IMPACT Zone and make IMPACT

and Separation simultaneously or very close.

We know that the 'Popular Deficiency' is 'Lack of LBM Dominance' in the 'Total Golfing Machine'. The 'PIVOT' and its 'Component Brace Toe Pressure, Brace Foot PreLoad and Brace Leg Drive' is the '**ENGINE**' of the Golf Swing.

This 'Big Push' Drill is designed to amplify the 'Brace Sides ACTION in the PIVOT'.

Place a '**TEE**' in the ground at your normal '#5 Iron Ball Location' and then actually tee-up a Golf Ball on a 1/2 to 5/8 inch exposed tee about 3" in front of the 'Optimal #5 Iron Ball Location' (OBL). Now, stretched out and warmed up, make a good solid pass through the Ball with that Mid-Iron.

Here's the key to making this happen with this 'SET-UP Configuration'. Here is the 'Procedure' you must use to utilize these 'Pre-Selected Components'.

You must use your Normal '**POSTURE**'. Use your Normal Mid-Iron '**GRIP**'. Use your Normal Mid-Iron '**STANCE**' or slightly more 'Open Target Toe'. You have the More Forward '**BALL LOCATION**'. Now 'Open' your Normal '**ALIGNMENT**' slightly to promote better 'HIP ROTATION'. You do not want to 'Run Into your Own Feet and Legs' while making the 'TURN' through the IMPACT Zone.

You noticed those '**5 SET-UPS**'. Right? Ok, now we are 'Set-Up' and ready to go.

Make your 'Normal' Soft, Deep, Flat and Wide Take-Away with a normal 'Direction Change At TOB' (the Moment of Low Inertia) and follow it up with a 'Normal' Front Swing through Swing Segment #1F and #2F through to Swing Sequence #6 (Pre-Impact) and approaching #7 (IMPACT). The ONLY difference in this Swing than others is that you must 'Exert more Brace Foot Pressure and Brace Leg Drive' to accentuate the PIVOT, the purpose of this Drill. Also you must 'Exert more Brace Hand PINCH or more Brace Elbow 'Extensor ACTION' or 'Down FORCE' to properly 'Compress the Ball' and to insure that you actually get 'Down to the Ball'. Your 'Normal 'Bottom Of Swing Arc (BOSA) will be closer to your 'Clavicle' than this 'Ball Location'. You are going to have to 'WORK to Get To It'!

This is the 'Design Purpose' of the Drill; to amplify your 'PIVOT, your 'TURNING TO and THROUGH THE BALL' while Swinging your Clubhead

down to the Bottom. Your tendency in this Drill will be to strike the Ball THIN. Your other tendency will be to strike it to the High ENERGY Side of the Target Line because your Hands have slightly more Distance and Time to 'Close the Clubface' through IMPACT Zone. It is simply important to amplify your specific performance as discussed and 'Make the Ball Flight' straight in this Drill. Make four or five strokes and then rest. If you have to make four or five more. Master This Drill!

This is a 'Brace Side of the Machine Drill' which you will soon personally discover. It is a 'FEEL Drill' too so turn on your 'FEEL'!

Think the '3 Bs' (Brace Hand, Brace Shoulder, Brace Leg Drive) along with your '4 Ps' (Push, Pinch, Pulmonary and PIN) These loyal 'Foot Soldiers' are a big help.

#### 158)           **THE 'UPHILL' DRILL:**

This Drill is quite complementary to the 'Big Push' Drill previous. It is about '**LEG DRIVE**' which is about the 'Lower Body Machine' or the 'Engine of the Golf Swing'.

We need to 'FEEL' or experience what I mean by 'PIVOT POWER' and this 'Leg Drive' that propels us in 'ROTATION' about our 'Spinal Crankshaft', 'Round and Round' through the Ball. What so I mean by 'Leg Drive'?

The answer is found here in a very simple exercise I used in every clinic I put on. We need to both understand and 'FEEL' 'Leg Drive' before we can apply it to our Golf Game skills.

You can do this on or off course. Find a hill or sloped piece of ground; the steeper the better within reason. Get to the top near the edge. Place your back to the 'Down Slope' and slowly, deliberately back yourself 'Down the Hill' right to the bottom, unless it is half a mile long! Then a quarter of the way will do. This is good exercise and we are about to learn from it.

As you back down, you will feel Gravity doing its job, pulling you down the slope. Your back but 'Leading Foot' will be 'Catching You' and preventing you from falling right down to the ground.

Once you get to the bottom, pause and then start back up, walking in 'Slow Motion'. 'FEEL' your back Brace Foot 'Pushing' your entire Body or Mass up the slope. 'FEEL' your Brace Big Toe's job of creating and releasing Pressure. 'FEEL' your Brace Foot PreLoad. 'FEEL' the Brace Leg Drive. Your Back Leg, the Brace Leg does 'All the Work' in moving you forward, in creating Motion. This is your 'Lower Body Machine' (LBM).

The 'Upper Body Machine' (UBM) only provides 'Balance' and assists in the maintenance of 'Rhythm'. Your Arms and Hands move in a 'Pendular Motion' as a reaction to the 'Leg Drive' and 'Ground Up Force'. We propel ourselves from the 'Bottom or Ground Up'. That is unless we have a rope on which to pull as well! Not the case in Golf. Our Hands are full of Club!

This 'Back or Brace Leg Drive' is precisely what you should 'FEEL' when you are making the 'Forward Swing' with a long stick such as your Driver. You must 'FEEL' and create 'Propulsion' off your 'Brace Foot' producing 'Brace Leg Drive' producing 'Movement or Motion'. As this 'LBM' does its WORK your 'UBM', those 'Lever Assemblies', Shoulder Sockets, Arms, Hands and Golf Club, will respond and do their jobs.

Remember that the Golf Swing evolves 'From the Ground Up' and 'From the Inside Out'. The 'LBM' **LEADS** while the 'UBM' **LAGS**.

You must 'FEEL' as though your 'Brace Leg' is driving from the 'Resistive Earth'. By this I mean that the Earth does not move and we do! THE Golf Swing is a 'Pushing Off' process that needs good SET-UP and Timing to occur well. You can do it better than you could have ever imagined. Just get at it; think and practise smart and 'Never Give Up'.

#### 159) **THE 'TARGET POST' DRILL:**

This 'Shaft Drill' is useful in conjunction with the 'BIG PUSH' Drill. You have done this Drill before in the Book but I will redefine it now. It is easy.

This Drill requires a 'Practise Shaft' to be stuck into the ground 5" outside the Target Heel. It's purpose is to give you a 'Fixed Point of Reference' that you can 'FEEL' in the FOLLOW-FINISH Stage of your Swing. (the end of Swing Segment #3F and #4F and at Swing Sequence #8F, #9, #10 and #11 ('Bounce Back') if selected).

Now simply follow your 'Normal ROUTINE' and execute a #5 Iron Strike all the way through the Ball and IMPACT Zone, just about like in the 'BIG PUSH Drill'. You must exert amplified Brace Leg Drive (PUSH) and amplified Brace Elbow Extensor ACTION (PINCH). See the Ball well and 'Stay With It'. 'Bail Outs' will 'NOT Cut It'!

Upon completion of the 'Procedure' you should find yourself 'Square Hipped' with your Target Hips and Upper Quadriceps making contact with the 'Practice Shaft'.

This 'Fully Completed TURN' is the point of the 'Bullet-Proof Exercise'.

It's a 'FEEL Exercise' so bring your 'FEEL to the Practice Tee'!

This is very similar to the '**BUTT MASTER 2000**' Drill so you may want to go to your trusty INDEX and pay it a visit. Not a 'Big Trip' as you are already in the correct Chapter. Short walk to a long reward!

#### **A WORD OF WARNING:**

In these 'PIVOT or HIP ROTATION DRILLS' you do NOT want to overdo the 'TURN' or you could either 'SPIN OUT' or simply just over-cook the recipe! Tiger Woods has a 'Spin Out' problem when he is not very well TIMED. He allows his Clubhead to get 'TRAPPED BEHIND' his Body and thus either hits a 'PUSH' or the more common 'Flippy-Handed PULL HOOK' that pagues many a good player. If there is any 'Soft Under Belly' to the Tiger, it is 'NUCING His Approach Irons' and this 'Over Cooked PIVOT'. Notice he does not suffer from 'UNDERDONE'! He leaves very little 'In The Bag' as the saying goes. Inspirational indeed! Role Model? Better than I had ever expected and I am proud of him for that growth and maturity which I truly expect to continue into the next decades. We, as the benefactors, are all in for a great ride. Sit back and enjoy! While his peers are going to have to 'Dig Very Much Deeper'. The 'Cross Bar has been Raised'!

I think the 'New Generation of Player', bold and courageous, just coming out of the college and university ranks, are the phalanx who will take Tiger on and tame him. Few out there now will ever get a Grip on him or his 'Trailing Tail'. I would give you their names as I have spent time with them but I am not a 'Bookie'!

Sit back and enjoy the ride!

160)           **THE 'STEP' DRILL:**  
          (an 'Isolate The Parts' Drill)

This Drill utilizes the 'Brace Hand' only and is designed to help you 'FEEL' three things; 1) The ACTION of the Brace Foot in propelling the Body forward carrying along the 'LAGGING' Upper Body Machine; 2) The 'FOLLOW-FINISH' onto the Target Side which means you have completed ROTATION; and 3) The ACTION of the Brace Hand Elbow Release while staying in RPM with the other 'Two Zones'.

It is a very simple little Drill requiring a proper '**5 CONTROLS**' SET-UP with a nice relaxed 'Muscular MOTION'. You want to make your back and front Swings with quite a 'TICK TOCK' FEEL and MOTION. Do not use but a medium of POWER. You might do two half Swings in the actual 'Tick Tock', back and forth Motion and then turn to completion in the third; 'Finish and Hold' breathing out, relaxed but CHIN Tallish.

As you 'COIL Smoothly onto the Brace Foot and Side, your Target Foot will get light so you can actually 'Pick It Up Off The Ground Slightly'. Then as your Brace Foot/Side provides 'Pressure and Push' you can take a little 'STEP' forward towards the Target. This amplifies the 'FEELING' of 'Moving to the Target Side' both 'Laterally and Rotationally'. This combination is key to POWER and TIMING of the parts. Your 'Three Machine Zones' require this 'Slide and Turn' combination to develop maximized POWER.

Make sure you 'FEEL' your Brace Elbow 'Bend and Straighten' with a nice full 'Extensor ACTION' in the PreIMPACT (Swing Sequence #6 to #7) as you must still 'FEEL some PINCH'. This is not at all a 'Round & Round ONLY Drill'. It has it's full 'Ration of Up & Down' as well. It has Balance, Tempo, Timing, Rhythm and Cadence.

The ONLY two things it lacks are the 'Target Hand' and a 'Ball'. You notice I am assuming you have picked a Target. Always! Ball or no Ball! Any time we are Swinging a Clubhead we must 'FEEL the IMPACT Zone', 'Down-The-Line' and a 'Precise Target'.

We made that deal in the first few pages of this literary conversation! It is still a deal! It's our permanent deal!

161)           **THE 'WIDE TO NARROW' DRILL:**

This Drill is very easily accomplished but it is equally important. As usual, it is a 'FEEL Drill' so don't forget to get a 'FEEL'! It is a 'Two Handed Drill'.

This is a 'Clubhead PATH' Drill as well as a 'Sweep Drill'. As you have come to know intimately, very little takes place in Golf, at least where we have a Club and our Bodies, where both 'Components and Procedures' are not involved. This Drill holds it's own in that topic arena. Parts and proper things to do with them! Right? You will make your '**5 CONTROLS** SET-UP again as usual.

Once ready for ACTION, I want you to make a nice 'SOFT', 'SLOW', '**Deep, Flat and Wide**' Take-Away with Soft Arms (Lever Assemblies) focusing as is the usual case on the 'Very Long and Relaxed Target Arm'. Perhaps the Elbow is the Key 'Soft Part' too.

As I mentioned just a moment ago, this is a 'Sweep Drill'. '**TRIGGER WORD TIME**'. 'SWEEP & BALL PIN' (for me)

The 'Take-Away' is a '**3 B EVENT**'. (Brace Hand, Shoulder & Foot)

I want you to 'FEEL' quite 'Down-The-Line' (D.T.L.) until your 'Rotation Back with Lift Up' occurs naturally. You must always have the 'Round and Up Ratio' in Balance, even in practice. Why do you think we put in 'Practice Time'? Never practise bad habits or moves. If you make bad Moves they will soon become 'Bad Habits'! Makes no sense letting the 'Vermin' into the house in the first place! I guess you may not have owned a cabin at the lake near the woods where Mother Nature allows a great deal of 'Slack' in most areas! Yet she is a tough task-master.

The Drill FEEL is to take the Clubhead away 'Deep Flat and Wide, well 'D.T.L.'. So the dominant 'FEEL' might be '**WIDTH**'. Deep is the 'Low and Slow' thing! Flat is that 'First Five Inches' almost touching the Deck Motion; 'Good Extension' or length in the 'Soft Elbowed' Target Lever. You will 'FEEL' the 'Big Circle' in the Back Swing Loop.

Then I want you to start the Front Swing with that 'Relaxing of the stretched Abdomen and Trunk Muscles, while allowing your Hands and Arms to simply 'DROP Gravitationally' right towards the deck.

The event that takes place just a moment earlier is the 'Pushing of the Brace Foot out of or off 'PreLOAD' which produces that 'Balanced Leg Drive' which propels the Hips back 'Around and Forward', '**LEADING the LAGGING**' Upper Body Machine. You know the story very well by now!

So, what I want you to 'FEEL' is that your 'Shoulders' take the Upper Body Machine AWAY. That your Target Shoulder Socket is the focal 'PIVOT Point' of the Swinging Lever Assemblies in the Back Swing. But, with the 'Hips LEADING OUT' and your Brace Shoulder then 'LAGGING and Dropping', your Brace Elbow naturally comes into the 'Brace Hip PIVOT POCKET' and becomes the 'PIVOT Point' of the Brace Lever and the 'Brace POWER Point' of the IMPACT Zone in the Forward Swing POWER Zone. The FEELING here is now '**NARROW INSIDE**'. The Front Swing in Golf is a 'Brace Sided Event' so it is imperative that you learn, without further delay, to 'FEEL' the Braced Brace Elbow anchored in the direct vicinity of the 'Brace Hip'. The Back Swing is a 'Turn the Shoulders and Spine Event' involving the entire Body Machine 'COILING Top Down' to the 'Grounded Resistive Feet and 'Snug Hips'. This is the 'LOADED Machine Function'.

If you have any 'Fuzziness' in your 'Mental Picture' right now, turn to your 'Tour Guide INDEX' and go to the '**10 Swing Sequence Swing**'. Find Swing Sequence #7 (IMPACT Zone) and read the characteristics for both 'Down-The-Line' and 'Body-On'. In the 'Body-On' description you will find that there are some 'Very Key Components' **IN LINE** through the **IMPACT INTERVAL**. They are the Brace KNEE, Brace HIP and Brace Shoulder. This is the '**IMPACT POWER-HOUSE**' all stemming from that Brace Toe Pressure, Brace Foot PreLOAD and Brace Leg Drive which propels those 'ROTATING HIPS' 'Through the IMPACT Zone' onto 'FOLLOW-FINISH'.

You might ask why I do not include the Brace Hand into the above 'Group Of Three IN-LINE Components'. The Brace Hand, with its '**FLAT TARGET WRIST**' will be slightly ahead of these other Components as will the Clubhead be slightly behind. You know, the Brace Hand 'LEADS' while the Clubhead 'LAGS' ..... ALWAYS! (Except for one Procedure, the 'Flippy Handed Lofted Wedge'. You can experiment with that when you are older and wiser.)

So, to summarize a little, Shoulder Take-Away Wide and Drop the Lever Assemblies back into the Brace Hip Pocket 'FEELING' Narrow and Inside-Out.



Keep your EYES on the '**Bottom Inside Cheek Of The Ball**' right through Clubhead Release, IMPACT and Bottom of Swing Arc.

Breathe Out while the Clubhead is '**IN MOTION**'.

There now, I got carried away again and have almost described what the entire Golf Swing is all about. Please forgive me, this is the 'Wide To Narrow Drill'. You got that too, Right?

That was a good 'Trip' in the 'Journey'. You should be seeing some more destination closing on the horizon as they will continue to do for the next fifty years as long as you keep you Golf Mind open. Every time we 'FEEL' '**THERE**' it will just be another stop on the long railway to PARS and BIRDIES. Well done!

#### 162)           **THE 'TICK TOCK' DRILL:**

You have heard about this 'Drill' earlier in this Chapter but there is slightly more that may be of benefit now that you have become accustomed to the purpose of 'Drills'. If you are not familiar with this 'Tick Tock Stuff' go back to the front end of this Chapter and give it a moment or two. Also, if your interest is piqued, go to your trusty 'Tour Guide INDEX' and seek out more about these two simple 'Four Letter Words'!

Before any Drill, stretch and warm up. Always use your '**5 SET-UPS and 5 CONTROLS**' as the basis for your Golf MOTIONS. Never leave home without them!

All things up to 'Operating Temperature', from your 'Address Ready Position' start your 'TICK TOCKS', back and forth, moving the Clubhead with the 'Lever Assembly Triangle'; a bit 'Rocking your Shoulders and Turning your Hips'. You know the Drills!

As you have accomplished getting the Clubhead 'In MOTION', back and forth about your Spinal PIVOT, 'Breathing Smoothly In and Out', now start 'FEELING' your Brace Foot PreLoad and Brace Leg Drive becoming progressively more active as you near the 'Bottom Of Swing Arc' in each Front Swing. (Swing Segment #2F and Swing Sequence #6 to #7)

As you progressively apply more 'Brace Leg Drive', your Clubhead will get progressively higher and higher in both the Back and Front Swings as well. As your Brace Hand begins to reach your Brace

Shoulder, you have entered the 'Region of the Full Swing'. Remember, the scientific definition of a 'Full Swing' is your 'COIL being fully Loaded or Turned' while your Brace Hand has been raised 'Up and Back' to the Brace Shoulder Elevation.

In this Drill, I want you to 'FEEL' the Hands, Arms and Shoulders slightly 'LEADING' the Hips on the way back , 'Softly Down-the-Line' and then 'Dropping and LAGGING' behind the Hips and 'Lower Body Machine' in the Front Swing. As you go 'TICK TOCK', back and forth with some progressive 'Brace Leg Drive POWER', this 'LEAD and LAG' should become very pronounced and quite RHYTHMIC. Always do these Drill both 'Relaxed and Breathing'.

Remember, once we again shift gears from MOTION practice to striking the Ball, we should 'BREATHE OUT' whenever the Clubhead is 'In MOTION', front or back Swing. Might take some diligent effort, but, at least try to learn to 'BREATHE the Clubhead Away from Address'. And then do not stop exhaling until your Swing has come to a relaxed completion at the 'Top Of Front Swing' (TOF). This is, of course, Swing Segment #4 and Swing Sequence #9 or #10.

While mastering these Drills, you are '**MASTERING THE BASICS**'.

'Perfect Practice Makes Permanent'.

Well done!

163)           **THE 'TWO PENNY' DRILL:**  
                  (soon to be a 'Three Penny' Drill)

It is essential that we maintain 'Extension' or 'Depth' I our 'Clubhead ORBIT' or the circular PATH on which it travels or tracks. If we alter either the length of our 'Swing or Target Lever' we will get out of Orbit. If we alter the 'Top of PIVOT' we will change the Distance from our Target Shoulder Socket or Target Lver PIVOT Point and thus not be able to get back to the Bottom of Swing Arc (BOSA) unless we make other compensatory adjustments either at SET-UP or in our Procedures. This is highly unpredictable as will be your Ball Control and resulting Ball Flight. When we alter this CHIN Tallish condition, we invariably affect our 'Swing Plane' as well. If you change your 'Spinal Condition', either 'Forward Inclination' or Aft-Tilt' you will change your 'Swing PLANE and your Clubhead ORBIT'. You will struggle to get back to

the 'Little White Ball'.

We are most vulnerable or susceptible to these 'ORBITAL Errors' in or during the '**Two Intervals or Moments of LOW INERTIA**'. You know about these or take a break by going to your trusty 'Tour Guide INDEX' and see 'Two Moments of Low Inertia'. You need to understand what they are and why. The concept and reality is simple.

Back to the pennies!

If you place a 'Lincoln' about 5" to 8" directly aft of the Ball, on the Target Line, the penny will give you a 'First 5 inches of Take-Away Reference Point' through which you can pass the Clubhead. If you can get the 'First 5 Inches' right, you will be amazed at how the next five feet will unfold!

You must 'FEEL' '**Low & Slow**', '**DEEP, FLAT & WIDE**'. In this manner you will maintain your 'Swing Radius' or 'Depth and Extension' and 'Sweep the Penny'. You will be 'On PATH', 'On PLANE' and 'In ORBIT' with a good trip looking at you.

#### **The Second Penny:**

This might seem disrespectful to 'Abraham' but it is better than on the railway tracks! Place or 'FEEL' as though you have a penny under the pad of your 'Big Brace Toe'. Apply a little pressure and keep the pressure on through out the Back and Front Swings all the way to Swing Segment #8. This 'Brace Toe Pressure', stimulates 'Brace Foot PreLoad' which triggers the 'Brace Leg Drive' that propels the Hips forward, 'LEADING' the 'LAGGING' Upper Body Machine or the Lever Assemblies back to the Ball.

If your Lower Body Machine does not 'Drag' the 'UBM' through the IMPACT Zone, there are a lot of bad things that can and do happen.

#### **The Third Penny:**

This 'First Five Inches' concept is solid. The 'First Five Inches' away from the Ball builds or Sets-Up the 'Last Five Inches' in the IMPACT Zone just before 'Contact and Compression'.

Equally, or close, we need to program ourselves to maintain the 'Continuingly Correct Clubhead PATH or ORBIT' by sweeping or 'Taking Out' a 'Third Penny' which we place about 5" to 8" in front

of the Ball and about one inch outside the Target Line. This helps us to 'Swing the Clubhead through the Second Baseman's Chest and not across the Second Base Plate'.

You know that the 'Geometric Shape' of the Clubhead PATH in the Full Swing or a Stage Three Procedure is '**DOFT**' and not Square to Square as it might be in the Putting Stroke. You need to 'FEEL' '**Down, Out, Forward and Through**' the Ball and '**NOT At The BALL**'.

So now you can 'Spend One or Two or Three Pennies' and get good value for your money!

#### 164)           **THE 'WINDMILL' DRILL:**

This 'Drill' is an 'Upper Body Drill' working primarily the Shoulders.

Standing, 'Address Ready', Shoulders parallel to the Body Line, forward 'Inclination' established with both arms (Levers) 'Hanging Comfortably straight down towards the ground from their Shoulder Sockets'.

This is a 'One Lever At a Time' Drill so raise your Target Hand up and across your Chest until your Fingers press against your Brace Breast.

Now start 'Rocking' the Brace Hand smoothly forward out from the 'Foot or Body Line' and then back towards the start-point. Allow the Hands and Arms (Lever) to continue swinging past 'Perpendicular' to behind your 'Foot or Body Line'. Continue this 'Swinging Motion' Square to the Shoulder Line raising and lowering the Hand increasingly higher as your 'Swinging Momentum' increases. When you keep increasing this 'Length of Swing' and your Hand gets well above your Head, keep it going 'Right Over The Top' and around behind your back, dropping down past your Butt, going through the Bottom or the circle and continuing right on around and up again.

Make circles or 'Wind Mills' in this direction for a approximately ten revolutions and then let your 'momentum' bleed off and your 'Hand Speed' slow down.

Reverse direction and do 'Wind Mills' in the opposite direction.

Do this 'Exercise or Drill' now with the Target Hand or Lever. Follow the same procedures.

For more good information on 'Exercises and Drills' similar to this one, see the 'Stretching and Strengthening' Chapter.

Warming up your 'Golfing Body Machine' before a round of Golf is important, but getting it in general condition over a period of time and then keeping it there 'Daily' make a great deal of sense.

165)           **THE 'ADVANCING & RETREATING' DRILL:**

This is a 'Clubhead Issue' that is demonstrated by a Drill. We need to know at all times where our Clubhead '**IS**' and what it is '**DOING**'. This 'Game of Golf' is all about 'Clubhead Control' so we can produce 'Compression' and 'Line of Compression' which, when combined with 'Clubface AIM, Clubhead PATH and Optimal IMPACT Area (OPA) or Sweet Spot', produces 'Pre-Selected Ball Flight'.

This interesting little Drill is about the most 'Basic of Clubhead Conditions'; '**SQUARE WITH VELOCITY AT SEPARATION**'.

The question is ' At any or all times in the 'Entire Swing', back and front, what 'Direction' is my Clubhead travelling? Is it 'Advancing', (Getting Closer to the Target / PIN) or is it 'Retreating' (Getting farther from the Target / PIN)?

This is important. Would you or should you 'Step On The Gas' in your car when you are heading in the wrong Direction? Generally this would make little sense and certainly be inefficient. In Golf as well!

If your Clubhead is 'Headed in the Wrong Direction' would it make any sense to 'Step On The Throttle'? NO.

So this Drill enables us to define where and when our 'Clubhead' is 'Advancing to or Retreating from the Target /PIN'. This knowledge will intuitively tell us when to 'Fire the Correct Muscles', in the 'Correct Synapse Order' to accomplish the 'Pre-Selected Procedures' and get the Ball to the Target. Scoring lower is cool!

### HERE'S THE DRILL:

You need a friend to help. Have him or her stand five feet on the 'Low ENERGY Side' of the Target Line at about ten feet facing you.

Make your Back Swing, to the Top Of Back Swing (TOB) and 'Hold your Position'. Explain to the person that you are going to now Front Swing your Clubhead and they are to watch it travel on its 'Geometric Circular PATH'. As it travels the Clubhead will either be 'GETTING CLOSER - **ADVANCING**' or 'GETTING FARTHER AWAY - **RETREATING**' and that you want them to keep saying "**Advancing or Retreating**" as you make the 'Slow MOTION Forward Swing'. Simple enough!

As you progress from 'Swing Sequence #5' dropping down through Swing Sequence #6 the Clubhead will be "**Retreating**" or getting farther from the observer's nose. Once the Clubshaft becomes '**Horizontal or Parallel to the Ground**' the Clubhead starts to 'ADVANCE' or get closer to the observer's nose. From this position, which is 'PreIMPACT', through 'Swing Sequence #7' (IMPACT) then through the 'Release, Follow Segment #3F)' all the way to 'Swing Sequence #8' when the Clubshaft is once again 'Horizontal or Parallel to the Ground', the Clubhead is 'Advancing' to the nose or Target-PIN. Once the Clubshaft Swings above 'Horizontal or Parallel to the Ground', the Clubhead once again begins to 'Retreat' or move farther from the 'Nose or Target'.

This is just simple 'Physics of Rotation' and the 'Geometry of the Circle'. I hope you have a very clear picture of what is taking place. If not do it in 'Slow Motion' or read this again until you fully comprehend.

### THE BOTTOM LINE:

When the Clubshaft is '**Above Horizontal**' the Clubhead is '**Retreating**' or moving away from the Target. There is absolutely NO POINT in stepping on the throttle and applying 'POWER to create Acceleration' while the Clubhead is 'Retreating or Moving in the Wrong Direction or away from the Target'! All one does when applying 'THRUST' when the Clubhead is 'Retreating' is induce 'Casting' or getting the Clubhead 'Out Of ORBIT' and 'Off Plane'. Logically, therefore, whenever the Clubshaft is '**Below Horizontal**', the Clubhead is '**Advancing**' or moving towards the Target, in a useful Direction; in a Direction where WORK can be done to the Ball that is efficient and effective.

**QUESTION:**

So what is this telling us? What have we learned from this 'Bullet-Proof Drill'?

**ANSWER:**

That we should 'Delay the POWER application' or the 'Firing of the Hands' and 'the Powerful Forward THRUST' until later in the Swing Sequence. The POWER and Velocity builds or 'Maximizes' towards the 'Bottom Of Swing Arc' (BOSA). We should 'FEEL' like we are 'LEADING' with the 'Lower Body Machine' (The LEG DRIVE) and that we are delaying or 'LAGGING' with the 'Upper Body Machine' (UBM) (The Action of the Arms and Hands). I like to think of this a little as '**TURN EARLY and HIT LATE**'.

There is no purpose, in fact bad things happen when we get the 'UBM' working too early in the Front Swing. Make the strike towards the 'Bottom of the Circle' or 'Swing Arc' when the Clubhead is 'Advancing on the Target'.

That makes sense to this 'Old Country Boy GOLF Teacher' and I hope it does to you as well!

166) **THE 'DOWN-THE-FENCE-LINE' DRILL:**

Firstly, see your INDEX in chapter 'Course Management'.

This is a 'Driving Range Practise Drill' designed to help you take the 'Cut Out Of Your Ball Striking'. Once you do this your 'Ball Flight' will be straighter. It will 'Hold The Line' better, especially 'In The Wind'.

Set-Up on either side of the Driving Range, but do so in the last stall. This is so you have a very defined 'Straight Target Line, with a physical barrier. If you stray, you have a 50% chance of being in the netting.

If you are a 'Right Handed Golfer' who tends to 'Leak, Fade or Slice', you will want to be on the Right Side of the Driving Range. For 'Lefties', the opposite of the tracks is appropriate! This is NOT segregation!

Once warmed-up, strike mid to long-shafted Clubs 'Down-The-Fence-Line' and keep out of the netting.

If you are a 'Right-Hander' who leaks, you can select the left side of the range and make sure your task is to 'Keep Your Ball Flight 'HOLDING the FENCE LINE'. The only subtle difference is that your error, 'Leak Right', will not find the netting if you practise from this 'Left Side'. I like the small penalty.

Just a reminder: **'NEVER STRIKE EVEN ONE SINGLE BALL WITHOUT A PRECISELY DEFINED TARGET'**. The only exception is when you are first 'Warming-Up' and working solely on creating 'IMPACT and Compression'. Once you have this working, work on 'Line OF Compression' which means firing at a small Target.

When you go out to work on your Game, write down your objectives and stick to them! You can leave the last five or ten minutes for the 'Open Choice' strokes, shots or 'Procedures'.

Always Practise Smart!

In this manner you will 'Grow' into shooting lower numbers and we all like that! It seems 'Scratch Golfers' tend to attract better company. You too can become more popular! That is unless you are a recluse who prefers to play alone ten minutes before sunrise! Who knows, you might meet another compatible recluse!

#### 167) **THE 'SHORT GAME CHIPPING LADDER' DRILL:**

This 'Drill' is very similar to the one I have put into your 'PUTTING DRILLS Chapter'.

Its purpose is to give you some specific idea about your 'Short Club Distance and Trajectory' made with the same swings. I call it 'Ball Flight Shape'. We need to know what our specific 'Club and Swing Combination' does to the Ball. This still, or always, comes right down my '**COMPONENTS & PROCEDURES**' alley! Amazing how we always travel roughly the same route to get back home! I guess I am just in a rut! ... a good one I hope that comes to be known as a 'ROUTINE'!

This 'Drill' takes place from a pace or two off the fringe around your favourite levellish 'Practise Green'. Dump a 'Bucket of Balls' at this location. Walk to the 'Putting Surface' and pace 'ON' about



two or three Paces' again. Look out onto the 'Green' to where you would like your 'Target'. Pace towards it. Three more paces on, place one of your 'Long Irons' at 'Right Angles on the Low ENERGY Side of your 'Walking Line' which will become your 'Target Line'. Take one more pace and place another Club. Then take another pace and place the third Club, Finally, take your next pace and place the fourth Club. Now you have a 'Four Club Ladder' which will act as a gauge for your 'Ball Flight Distance' while practising your 'CHIPPING' onto the 'Putting Surface' from the 'Fringe'.

I will add right here that, if you select an area of the 'Green' that has slope, this 'Drill' becomes an excellent 'Read and Execute Drill' as well. Practise both often.

With the 'Same Swing' every time, make two 'Chips' with each test Club and observe both the 'Distance and Trajectory'. I would suggest you perhaps start this 'Drill' with you're your #7, #8, #9, #PW and your #SW Irons. I know this means striking and observing ten Stroke of the Golf Ball, but you will manage to have FUN if you want to.

Once this 'cycle' is completed, from the same place, take a few 'Longer Practice Swings. You know, more 'Swing Length' creates more 'Acceleration and Velocity' which produces more 'Clubhead Speed and Distance'. Once you have 'Grooved' this longer Swing, strike ten more Balls in the same manner as in 'Sequence #1', observing every 'Ball Flight and Roll'. You will soon have a 'Pattern' and then know much more about your 'Golf Ball Behaviour' with these 'Short Irons' using various Swing Lengths'.

All about those '**COMPONENTS & PROCEDURES**'. Right?

By the way, this 'Ladder Drill Layout', spaced about two paces apart rather than one, makes a great platform for developing better short, soft 'Pitching' as well. Just step back farther onto or away from the 'Fringe and Green'. See you do not have to walk very far to advance!

Try this 'Drill' with your soft short 'Pitches'.

Great 'Drill' and your 'Touch' will improve along with your scoring. Those lower numbers are 'Cool'!

168)           **THE 'FLAT TARGET WRIST' DRILL:**

You know this is a 'Primary Absolute' so don't leave home without it when your intentions are 'GOLF'!

Generally, your 'Target Hand LEADS the Clubhead THROUGH the Ball' in all 'Stroke Procedures'. This is how you remain 'Connected and in Control of your Clubface AIM' so that you can accomplish '**Compression and Line of Compression**' so necessary in making good 'Golf Shots'.

This is primarily and 'CHIPPING or very short PITCHING Drill'. It involves 'Stage One' or very short 'Stage Two Procedures' only. I would suggest that you use a #7 or #8 Iron to accomplish this 'Drill'. You may use whatever 'Club' you prefer, but we are not trying to get a lot of 'Loft' and produce 'Flop Shots'. These are more 'Bump and Run Shots'.

Set a 'Picnic Bench' or similar obstacle about three feet directly in front of your Ball. So now you know a 'Stage Three' will not be wise!

Make little, very straight-line 'Chips' under the bench ensuring that your 'IMPACT' is made with your 'Target Wrist LEADING the Clubhead to the and Through the Ball'. It is both 'Procedurally Correct and Best' to play your 'BALL LOCATION' just 'Aft of your Sternum' to promote a 'Descending Blow' on the 'Ball'. The 'Aft BALL LOCATION' promotes a 'Steeper Angle Of Attack' which you already know.

I sometimes call this the 'Frozen Wrists Drill' as, once you set your 'Wrist Triangles', you do NOT alter this 'Triangulation'. Your 'Hands' are very stable throughout the entire 'Back and Front Swings'. No 'Flippen Hands'!

There are other 'Obstacles' one can put in the way, such as a friend holding the Grip-End of a Long Iron in about the same place so you cannot Swing Bigger.

**Under the Bench Drill:**

Stand about 7 to 10 feet off to the side of a picnic or patio Bench. Using a #PW hit down and through the ball as though you were trying to hit the ball under the bench with a stron "Chipping Procedure". You will be amazed at the results your 'Loft' creates!

**THE 'FEET OF THE MOUSE' DRILL:**

I like this 'Drill' in the sand as well as on the grass. If the 'Ball' were a timid 'Little Mouse', its heart and 'Feet' would just be "a goin'" to prepare and execute "getting' the dickens out of here". Those are almost the words used when I was told about this 'Drill'!

To keep the 'Mouse' or the Ball from 'Running Off'. Turn your Shoulders slightly facing the Ball (OPEN) so you can get a good 'Two-Eyed Look' at it. Turn your 'Clubface OPEN' slightly as well; about the same degree as your Shoulders. Use your 'Hands and Arms, Lever Assemblies' in an relatively 'Up & Down MOTION'. Keep your 'Legs' (Lower Body Machine) relatively quiet. Widening your 'STANCE' slightly will help in this task. The 'Wider STANCE' as you know, inhibits 'PIVOT or Lower Body Machine ROTATION'. This is what we want; a 'Quiet Lower Body'.

Swing the 'Aft-Sole or the Heel of the Clubhead' just under the rear-end of the 'Little Critter' and 'Splash The Sand Out of the Sand-Box with him riding on top of grit you Splashed out'. The 'Feel' you should experience in the 'Shallow Bunker Shot' is one of 'Sliding the Clubhead Under the Ball'.

In this 'Drill' you can easily deal with the 'Slightly Buried Lie' as well. Just remember to 'Picture or Visualize the Feet and Rear-End of the Mouse' and slide the 'Heel of the Leading Edge' just under 'His Heels'!

If you get really involved and take on some 'Buried Lies', just remember that the 'Deeper The Lie' the 'Squarer You SET-UP' (Shoulders and Clubface) but you still 'Take His Feet and Rear-End Out'!

You don't like the idea of possibly injuring the 'Little Critter'?

As an alternative, actually 'Tee The Ball Up in the Sand' so the top of the tee is just above the sand. Just slide your Clubhead under the 'Top Of The Tee'.

Always make sure you 'Finish Your Stroke' THROUGH The BALL to at about as high on the 'Follow Through' as you were on the 'Back Swing' or at the 'Top OF Back Swing'. Don't stab at the Ball unless you have a seriously 'Restricted Back Swing'. "Be Smooth Baby."

170)           **THE 'TWO LINES IN THE SAND' DRILL:**  
          ('Take ½" OF Sand From Below The Ball')

You have all heard of 'Drawing the Line in the Sand'. Well this 'Drill' simply has two of them, not because we are 'Undecided' but for simple 'Definition'.

Use the toe of your 'Sand Wedge' to draw one line that heads 'Straight to the Cup' (Target Line). Draw another directly across it at 90 degrees roughly the length of your 'Sand Iron'. This is the line that your Golf Balls will sit on prior to the exercise. Then draw a second line. Same length, just behind (aft) this line about four to six inches. This is where the 'Sole of your Sand Iron' will enter or touch the sand. Remember the 'Heel or Bounce' is the first part of the 'Sole' to make contact; not the 'Leading Edge'. This is not a 'Digging Shot' but a 'Splash the Sand out of the Bunker taking the Ball with it' Stroke.

Relatively wide, stable STANCE; more Hands and Arm (UBM) than Legs (LBM). The 'Stroke' is a 'Raise and Lower and Through Motion' with a nice little 'Thump' in the bottom where the 'Splash Takes Place'.

You must not 'FEEL or Act' like you are 'Digging the Ball out of the Sand'. It's more like 'Sliding the Clubhead Just Under the Bottom of the Ball'.

'Splash or Erase the Sand' from between the lines with a relatively 'Shallow Depth of Clubhead'. You know; 'When you Draw Two Lines, you can Erase Two Line'!

171)           **THE 'RAKE' DRILL:**

The Harmon Brothers recently reminded me of this old but useful 'Drill'; something like this writer.

We utilize a relatively 'Steep Angle of Attack' in these 'Buried Lies' be they in 'Sand or Longish Grass'. We need to get the Clubhead quite 'Up & Down' in order to not get the 'Sole Of The Club' hung up in the 'Debris' either in the 'Back or Front Swings'.

I like to 'FEEL' that my 'Buried Lie Bunker Motion' that 'COCK and POP Action' I have mentioned to you earlier in the books. You need to 'Cock Your Wrists' quite early while 'Raising The Levers Up' and then, with quite 'Relaxed Levers' let the Clubhead Drop Down and

POP Through The Butt of the Ball' with a good 'Follow-Finish' about as high as the 'Top Of Back Swing'.

To promote or force this 'Steepish Angle of Attack', have a 'Practice Buddy' hold a 'Bunker Rake', tines on the ground and handle parallel to your 'Target Line' but just inside it. When you make your 'Take Away and Back Swing', unless you utilize a relatively early 'Lifting Action with very little 'PIVOT, ROTATION or Round & Round', you are going to strike the rake. We do not want to 'FEEL' this so the 'Rake Becomes Our Teacher'!

Remember to '**ALWAYS BREATHE OUT**' while your Clubhead is 'In Motion'. If you hold your breath, you will produce or induce 'TENSION' in your 'Lever Assemblies' with the appropriate results. Never make it except by mistake or that old 'Get Lucky Golf'.

I know, if it worked out, I'd take it too!

But you cannot 'Bank On It'!

#### 172)           **THE 'SMOOTH STROKE' DRILL:**

When we 'Putt or Chip' we not only want to be 'Smooth, we need to be 'Smooth'.

To encourage this 'Smooth FEEL', reduce or eliminate the 'Outside Sensory Stimulations' as much as possible, other than 'FEELING' in your 'Hands and Arms' (Levers).

To do so, 'SET-UP' fully and when ready to make your 'Putting or Chipping Stroke', to draw the 'Clubhead Back Away from the Ball', '**Close Your EYES**' and make the entire 'Back and Front Swing with your EYES Closed'. Now 'FEEL' will dominate all the other 'Sensory Stimuli'.

I think it is an important aspect of this 'Drill' and of the actual Swing or Stroke, to also 'FEEL as if you are Following the Ball right down the Target or Ball Rolling Line with the Clubhead'. In this manner you will not discover later that you are 'PULLING or Round-Housing your Blade'.

There is no way you can get 'Solid Contact and Release', 'Pure IMPACT', unless you 'Strike the Ball Squarely Clubface AIMED', 'Truly Clubhead PATHED' and 'On The 'O.P.A.' (Optimal Percussion Area or Sweet Spot) with the Hands LEADING the Clubhead.

No discussion required!

You already know the answer to this question, but the teacher in me has to ask it in any case, perhaps so you can get good marks and the satisfaction of your 'Growing Wisdom'!

**QUESTION:**

"Of the above three 'Clubhead Related Conditions', which is the most important or most influential?"

Well done. You're correct!

173) **THE 'MIRROR' DRILL:**

Not the big slightly tilted one you see at the back of the driving range or practice area, but a little one about 3" by 5" placed on the grass just behind your Ball in the 'Putting Sequence'.

Great 'Putter' 'SET-UP' with their 'EYES' slightly 'Inside and Behind the Ball'. You know, so that if they shed a tear, it drops on the Ball or 'Mirror' as is this case. When you use this 'Mirror Drill', you should be able to see your 'EYE or EYES' in the 'Mirror at SET-UP'.

We 'Stroke the Ball Pendularly' best when we are directly above and behind it. And we can 'See the Line Better From This Vantage Point', just as we assume in our 'Green Reading Routine'.

A word of recognition is in order. There are about as many successful 'Putting Techniques' as there are individuals involved in this 'Silly Game', and if it works 'Reliably and Repeatedly', it is a good 'Stroke Procedure'. But we 'Teaching Professionals', who think we have "Seen It All" (and are then 'Fooled' by this thought) see more 'Mechanically Sound Strokes' going in the hole more often than those 'Less Physically or Scientifically Correct'.

Use the 'Little Mirror' to assist you in 'Proper SET-UP'.

174)           **THE 'STRIPED BALL' DRILL:**

In 'Putting' 'SET-UP', having a bold distinct line around about a quarter of the 'Equator of your Ball' is a distinct 'ALIGNMENT Advantage'. Once you determine and 'See the Ball Rolling Line' (**BRL**), place your Ball directly on it and 'ALIGN the Stripe' to point directly down this committed '**BRL**'.

Now, go through your 'Putting PreSHOT ROUTINE' and, 'Breathing Out', 'Stroke the Ball Dead Down the BRL' and 'Follow It There' with some 'Square Extension of the Clubface'.

Always 'TRUST Your Reads' and then' without further ado, 'EXECUTE'.

175)           **THE 'BRACE HAND ONLY PUTTING' DRILL:**

I like the 'PENDULAR ROCK YOUR SHOULDERS' Putting Procedure best.

But, if you employ any alternative, this 'Brace Hand' is '**IN CONTROL**' if any Hand of part of your 'Lever Assemblies' is in control.

To prive your 'Brace Hand Stroke Is Correct', '**ISOLATE THE PARTS**' by making 'One Handed, Brace Handed Strokes'.

I want you, if you are going to err, to do so 'Brace Hand Dominant' and not to 'PULL PUTTS'. If you are in the mood for making 'Putting Stroke Errors' make them 'PUSHING' a little. This error is easier to fix and less 'Demonic' than its very ugly 'Step Sister'.

176)           **THE 'TARGET HAND ONLY PUTTING' DRILL:**

If you can do the previous 'Drill' efficiently, you deserve another. The focus in this exercise is to NOT allow your 'Target Elbow' to 'TRACK' back and around your 'Target Hip' (Round-House). To make reliable 'Putting Strokes', you need to 'FEEL' and 'EXECUTE' your forward Stroke with your 'Target Elbow Moving Forward, Away from your 'Target Hip' and directly down the 'Ball Rolling Line'.

Your 'Target Elbow' should 'TRACK where you want your Ball to Roll'.

If it does not, then you must 'Manipulate your Brace Hand' to compensate.

'Compensated Strokes' are a recipe for frustration.

177)           **THE 'STATIONS' DRILL:**

I have talked to you about using your 'Golf Clubs', usually Long Irons, as 'ALIGNMENT AIDS' on the 'Practice Range'. So you know the 'Drills' and these really help us get our 'STANCE and ALIGNMENT' more accurate. We need the 'Gun Pointed Correctly before we can begin to expect accurate Shots'. The pros use these 'Shaft Alignment Drills' all the time. Remember, it is best to use two parallel to the 'Target Line' and one perpendicular to show you where your 'BALL LOCATION' needs to be.

When your are 'FOOT ALIGNED' (Gun-Sighted), simply '**BOUNCE**' up, down and up. This 'Relaxed Vertical Motion' should bring all 'Five of your ALIGNMENT AXES' parallel or close.

To check these (after the Bounce), lay your 'Golf Club' across your Knees, then across your Hips and finally across your Shoulders to see that it is 'ALIGNED or Pointing Parallel to your Foot Line'. If so you can be relatively 'Confident' that a simple 'TURN Brace - Turn TARGET ROTATIONAL Movement' (R&R) with the 'Matched or Balanced' amount of 'UP & DOWN', with the '**4 Ps**' or 'Pressure Zones' operating in harmony, you can be relatively certain of the outcome of your forthcoming 'Stroke of the Ball with the Properly Clubface AIMED Clubhead that will travel On PATH and ON PLANE'.

So there you have it. Golf Clubs on the ground for 'ALIGNMENT' and also in your Hands to confirm that your 'Three Axes' above your Feet or Ankles compatible or 'Matching Components' that promote 'Effective Procedures'.

You know the story!

178)           **THE 'THUMBS UP' DRILL:**

This 'Drill' promotes proper Hand, Arm and Body movements in that 'One Piece Take Away' we discussed earlier. It is a '**5 CONTROLS**' exercise, as usual. 'Address Ready'.



Clap your Hands together, 'Palms Opposed' and hold.

Now turn your Hands and Shoulders together (Triangle) to the 'Brace Side' which will 'Trigger or Precipitate' your Hips turning as well. As you get about half way to your '9 o'Clock position' (Swing Sequence #3), your 'Thumbs will still be roughly Pointing at the Sky' and your Hands will have 'Rotated or Turned' naturally to the 'Brace Side'. Your 'Brace Palm', although covered by the 'Target Hand', will also be turning to face skyward. Another key element is that your 'Brace Forearm' will be slightly above the 'Target Arm' and, if you have a Club in your Hands, the Shaft will be coming about 'Perpendicular to the Ground and your 'Target Wrist Angle' to the 'Shaft' will be approximately 90 degrees. These are just parameters and are not cast in concrete.

As you get to the 'Top Of the Back Swing', your 'Thumbs' will have 'Turned Under the Clubshaft', a positive sign of a 'Completed Back Swing'. This is the 'Holding the Tray Full of Sandwiches Position' you may have heard about where your 'Brace Hand FEELS in this position' with your 'Brace Forearm' about 'Plumb' or 'Straight up and Down'.

As you make the 'Front Swing', which, in a lot of ways, is just the reverse Motion as the Back Swing except it has 'Acceleration and Force' being applied, you will naturally find your 'Thumbs Still Up and your 'Brace Palm' slightly facing the sky at 'Swing Sequence #7', the 'Pre-IMPACT Sequence' and this 'Rolling Action' continues right to and 'Through the IMPACT Zone'. As you get to 'Swing Sequence #9' (Shaft Horizontal to the Ground), which is opposite or 'Mirror' to 'Swing Sequence #3' where the Shaft is again 'Horizontal to the Ground', your 'Thumbs will again come to the 'Up' position and then continue to 'Roll' to the 'High ENERGY Side' of 'Target Line'.

And all this is 'Smoothly Accomplished'!

#### 179)           **THE 'TRIANGLE' DRILL:**

We have discussed in the 'Putting Chapter' about 'Setting Your Wrist Triangles' and keeping them in the same shape throughout the entire 'Back and Front Swing'.

We know that we 'Chip' with the 'Putting Stroke' so our 'Triangles' are maintained in this 'Procedure'.

In the 'Full Swing' we must still maintain the 'Triangles' in the 'Take Away' and thereafter only modify the 'Brace Leg Of The Triangle. The 'Target Leg' remains nice and long and relatively Straight or Extended'.

In this manner of 'Lever Set-Up and Control', you will easily and naturally manage to produce a 'Deep Flat and Wide, Low and Slow Take Away' that flows directly down the 'Target Line' for the first five or so inches. This 'Extended Down the Line in the Back Swing FEELING' ensures that your 'Forearm Triangles' are securely in place with that nicely 'Longish or Extended Target Lever'.

180)           **THE 'DRAG' DRILL:**

You will recall our discussions about 'Clubhead Drag or LAG' which is that 'Full Parachute or Wet Mop FEEL'.

Well I have a 'Drill' you can do to 'FEEL' this 'Drag or Lag'. It a 'Buddy Drill' so if you prefer, arrange for a good looking friend to accompany you to the practice ground!

Have your friend stand to your 'Aft Side' facing the Target where the Clubhead in 'Swing Sequence #3' can naturally swing into his or her Hand. Now your friend will 'Hold The Clubhead' and resist it travelling forward which you are about to attempt. The 'Resistance' created is 'LAG or Drag'.

If you 'UnCOIL or UnWIND or TURN to the Target Side' while your friend holds you back but yields, you will strengthen your 'Abdominal and Leg Muscles' while learning precisely what 'LAG and Drag' is. A 'Drag Queen' is an entirely different matter.

181)           **THE 'IMPACT BAG' DRILL:**

You can now days purchase various synthetic bags about the size of a bushel basket that are filled with relative soft material such as a 'Lot of Old Socks or Underwear', washed!

To 'FEEL the IMPACT Position' with its 'Flat Target Wrist' and 'Hands Leading the Clubhead to the Ball' all you have to do is make about 'Third to Half Swings' (little Punch Shots) striking the 'IMPACT Bag' and then 'Holding this Position'.

The object of this 'Drill' is not to spread 'Socks and Underwear' but to simulate 'IMPACT' at 'Slow Speed and Thrust'; to create the 'Feel of the Flat Target Wrist at IMPACT'. The 'Drill' works well.

Please turn to your 'Table of Contents' and go to your '**11 Swing Sequences Chapter**' to read about the proper conditions of this 'IMPACT Position'. It is called 'Swing Sequence #6 to #7. 'Picture the Motion in your Mind's Eye' and then reproduce it on the 'Green Grass'.

182)           **THE 'CLUBHEAD RELEASE' DRILL:**

To 'FEEL this Clubhead Release' one can use the 'Power Swing', an ordinary 'Broom' or devices such as you may have seen on the television. There are several in the category of the 'Swing Magic'.

There is an 'Age Old Technique' that still works like a charm. I call it the 'Split Grip Drill'.

You will need about a #7 or #8 Iron. Set-Up as usual. Then drop or slide your 'Brace Hand Grip' down the handle until you can feel the steel or shaft. Make your Back Swing with this 'Split Grip' all the way to the Top Of Back Swing. Keep it on the way down until the Shaft come 'Horizontal to the Ground' at which time you should allow your 'Soft Brace Hand' to 'Slide Back up the Grip' until it come back in contact with your 'Target Hand' and the 'Split' goes away.

This Action will promote and help you to 'FEEL' your Brace Hand's getting back to the 'Bottom Of Swing Arc, to Extension and Clubhead Release'. This 'Extensor Action' will greatly help you to 'Re-Square the Clubface Through IMPACT and Separation', really what 'Release' is all about.

183)           **THE 'INSIDE-OUT PATH' DRILL:**

'Set-Up normally with your **5 CONTROLS** in place'.

Now 'Step Back' (not Aft but away from the Target Line) with your 'Brace Foot' so your 'ALIGNMENT is very Closed' but your 'Target or PIVOT Foot is in the proper relationship to your Target or Swing Shoulder Socket'.

This 'Set-Up' promotes a quite unavoidable 'Fuller and Inside-Out Swing PATH' which you should learn to 'Execute' so as to be able to control your 'Ball Flight' and produce the 'Draw Ball'.

By the way, this can also be called the '**D.O.F.T. DRILL**' is you prefer because you will know what that term mean by the time you make but several swings.

184)           **THE 'FEEL THE BACK OF YOUR TARGET HAND' DRILL:**

This 'Drill' is very useful indeed' I want you to learn how to 'Direct the Ball to the Stick' and promote good 'Extension Down the Line' or 'Good Follow' with your 'Clubface AIM Square' to the Ball Flight Line or Target Line at the Moment of Separation'. It is this 'Stuff' that solid Golf is made of; you know, '**Compression and Line Of Compression**'.

Once your 'GRIP' is properly on the 'Golf Club Handle' you will notice that the 'Back of Your Hand' is a 'Mirror Image or Parallels the Clubface'.

So, if you can learn to 'FEEL' that the 'Back of Your Hand' directly faces the 'Target Line through IMPACT' with some 'Follow' you will soon have better or even precise 'Ball Flight Control'.

This 'Drill' also very much promotes the maintenance of your 'Flat Target Wrist'. You know this 'IMPACT Condition' is a 'Primary Absolute' so don't make a Swing without it!

185)           **THE 'SLAP YOUR TARGET PALM' DRILL:**

As you know, I am a strong proponent of the 'Brace Side and Hands' 'Dominant Power Delivery Roll'. We may 'Turn the Target Side' '**CLEAR**', but this side is primarily 'Driven Out Of The Way' by the 'Push or Thrust' of the 'Brace Side Components and Procedures'. It is the 'Brace Toe Pressure, Brace Foot PreLOAD and the Brace Leg Drive' (Resistance and FORCE) that creates the 'PIVOT or ROTATIONAL MOTION' of the 'Lower Body Machine about its Spinal Crankshaft or

Axis' which 'TRANSPORTS' the 'Upper Body Machine Components' '**Round & Round**' so that they can appropriately, in a 'TIMELY Manner' go 'Up & Down' while getting the Clubhead Back to the Butt of the Ball with '**MATCHING DOWN-FORCE**' (Bend & Straighten).

I think it is essential for your 'Brace Index Finger Second Knuckle' to get back right down to the 'Bottom Of Swing Arc' in its '**D.O.F.T.**' geometric shape. It is ONLY by this 'Centrifugal or Slingshot MOTION' that we can effect reliable and repetitive Golf Swings right back down to the 'IMPACT FIX' position we rehearsed just before or nice smooth 'Low and Slow', 'Deep' Flat and Wide Take Away' followed by 'Good Extension' in our entire 'Back and Front Swings'.

A 'Drill' that easily facilitates our 'FEELING' this 'Brace Handed 'Downness, Outness, Forwardness and Thoroughness' is this one I call '**Slap Your Target Palm With Your Brace Palm**'. It is a great 'MOTION' to repeat once or twice daily as it is this 'Remembered FEEL' that will support your proper 'Execution of the Golf Swing' for years to come. You need 'Extension' and it is primarily the 'Brace Lever Action's task to get you back to the Bottom Of Swing Arc'. Your 'Target Lever' is just a 'Dead Rope' that maintains the constant distance from your 'Target Shoulder Socket to The Sole of your Clubhead' and does so best when 'Relaxed' and 'Long FEELING'. Keep the 'Tension out of your Target Lever'. Let the 'Elbow stay relatively 'Soft FEELING'.

#### **THE ACTUAL DRILL:**

'Set-Up Address Ready', those '**5 CONTROLS**' thoroughly in place.

This is a 'Lever Drill' so you will NOT have your 'Hands and Arms' folded across your Chest, as you might in purely 'LBM Rotational Drills', 'Brace under Target' folded up like 'Landing Gear retracted in flight'. You are more ready to land or make contact with the ground! The 'Levers' are extended and in 'Working Configuration'.

With your 'Levers Hanging Comfortably' about 'Tummy High' with a little 'Elbow Bend', open your 'Target Hand, Palm facing Aft'. Likewise, your 'Brace Palm should face forward' with about 12" in separation.

Now simply make your 'Brace Hand to Brace Shoulder Take-Away' (4

B's, Brace Load COIL) and transition naturally into the 'Front Swing', 'Brace Hand and Arm' dropping as the 'Hips begin to clear and the Brace Leg gently Drives'. Take the '**X On Your Second Brace Index Finger Knuckle**' right 'D.O.F.T.' (Hand Delivery PATH) directly to the 'BALL LOCATION' with good 'Extensor Action or Triceps Down-FORCE'. (Bend & Straighten).

In this process, take your 'Brace Palm' 'D.O.F.T.' to and trough your waiting 'Target Palm'. With a 'Positive Slap' move both 'Hands' around with the 'Lower Body Machine Hips' to the '3 o'Clock or Swing Sequence #8 Position' where both your 'Palms' should be relatively straight up and down.

This 'MOTION' should provide you with the proper 'FEEL' of 'Brace Hand Release' and full 'TRANSPORTATION by the PIVOT Action of the Lower Body Machine'.

It is a 'Clubhead Release and Brace Lever Extensor Drill'.

Make sure you '**FEEL YOUR BRACE (Driving) & TARGET (Clearing) HIP TO BRACE HAND RPM MATCHING**' as the 'Golf Swing' is '**ALWAYS ABOUT RPM**'.

'The Slap Your Target Palm Drill'  
is a really useful feel drill.

186)           **THE 'STEEL ROD HEAD TO BUTT' DRILL:**  
(a Bullet-Proof Stage One Chipping Drill)

This is a 'Chipping Drill'. Remember, your 'Chipping Stroke' is really your 'Putting Stroke' simply with a different 'Tool'.

In this 'Stage One Procedure', (No Wrist Cock and No PIVOT), it is important that one does NOT allow the stable 'Flat Target Wrist' (Primary Absolute) to break down. This 'Flat Target Wrist' controls the 'Clubface' and assures us of 'Clubhead Lag Pressure'. Don't leave home without it! 'Compression and Line Of Compression', in any consistent form, will be a frustrating myth.

I have designed a 'Bullet-Proof Drill' that is very reliable and it is one that produces great 'FEEL' sensations upon which we can rely.

I have procured a long thin steel rod (+-3/16<sup>th</sup>" thick) that I stick into the 'Hole in Butt' of the 'Short Iron Grip'. This steel rod sticks out of the Shaft and Grip 'Parallel to the Centre-Line' of the 'Shaft'. When it does so, at 'IMPACT FIX' with some 'Forward Press', this Rod tracks or sticks right up and under your 'Target Arm Pit and out behind your Back'. In this position, you cannot 'Flip Your Target Wrist'. Any 'Action about the Vertical or Longitudinal Axes' (Bend and Bow, or Turn and Roll) is inhibited or prohibited. With this 'Swing or Drill Aid under your Armpit', you will be forced to keep the 'Target Hand and Forearm' 'On or In Line' throughout the 'Back And Front Swings' meaning that you will be forced to 'Swing From Your Target or Swing Arm Shoulder' and not breakdown either at the 'Shoulder, Elbow or Wrist'. You will have good lever stability. The 'Back of your Target Wrist' will 'LEAD the Clubface to the Ball and Through the IMPACT Zone' with a proper 'Angle Of Attack' and a generally reliable 'Clubhead PATH'. Good Stuff!

This 'Chipping Procedure' is 'Stage One' (No Wrist Cock and No PIVOT), somewhat 'Rocking Chair Shoulders Dominant', but the 'Stable Wrist and Forearm Conditions' are really critical for this 'Procedure'. The 'Rod' does the trick. You cannot really 'Flip Your Wrists' which is precisely what this 'Swing Doctor' has ordered! This 'Rod' acts somewhat like a 'Cast' supporting a 'Green-Stick Fractured Shin Bone' (Fibula or Tibia)

This 'Drill' is a 'FEEL Exercise' so pay particular attention to what your 'Target Lever Sensations' are during the 'Motions'. Again, it should be stable in your 'Lower Body Machine' (No PIVOT) especially in the 'Brace Knee' (Base Of PIVOT) with the predominant activity being in those 'Rocking Chair Shoulders'.

Your 'Captain EYES' should be 'On Deck' working to their 'Optimum Potential' thus gathering information that is processed by the brain and ultimately providing 'Commands from the Bridge' to the 'Navigator Hands and all other appropriate Ship Mates'. This 'Golf' can be a little 'Nautical' aside from striking Balls into 'Water Hazards'!

Again this is a 'FEEL Drill' so 'Give It A Feel'! This is a 'Scoring Thing'!

So, if you want to score well ... put in the regular practice time!

Scoring Skills have to be 'Earned'!

187)

**THE 'TARGET HAND TRACKS TARGET HIP' DRILL:**

This 'Bullet Proof Golf Drill' is also called the 'Brace Hand - Target Hip Drill' for reasons you will soon discover. What you call it may just be a matter of semantics or choice in any case. I just like to 'FEEL' that it is my 'Brace Hand' in control of the 'Movement Of The Golf Club' while the 'Depth and Swing Radius' is the task of my 'Target or Swing Lever or Arm'. My Target Arm is the dead rope that establishes how far the Clubhead is away from my Sternal Hub at 'IMPACT FIX' and again 'Through the IMPACT Zone and at 'Separation'.

At the 'Top Of Back Swing' (Swing Sequence #5), the bone in the bottom of my Brace Wrist, just below the 'Heel Pad of my Hand', will be a certain distance from my 'Target Hip'. If you were to connect this 'Brace Hand Heel Pad' to the 'Target Hip Socket or the prominent Hip Point' with a steel rod, the distance between the two would be constant.

Now from the 'Top Down' in the 'Front Swing', I want you to 'FEEL' and keep the 'Brace Heel Pad and Lower Wrist Bone' to the 'Target Hip Pointer' a constant distance apart right through 'IMPACT and Separation' well into 'Swing Segment #3F' and towards 'Swing Sequence #8' which is the 'Follow Interval'. In order to accomplish this 'Constant Distance', you will have to 'Turn The Target Hip Pointer' at the same 'RPM' as the 'Brace Hand Heel Pad'. So, this is an 'RPM DRILL'.

You will remember that the 'Three Golfing Machine Zones', the 'Hands', the 'Arms' and the 'Body', must all turn or 'PIVOT' about the 'Spinal Hub or Rotational Axis' at the same 'RPM' while in the 'Bottom Half or the lower Hemisphere of the Golfing Circle'. The 'Lower Body Machine' (LBM) creates or produces all the 'Horizontal Motion' of the 'Clubhead'. In other words, if the 'Sweet Spot of the Clubface' is advancing towards the 'Target', it is the 'LBM' activity that creates this 'Advancing Horizontal Motion' and not the 'Hands and Arms' (Lever Assemblies).

So, While your 'Lever Assemblies' are in the 'Lower Hemisphere Of The Swing Circle' your 'Brace Hand Move At The Same RPM As Your Target Hip'.

This is a 'FEEL Drill' so stand up, pick your trusty old #PW that is always beside you, and give this 'Drill a Feel'!



You already know this 'RPM Stuff' is very important to your 'Golf Game'. If you have any questions about the concept or execution, get answers!

188)           **'#8 IRON PUSH THE BALL' DRILL:**

I know I have mentioned this 'Bullet-Proof Drill' before in other contexts but, just to make sure you have got it, I want to present it to you one more time. This is a very useful 'Golf Drill'. It engrains in us the 'FEELING Of Clubhead Release', of 'Follow and Chase', of 'Clubhead Delivery', of 'Brace Hand Delivery Path', of 'PIVOT Delivery' (Brace Foot Connected to the Clubhead), of 'RPM', of 'Touch' and it is at the same time a great 'EYE Hand Coordination Drill'. Not a bad resume for just one Drill!

Having said all that, this 'Bullet-Proof Drill' sounds like it applies to about all the 'Golf Strokes or Shots' except 'Putting and Chipping' because they are 'Stage One Procedures' involving 'No Wrist Cock and NO PIVOT'.

However, I still think this 'B-P Drill' applies because we need to know precisely what our 'Five Basic, Fundamental Elements or Essentials' are doing. I use three adjectives because I have referred to these throughout the book in the three manners. To make sure you have no doubts you can look in your 'Friendly Tour Guide Index' and find the references. Here they are in any case for your convenience. **The 'Five Essential Elements' are; 1)'Clubface AIM', 2)'Clubhead PATH', 3)'Clubhead Speed', 4)'Sweet Spot or 'OPA' and 5)'Angle Of Attack'**. Now you remember, right? Really basic stuff!

**ON WITH THE SHOW:**

Take about half a dozen quality playing Balls and set them on the fringe or green in a row, about five inches apart, from close to far from your Feet. Pick a 'Precise Target' on the Green about twenty to thirty feet away.

Now 'SET-UP' as you always do with good 'Full Swing PreSHOT ROUTINE', having 'Read the Green' effectively of course. 'POSTURE' normal. (Matador Proud)

'GRIP' normal. (Neutral)

'STANCE' normal to slightly narrow with your 'Brace Foot Square' and 'Target Foot Open' to the 'Target or Ball Rolling Line'. Slight Knee Flex with 'Weight Distribution Even to slightly Forward' similar to your 'Chipping Protocols'.

'BALL LOCATION' just slightly aft of your 'Brace Foot'.

'ALIGNMENT' normal. Body and Foot Line parallel to the 'Ball Rolling Line' (BRL).

Still really basic stuff!

Again, sole your Clubhead just behind the Ball with the Clubface Squarely AIMED 'Down the Target Line' (with no Break) or 'Down the Ball Rolling Line' (with break). The 'BALL' will be in contact with the 'Clubface'. This is a 'Pushing Drill'.

Again, match your 'STANCE and ALIGNMENT' to the 'Clubface Components'. The 'Components and Procedures must MATCH in order to make a predictably successful Golf Swing'.

Again, set your 'Weight Slightly Forward on the Target Foot' (40-60) with the 'BALL LOCATION' aft on the 'Brace Toe'. When the '555 Golf Academy Team' speaks of 'Weight Distribution' the first number is always the 'Brace Side or Brace Foot' portion. So your standard 'Driver Protocol' is 60:40 as you will remember.

Now time for 'MOTION'.

Simply and gently 'DRAG, RAKE or PULL' the Clubhead Through the Ball directly 'Down The Line' with enough 'Clubhead Speed' to propel the Ball all the way to or just past your Target. You will want to 'FEEL' as though your Hips or PIVOT is generating the 'Lion's Share' of the 'WORK' and not your 'Wrists and Hands'. You will want to 'FEEL' as though your 'Target Hip' and your 'Brace Hand' (Butt of the Grip) are turning or 'ROTATING' at the same 'RPM'. Same old story!

The 'PIVOT' produces the 'Clubhead Speed'. 'FEEL' as though your 'Brace Foot Is Connected To The Clubhead' and that it is your 'Body ROTATION' that actually moves the 'Clubhead' and propels or slings the Ball along the ground.

You will want to 'FEEL' like you are 'Delivering The Clubhead down the Line' in that 'FEED THE BABY' manner we discussed earlier. I

'FEEL' like my 'Brace Hand' controls the 'Clubhead PATH' and the actual 'Delivery Of The Ball Off The Clubface'. The 'Hands Monitor Acceleration', so I know from my 'Hand Feel' when to let the 'Ball Come Off The Clubface' (which I see precisely). Actually, at the same time I 'Release the Ball Off The Clubface' (let it go), my 'PIVOT Pressure' ceases. The 'Lower Body Machine's WORK' is completed and I can turn off the throttle.

I think the procedure is 'Turn, Drag, Push, Release and Chase' (or Throw) the Ball down the 'BRL to and Through the Target'; 'Breathing Out' of course!

Remember to 'FEEL the Target-Cup-Pin' and 'See The Ball' throughout the entire forward trip while it is still in contact with the 'Clubface'. If you look up early, you will lose control and likely contact of the Ball.

#### **THE BALL GOES WHERE YOUR HANDS GO**

##### **MORE BANG FOR THE BUCK:**

I might add that this 'Drill' also enables us to keep productive after doing a series of long 'Putts or Chips' to a Target. These 'Strokes' being completed, we have to fetch the Balls for the next series or cycle. Right?

Well, rather than bending over and picking up the Balls and putting them in your pocket, we can stay productive and do this '**#8 Iron Push The Ball**' Drill. Efficient smart practise makes permanent!

Great Drill!

##### 189) **THE 'UMBRELLA' DRILL:**

For those of you who own an 'Umbrella', you always have a ready-made 'Short Game Target'. If it is a bright 'Red Stripe' all the better.

Open it up. Pace out into the practice area the exact number of yards or feet you want to practice your shots. Set the umbrella handle up and leaning towards the teeing ground so you can see it better. Use this as your 'Target'.

If you are shy and it is a nice sunny afternoon, you may want to carry it out the prescribed distance in its 'Retracted Condition'! There are already adequate reasons to judge 'Golfers' as "NUTS"!

It is best you have an old umbrella for 'Practice' and a nice pretty new one for the 'Rain'!

Now you are one 'Well-Equipped Swinger'.

190)           **The 'THREE INK SPOTS' DRILL:**

The following information is very useful to every 'Procedure' you will ever 'EXECUTE' regardless of its 'Stage'. When you 'Hands' are holding any 'Golf Club' and making a 'Motion' that intends to cause a 'Ball To Go Away', the '**THREE INK SPOTS**' are relevant. This is an 'AIM & ALIGNMENT' consideration. If our 'Wrist Hinges' are erratic through the 'IMPACT and SEPARATION Zone', we cannot expect our 'Clubface AIM and Clubhead PATH' to be anything but unreliable as well.

So let's give ourselves some reference points with which to make our 'Components and Procedures' more repeatable. You might think about 'Putting for now.

'SET-UP' with your reliable 'Neutral or Weak Putting GRIP, SQUARE STANCE and PARALLEL ALIGNMENT.

Now, without any question, have a friend take a ball-point pen or felt pen and place a 'DOT or SPOT' just above your 'Target Knuckle'. Then place another 'INK SPOT' about where the fat 'Thumb Pad of the Target Hand' makes contact with the fat 'Heel Pad Of The Brace Hand'. These two 'Spots' are really facing the 'Target or Squarely Down The Ball Flight Line' and must travel down it as well during the 'Stroke'.

The third 'INK SPOT' is placed directly on the 'Outside of the Target Elbow Joint' where it too faces the 'Target or Down The Ball Flight Line'.

Now, when you make your 'Putting (any) Stroke' you should 'FEEL' or be aware that these 'Three Reference Points' should be moving relatively 'Parallel' to the 'Body Line' or 'Ball Flight Line'.

These are 'Clubface AIM and Clubhead PATH' relevant issues. What can be much more important in perfecting a 'Golf Swing' and Clubface delivery to and through a 'Golf Ball'? These silly little reference 'SPOTS' are about 'Wrist Hinge Position and Action'. They are about your stable or unstable 'Putting Triangles'. I say unstable because many folks change the 'SHAPE OF Their Hand, Wrist, Forearm and Elbow Triangles' throughout the 'Putting Stroke'. They generally cannot 'Putt' consistently either! They are what we in the 'Player Ranks' commonly refer to as 'Fourty or Thirty Shooters' on the Dance Floor! Not the type of thing great partners are made of when playing to even! In the 'Handicap Format' fair game! I suspect every golfer might like to be a 'Twenties Shooter'?

By the way, this 'THREE INK SPOTS' is a great 'Putting and Short Game Drill'. "Read All About It!" in those places too.

So, all this having been said, explained and done, simply 'SET-UP' your 'Bullet-Proof Drill', set up your 'Putt' and make it with all the great '**B.E.S.T.**' discipline we have been developing over these books. Now, just remember to keep those 'Three Ink Spots' 'AIMED and ALIGNEMD' 'Down The Ball Rolling Line'. Keep them 'TRACKING DOWN THE LINE'.

Oh yes! 'Steady Head', 'Tallish CHIN', 'Breathing Out', 'No Tension In Your Levers or Triangles', 'No Peaking' (Heads or Tails), 'One Inch Rule' ... all the stuff!

It is your score card and bragging rights! I have tended to mine!

**NB: This 'Three Ink Spots Drill' applies to your 'Chipping Procedure' and more. Use it directly or indirectly for every 'Stroke or Shot' you make short or long. It's relevant!**

191)       **The 'AIM & DIRECTION STICKS' DRILL:**

This 'Bullet-Proof Drill' could be called the 'AIM & ALIGNMENT STICK or Shaft Drill' equally as appropriately.

This may appear to be a 'Short Game Drill' and certainly has very strong application in this area of your game, but it is really geared to honing specifically your '**Clubface AIM at the Moment Of Separation**' conditions; '**Direction Control**'. As you know, 'Component Conditions' ('The Five Essential Elements': Clubface

AIM, Clubhead PATH, Clubhead Speed, Sweet Spot and Angle of Attack) are all relevant with every Club in your bag, as long as you are using them to strike the 'Little White Ball', of course!

You will need or it is best that you have a dozen or so discarded 'Long Painted-White Iron Shafts' so that you can 'Set-Up' your 'Drill Station' in the most efficient 'Visual Mechanical' manner possible. This is a 'Shaft Drill' and I might add that it works really well for your 'Body Parts Clocking Drills' as well as for this 'Clubface AIM and ALIGNMENT STICKS Drill'. The 'CLOCKING Drill' just generally utilizes shorter Distances and less Energy than might the 'Full Swing' segment of the 'Clubface AIM and ALIGNMENT STICKS Drill'. The 'Short Game' is precisely the same as the 'Long Game' just made with shorter 'Swing Lengths' and thus 'Lower Energies' via reduced 'Clubhead Speeds'. The less you move the 'Brace Hand and the Clubhead away from the Ball, the less 'Duration and Distance' you shall have to generate 'Clubhead Speed' on the way back to and through IMPACT. Please try to think of the 'Golf Stroke' in this manner.

Again, I am a little 'Purist' but I think all 'Golf Swings' are virtually identical except for their 'Swing Length' and the 'Components and Procedures' they thus entail through the varying length changes. A 'Stage Three Procedure' has all the 'Stage Two' Components and Procedures' involved. 'Stage Two' has all the 'Stage One' 'Components and Procedures' involved. So, by the 'Axiom of Equality or Relationship', 'Stage Three' has all the 'Components and Procedures' involved in Stage One and Two'. So, I believe that a 'Stage Three Procedure' is just a natural blend of all the 'Components and Procedures' into one smooth, finely tuned amalgam. The Swing transports the Clubhead from the 'Bottom 'Back and Up' (ON PLANE) to the Top and then smoothly again 'Down and Out' (the opposite to 'Back and Up' and still 'ON PLANE' although perhaps slightly below the 'Back Swing or Take Away Plane') through the Bottom again where the 'Little White Ball' is so patiently waiting to have its own 'Butt Kicked' under control, dead at the stick!

The above 'Drill Station' set-up is complete for either the 'Short Game or the Full Swing Drill'. The above 'Illustration' shows both aspects accommodated. (Horizontal Sticks for the Short Game and Vertical Sticks and flags for the longer 'Full Swing' irons) If you just want to work on the 'Short Game Stage One and Stage Two Procedures', 'Putting and Chipping', you will only require the 'Short Game Shafts or Sticks'. I suggest you still set-up your 'Teaching/Practice Station' on line with say a 75 yard flag and

green and strive to have the 200 yard long iron target/flag and green on your 'Target Line' as well. The 'Visualization ASPECT' is always very important.

You may recall that I like to 'Swing Through The Top Of The Mountain' or a distant small puffy white cloud so that I get the 'FEELING' of very 'Down The Line', 'THROUGH' and 'Completeness'. This is why I suggest you line up with the 200 yd., 150 yd., 125 yd., 100 yd., and/or the 75 yard flags wherever possible. Great delineation is an advantage whether it be mental or physical. Where you do not have a 100 yard flag, pace out to that Distance and stick a 'Long White Shaft' in the ground. Know your yardages or the drill becomes less informational and thus less productive. 'CLOCKING' is all about 'Swing Length and Momentum' which produces the 'Ball Flight (F/S) or Ball Rolling Distance (Putting & Chipping)' 'On Line'. Hence there is the term you are aware of which is 'BRL' or '**Ball Rolling Line**' and 'BRD' or 'Ball Rolling Distance'. We utilize these in the 'Putting Procedure' section of this 'GOLFMYTH Collection Of Books'. You must have guidelines by which you can judge your performance on both 'Range and Azimuth' or 'Distance and Direction' at the same time. They always exist so we endlessly factor or monitor them. Precise targets are at a range and on an azimuth ..... always!

Here is how and why this 'B-P DRILL' works using the above illustration with little variations if you feel so inclined to utilize a little beneficial but accurate imagination.

192)           **THE SET-UP:**

Locate your best line from which to strike balls to hopefully two flags, one at 200 yards and the other at 100 yards or whatever is available. If not find one that can be your 'Target Line Delineator' and we can pace off the yardages and stick painted shafts, or broken flag sticks with flags still attached, into the ground on that line. When the driving range is in use, we do not want to walk out and get in the way!

With or without a matt, determine your general 'BALL LOCATION'. Set your clubs (stand) and balls (caddy).

To the 'Aft Side of your Ball Location' place one long iron right on the 'Target Line' with the Grip end forward. Then place a second

long iron two paces forward and just a few inches (4"-6") outside the 'Ball Location' and parallel to the 'Target Line'. Finally place a third long-iron about 12" to 16" inches inside or closer to your 'Foot or Body Line' from the 'Target Line'. Finally, place a short-iron or your 'Putter' grip just across the front or 'Target End' of the second club (the one outside the Target Line) to define your 'Ball Location' which I like to think of as my 'Clubface SQUARE Separation Point'. I want to 'FEEL' the carpal bones in the back of my 'Target Hand' becoming 'Square to the Ball Flight Line' just at and through this point. I do NOT want you to 'FEEL' any conscious muscular activity related to this 'SQUARING UP' but just a nice smooth natural event. If you do 'FEEL' much activity, you will likely be 'Flipping the Wrist Hinge' (the back of your Target Hand) and thus will suffer the consequences. This is what this 'Bullet-Proof Drill' is really all about; not overdoing the 'Motion or Action' and really staying out of the way of 'Mother Nature' who will get the 'Squaring Up Of the Clubface at Separation' for you.

#### **JUST A VERY BRIEF ASIDE:**

Take your normal relaxed 'Set-Up' position without a club in hand. You have done the 'Brace Hand to the Brace Shoulder Drill' or the 'Slap Your Target Hand Drill' lots of times so that is 'Old Hat'. If you have not, learn to do it often. Do it in 'Slow Motion' half the time and generally NOT in 'Fast Motion'. It is a very good 'FEEL Drill' that will make you intimately aware of a number of physical items and 'Swing Realities' such as 1)your 'Brace Hand Top of Back Swing Position' both in 'Plane and Elevation' (Lift to Turn ratio or 'U&D to R&R' which is all that the 'UBM' and the 'LBM' do!); also 2)the sequence by which you and your 'Golf Machine Components' move in a 'MATCHING' cooperation, (you will 'FEEL' that the 'Brace Hand' moves just before or simultaneous to the 'Brace Hip' in winding up the 'Lower Body Machine'. The 'LBM' gets tight or 'COILED' first so it starts to 'UNCOIL' first as well and rather independently to the 'Upper Body Machine' movements. Thus, FROM THE GROUND UP and FROM THE INSIDE OUT'. You 'WIND-UP from the Top Down and UnWIND-WIND from the Bottom Up'. If you have any doubt about this just think if your can 'WIND-UP or COIL' from your Brace Foot to your Brace Hand? It is ONLY the Brace Hand (Levers) that are free to move. The Brace Foot is stationary or planted. It is 'BRACED' to provide '**RESISTANCE**'. This is how the 'Brace Foot' received its name), also this Drill will help you 'FEEL' 3)the lateral stability of your 'Brace Knee Flex' without but minimal slide, 4)the 'Loading or COILING Over the Medial Head of the Brace



Knee' (I like this specific physical point as a reference as it makes me more intimately aware of any slide into or out of the COIL), 5)also the Drill enhances 'FEEL' for the 'Forward Inclination and Aft Tilt stability which is very key to 'Balance' throughout the entire Back and Front Swings, then we have those old constants 6) TEMPO, 7)TIMING, 8)RHYTHM, 9)CADENCE, 10)Breathing Sequence, also with 11)FOLLOW - FINISH Sequencing ('Flamingo or Tap Your Toe' Drills for Balance), 12)Ocular Control or Acuity (always look at a tiny spot on the ground (simulated Ball) while you are swinging or in motion as the EYES must generally be active at all times when movement is being accomplished. Remember the EYES are the 'Number One Data Gathering Devices' we own! They are also number one in creating 'Balance' as you recall. If they go 'Off Line' the rest of the 'Golfing Machine' will soon follow or pay the price for being abandoned by the 'Captain Of The Ship Eyes'. The Hands are only the 'Navigators'. Remember?

This 'Bullet-Proof Drill' has more benefits that you will discover from your own sensitivity. If you find one that is of major importance to you, please explain it to us and we shall analyse the 'Feed Back' and perhaps utilize your input as well.

193)           **KEY POINT WITH THE ABOVE FACTORED:**

While doing this 'Drill or Exercise' (still without a club) you will 'FEEL' your Target Hand '**NATURALLY**' 'Pronate and Suppinate' (Turning towards the Brace Side when the COIL is being made, returning to Vertical in the IMPACT Zone and then Rolling Over or become 'Angled' towards the Target or UNCOILED side in the 'Follow Finish Segment'. This is to the 'High-Energy Side of the Target or Ball Flight Line' or the opposite to the 'Leaky Side'. The Target Wrist or Carpel Bones in the Back Of Your Hand will be a very useful guide or dial indicator for this 'FEEL' stuff!) If you are a 'FLIPPER' you will certainly 'FEEL' the 'Target Hand-Wrist Action', of course accompanied and assisted by the 'Motive Brace Hand', which I know to be the real 'UBM' culprit in the 'Flip'. Its prime counterpart is the under-active 'LBM'. This 'Motion Imbalance' or reversal must be remedied if you are to advance in your golf skills and performance.

Of interest, if you are a 'Flipper' you will experience your 'Brace Hand's Producing Horizontal or Forward Motion' which is 'Exclusively the Domain of the PIVOT or LBM'. ONLY the 'Hands or Lever Assemblies' create Motion on the 'Vertical Plane'. They ONLY

create Motion 'Up & DOWN'. The 'LBM' creates all the 'Horizontal or Forward Motion', all the 'Round & Round'. Physical reality!

Proficient golfers who consistently strike Balls at the Stick and score well generally look to have 'Quiet Hands'.

194)           **FINAL 'FLIPPER' POINT:**

If you are a 'Flipper' (Hands are too fast or overactive), your 'Upper Body Machine' ('UBM') is outperforming your 'Lower Body Machine' ('LBM') or likely performing the wrong functions and stealing the other entities tasks. Crossing 'Component and Procedural' boundaries in golf is not good! Get your troops in order! Stay out of the other man's fairway and certainly off his green! When we say 'FAIRWAYS and GREENS' we mean your own!

You will recall that the primary result of 'Hip Action' (LBM) to the Clubface is 'Opening It'. If you just rotate your Hips forward and do not move your Hands, the 'Clubface will Open'. Likewise the primary reaction of the Clubface to 'Hand Action' (UBM) only is 'Closing'. That is why the 'Pulls with Strong Hand Action generally produce what we aptly call 'PULLS' or 'Pull Hooks'. Soft-Handed or Block-Handed shots go to the 'Low-Energy Side of the Target Line' because blocking the hand action amplifies the 'LBM or Hips Action' which 'Net Opens' the 'Clubface'. Hope this makes sense. Take your #6 Iron and give it a try right now without a Ball.

When you get the feel, take this material to the local driving range. Now you will see 'Ball Flight' do the talking!

195)           **'FLIPPER' FIX - DEFICIENT PIVOT PRESSURE:**

If you are a 'Flipper', you must prepare for and add more 'LBM' action; prepare for and add more 'Brace Leg Drive' and 'PIVOT' to get 'Powerful Hips' more active and thus 'LEADING' the 'TRAILING or LAGGING' 'Upper Body Machine' back down to the Ball. Your 'Hands' will sense and monitor their own 'Position, Acceleration and Velocity' so that they get the Clubhead back to the Ball at precisely the correct 'Moment of IMPACT and SEPARATION' with 'SQUARENESS'!

You are getting a better understanding of this 'Physics', 'TIMING' and 'FEEL' by considering this material. That is why we are taking the time to discuss and become more familiar with it.

Isn't this great stuff quite physically simple?

So too is your 'Golf Swing'!

**THIS MATERIAL IS STILL DIRECTLY RELATED TO THIS DRILL.**

196)           **BACK TO BUSINESS:**

The 'Squareness or Release Point' (C/F AIM), with its 'Swing Channel or Lane' (C/H PATH) is established with the drill. Keep thinking of those 'Five Essential Elements' which never go out of style.

Now we need to establish our 'Short Game Distance Locators' before commencing the actual drill. Take about six or eight 'White Shafts' and lay them directly on your 'Target Line' ten paces or yards apart moving away from the 'Ball Location'. Try to make your paces 'One Yard Each'. If you do not know how, practise and learn how!

So now you have a 'Shaft' laying across the 'Target Line' at 10, 20, 30, 40, 50, 60, 70, 80, 90, and 100 yards. You are going to be making a few 'Putts' followed by a considerable amount of 'Chipping' which, by definition, makes the Ball roll more than fly. For this reason you may want to slide the 'Grip Ends' of the 'White Shafts' so they are about two feet outside to the 'Low Energy (Fade) Side' of your 'Target Line'. The 'Grip End' is bigger in diameter so you will see it better lying in the grass. Practical hints that you might follow!

Now do your 'Body Parts CLOCKING Drill', starting with your #8 Iron and working all the way up to your 'Lob Wedge' if you desire. With precise 'Hand and Clubhead Travel Distances', you shall produce reliable and repeatable 'Trajectory and Distance'. Remember that our objective with 'Putting and Chipping' is to get the Ball on to the 'Green' acting like a 'Putt' as soon as is possible. The rolling Ball is the safest Ball without question. There are 'NO Obstacles' in this drill. You are on the 'Driving Range Mown Teeing Ground' and may or may not be on a matt. I actually prefer that you start this 'Bullet-Proof Exercise' (Drill) on the matt at first as it enables you to have more precise 'IMPACT' or contact with the Ball onto the 'Sweet Spot' (Centre OF Gravity and Mass) of your

Clubhead. It enables you to avoid cases of the 'FATS' which is a factor on the grass especially for the novice! To be fair, I know players who often get a little 'THIN' in their 'Chipping' and they do NOT enjoy the results!

Your 'Ball Striking' in the 'Chipping Procedure' (Stage One to Stage Two, from 'NO Wrist Cock and NO PIVOT' extending to 'Wrist Cock but NO PIVOT') will precisely control 'Clubhead Speed' and all its four other associates in the 'Five Essential Elements'. Your results should become very precise as well.

Start with your '**THIGH CLOCKING POINT**'. Make five strikes. Check to ensure your 'Energy Level' was consistent by making sure your 'Distance' was the same for each. The farther your 'Hands and Clubhead' travel away from the 'IMPACT FIX POINT' (the BALL LOCATION), the more time and distance they will have to generate 'Gravitational Acceleration and Speed during the 'Forward Trip or Down Swing'. Simple enough?

If you are 'Right On' your five clustered 'Golf Balls' will be touching each other at a specific Distance (our 'Little Piles of Balls' Exercise). Then continue with the 'Hip, Lower Rib Cage and Armpit CLOCKING POINTS' at five strikes each with careful monitoring of the results. 'FEEL' the Travel Length and the resulting 'Energy Level' of each swing. Remember, to make 'Three Brush Strokes' before every strike too, even if it is your fifth ball from the same place with the same 'Clock'. You are in training! So act like it and invest in your future. Half-assed training makes for poor results.

Remember that your '**BRACE SHOULDER CLOCKING LOCATOR**' is the definition of the 'Full Swing' so do not over do this exercise at the top end. Do not over or hyper extend. No point unless you want to get frustrated and injured! Over-swinging is a common problem know to many relatively good golfing athletes who think they need to reach into the bag for more from the 'UBM' and not the 'LBM'. You need to practise this 'Body Parts Clocking' until you can execute it under the pressure of battle; until you can accommodate your 'Components and Procedures' 'SUBCONSCIOUSLY'. Until you can 'Look at the Target, Visualize Your Ball Flight, Select your Club and Shot out of your 'Mental Library Of Shots' and then simply let your innate earned talents 'Paint The Picture'! How good is that? Professionally Make-Money Good!

197)           **PIVOT ENERGY CONTROLLERS:**

Let me add here, as we have discussed, you have 'Three PIVOT ENERGY Controllers or Throttles'. OK, what the heck is that again?

Back to '**Staging Your Swing**'!

Your 'Putting Procedure' has 'ZERO PIVOT' or ZERO PIVOT PRESSURE' with 'No Wrist Cock' (Stage One Procedure). Right?

Your 'Chipping Procedure' has some 'Wrist Cock as the CLOCK advances' but still 'ZERO PIVOT PRESSURE' (Stage Two Procedure).

Once you get to the bigger or amplified 'Chips' and beyond, you will feel more 'Wrist Cock and Release' as well as just a tinge of 'Brace Toe Pressure' which will again amplify to more Brace Foot PreLOAD and onto that Brace Leg Drive or Pressure' which is required to accomplish any 'Full Swing Stage Three Procedure'. This 'PIVOT or BRACE LEG DRIVE' naturally increases as the 'Length of your CLOCK' increases. More 'Clubhead Travel Distance' involves more of the 'Lower and Upper Body Golfing Machine Components' in order to produces more 'Clubhead Speed' and thus more 'Distance'. More simple 'Country Gentleman Stuff'!

198)           **AMPLITUDES:**

There are three 'Amplitudes of Brace Leg Involvement'. I call them 'Soft, Regular and Firm'. These involvements go from 'ZERO PIVOT' to a fully empowered PIVOT, which is always 'FROM THE GROUND UP' and 'FROM THE INSIDE OUT' and never otherwise! NEVER!

The 'SOFT' term refers to the 'Brace Toe Pressure'. I mean exactly what this says. The pressure you apply to the base or Bottom Pad of your 'Brace Big Toe' will stimulate your 'Brace Foot PreLOAD' which activates your 'Brace Leg Drive'. 'Soft' produces very short 'Ball Flight or Travel Distance'.

199)           **THREE BRACE TOE PRESSURES:**

'**SOFT Pressure**' is like having the 'Brace Toe Pad' off the ground resulting in 'ZERO Activity'. Shortish Ball Flight Travel Distance. Next, you have this '**REGULAR Pressure**' which results in moderate

'Brace Foot PreLOAD' which results in moderate 'Brace Leg Drive'.

Next, you have the '**FIRM Brace Toe Pressure**' which adds 'Brace Foot PreLOAD and thus fully activates the 'Brace Leg Drive' to your 'Full Swing' performance.

Notice, I have named these three pressures after the standard degrees of 'Shaft Flex' so you can more easily remember them. You are welcome!

The more your 'Lower Body Machine' is involved, the farther your Ball is going to travel as long as all the 'Components' 'MATCH' or are compatible. In other words, if you 'Pre-Select a Full Swing Brace Toe Pressure, resulting in a Full Swing Brace Foot PreLOAD and then desire to make a nice delicate short 'Pitching Procedure', your are out of balance in your 'MATCHING' and will get one hell of a surprise and very little satisfaction in your results, which, indeed, you earned! No point in 'Setting-Up for a 'Putt' and then attempting a 250 yard results. Wrong 'Club Selection' and wrong 'Application of Body Components and Procedures'. What a mess you will have!

Always 'SET-UP and EXECUTE' 'Pre-Selected Components and Procedures' that 'MATCH' so you like your medicine!

So now you have and understanding of both 'Pressures' and 'MATCHING' them to your 'Components and Procedures'.

## 200) **BACKING THE TRAIN UP A FEW METERS:**

Back the train up just a few meters please Mr. Conductor! Back to this Drill again.

Take your #8 Iron and make all the 'Five Clocks' with five balls each. Record the results and then average them. These are your 'Five CLOCKING Distances' including the 'Full Swing'. Do this with all the 'Clubs In Your Short Game Arsenal'. That should include perhaps the #7 Iron, #8 Iron, #9 Iron, #PW Iron, #AW Iron, #SW Iron and your #LW Iron. You shall then have a potential of '5 Clocks' times '7 Club Selections' which will yield mathematically  $5 \times 7 = 35$  specific 'Shot Trajectories and Distances' which you shall be able to call upon and execute at will. Can you imagine that! 35 simply defined and repeatable 'Short Game Shots' in my bag, that range

reliably from about 125 to 130 yards (full #PW Iron) down to a few feet! By the way, I include everything inside my 'Full Swing #PW' as 'In My Short Game'. You too shall develop this kind of range in your bag very soon. Excited about the prospects? If you are not, you should be!

Is this '35 Swings and Yardages' going a little too far right now, at this point in your game development? Perhaps it is! I think it may well be!

"So what do I do, Mr. Fischer?" asks the brilliant student.

This patient, grey-haired, 'thinning-on-the-top', teacher muses for just a moment. Then he responds, "Simplify it! Take out some of the 'Tools' (clubs) and reduce the number of 'CLOCKS'. Use only the 'Thigh and Lower Rib Cage CLOCKS' and do so with only your #8 Iron and your #PW for now. That provides you with but  $2 \times 2 = 4$  results. You can easily handle that. When drawn to expand your horizons, your shot arsenal, add more 'CLOCKS and Tools'. Might I suggest that you next add the 'HIP Body Part CLOCK'. It is a key 'Clocking Part'. I have also come to appreciate my #LW in this realm; but carefully so."

By the way, use your 'Short Game or Clocking Grid' as provided in the appropriate 'Short Game Chapter'. Record your results and expect them to change a little from time to time, especially in the beginning. Be flexible! You have not seen the 'Grid'? Cannot remember it? Turn to your 'Trusty Tour Guide INDEX'. You will find it there!

Sorry for this lengthy 'Bullet-Proof Drill' but it is worth while to have all the goods on it, even if you have been presented with most or all of it scattered throughout these 'Golfmyth Books'. Some things are worth repeating. I shall leave you to be the pure judge of my lingering or stay on this topic. If I have overextended my literary welcome and privilege, my apology has been presented just like a wonderful little, delicate 'Chip' which is still 'rolling' in the direction of the hole. Did it go in the hole? You shall be the judge!

Best of luck earning your way to 'Golf Heaven' and all the pleasure it shall provide enroute of the 'Journey' we call 'Life'!

201)           **'THE HANDS GET TO THE BALL  
BEFORE THE CLUBHEAD' DRILL:**

There are a few very key items that your '555 TEAM' always stresses to you as being the centre of your 'Golf Discipline'. This is certainly and 'Essential Element' or 'Primary Absolute'! You know the 'Primary Absolutes' as we list them are 'The Flat Target Wrist', 'Clubhead Lag Pressure' and the 'Clubshaft On Plane'. Well make this the 'Fourth'!

You may find it of interest that this "Hands Getting To The Ball Before The Clubhead' is really about 'Leg Drive, PIVOT LEADING and Lever Assemblies LAGGING, Clubhead Lag Pressure and 'Clubface Control'. Core Stuff!

When you can understand and 'FEEL' this reality, you will be able to 'Execute It'. When you can 'EXECUTE IT', you are on your way to 'Compression and Line Of Compression' which means you are likely to be headed at playing better 'Golf'.

We have stressed that you utilize **'IMPACT FIX'** (Active Set-Up Condition) as the last item in your 'Pre-Shot Routine' just before 'Take Away' as opposed to the very common 'Address Ready' which is a 'Passive Set-Up Condition'. If you were to **'Repeat The IMPACT FIX'** in your 'Through-The-IMPACT Zone Swing' you would be well served!

So, establish your 'IMPACT FIX. Next take-away your 'Lever Triangles In One Piece' (as it is called) and then 'Repeat Your IMPACT FIX' with some velocity or 'Clubhead Speed' through the 'Butt Of The Ball' while you are 'Seeing The Ball Come Off The Clubface'.

This 'Golf Elixir' is magical! Maybe better than the Magic wand! The '555 TEAM' suggests that you take a good dose of it every day between sunrise and sunset! If all else fails, at least rub the potion topically! Soft skin! Great Complexion! No pimples! You know there is an old saying, "Never Take A Bet From A Guy With Squinty Eyes and Sunburned Arms Who Is Holding And Swinging His Golf Club Powerfully In His 'Target Hand'. He's A Player!"

Your 'Hitting The Ball Under The Picnic Table Bench Seat' is a very similar 'B-P Drill'. 'Forward Press' is a 'Component'.



202)           **The 'BRACE TOE PRESSURE' DRILL:**  
                  **'PREVENTATIVE MAGIC GOLF MEDICINE'**

This may be a little like 'Saving The Best For The Last'. If not, then the important coming in late in the show!

I cannot tell you how important it is for you to be 'Pivot Stable' so your 'Rotational Motion' can be predictable and also stable. This 'Golf Silliness' is all about the 'Physics Of Rotation' and the 'Geometry Of The Circle'. Keeping the 'Tether Ball Pole Stable' is a primary task. If you are not already, get good at it soon! I will tell you how to right now!

Of all the good advice I have had the pleasure of providing to nice people over the years, advice that gets things improved, this 'Brace Toe Pressure' is right at the top for importance and ease to learn. Simply powerful!

How many of you have ever 'Swayed or Slid' at any time during your entire 'Golf Swing'? These 'Motions Kill TIMING AND RPM'.

If you do not know what the terms 'Sway and Slide' mean, go to your 'Friendly Tour Guide Index' right away and figure it out. In a nutshell, when you are at either 'Address Ready or IMPACT FIX' you have a set 'Body Position' relative to the 'BALL LOCATION'. If you merely 'Move Laterally To The AFT Of This Position' (without Rotation) you are '**Swaying**'. If you move in the opposite direction, 'Forward', you are '**Sliding**'. Simple enough?

Neither of these 'Motions' is generally beneficial. Both '**Sway and Slide are Negative Rotation**'. In other words these 'Lateral Motions, 'Counteract Rotation And Timing' so necessary in making a good golf swing. If you are properly 'Coiled To Your Top Of Back Swing' you will be 'Weight Loaded Onto Your Brace Foot Heel'. This is not a 'Sway' to the 'Brace Load' but a 'Turn or Coil To The Brace Load'. Your Hips will have 'Rotated' to approximately 45 degrees. You can also get to an 'Un-Loaded Brace Load Point' with 'Zero Rotation' by simply 'Swaying Laterally To The Brace Foot'. This produces 'No Coil or Rotated Load' and there is very little 'Storage Of Potential Energy In The Lower Body Machine'. This type of 'Weak Move' will not enable you to strike the Golf Ball with any authority or accuracy.

Stand up and make a few of these 'Motions'. 'Feel The SWAY Motion'.

Now, equally, from the 'T.O.B.', if you have not 'Coiled In' ('Reverse Pivot with the responsive or reflexive Reverse C'), you will likely move to the 'Target Side' without any 'Rotary Motion' in response as well. This 'Lateral Motion In The Target Direction' is called 'Slide' and is also 'Negative Rotation'. Your 'POWER and TIMING' in the 'Golf Swing' will suffer from any of this poor mechanics.

It may help you to remember these 'Motions' by the term '**Sway In And Slide Out**'. Right handers 'Sway to the Right (Brace) and Slide to the Left (Target)'.

Just remember that 'Lateral Movement Without Any Rotation' in any of your 'Stage Three Procedures' is a 'NO NO'. More to the point, it is very bad medicine at any time. '**Don't Sway Or Slide!**' Keep your 'Lower Body Firmly Rotating In and Out Of Coil' in 'Stage Three Procedures' which involve both 'Wrist Cock and Pivot'. You will be a happy camper!

There is but one exception in this entire huge world of 'Swing Mechanics and Motion'. That is the 'Lateral Bump'. You already know all about that little 'Initial Forward Swing Move' and can study it more by going to your 'Friend Tour Guide Index'.

OK! Now stand up and again make a few 'Sways and Slides'.

Feel that your 'Toes Are Without Any Pressure or Weight On Them' so they are un-loaded or off-loaded. You are on your heels.

Now swing your Hands and Golf Club back and forth several times as you would in a 'Back and Front Swings'. The 'Momentum, Inertia and Velocity' ('MIV') of the 'Levers and Golf Club Mass and Swinging Motion' will cause you to gently 'Sway and Slide' in unison with these '**Moving Masses**'. It is natural! This is 'Isaac Newton's Law Of Action And Reaction' in the raw and you know it well! ('For Every Action There Is An Equal And Opposite Reaction')

Whatever the reason for either the 'Sway or Slide', know it and prevent it! '**Stabilize Your Tether Ball Pole!**'

#### **QUESTION:**

So how do I stop what is natural but damaging to my 'Golf Swing'?

**ANSWER :**

At 'Address Ready or IMPACT FIX', simply 'Press Your Brace Big Toe Down Onto The Ground' with about three to five ounces of 'Pressure'. Keep it there from 'Trigger To Completion', from the very first 'Take-Away Move' to the very last bit of 'Motion' you have in your 'Procedure'. This '**Brace Toe Pressure**' enables 'Brace Foot Pre-Load and activates 'Brace Leg Drive'. You will discover that 'Brace Toe Pressure' adds 'Lower Body Machine Stability' and precludes both 'Sway and Slide'.

This new found stability will prevent 'Timing Errors' that generally cause 'Pushes, Pulls and Blocks' as well as the strong tendency to ' Draw - Hook and Fade - Slice'. Not a bad bit of '**Preventative Golf Medicine**'. If your 'Upper Body Components & Procedures' are getting out of 'Timing or RPM' with the Lower Body Components & Procedures' you are in for a poor 'Ball Flight' and ride!

Just this little smooth 'Brace Toe Pressure' makes a great 'Stable Rotation' happen or more likely. If you can get and stay 'Stable' you can control your 'Clubface AIM and Clubhead PATH' while delivering 'Power'. (see 'ALSDR') You will score better right away!

What a great benefit for such a seemingly insignificant smart action!

203) **IT'S YOUR MACHINE! :**

As Arnie Palmer says, "**Take Good Care Of The Equipment**". Perhaps you, like he does in the commercial, should use 'Penzoil' as well. I'm not sure how he 'personally' does this. He seems to be staying in reasonable shape. Give him a call.

While you have him on the line, take a moment to discuss your 'Wheels and Tires'. He uses 'Cooper Tires' and we have seen the traction and grip they provide, all the way 'Around the World' one long drive at a time! Great commercial!

Wouldn't it be wonderful to have earned 'The Name and Reputation' popular enough to go with major 'Name Brand' products. There is only one 'King' and Mr. Palmer has earned the title. All professional Golfers are or should be grateful to men like Arnie, Gary and Jack. The new trails they blazed were and are 'Golden' to

say the least. No one in the 1950's an 1960's would have ever imagined 'Single Tour Purses' in excess of four and five million dollars; single rounds being worth \$1.5 millions (\$1.1 to the winner and .4 to the other guaranteed) One who gets his or her game in shape can make a living 'Out There'! Just ask Tiger what his 'Gross Annual Income' is. I am certain you would not get an answer.

Do your 'Exercises and Drill', 'Learn Good Mechanics', 'Practise Smart' and think 'Score, Straight-Line Ball to Pin' and you too may earn a 'Name and Reputation'!

**'Stretch and Strengthen Daily'.**

Practise Smart.

Best of Luck

'Good Lord! A man could write and speak  
about this 'Golf Swing' for a life time!

Been doing just that!

Q62)

"Everything in the world may be endured,  
except continual prosperity."

Goethe

It does not have to be "Endured"!  
(I know, but allow me an opportunity to try it please!)

Q63)

"All sunshine makes the desert."

Arab Proverb

(some powerful influences in our lives need no assistance)  
but exercise caution as too much of a good thing can  
become a negative overall aspect of the whole

On the other hand, perhaps too much of a good thing  
becomes a bad thing.

But that could never affect Golf!

RULE #42:

The **'TAP TAP TAP'** Rule  
(Ball Location)

POSTURE, GRIP and STANCE properly in place, CHIN TALLISH

Then **'BALL LOCATION'**  
(everything in the **'5 CONTROL'** order)

Set your LEVER ASSEMBLY, Triangle Braced and Connected  
out in front of your chest about 'Waist-High'.

Lower this 'Lever Assembly' or gently drop it, allowing  
the Clubhead to contact the ground comfortably right in  
front of your feet. RELAX but CHIN TALLISH always !

Now **'TAP TAP TAP'** the ground precisely where you  
let the Clubhead come in contact with the grass.

As long as your Drop is pure GRAVITY, this TAP POINT is absolutely  
the 'Ball Location' that will comfortably help you to make solid  
contact at the 'Bottom Of Swing Arc', afterall it is this 'Bottom  
Of Swing Arc' that this 'TAP TAP TAP' finds so easily and  
accurately for you with every club, regardless of length.

Piece of cake!

There are several situations where one might desire a slightly  
different 'BALL LOCATION' but this is a reliable general rule.

The RULES of GOLF precludes our 'Tapping The Ground' in a hazard so  
Tap just above the ground ! (only covering the bases for you)

KEEP IT SAFE & SIMPLE !

Q64)

Become an athletic **'QUICK-CHANGE-ARTIST'** ...  
stay both mentally and physically flexible and meet the  
varying needs of the moment. Keep your feet and your  
mind out of the intellectual 'Sand Traps' which may  
contain amounts of quick-dry cement.

Dr. Karl M. Fischer

## 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 thought 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!](#)



## 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.

## MAKE YOUR PRACTICE TIME BOLDLY EFFECTIVE!

Learn more at [www.555golf.com](http://www.555golf.com)

## Dr. Karl M. Fischer / Certified International Master Teaching Professional



**Karl is a 40 year dedicated veteran who has come up through the golf trenches. Having provided in excess of 100,000 golf lessons, before long ago stopping count, Dr. Fischer continues helping good people improve and have more fun on a daily basis.**

He says, *"We can make smart changes in clients' swings very much faster than they expect. Our proven system involves less cost and reduced frustration. Quicker smiles are a good thing!"*

It is estimated that the number of 'Junior Lessons' during Karl's career, years ago, totaled in excess of 30,000. Every year Fischer organized golf clinics for bright-eyed youngsters helping them to better understand the 'Golf Swing' and thus have more 'FUN'.

Seventy to eighty students per day, four days a week for ten to twelve weeks every summer adds up. His personal client list numbers well in excess of 10,000 students, a third of whom are still on his mailing list and contact him regularly for advice!

He says, *"This battle tested and proven '555 Golf System' quickly prevents or fixes negative playing issues ... permanently! We do not rebuild our patients. It is more prudent to simply modify rather than doing major surgery! Smart little steps we take are very predictable with certain outcome!"*