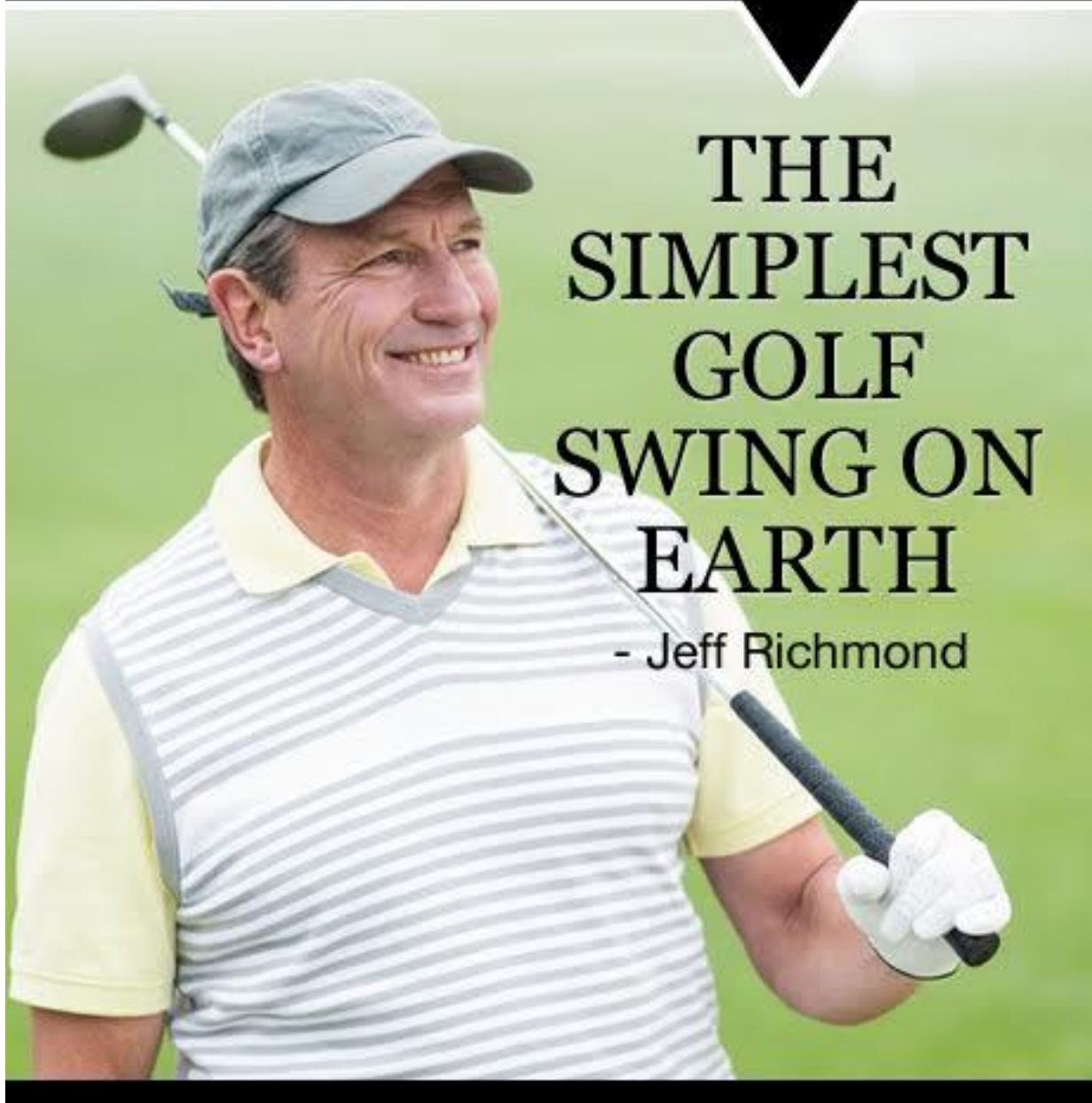


THE **STRESS-FREE** GOLF SWING



THE
SIMPLEST
GOLF
SWING ON
EARTH

- Jeff Richmond

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About The Author

My name is Jeff Richmond, and I run the very successful ConsistentGolf.com website. I have over 100,000 golfers I speak to regularly through email.

Also, I am a once a week golfer (if I'm lucky) and I play par golf most of the time. I have been playing golf since the age of 8 or 9. Naturally, like most golfers, I want to get better, even though I have limited time to practice and play.

As a teenager I picked up a copy of Ben Hogan's 'Five Lessons' book. I thought it was a great book, but as much as I tried I couldn't get his ideas to work for me.

Like Hogan I fought a hook as most good golfers do and following his ideas, instead of hitting nice power fades I was hitting power hooks! I could not for the life of me figure out why.

In this book I tell you why that happened, because as you'll soon see, Five Lessons was missing a crucial BIG element.

Since I accidentally discovered the Hogan move in March 2015, I have been testing it out and my ball striking has improved a lot. And this discovery has sparked me into a crusade to help us "weekend warriors" to make golf easier and more fun.

And after the release of this book in 2015 thousands of golfers from all over the world have used yet to hit better, more consistent golf shots. Plus, since about that time there has been a shift to more and more of the best golfers in the world using Hogan's secret move. I will show you proof of that in this book.

But now, let your journey of improved ball striking start....

Introduction

Welcome to... **The Stress-Free Golf Swing!**

First I want you to imagine...

- Swinging without a million and one swing thoughts going through your head.
- Playing golf and not trying to find a swing to use that day, because you have a simple one you can rely on and trust.
- Having one key move that you practice and perfect, and the rest of the swing just falls into place.
- Swinging with one key swing thought, and that swing thought staying the same from one swing to the next and from one game to the next.

Sound far-fetched?

It's NOT!

The advice I give you in this book will help you to have the simplest golf swing on earth.

And what I recommend you do here finally solves the problem of golf swing timing for us busy golfers who don't spend hours every day hitting balls.

Golf swing timing is conditional on millimeters. Some days when you're hitting the ball well you're consistently finding the center of the clubface. Other days when you're struggling, you are missing the center of the clubface by millimeters.

Equally, the main move of this Stress-Free Golf Swing will probably mean just a 2 – 3 inch difference to what you're doing currently, along with a change in timing of when you do this.

Don't discount how a small change like that can make a HUGE profound difference to your ball striking. Here's just one example of this happening for one golfer...

"Jeff, everything you've said is true!

I've already implemented this move into my routine and the results have been outstanding. Just thinking about the one move has created bullet straight shots with the irons and driver.

This is a real confidence builder, but the only drawback is adjusting for the added distance picked up with each club. And no more fat shots.

I'm (69) yrs. old, with a GHIN handicap of (16), and I've been playing since my college days. In my young years, I played to an (8) handicap, but was too wild with the driver.

On Wednesday, I was low net in our morning group of eight players with a gross of (40) for nine holes and a net of (32). (5) pars and (4) bogeys with no fairways missed. I hope to get back to single digits by the time the summer season rolls around.

Before my 7 iron typical distance 145 yds. After: 7 iron distance 160 yds. Dispersion factor before: +- 15 yds from target. After +- 7 yds

Hope you like the feedback."

Steve Mitchel, WA, USA

Since Hogan discovered this move after his car accident other great golfers have been using it to become great ball strikers and win major championships.

To prove this, on pages 89 - 94 of this PDF I show you proof that ALL major champions in 2024 used Hogan's secret move to become major champions.

Also, on page 35 I show you Hogan's pre-accident swing compared with his post-accident swing in which you can clearly see the one move he adopted after the accident to improve his ball striking. On that page I also show you how the pre-accident swing of Hogan and Ernie Els were very similar.

And speaking of Ernie Els.... on pages 24 - 31 I show you the differences between what Hogan did after the accident to what Ernie Els does that is traditionally taught in golf swing instruction.

Hogan said 27 times in his book 'Five Lessons' to start the downswing by simply turning the left hip to the left. **It sounds very simple in theory but if you make a move like Ernie Els and you try and start the downswing with your left hip you'll hit terrible golf shots.** This program is going to finally solve the reason why that was the case, and it's simple.

In this book you will see **highlight sections like this (and the one above)** and **words in red**. I have done that to highlight the very important parts of this program. Don't discount the rest of this book however. I have just done that to help those skim readers.

There are generally two types of readers. Those that want every piece of information. And those that want only the "highlights". **No matter what "camp" you fall into I ask that you please read all pages of this main document to get a good overview of what this program is all about.** Don't jump to conclusions. Just read what I have to say to see if it makes sense. If it does, then go out and try it and I'm sure you'll soon be convinced of this 1 move once you do that.

Now in the main part of this book I have not included much information on the setup. But at the end of this book I have included some bonus information on the setup if you want to refresh yourself with the important aspects of the setup.

This book is about the actual golf swing and how to make that easier. The setup is obviously very important. But if your setup is ok then you'll get the most bang for your buck by improving your golf swing and making it more efficient and easier. That's what this book is all about, so let's get started...

The Modern Swing Problem

One of the things that the majority of golfers find most challenging about the modern golf swing is timing. One day you have it and the next you don't. It's very frustrating, isn't it?

And when you look at the golf pro's on tour they seem to have good timing day after day. But here's the thing....

They hit hundreds of balls every day to have that timing. You on the other hand, I imagine don't have the luxury of spending hours and hours every day hitting balls.

Even if you do have the time to spend every day hitting balls, what I share in this stress free golf swing method will make the golf swing a lot easier. And this one move comes from a golfer that basically invented practicing, Ben Hogan.

Ben was also one of the best, most consistent ball strikers the world has ever seen.

And I believe he knew exactly what the secret was to his consistent swing, but he never revealed it to anyone. I also believe at the end of his career he didn't hit lots of balls every day to figure his swing out... but instead he did it because he loved to hit the golf ball properly.

"A bad swing is tiring drudgery. A good swing is a physical pleasure."

Ben Hogan

It's well documented that Ben Hogan had a bad problem with a hook earlier in his golfing career. And it's well known that Ben changed his grip from a strong grip to a weak grip to help combat this. He did this before his car crash in 1949.

But after the car crash his ball striking improved!

The 3 time major champion and hall of fame golfer, Cary Middlecoff said that Hogan was as inconsistent as most tournament professionals before the accident, scattering drives in the rough and imprecise with his irons.

"It was in 1950 that he began showing the kind of precision golf that set him apart".

Cary Middlecoff

Because of the car crash, Hogan saved his strength to focus solely on winning major championships. And win them he did!

Just 17 months after his car crash Hogan won the 1950 U.S. Open. That's the one with the famous 1-iron into the green at the last.



Then of course, in 1953 he won The Masters, The U.S. Open and the British Open but unfortunately, he couldn't compete in the PGA Championship because the qualifying was at the same time as the British Open.

However, I won't go on about his record after the crash because you can look into that more if you want to.

The point is, Hogan said he had a secret and **his ball striking improved after the car crash.**

In April 1954 Life Magazine published an article in which Ben Hogan was quoted as saying....

***"I have a secret... It is easy to see,
if I tell you where to look."***

In the next chapter I am going to explain what I believe the secret was **and show you evidence for this.** But before I do that, here's the problem with the modern golf swing that is often taught these days (*and I'm not pointing fingers, because I have taught this in the past and I learned this – but as you'll see, the top golfers are changing and using Hogan's secret*).

At setup the weight for a driver is about 50/50. Maybe a touch more on the right foot than the left. Then the backswing starts and the weight moves to the right side, so at the top of the backswing the weight is about 80% on the right side.

Then from the top of the backswing the weight needs to be moved back so that at impact about 80% of the weight is on the left side. The weight continues to move forward so that at the end of the swing about 95% of the weight is on the left foot.

Here is a quote from Sean Foley in 2014 talking about this type of weight shift and the testing they did on this:

"Using a 6-iron, the pros we tested had 55 percent of their weight on the front leg at address, 80 percent on the back leg back at the top, 80 percent on the front leg at impact, and essentially all of their weight forward at the finish."

Here's the problem with that if you're the average once a week golfer.

From the top of the backswing, **you have to time the weight shift pretty perfectly so that at impact it's correct.** If you're out, then so is your shot making.

The secret that I accidentally discovered takes care of this weight shift problem, and it's pure genius in my opinion. And when you try it I believe you'll see it's genius as well.

So let's sum up what this secret move did for Ben Hogan.

1. It simplified the timing of the golf swing so it was much easier to repeat.

2. It stopped the pulls and pull hooks.

3. It gave Ben Hogan confidence to really go after the ball without fear of the ball going left.

That last one is very important so I'll say it again. This secret move allowed Ben to swing hard, from the inside and not worry about the ball going left.

So if your problem shot at the moment is a pull slice, this move will help you to improve your path and square the clubface up at impact, so you hit the ball much straighter, longer and more consistently.

But remember, you can't forget the setup. I have given you the basic setup elements as a bonus to this book. They are at the end of the book. So you need to quickly make sure your setup elements are correct, and then implement this secret into your game and watch your ball striking get better and better.

Half of Ben Hogan's Five Lessons book was about the setup, so obviously Ben thought the setup was pretty important to a good golf swing - and so should you.

The Ben Hogan Secret Solution To Timing

Ben Hogan said he had a golf swing secret. And he said it was easy to see if you knew where to look.

People will say that Ben Hogan gave his golf swing secret in the Life article in 1955. But after that article Ben Hogan had negotiations with Golf Digest to reveal his "real" golf swing secret. But negotiations broke down when the price got into 6 figures. So you could argue that Ben Hogan went to his grave without revealing his golf swing secret.

I believe he did have a golf swing secret to help with timing so he wouldn't hit a hook and would be more repeatable. And I believe he discovered the secret after the car crash.

Assuming Ben Hogan did have what he thought was a golf swing secret, I'm going to show you where in his golf swing I believe Ben Hogan's swing secret was. But before I do that, you **MUST** understand this about Ben Hogan (*and I'm going to repeat myself for emphasis to help you get this*).

At the start of Ben Hogan's professional career, he had a terrible hook that would get him into all sorts of problems. So a lot of what he did with his setup and swing was to prevent a hook (i.e. weak grip, cupped left wrist). A lot of what Ben Hogan did is not advisable for the average golfer – UNLESS you suffer from a bad hook. If you suffer from a slice problem, and always have done, then I would not advise you to have a weak grip and try to cup your left wrist during the backswing. And besides...

In 1955 in the Life Magazine article, Ben Hogan said his main secret was cupping the left wrist at the top of the backswing. But in all swings I've seen Ben make via video, I've never seen much of that. His left wrist always looked pretty flat to me at the top of his backswing, like is shown in the picture on the next page. If he did do that it's only slight like I show you on page 85.



After the release of the 1955 Life Magazine article, a lot of pros thought that Ben Hogan had not given his real secret. And again, that thinking is backed up with the failed negotiations with Golf Digest to reveal his “real golf swing secret” for six figures.

Before March 2015 I personally did not think he had a swing secret. Instead I thought he had discovered something that worked for him to stop his hook. I did not think he had a swing secret that would work for everyone.

But in March 2015 I was putting together a new blog post for the ConsistentGolf.com website about head movement. The reason I was doing this was because I read a statement online that said

“the average PGA Tour player moves his head only one inch during the swing”

I wanted to see if that was true. So I gathered videos of lots of great golfers to study their head movement. That list included golfers such as:

1. Adam Scott
2. Payne Stewart
3. Phil Mickelson
4. Moe Norman
5. Ernie Els
6. Sam Snead
7. Tom Watson
8. Jim Furyk
9. Michelle Wie
10. Rory McIlroy
11. Ben Hogan
12. Jack Nicklaus
13. Tiger Woods
14. Jason Day
15. Rickie Fowler
16. Lee Trevino
17. Bubba Watson
18. Greg Norman
19. Lydia Ko
20. Arnold Palmer
21. Gary Player
22. Nick Faldo
23. Fred Couples

To do this analysis I was focusing on what happened with head movement from setup, during the backswing, and then at impact (laterally). I was going through one great golfer's swing after another. Ben Hogan's golf swing was about half-way through the golfers that I was analyzing.

And I think it was because of this that I discovered something odd with Ben Hogan's hip movement... compared to most of the other great golfers swings.

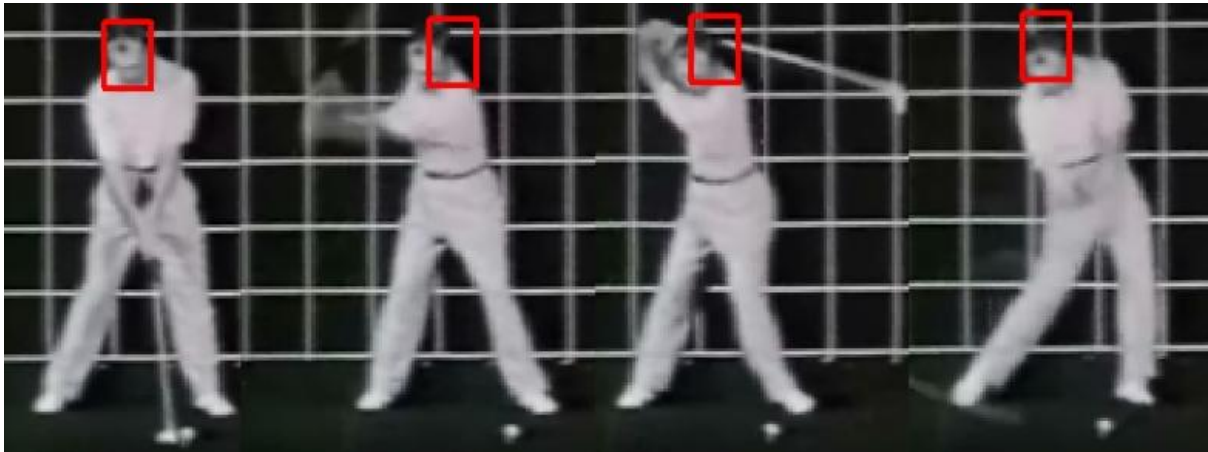
Before I explain that however, Ben Hogan's head movement in his swing was like the majority of the golfers. In the backswing it moved to the right by 2-3 inches. Then in the downswing his head moved back to a place close to where it was at address – although lower. But his hips and weight shift **(which was the real big difference)** just came out and hit me right between the eyes.

I had known for some time that Ben Hogan moved his hips to the left in his backswing. **But when I analyzed his swing it was clear that at**

the top of his backswing, his hips went back to the same place they were at setup.

But not only that....

At the top of his swing his head was positioned to the right of where it was at setup. But his weight was mainly on his left side. Here is the analysis picture of his head movement when I discovered this.



To confirm this I got what is probably the best and clearest swing of Ben Hogan from the face on view, and analyzed his hip movement. Here is what I found...

1. At setup Ben has his weight distributed evenly with maybe a touch more on his left side. In this swing analysis I have marked his starting hip position and his head position.



2. When the club is parallel with the ground his weight has moved more to the right, and so has his head. Also, his hips have moved laterally away from the target by an inch or two.



3. When Ben Hogan's left arm is parallel with the ground you can see he has even more weight into his right side, and the left hip is a number of inches away from the red line where it started at address.



4. From that point on Ben moves his left hip back to the left (while still rotating it) **and moves his weight back to the left so that at the top of his backswing his weight is approximately 70-80% on his left foot and his left hip is back where it was at setup although it's rotated.**



Take note that Ben's head is back to the same place it was at setup but lower. And that's what should happen in your swing. Also, note that his spine is angled away from the target, **so this is NOT a reverse pivot and it is not a stack and tilt golf swing.**

What this simple move is doing is making the majority of the weight transfer happen before the downswing, **so to start the swing down Ben can focus on turning the left hip as hard as possible.** He also slides his hips as he does this, which is what you should do too.

In Ben Hogan's Five Lessons book he says this 27 times (paraphrasing)...

"The downswing is initiated by turning the hips to the left."

The big secret is that by making this early weight shift it makes timing so much easier because you can just focus on turning the hips to the left to start the downswing and the hands can just go along for the ride. It's the ultimate "no hand manipulating swing".

I like to call this top of the backswing position the K position because the legs appear to form the letter K.



Here are pictures of the rest of Ben Hogan's swing. Notice how much the left hip moves laterally towards the target compared to the starting position.

5. In the half-way point in the downswing Ben's left hip has moved laterally to the left significantly. I don't think Ben consciously tried to do that. **Rather he simply focused on turning his left hip to the left as fast as possible, and this lateral move happened naturally as a result.**



6. When Ben's hands are in front of his right thigh, his left hip has continued to move laterally as well as rotated.



7. At impact it's important to note **a)** that Ben's head is in the same position it was at address, but lower. And **b)** that his hips are well in front of where they were at address.



At impact you want about 80% of your weight on the front foot, and this appears to be the case with Ben.

Ok, now let's compare Ben Hogan's hip and weight transfer move to the **classic modern swing** of Ernie Els.

1. Ernie has the ball further forward in his stance. A lot of that probably has to do with equipment differences. With the modern driver you want to hit the ball on the up to get the maximum distance possible.



2. At the start of the swing Ernie has moved to the right more than Ben Hogan has.



3. At the half way point in the backswing there's not too much difference in backswing positions. Ernie has moved into his right side more than Ben. But there's not too much in it.



From this point on is where Ben's secret move comes into play, as you'll see in the next picture.

4. At the top of the swings the differences are so easy to spot. **Ben Hogan's left hip is back to the place it was at address with about 70-80% of his weight on his front foot.** Ernie on the other hand, looks to have about 80% of his weight on his right side which is what Sean Foley said most pros do. That's exactly what is taught in the modern swing, and it's very hard to have good timing consistently with this method.



This picture clearly shows the secret move Ben Hogan made, which **was to get his left hip back to the same place it was at setup at the top of his backswing, along with most of his weight onto his front leg.** By doing this it meant that Ben could simplify his downswing by just starting his downswing by turning his hips to the left and not worrying about weight shift in the transition. If you're in the position like Ernie is you can't do that because you'll hit the ball terribly if you try to start the downswing by turning your hips to the left.

In Five Lessons Ben Hogan says 27 times to start the downswing by turning the hips. But when people try doing that with the conventional weight shift, like Ernie Els, you're going to hit big pull hooks.

Look at Ernie in the picture on the previous page. Imagine if he started the downswing by turning the left hip. If he did that you would have never heard of Ernie Els.

Instead he starts his downswing with a lateral slide of the left hip to get his weight back to his left side. Here is a picture of Ernie a few frames into his downswing. As you can see, his left hip is now back to where it was at address.



5. Compare Ben and Ernie at the half way point in the downswing. Ben is much further ahead in terms of lateral hip slide towards the target.



6. Again, notice how much further in front Ben's left hip is than Ernie's.



7. Notice the difference at impact between Ben and Ernie in terms of lateral hip slide.



Ok, so what's Ben Hogan's timing secret?

I believe it was to:

- a) Get the left hip back to the same position it was in at setup at the top of the backswing. Naturally the hips are turned at least 45 degrees, but Ben is NOT trying to restrict the hip movement to do this.**
- b) Get at least 70% of his weight onto his front foot at the top of the backswing so it makes timing much easier.**
- c) Start the downswing by simply turning the left hip to the left as fast as possible and letting the hands go along for the ride.**

Now remember that quote I told you from Sean Foley in which he said research shows that most pros have about 80% of their weight on the right side at the top of the swing. Then at impact 80% of their weight is on their left side. And at the end of the swing 95% of their weight is on their left side.

That was in 2014.

And since that time a lot of technology has come along and one key piece is force plates.

These plates measure how and when pro's are putting pressure into the ground and with which foot. And I believe Ben Hogan was way before his time with his recentering move. You hear that "recentering" word all the time now on T.V. and it's the move that most of the top pro's are now doing... but they didn't used to.

So now you understand this, let me now ask you an IMPORTANT question....

What would be easier... having 70% of your weight on your left side at the top of your swing and then transferring another 10% until impact?... OR...

Having 80% on your right side at the top of the swing and then transferring all of that weight to your left side at impact?

It's clear to me it would be easier to time only transferring 10% than 100%. **Much easier to time.**

And from my testing it's proven for me to be true over the long term. My ball striking is much more consistent from one week to the next using this move and reference point.

The reference point is really important!

By having a place you know you need to return your left hip to in the backswing helps so much with consistency.

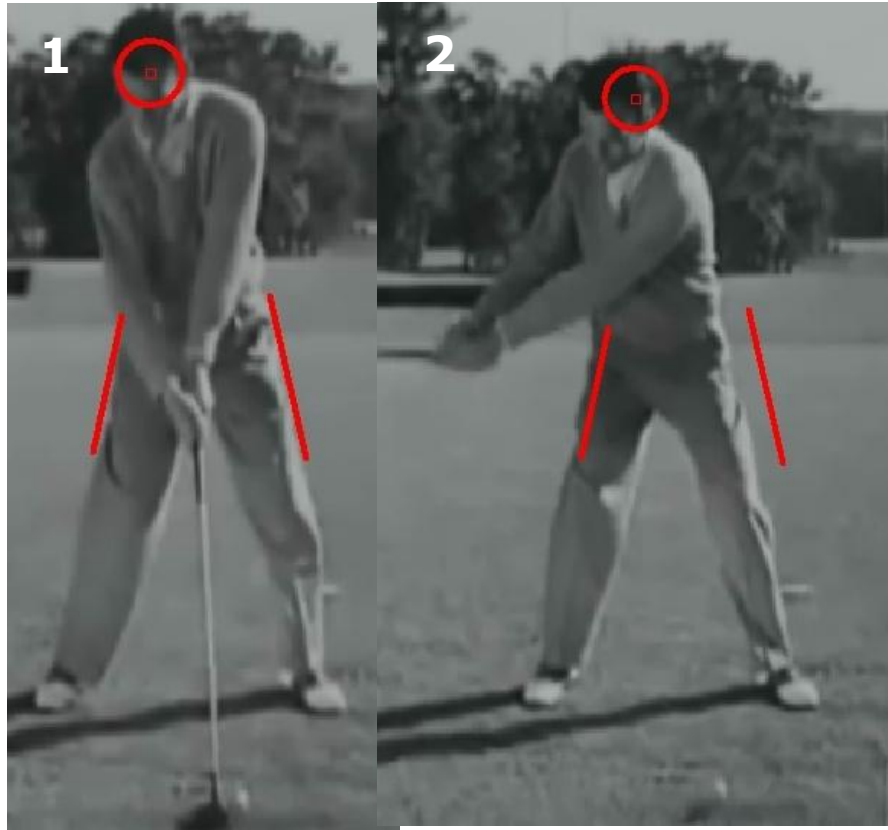
And I have seen a hip motion mentioned before like the one I have shown you, **but I have never seen anyone say that from the half-way point in your backswing to the top of your backswing you want your left hip to return to the place it started at address (although it will be rotated).**

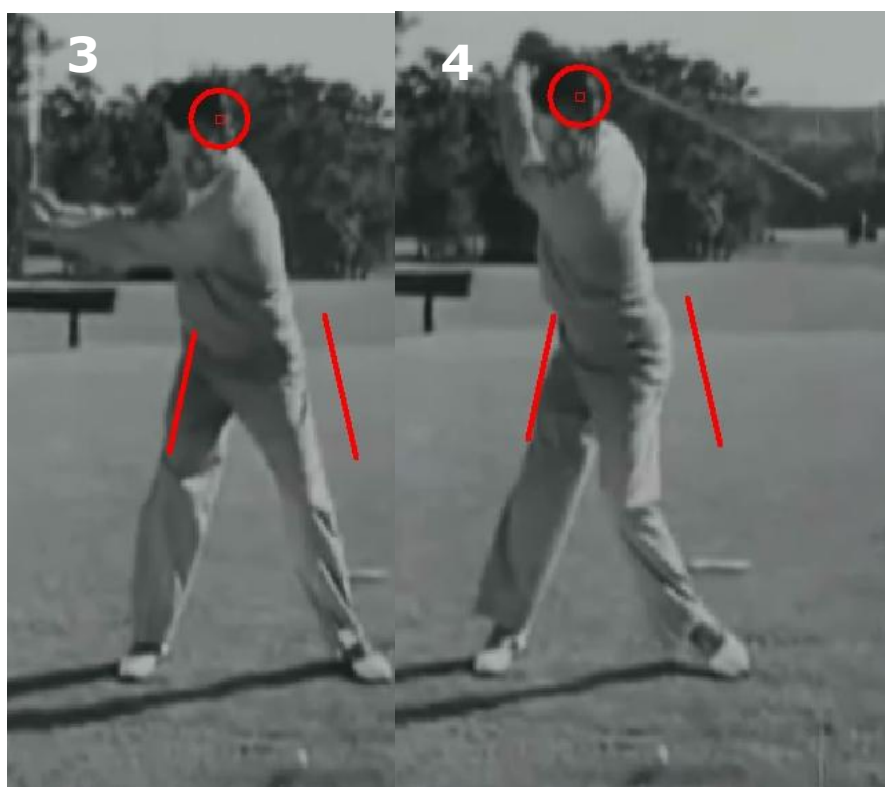
Getting the hip back to where it was at address at the top of the backswing, and having about 70-80% of the weight on the left side at the top of the backswing is the opposite of the old modern swing that is often taught. And I believe the old modern swing causes so many timing issue.

After discovering this in March, 2015 I came across this on page 84 of the book called "The Hogan Way", by John Andrisani:

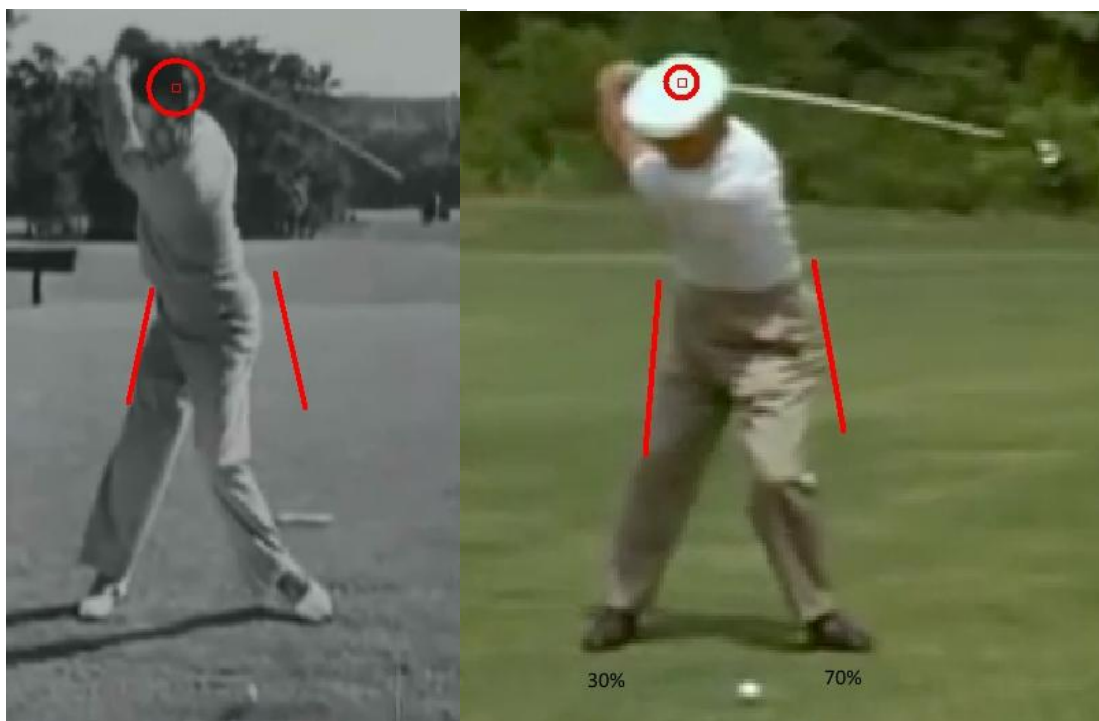
"In 1950, I played with Hogan at the Bel-Air Country Club," said swing guru Mike Austin who is in the Guinness Book of World Records for hitting the longest drive of all time. "This was Hogan's first complete round of golf since recovering from the accident. Before the round, Hogan told me about a dream he had during his stay in the hospital. In the dream, Hogan saw himself pivoting around his left foot and leg, just like Jay Broune, an old Scottish pro. In the dream, Hogan hit one superbly controlled power-fade shot after another. Hogan told me he was going to try playing that way during his round with me. To shorten a long story, Hogan kept his word and proved to me that dreams can come true. He had the most efficient swing I had ever seen, and never once hit a bad hook shot. He was in full control of his game."

To prove this was indeed a new move Hogan made after the car crash, here is analysis of his hip action from him swinging at The Masters in April 1947 (before the car crash).





Compare the **pre-accident hip motion at the top of the backswing** with the **post-accident hip motion.**



This hip action is closer to what Ernie Els does. See the gap of the left hip away from the starting position.



Now you may be thinking that the swing I used to show his secret was from an old Hogan, well past his best playing days. But that swing I used (with the white hat) was filmed during the Shells Wonderful World of Golf match between Hogan and Snead in 1964 (shown in 1965).

During that match Hogan hit every fairway and every green in regulation.
Not bad for a 52 year old!

Also, on Ben Hogan's Wikipedia page I found this:

"In May 1967, the editor of Cary Middlecoff's 1974 book The Golf Swing watched every shot that 54-year-old Hogan hit in the Colonial National Invitational in Fort Worth, Texas. "Hogan shot 281 for a third-place tie with George Archer. Of the 281 shots, 141 were taken in reaching the greens. Of the 141, 139 were rated from well-executed to superbly executed. The remaining two were a drive that missed the fairway by some 5 yards and a 5-iron to a par-3 hole that missed the green by about the same distance. It was difficult, if not impossible to conceive of anybody hitting the ball better over a four-day span."

Also, in 1967 at The Masters Ben Hogan shot a 30 on the back nine to shoot 66. And after that round he said:

"I think I played the best golf of my life on those last nine holes. I don't think I came close to missing a shot."

So I think he used his hip timing secret and early weight shift to improve his ball striking after the accident.

Now if you're a pro and have hours and hours to spend every day to hit balls then timing is not so much of an issue for you *(however, it looks like more and more pros are switching to what Hogan did, as is evidenced by all major champions in 2024 using the same Hogan secret hip movement).*

But for the average once a week golfer, we need to do everything we can to make the golf swing easier to repeat from one week to the next, without having to spend hours every day trying to get our timing correct.

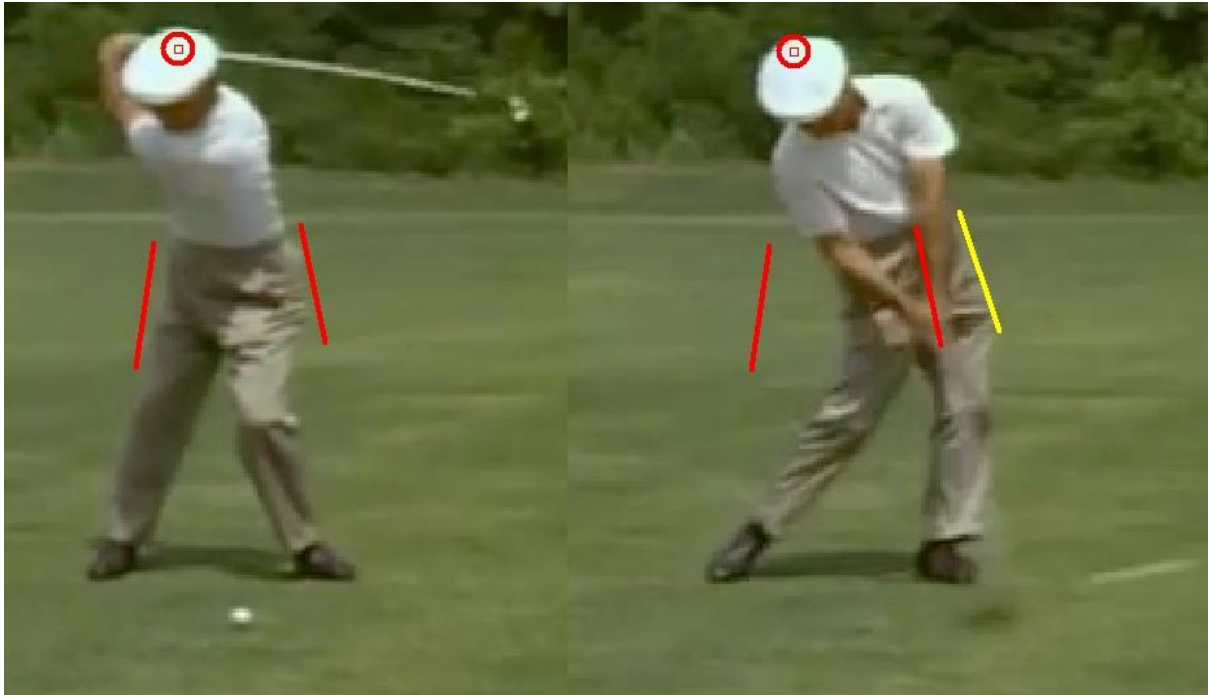
And with the move Ben Hogan did you largely miss out the timing element of the modern swing, because from the top of the backswing all you have to do is, as Ben Hogan said 27 times in Five Lessons, **focus on turning the left hip to the left as hard and fast as possible.**

Again, if you try to do that WITHOUT having your left hip back to the place where it was at setup and the majority of your weight on your right leg then you'll hit some terrible shots. But if you do this as Hogan did, then your golf swing will be so easy to time.

You will hit the ball so much more consistently, accurately and longer!

But when you do this move you will have to not restrict your hips sliding to the left in the downswing. Because look at this picture of Ben Hogan at impact and notice these two things:

1. Look at how much in front his left hip is compared to where it was at address.
2. Look at where his head is, i.e. in the same place as it was at address but lower.



Compare the left hip position from the position at the top of the backswing. So Ben Hogan definitely did NOT just turn his left hip to start his downswing. **He slid and turned his left hip... a long way.**

This move was to help him avoid the left side of the golf course and attack the golf ball from the inside without fear. It also helped him transfer another 10% of his weight to his left side. He might have felt like he just turned his left hip to start the downswing, but that's certainly not all that was happening.

So there you go. That's what I think Ben Hogan's swing timing secret was. It's not that he did something completely different to other golfers, but the time in his swing when he did this was quite different and unique to what every other golfer did and does.

The HUGE advantage I think in moving the weight to the left in the backswing and having a reference point for your left hip, is that you have a head start in the downswing and the timing can be easier, because you do feel like you are just turning your hips in the downswing. You will get more lateral slide, but it just happens.

Ok, now it's your turn to put this move into action.

How To Implement The Hogan Body Timing Secret Move

Any new move must be done over and over again to be made into a habit. And this new key Hogan move will no doubt feel different to you. But that's got to be a good thing, right?

Because by doing something different you will get different results.

And I'm sure you can see the logic in having a reference point for your left hip at the top of your backswing. And I'm sure you can see the logic in having most of your weight back on your left side at the top of your backswing. That way you can simply focus on turning your hips to start the downswing and let your hands go along for the ride.

When you do this you will gain a lot more swing consistency and your ball striking from one week to the next will be so much better.

In summary, the Stress-Free Golf Swing is incredibly easy because you only have one move to perfect.

That move, of course, is for your left hip to finish back at the same place it was at address at the top of your backswing. And of course, about 70-80% of your weight should be on your left foot at the top of your backswing. Then to start your downswing you simply need to focus on turning your left hip. It really is that easy.

So how can you practice this?

Easy.

First, I want you to get a feel for this move in slow motion. So setup with a club, say a 5-iron, in front of a mirror and place something touching your left hip at setup, like a chair for example. At the start of your swing I recommend about 55% of your weight is on your left side at address. Then to start your swing make sure you transfer your weight to your right side at the beginning of the backswing so that about 70% of your weight

is on your right foot by the time your left arm is parallel with the ground. This is the position I'm talking about:



Remember, you are performing this move very slowly. And at this point in your swing your left hip will be away about two-three inches from whatever you placed on your left hip at setup.

After you have reached this point then **continue to turn your shoulders and let your hips turn.** But as you're turning, move your left hip and weight back to the left so your left hip again touches your chosen prop at the top of your backswing.

This is the look you're going after:

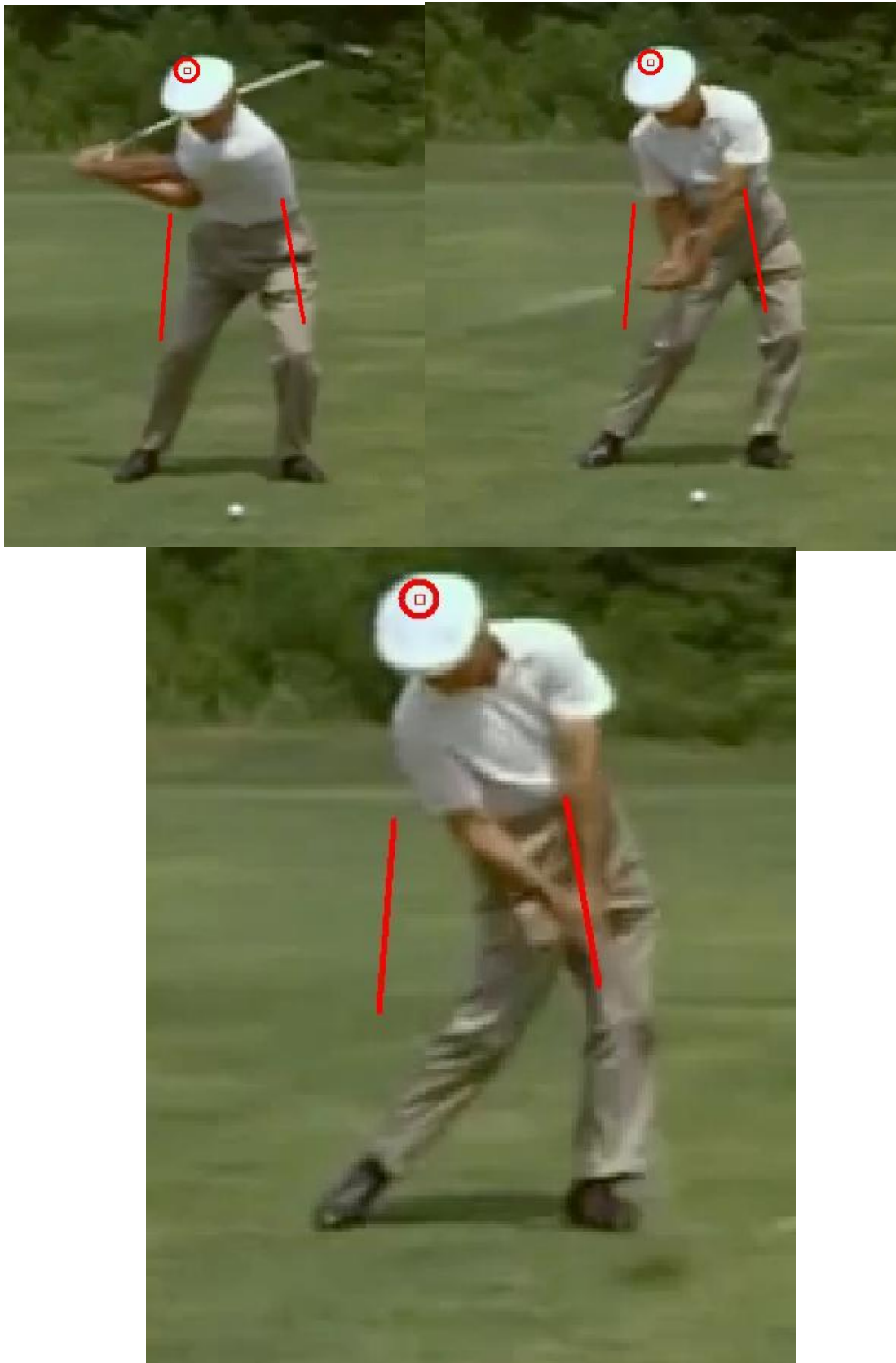


You want about 70-80% of your weight on your left side at the top of your backswing.

It's very, very important that when you're performing this move your head does not move forward with your left hip. Your head must be in the same place it was at address, although lower. And if anything, it should be to the right of where it was at address. Your head should not be to the left of where it was at address.

Once you reach a position like that, then what?

You simply need to focus on turning your hips to the left to start the downswing and let your hips slide forward like this (while keeping your head back):



After you've done that you would have felt the Hogan secret move. With practice, this will greatly improve swing timing from one swing to the next, and from one game to the next.

No doubt it felt different to anything you've ever done before. And that's great. Do something different, and you'll get different results...like I've said before.

So it's now time to make this move a habit so that out on the golf course you can just focus on firing the hips to start your downswing and let your hands and arms go along for the ride.

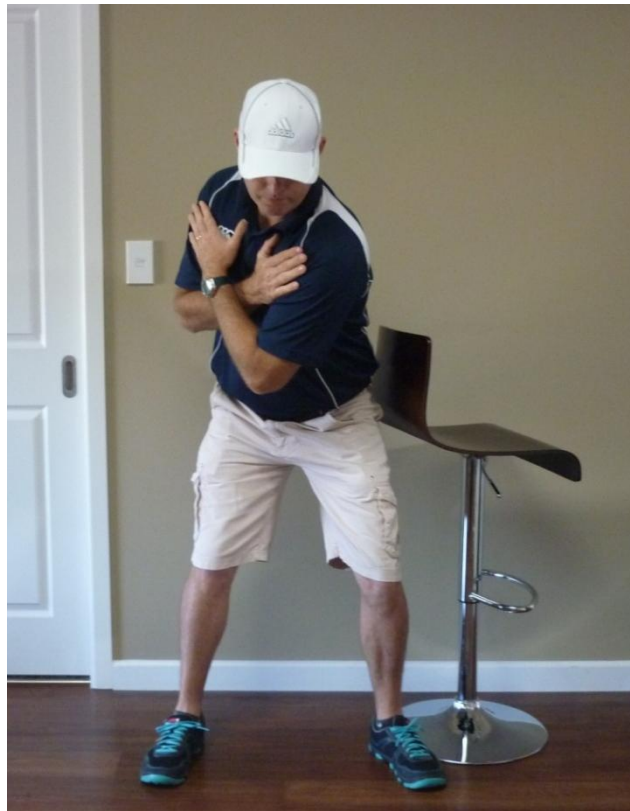
To do this, here's what I suggest you do....

The Arms Folded Drill – Do At Home, Anytime (As much as possible)

At home, any time you have spare simply get into your golf posture and position a chair, or something similar, so it's touching your left hip at setup. Then fold your arms across your chest. Here is a student demonstrating this drill....



From this setup position simply make your swing motion by turning your shoulders to move into the backswing, and let your hips naturally rotate and turn. When you turn in your backswing you want your hips to move laterally to the right at the start.



Then about half-way into your backswing you want to move your left hip back to roughly where it was at address and let your weight fall onto your left side so about 70-80% is on your front leg....



Again, this is important...

Even though at the top of your backswing the left hip will be back to a position close to where it was at setup, the hips should be turned about 45 degrees.

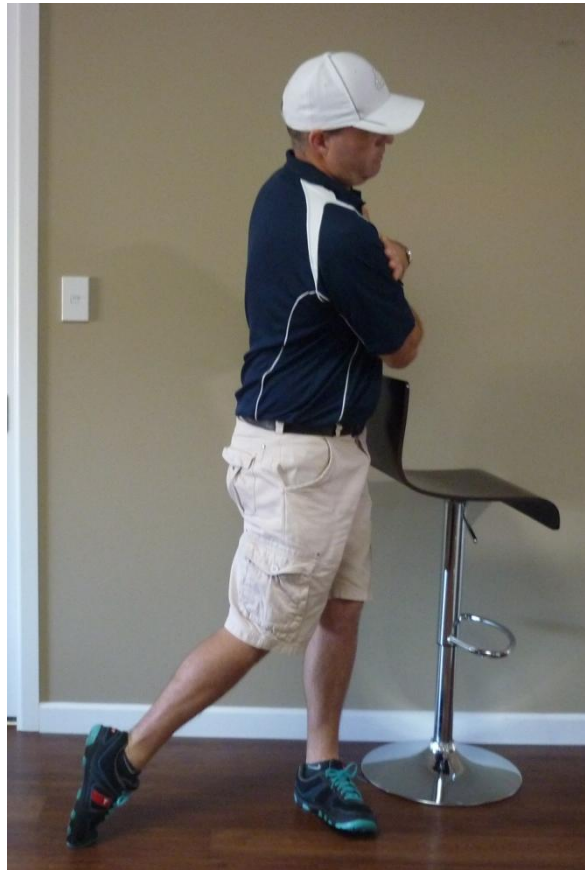
At the top of your backswing about 70-80% of your weight should be on your left foot.

Once you've completed your backswing then to start your downswing you simply need to focus on turning your left hip. That's going to be your swing cue to start your downswing.

When you do this you will naturally slide forward with your hips as well. And that's fine. Don't try to limit this slide. You need to slide forward to keep the club trailing so you can contact the ball with a supinated left wrist.



In your downswing move you will push the chair out of the way with your hips (so perhaps a chair on wheels would be a good idea). That's exactly what should be happening. **But it's very important to make sure your head does not go forward towards the target when you are transferring the weight in the backswing.** Remember, it's just your left hip that is moving forward toward your target and taking the weight with it. At the end of your swing practically all of your weight should be on your left side.



Ok, so that's the first drill you can do to learn the stress-free golf swing. I must point out, it's good to do this body drill in front of a mirror so you can check your movements. **Also you should do this move with your eye's closed to groove it quicker.**

And you should do this move as much as possible at home to make it a habit quicker. Aim for at least 50 repetitions a day, but do more if you want this to become a habit quicker.

One thing I must point out, is that **when you do this move properly you will feel a real stretch at the top of your backswing.** That's the feel you want! It may be the first time you've ever felt that... which is great you've discovered it now!

The Pressure Plate + Arms Folded Drill– Do At Home, Anytime (As much as possible)

Once you're used to doing the previous Arms Folded Drill then you can combine that drill with this pressure plate drill to get real accurate feedback as to whether you're getting the weight shift right at the right time in your movement.

And I say movement because remember, in The Stress-Free Golf swing your body is the main driving force. Your hands should not be manipulated in any way during your golf swing. This is a no-hand manipulation golf swing. That's why the main drills in this program focuses on what your body is doing.

So here's a great way for you to feel whether you are doing this early Hogan weight shift move properly or not. To do this drill you will need to [get a pressure plate like this one...](#)



Once you have your pressure plate then setup on it and at the setup position you want your weight slightly on your left leg.

Then from that starting point you are moving your weight back to your right side so at about the left arm parallel position you have about 70% of your weight on your right side.

Then from that point on you're moving your weight back to the left side so that at the top of your backswing 70% of your weight is on your left side.

Obviously you also want your left hip back to the position it was at setup as well, although it will be turned.

At the top of your backswing you can then check to make sure your left hip is back to where it was at setup and you have 70% of your weight on your left side.

This is a great way to learn this move because feel and real are often two completely different things. By using the pressure plate and the arms folded drill you can consistently check to make sure you are moving your weight as Hogan did.

When doing this pressure plate drill you should start by combining it with the arms folded drill. After you're used to doing that then you can move onto using a real golf club and getting to the appropriate place in your golf swing and stopping to check your weight distribution.

It's very important however when you do this with a golf club that your body is moving the golf club. The golf club should just be going along for the ride.

By doing the arms folded drill and adding in the pressure plate you will quickly learn whether you're moving your weight correctly at the right times. But remember to always do this with the reference point of getting your left hip back to where it was at setup.

Now by getting a pressure plate it's a reasonably cheap investment but there is now technology that will show you exactly where your pressure is and it doesn't involve spending thousands of dollars on force plates.

You have two options for this. The first is...

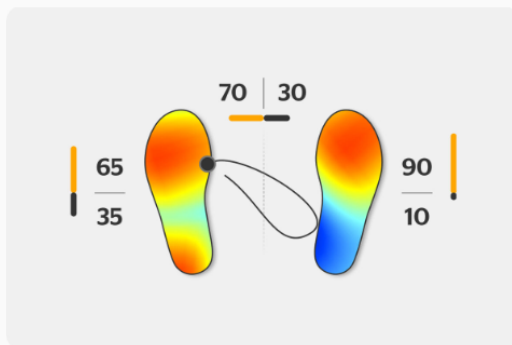
Salted Smart Insoles



Salted Smart Insoles are force plates that fit inside your golf shoes. [Go here to check them out.](#)

Bal.On

Optimize your golf weight shift!



The BAL.ON Heatmap

The BAL.ON heatmap displays your weight shift during your golf swing. You can trace it in colour-coded graphics and numeric values. BAL.ON's inner workings rely on pressure, the force you generate into the ground through your feet. This force is related to, but not identical with your weight. Specifically, we measure the pressure ratio between left and right, hence the percentage values shown above.

[Go here to check out these insoles.](#)

Ok, so that's the secret move without the arms. Now let's look to add the arms into the mix with this...

How To Implement The Hogan Secret Body Move With Your Arms

You have now experienced the body movement you need to practice over and over again to feel the Hogan secret body move during your swing.

But what should your arms be doing?

Well, the stress-free golf swing is all about making the golf swing as simple as possible. So I'm not going to give you any positions for your arms during the swing. Hogan never did that either apart from obviously stressing the importance of the swing plane. And I have a complete system in which I explain how to have a swing plane like Hogan suggested. [You can check that out by going here.](#)

Anyway, this golf swing is all about letting your arms be dictated by your body movement. But having said that there's something important you should do at address, and that's to have the upper parts of your arms pressed securely against the sides of your chest and your arms close together as this picture from Hogan's Five Lessons shows...



If you keep your upper arms glued to the sides of your chest during the backswing and half way into the downswing, along with your arms close together as you swing, then you'll find you get great consistency from doing that.

To start the downswing you obviously want to start by turning your left hip to the left and your arms should remain close to your side. But about half-way into the downswing Hogan talks about how the downswing motion with the right arm is like that of throwing.

That's such an important move, and here's how to implement Hogan's secret with your arms in the backswing and downswing:

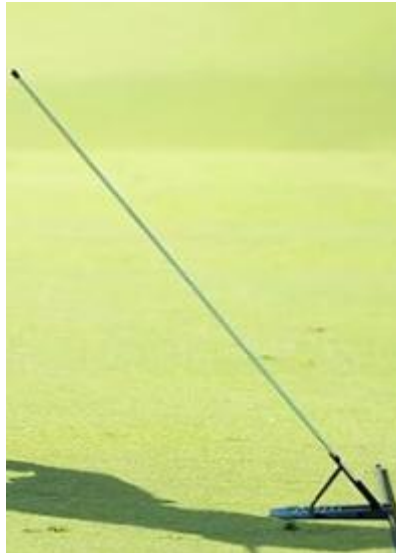
The Baseball Drill – At Home, Anytime

To do this drill you need to find somewhere that you can swing on a horizontal plane. You don't need to hit balls doing this so you just need the space to swing.

To do this drill I suggest you get out your 5-iron and setup to an imaginary ball. Now place something so it's touching your left hip at setup. It can be a chair, a shaft stuck into the ground, or a training device like a path pro (you can sometimes find these for sale on eBay)



Or you can get a golf alignment stick holder and put this behind you so the alignment stick is just touching your left hip at address...



[Click here to find out more about getting one of these.](#)

Once you're setup then lift up your arms as though you're hitting an imaginary ball off a tee-ball:



But when you do this make sure your arms are close together and your upper arms are glued tight to your chest.

Once you're ready I then want you to simply swing back naturally like you would if you were playing baseball or softball, but keep your upper arms connected to your chest. After you've completed your backswing simply

swing through and follow-through by turning your left hip. Your hands simply go along for the ride, your left hip leads.

Again, when you do this your chosen prop you positioned on your left hip should be knocked out of the way in your downswing and follow-through, because as you turn your left hip you should also slide your hips laterally towards the target.

Now this isn't compulsory, but I would highly recommend you do an advanced version of this drill, which is to get a driver shaft with a grip on it and stick it in the ground in front of you. Then place a tee in the top of the grip and place a ball on top. I suggest you just use whiffle balls or almost golf balls when you do this. This is not about hitting great shots, but about getting freedom with your arms and hands and letting them go along for the ride **(as long as the upper arms are glued to your chest)**, so you have a 'no manipulation' swing.

Once setup then swing. Again, **your reference is to get your left hip back to a place close to what it was at setup at the end of your backswing and about 70-80% of your weight on your front leg.** I have put together a video that shows the baseball swing and the baseball swing off the super high tee. You can see that on the download page.

It's quite well known that Hogan studied baseball swings in an effort to improve his own swing. I believe by using a baseball swing **(with your upper arms connected to your chest and arms close together through the swing)** along with the secret Hogan move, it's the simplest golf swing available.

You only have to focus on perfecting one move with your left hip in the backswing, and then focus on turning your hips to start the downswing and let your arms and hands go along for the ride. Here's some quotes from Hogan about this:

"The downswing is initiated by turning the hips to the left. The shoulders, arms and hands – in that order – then release their power. The great speed developed in this chain action carries the golfer all the way around to the finish of his follow-through."

Ben Hogan, Five Lessons: Page 85

"...if a golfer starts his downswing incorrectly with his shoulders or hands and not with his hips, he cannot get onto the proper plane or hit from the inside."

Ben Hogan, Five Lessons: Page 87

"THE HIPS INITIATE THE DOWNSWING"

Ben Hogan, Five Lessons: Page 90

"THE MAIN THING FOR THE NOVICE OR THE AVERAGE GOLFER IS TO KEEP ANY CONSCIOUS HAND ACTION OUT OF HIS SWING. THE CORRECT SWING IS FOUNDED ON CHAIN ACTION, AND IF YOU USE THE HANDS WHEN YOU SHOULDN'T, YOU PREVENT THIS CHAIN ACTION."

Ben Hogan, Five Lessons: Page 93

There are a lot of things that are designed to help golfers feel the connection between their upper arms and body. Now I am no way saying you need to get anything like the following to help you practice this because I have a cheap solution in a minute. But here's some things that are designed to help with this connection between the arms and body.



The Golf Swing Shirt



Golf Swing Jacket



Swing Link



Golf Swing Power Band

[The golf swing power band is the one I would recommend if you buy anything... go here to check one of these out.](#)

But like I said, you don't need to get anything like that if you don't want to, because you can **simply put a towel under your armpits and place a ball between your forearms to practice the feeling of keeping your arms close together and your upper arms connected to your chest.** If you do a lot of half-swings with those two things you'll quickly find some real consistency in your swing. And combine that with the left hip motion Hogan used after his accident, the golf swing will finally be STRESS-FREE!

Now I have touched on the throwing action Hogan mentions in five lessons, but I want to go into that in more depth because it's very important.

Sometime in December, 2015 (I'm not sure of the exact date) I was watching the Ben Hogan golf swing lesson video which you can see on the

download page. And when I was watching that I noticed something interesting.

Ben Hogan was talking about starting the downswing with the lower body. And he was showing an exaggerated move doing this. But when he was demonstrating that I noticed his right elbow became pinned to his right side. Here's a picture of this...



This was just a drill and he was greatly exaggerating the lower body movement. But I was intrigued to see if he somewhat attached his right elbow to his side in the downswing to help sync his body and arms.

And you know what. He did!

Here is a picture of Ben's right arm very close to his side when he is half-way into his downswing...



Then just after that his right elbow attaches to his side.



And he turns his body and while keeping his right elbow touching his right side.



Let's look down the line at this move. Notice how the right elbow is touching the right hip at this point in the downswing...



As the swing continues Ben keeps his right elbow connected to his right side.



He keeps his right elbow riding along with his right side right until just before impact, as you can see from this (blurry) picture...



Then just before impact Ben explodes his right elbow off his side. Maybe that's why he said he wished he had 5 right hands. 😊



It wasn't long after that, I was watching a slow motion swing of Rory McIlroy, and I noticed he does exactly the same thing. Here are some pictures of this...







And here's another great ball striker, Sergio Garcia doing the same move.





On the download page I have included a video of Mark Crossfield, the well known YouTube golf instructor, showing a clear close-up of what I'm talking about. Mark has been called a human launch monitor. And in the video you'll see a closeup of Mark's right arm action in the downswing that shows the Hogan right arm sequencing move I'm referring to.

So that's a move you can use to keep your body and arms in sync on the downswing. Let's summarize it...

About half-way into your downswing your right elbow attaches to your right side and moves with your right side. Then just before impact your right arm explodes off your side to add a lot of power to your shot.

Having said all of that... **the main move in Stress-Free Golf Swing is with the left hip and weight transfer. That hip action and weight transfer should power your golf swing. It should be your main focus along with keeping your upper arms connected to your chest and your arms close together.**

And for the downswing, you are focusing on turning and sliding the left hip. Then half-way into the downswing, try attaching your right elbow to your right side and let it move through with your body, until just before impact when it explodes off.

Look, the Stress-Free Golf Swing is the ultimate no manipulation golf swing. It's the easiest, most stress-free way to swing a golf club. You'll love the results you'll get with this swing. So let's now put all of this together, so you can start hitting balls with this Hogan Secret Hip Move and sync the arms with it...

Putting It All Together

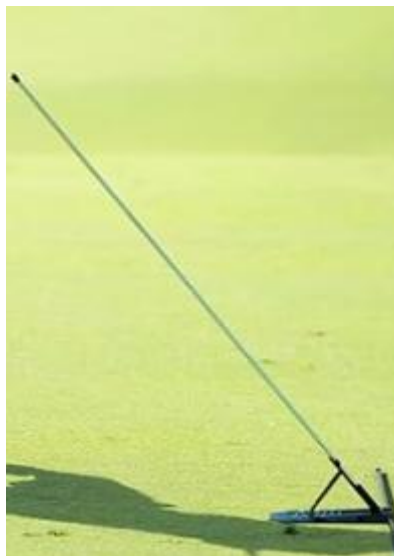
By now you would have experienced the Hogan hip move/weight shift and you'll often be doing the arms crossed drill to make that into a habit.

You would have also experienced the Hogan hip move/weight shift while swinging a club in a baseball fashion with your upper arms connected to your chest and your arms close together.

Now it's time to put it all together into a real swing at a golf ball.

When you're practicing this, hitting real golf balls, you must have something that is touching your left hip at setup.

Personally, I use an alignment stick holder and position it behind me so the alignment stick just touches my left hip...



Other alternatives include a driver shaft stuck (or alignment stick) in the ground or an umbrella stuck in the ground. **The point is, you need a reference point at setup so you can focus on getting your left hip back there at the top of your swing.** Get creative if you have to, but you must practice with some reference point on your left hip at setup.

It helps if you set this up and then hit balls from a tee so you don't need to keep moving your chosen reference prop too much. I say too much, because after each shot you will have to adjust the object because your

lateral hip slide in the downswing and follow-through should force it to move.

So very simply, hit balls focusing on moving your hips an inch or two away from where they were at address (away from the target) so you get into a position like this:



You want 70% of your weight on your right side at this point in the backswing. And you can let your head naturally move to the right (away from the target) in the backswing up until this point.

Then from this point focus on moving your left hip back to where it was at address and having about 70-80% of your weight back on your left side at the top of your backswing.

Again, you are not trying to restrict your hip turn. When you are moving your hips back to where they were at address, you need to let them

continue to turn. Also, you can let your right leg straighten on the backswing. This helps to increase your turn. Here's a picture of Hogan at the top of his swing showing his right leg straightening a bit:



The red line shows the right leg flex at address. As you can see, Hogan let his right leg straighten on the backswing, to allow the hips to turn, and you can do the same.

At the top of your backswing your left hip is to be back to where it was as setup, and about 70%-80% of your weight on your left side like this...

This Is The Hogan Secret Hip Move And Weight Shift He Employed After His Car Accident To Become The Best Ball Striker Of All Time



It's very important where your head is positioned at the top of your backswing. Ideally it should be in the same place it was at setup but lower. If anything, it can be to the right of there (away from the target) but it should not be closer to the target than it was at setup.

From that point you simply focus on turning your hips to the left as fast as you can and **let them slide naturally forward as well.** Your upper arms are connected to your chest and so your hands just go along for the ride. You are not consciously controlling them as you swing.

So that's the stress-free golf swing with Ben Hogan's secret hip move and weight shift. I'm sure you can see the logic in this, and how it's going to help you improve your golf swing timing from one swing to the next and one game to the next. Even if you only play once every week or two.

And I'm sure you can see why I call this 'The Stress-Free Golf Swing'. You only have to focus on one move and let your hands go along for the ride...as long as you keep your upper arms connected to your chest and your arms close together.

Then when you do play you have something concrete to start your downswing, which is turning the hips and letting your hands go along for the ride.

That thought was obviously very important to Hogan, because he mentioned it so often in his Five Lessons book (27 times!).

When I play golf I personally focus on this hip move as I'm swinging. And I have a trigger for this, which is: **"Stretch and Release"**.

Stretch is on the backswing and release is for the downswing. When I make the backswing with this secret hip move and weight shift I feel a real stretch in the left side of my back. Then in the downswing I feel a real release of that tension.

It's a great feeling and something I never felt doing the traditional backswing move of having 80% of the weight on the right side at the top of the backswing.

Whether you have a swing cue you use on the golf course or not, you want to do this secret move so much that it becomes automatic. That way out on the golf course you can just swing naturally and hit the ball great.

And the beauty is that between games you will only have one move to work on so you're all ready to go the next time you play golf. Whether that's the next day or two weeks from your last game.

Having that feeling is priceless!

What Drives The Stress-Free Golf Swing?

The Stress-Free Golf Swing is **largely driven by the hips (the hands should be passive in the stress-free golf swing and particularly through impact)**. And it's because of this, it makes sense for you to do exercises to improve your hip flexibility.

To help you do this I'm going to give you some free exercises and the best paid hip flexibility solution I've ever found. And if you sit down for a lot of your day it's very important that you do some hip exercises because if you don't they will restrict your movement and your quality of life will diminish over time.

So here's a list of free hip exercises from Youtube:

<https://www.youtube.com/watch?v=WJhMrIkR9U>

https://www.youtube.com/watch?v=dqLDxLC_i4M

<https://www.youtube.com/watch?v=NizJKOLwknY>

<https://www.youtube.com/watch?v=NG9qbvAN3gQ>

<https://www.youtube.com/watch?v=7TjgUDlz7wA&t=1s>

<https://www.youtube.com/watch?v=HtNGW21016I>

<https://www.youtube.com/watch?v=geyXYAo25C0>

Also, on the download page I have included a great hip flexibility routine that you should try and perform each day.

That should help you to get started on improving your hip flexibility but as they say, you get what you pay for. So with that being said, [here's the best paid step-by-step program I've found to improve hip flexibility...](#)

That program is awesome. And if you sit down a lot with work then you really need to get that program, because the exercises in it will help you out a lot just with improved quality of life. PLUS it will help you to have a stress-free golf swing like Hogan.

Ok, now here's something else I want to talk about that's very important...

How To Release The Club Through Impact

After his car accident Ben Hogan discovered his swing secret of using the hips in a different way. He said after discovering this secret that he could now release as hard as he could and he didn't have any fear of hitting a hook.

But there's two ways to release the club through impact. There's a hands release and there's a body release. An example of a hands release is Fred Couples...



You can see that Fred's wrists are touching at this point in the follow-through. Now compare that to Ben Hogan's release at the same point in the follow-through...



It's probably easiest however to see the difference between a body release golfer and a hands release golfer from the down the line view. So here you go...



See how you can see the grip of the club in Fred Couples' swing but you can't in Ben Hogan's swing? The Hogan body release is often referred to as low and left. And without reinventing the wheel, here's a good video that explains how to release low and left with the body:



<https://www.youtube.com/watch?v=n22LXKVM7CE>

Why would you want to release the club with the body instead of the hands and exit low and left?

Because it makes timing easier and gives you more margin for error.

A lot of golfers know about a body release and exiting low and left. But what they may not know is that there's one part of the body that makes a body release either possible or impossible, depending on your flexibility. And that part of your body is the middle/upper back.

This one part of the body marks a big difference between pros and amateurs. Here's what Roger Fredericks in The Flexible Golf Swing says about this...

"Among other results, the study by Centinela Hospital showed that PGA Tour players have an average of 50 to 100 percent more flexibility in their upper trunks than the average person. Incredibly, the study showed they had even more flexibility on average than NBA basketball players! In addition, PGA Tour players had about two-thirds faster hip speed in their forward swings than the average golfer."

So if you want more passive hands through the ball and to swing low and left like Hogan did, you can do all the drills you want, but if you don't work on improving your mid/upper back flexibility then they will do very little good.

And so, here's a series of Middle/Upper back exercises I go through regularly to help me improve flexibility in my middle/upper back. Because it's an area I need to personally work on.

Middle/Upper Back Exercise Program

Foam Roller Stretches

Back Extension:

https://www.youtube.com/watch?time_continue=15&v=SQF-0s1CckA

Pectoral Stretch: <https://www.youtube.com/watch?v=pf85YHauKGw>

Shoulder Release: <https://www.youtube.com/watch?v=QUszqQf51zY>

Static Stretches

Pretzel Stretch: <https://www.youtube.com/watch?v=kXSLhfcIdkQ>

Open Book Stretch: https://www.youtube.com/watch?v=I_oQIW635s0

Chest Lift: <https://www.youtube.com/watch?v=8pr1LKAmBM0>

Make sure your lower back is on the floor at all times and focus on raising up your chest from the floor to focus on your middle back.

Seated Rotations: <https://www.youtube.com/watch?v=tgS5zlxGe2Q>

Active Stretches

Helicopter: <http://www.mytpi.com/exercises#helicopter>

Reachbacks: <http://www.mytpi.com/exercises#reachbacks> -
[lumbar lock half prayer internal rotation](#)

Split Stance Lunge Turns:

http://www.mytpi.com/exercises#split_stance_lunge_turns

W Turns: http://www.mytpi.com/exercises#w_turns

Thoracic Rotation Progression Exercises:

<https://www.youtube.com/watch?v=O0VxrRRc3Hg>

So that's a stretching program I personally use to help me improve my upper trunk, and I recommend you try it as well. Because in a few pages I'm going to give you some drills to help you swing low and left, but without the physical capabilities to do it you will greatly struggle.

Now a few pages back I quoted this:

"Among other results, the study by Centinela Hospital showed that PGA Tour players have an average of 50 to 100 percent more flexibility in their upper trunks than the average person. Incredibly, the study showed they had even more flexibility on average than NBA basketball players! In addition, PGA Tour players had about two-thirds faster hip speed in their forward swings than the average golfer."

Notice how it talks about faster hip speed. I have already given you some free hip exercises on Youtube for that, along with a paid solution. But here also are some exercises you can do to increase hip speed.

<https://www.youtube.com/watch?v=TtN63qA26CU>

I don't recommend you buy the machine in that video however. I have tested it and the results were not worth the money, **but if you want to be fast at something you need to train fast.**

Ok, so to help you swing low and left past impact like Hogan did **(you need to work on improving your flexibility in your middle/upper back.) Then after that you need to do drills.**

And there's one easy way to practice releasing the club with your body, and that's to simply place a towel under your armpits and then hit half shots. So do that and don't let the towel fall out. Also, you should feel like the butt of the club shaft is moving low and left through the hitting area.

However, I don't want you to get sidetracked by this body release vs. hands release stuff. **Your main focus for your golf swing is what your hips are doing during the swing. You should not manipulate your hands as you swing at all. They should be passive in the swing.**

The reason I'm mentioning this is because most golfers have overly active hands, particularly through the hitting area. And this obviously causes inconsistency.

One thing you can say about Hogan is that he was a very, very consistent ball striker. And a lot of that consistency was because of the quiet hands he had from here....



... to here...



There is no manipulation of the hands through the hitting area. The club is delivered into and through the ball with the pivot.

To have more consistency in your ball striking you will undoubtedly need more of that. Because I've never seen a golfer with too much pivot and using their hands too little through the hitting area.

And when Hogan referred to being able to release as hard as he liked without any fear of hitting it left, what he meant was that he released his body as fast and hard as possible, **NOT** his hands.

Here's another drill that will help you to get the feeling of swinging low and left through impact:



https://www.youtube.com/watch?time_continue=162&v=w6GnKtmba4U

[And here is a link to another video that has a drill for exiting left.](#)

So that's some good things (flexibility and drills) to help you release the club with your body instead of your hands through impact. Another famous aspect of Ben Hogan's swing was his tremendous lag in the downswing at the half way point. And to help you do that I have for you the...

Ben Hogan Lag Drill

No doubt you've heard about lag in the golf swing, and the place where you can see how much lag a golfer has in the golf swing is when their left arm is parallel with the ground on the downswing. Here is a picture of Ben Hogan at this point in his downswing:



Notice that the club shaft is almost touching Ben's right shoulder!

So having lag like that in the downswing is a great to have. And to help you do that I'm going to give you a drill you can do in your spare time. To do this drill setup with a driver as normal....



Then swing to the top of your backswing and stop.



Once at the top of your backswing then slide your right hand down the club and loop your right index finger around the shaft so it's about a third of the way down the shaft.



From this position swing down with your left hand while trying to increase the lag with your right hand.



When you move the club down you can move it back and forwards a little bit to get the feeling of retaining the lag in your downswing. Also, when you get down near the hitting area it is important that you feel as though your hands are a long way in front of a position where a ball would be while you are still holding the club back with your right finger.



When your left hand is about a foot in front of where a ball would be then release the club with your right finger and swing through with your left hand to a full finish.



To see one of my students demonstrating this drill [go here](#).

With this drill you will learn to increase the lag in your golf swing for longer drives. Ben Hogan proved you don't need to be big to hit the ball a long way. **Improve your lag and you'll increase the distance you hit the ball.**

Ben Hogan's Swing Speed

Ben Hogan was known for having a fast swing and hitting it a long way for his size. And there's one aspect of his swing in terms of speed that you can and should try and copy which is his tempo.

There's a well known golf book called tour tempo that found most amateurs swing tempo is a lot slower than pro's.

So often you hear amateurs say they swung too fast. Well, no one can swing too fast. What they're really meaning is they got out of sequence. But I have given you the correct sequence to the golf swing and now you need to work on tempo.

In the tour tempo book the author found that basically all professional golfers swing at a 3 to 1 ratio. What this means is that it takes pro golfers 3 times longer swinging back than they do to come down and hit the ball. But even more important than that discovery was that he found out that pro golfers generally fall into 3 different swing tempos. For example:

21/7

- Jack Nicklaus
- Gary Player
- Nick Price
- Ben Hogan
- Craig Stadler

24/8

- Sam Snead
- Tiger Woods
- Fred Couples
- John Daly
- Ernie Els

27/9

- Ben Crenshaw
- Hal Sutton
- David Toms
- Bobby Jones
- Al Geiberger

John Novosel (author of Tour Tempo) found these tempos out by recording professional golfers' swings from TV and then in an editing program he would count the frames it took for a golfer to swing from the start of their swing to the top. Then he'd count the frames from the top of their swing to impact. So if you were to look at Tiger Woods' swing in editing software (e.g. Apple's Final Cut Pro) for example....you'd find he takes 24 frames to reach the top of his swing and then 8 frames to contact the ball which is the same as Ernie Els

Who would have thought that Tiger Woods and Ernie Els both share the same tempo. It certainly doesn't look like it on TV does it?

But TV can be very misleading when trying to judge the speed of movement. If you're interested, [here is a video](#) that explains more about Tour Tempo.

On the download page for this product I have put up a video showing Ben Hogan's 21/7 swing tempo over and over again.

Ben Hogan's 21/7 Swing Tempo

This video shows Ben Hogan swinging with the 21/7 tour tempo swing.



It's a good tempo to try (21/7) and replicate and then if you find you get better results by having a slower tempo that's fine. But once you have the Ben Hogan move down then try and swing faster because you'll hit the ball further PLUS by doing that it will make your swing more instinctual.

Alright, now here are some answers to some questions you might have about The Stress-Free Golf Swing. If you have any more however, just send them through to me.

Questions And Answers About The Stress-Free Golf Swing

Q. Have you seen any other great golfers use this Hogan secret hip move?

A. I looked at the Major Championship winners in 2016 and **3 out of 4 use Hogan's secret hip move!** The three that that did are Dustin Johnson, Henrik Stenson and Jimmy Walker. Here are some swing analysis pictures proving this...

Dustin Johnson doesn't move his hips off the ball hardly at all in the backswing and at the top of his backswing his left hip is right on the line where it was at setup... **just like Hogan.**



Dustin Johnson is a great ball striker and him using the Hogan hip movement is a big reason why. Now let's look at Henrik Stenson's hip action...



Henrik Stenson is known as one of the best ball strikers in the game, and he also uses the Hogan secret hip movement. Look how half-way into his backswing he has moved his hips to the right like Hogan did and then, just like Hogan, he moves his left hip back to where it was at setup at the top of his backswing.

Now here is a look at Jimmy Walker's golf swing, focusing on his hip action to see if it's like what Hogan did after the crash...



Jimmy walker also uses Hogan's secret hip move. His hip action is a lot like Dustin Johnson's also.

So there's proof that Jimmy Walker, Dustin Johnson and Henrik Stenson all use Hogan's secret hip move. Let's finally look at Danny Willet's golf swing...



Danny moves his hips off the ball quite a bit, which is fine. But at the top of his backswing his hips are still to the right, away from where they were at address.

This is what is traditionally taught, but I've shown you what Hogan did and you've seen proof that 3 out of 4 major champions in 2016 did what Hogan did.

On the next page is a pictorial display of 3 out of 4 major champions in 2016 using Hogan's secret hip move.



See all the space between Danny's left hip at the top of his backswing and where it was at setup? **Danny Willet does NOT use Hogan's secret hip move like the other 3 major champions of 2016 do.**

I have also looked at the Number 1 golfer in the world in 2022, Jon Rahm showing off the Ben Hogan Move...



And now I want to look at all the Major champion swings in 2024. The Major champions in that year were:

Masters Tournament - Scottie Scheffler

PGA Championship & Open Championship - Xander Schauffele

U.S. Open - Bryson DeChambeau

Let's have a look at Xander Schauffele's golf swing first...





Next up, let's see how the current world number 1 (as of this writing - Scottie Scheffler) does with this Hogan move....





Finally, let's look at Bryson DeChambeau...





So you see, every major men's champion in 2024 used Ben Hogan's secret move!

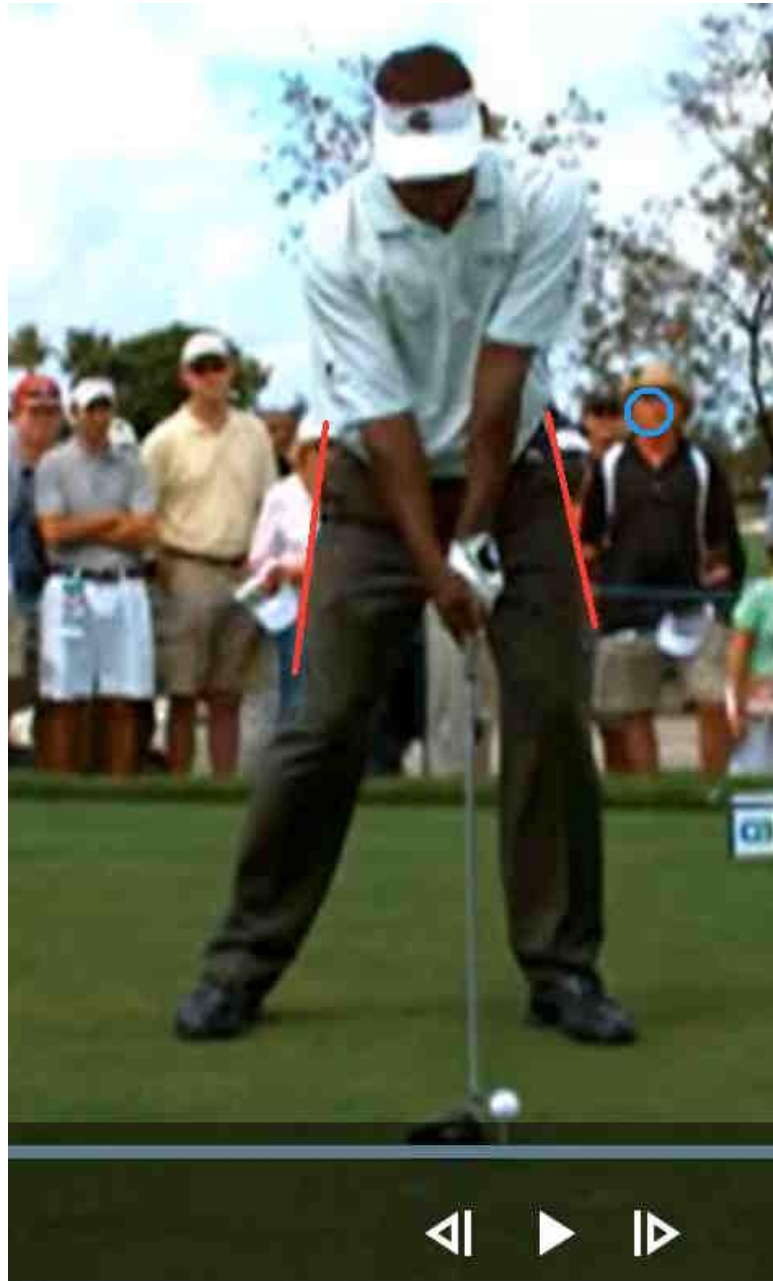
I have said that from about 2014 onwards the pro's were changing towards using the Hogan move. And here's some examples of this. During the Tiger era there were two golfers that pushed him a lot. They were Vijay Singh and Phil Mickelson. Both of those golfers used the "modern" swing. Phil was well known for being very erratic off the tee and Vijah was well know as being one of the hardest workers ever.

Here is a look at Phil's swing in terms of the secret Hogan move (not using it)...





Now here is a video analysis of Vijay Singh and how he used his hips. I was so shocked by this I put a circle on the video analysis to make sure the camera wasn't being moved so much to skew the results. There weren't. But this is about as far away from what Hogan did as any great golfer I've ever seen (just shows what hard work can do!)...





That's a crazy amount of lateral shift off the ball! Now here's proof that pro golfers have been moving towards the Hogan move. When Tiger Woods came out on tour he was using the modern swing. And then as time went on, injuries piled up, he moved towards using the Hogan move. Look at this for proof. Here's Tiger Woods swing when he was 20 years old....







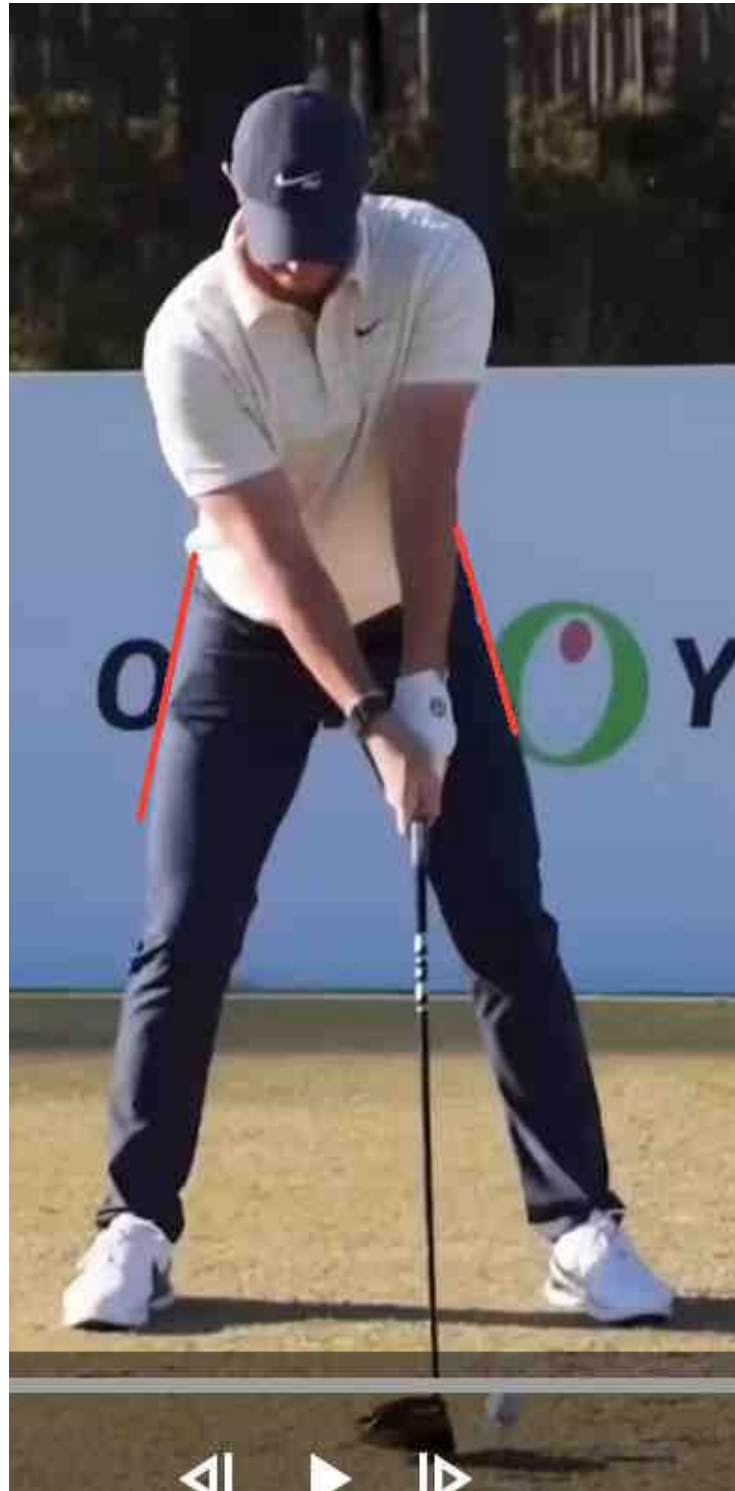
That was considered the gold standard for the modern swing. But as time went on, he too used Hogan's secret move as you can see from this swing analysis in 2019. The year he won The Masters.



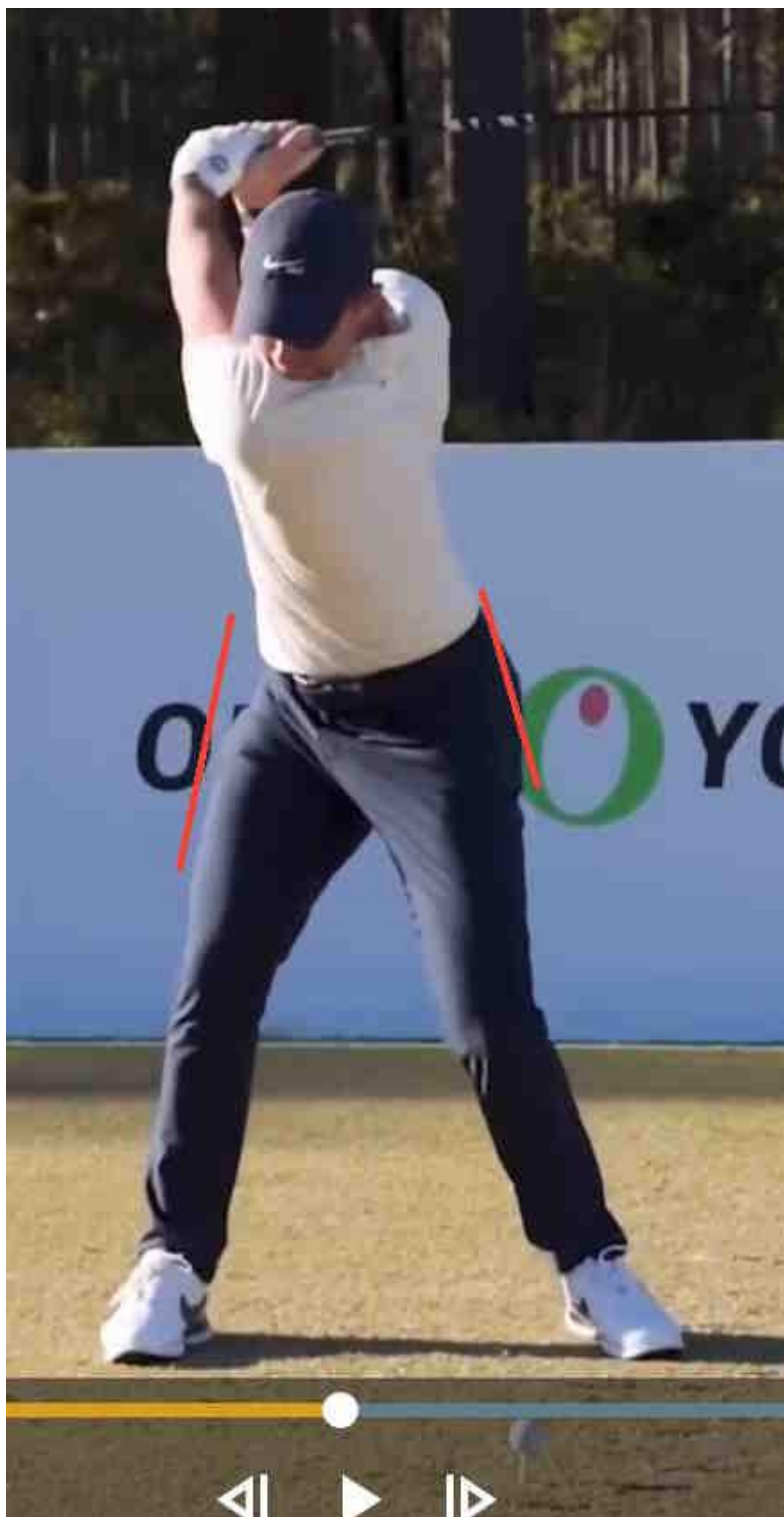




As I write this revisions Scottie Scheffler, who uses Hogan's move, has won the PGA Championship by 5 shots. And Rory McIlroy won The Masters to win the grand slam. Rory is like the poster child for using the Hogan secret move. Take a look...







Rory is possibly one of the best drivers of all time. Him using Hogan's magic move along with Tiger switching to it just shows what a valuable move this is.

Q. Isn't this a stack and tilt golf swing?

A. Absolutely not, here's why...

At the start of the swing your weight should be evenly distributed between your feet with maybe a touch more weight on your front foot. Then to start your swing you want your weight to move to the right foot, along with your right hip sliding back to your right. This is just like the conventional swing and the opposite of stack and tilt.

The Stress-Free golf swing is all about getting the left hip back to the place it was at setup at the top of your backswing, and at the top of your backswing having 70-80% of your weight on your left side. This happens late in the backswing which, unlike stack and tilt, is all about the weight going to the left in the backswing.

Q. Do you have any cues that will help me with this move?

A. Yes, one cue I have is to say stretch in the backswing and then release in the downswing. When you do this move correctly, at the top of the backswing you will feel a stretch down the left side of your back. Then in the downswing, when you start with your hips turning left, you will feel this tension being released. That's why I like that cue so much. It's what you should feel when you do this properly.

Q. What does the head do in the Stress-Free Golf Swing?

A. Like Ben Hogan, in the beginning stages of the backswing your head can move to the right. Then as you move your weight back to your left hand side, after the half-way point in your backswing then your head will naturally move back to the left.

At impact however, you want your head to be in pretty much the same place it was at address... but it will be lower. You never want your head to be to the left of where it was address in the backswing. Also at impact you also do not want your head be to the left of where it was at address. In this golf swing you are focusing on moving your weight forward in the last part of your backswing but keeping your head back.

Q. Can you overdo this one move?

A. Absolutely! I have seen people do a move like this and overdo it. It not only looks terrible, but it causes a lot of swing problems like coming

over the top, the head being in front of the ball, steep angle of attack etc. No good things happen by overdoing this Hogan move.

Remember, the reference point is at the top of your swing. You want your left hip to be in the same place it was at setup, although your hips will be turned about 45 degrees. If anything, your hips can be a little in front of the reference point rather than behind, but only a little. With practice however, you will get very good at doing this move correctly. And what you can't overdo is the amount you practice this!

Q. Should my right leg be braced in the backswing?

A. In the backswing you can actually straighten your right knee. Here is the top of the backswing position for Ben Hogan:



The red line was the setup position of the right leg. So notice how the right leg has straightened from address (yellow line). **But you never want to lock your right knee and leg.** Like all of this, you can overdo a good thing.

But the advantage of straightening your right leg in the backswing is you get more turn with your hips and shoulders. And that will mean longer drives.

Q. Isn't this a reverse pivot?

A. No, absolutely not!

I have heard people say that Hogan had a reverse pivot, but he didn't. A reverse pivot is created when the weight is on the left side at the top of the swing **but the head and spine are moved towards the target.**

At setup Hogan had his spine tilted away from the target slightly and he keeps that spine tilt in his backswing. Here is analysis that shows this.



In the Stress-Free Golf swing your hips move back to the same spot they were at setup at the top of your backswing, and your weight is about 70-80% on your left side. **But that's all the lower half.**

The upper half i.e. your spine and head, should be tilted away from the target. Your head in particular should be in the same position (although lower than) it was at address.

Also, your weight should shift to the right side in your backswing like the conventional swing. But about half way into the backswing you are focusing on moving the left hip forward so it's where it was at setup, although it will be turned about 45 degrees by the time you reach the top of your backswing. And your weight will be 70 – 80% on your left side.

That is the opposite of the traditional golf swing, where at the top the weight is 70-80% on your right side.

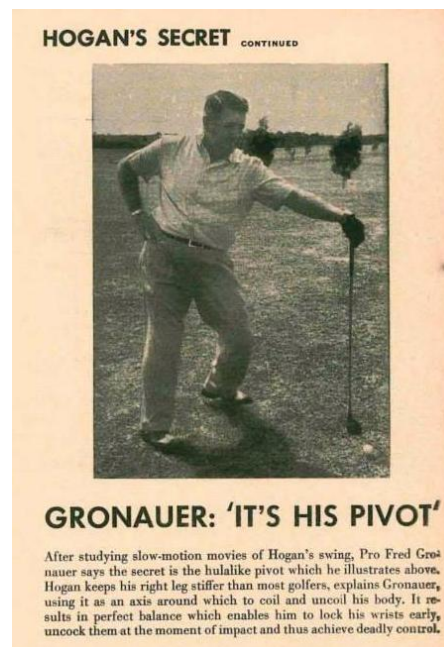
By doing the opposite you make it much easier to have better timing in your swing because you don't have to worry about transferring your weight in the downswing. It's already been done.

To start the downswing you simply focus on turning your left hip to the left as fast as you can, just like Ben Hogan said to do 27 times in Five Lessons.

Having said all of that... If you let your head and spine move towards the target in your backswing and you do this move, then you will have a reverse pivot and your results will not be very good. You must make certain your head stays in the same place or behind where it was at address, all the way through until impact. From impact onwards you can let your head move forward.

Q. I have seen a move like this explained by "insert instructor here".

A. In the Hogan's Secret April 1954 life article they got pro's to say what they thought Ben Hogan's secret was. And Fred Gronauer mentioned the pivot and showed the sort of look that Hogan has in the backswing:



So talk about Hogan and his pivot has been around for a long, long time.

But what hasn't ever been discussed is the exact timing of his pivot. In fact, after releasing this book I had a customer send me a

reference to some obscure text in which the instructor talks about having the left hip back to a spot close to what it was at setup. But what he fails to mention is when to make this move.

So what's unique about The Stress-Free Golf swing is I share the exact timing of the pivot that Hogan used.

You obviously know how important **EXACT** timing is in the golf swing. So if a person says you should move your left hip towards the target in the backswing it's not really good enough.

You need to know when and how much.

And in this book I tell you exactly when and by how much. That is the big point of difference in this swing. You can perfect this move exactly, just like Hogan did because you know at the top of your backswing you need your left hip to be back to where it was at address.

Q. Why not start the swing with 70-80% of the weight on the left foot and keep it there through the backswing?

A. It's actually fine to start with about 55% of your weight on the front foot and then move it back. And by doing that you will gain distance. But if you start with most of your weight on the left side at address and don't move it back, then you will lose a lot of distance. That's the big complaint I hear about stack and tilt is that you lose a lot of distance.

Setting up with your weight a lot on one side is fine for pitch shots where it's all about control. But for long shots you need power. And that power comes from the transfer of weight. In the Stress-Free Golf swing you have the power from the weight transfer, but you'll be moving your weight to the left a lot earlier to help with timing and sequencing.

Also, you will hit the ball further with this swing because you will finally get that stretch feeling at the top of your backswing. You'll be wound up like a spring, ready to explode back into the ball. It's a great feeling, and for probably the first time you'll feel what it's like to compress the ball properly.

Q. How is this different than the modern swing?

A. In the modern swing it is taught that most of the weight, about 80%, is on the right side at the top of the swing and the left hip is away from where it was at address. Then in the transition the weight moves back to the left and the hips are slid back to the left.

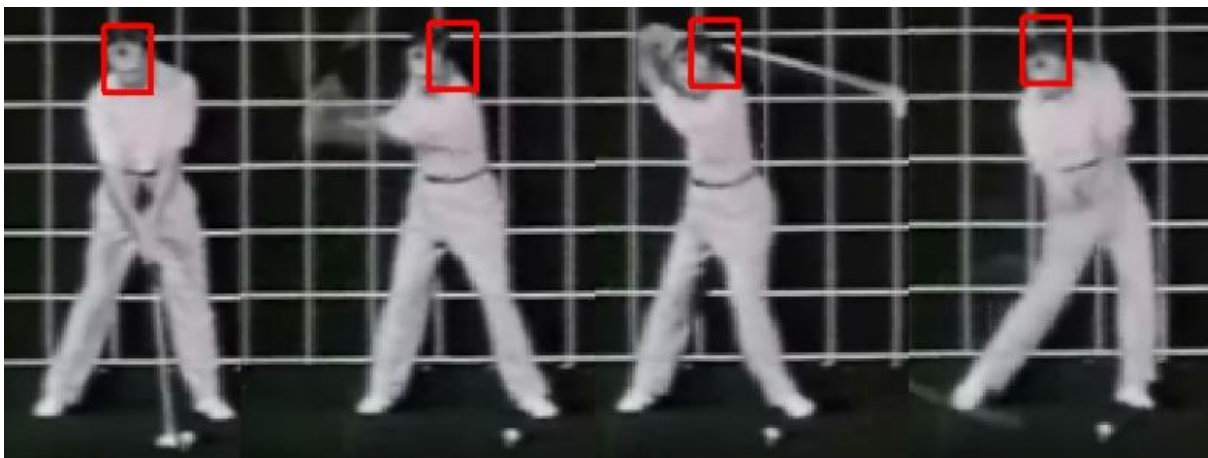
In the Stress-Free Golf Swing the weight is moved back to the left side in the last half of the backswing, along with the left hip moving back to the same place it was at setup at the top of the backswing.

This makes timing of the golf swing so much easier, and you'll have better ball striking over the long term. This is why most of the men's major champions are using this move.

Q. Did Ben Hogan always get his hips back to the same place at the top of his backswing?

A. From the videos I've seen he did pretty much. And I say pretty much because I am basing this on two GOOD still swings from Hogan. Those two swings are the grid swing and the swing from the 1964 Shells Wide World of Golf series (aired in 1965).

The reason I say GOOD swings is because there are plenty of face on swings of Hogan, BUT many of them have movement in them. They would have been filmed by a person holding a camera. The swing I discovered this reference point with was the grid swing when I was looking at Ben Hogan's head movement:



Then I analyzed the best face on swing of Ben Hogan from the 1964 Shells Wide World of Sport event.



Naturally I have looked at a lot of other swings of Hogan, and he does this move on every swing I've seen after the car crash in 1949. In some short iron videos it appears as though he does this move even more, but that's just a guess because the videos often have movement in them.

The bottom line is that moving the left hip back to where it was at setup at the top of the backswing, is a great reference point that **WILL** help you to have much improved ball striking from one game to the next.

And if you err in one direction or the other, I would suggest you **slightly** overdo this move rather than under do it.

Q. How long will it take for this new move to become automatic?

A. That depends on how often you practice it. Because this move is no doubt different than what you've done in the past, it will most probably take some time to become automatic.

If you did 70 body movement repetitions and 30 swings a day doing this move then that would be 3000 repetitions in a month. Along those lines, after a month you would be able to do this move with some thought. After two months you would be able to do this move with hardly any thought. And within three months you should be able to do this move without any thought.

Even though I have practiced this move thousands of times, when I play golf I like to focus on this hip movement as I swing even, though it's totally automatic for me. That's how I swing best. But that's more a mental thing about performance, nothing to do with this move.

Q. Why did Hogan say to start the swing down by rotating the hips, but he didn't mention sliding the hips?

A. On Page 90 of Five Lessons Hogan says this:

"To begin the downswing, TURN YOUR HIPS BACK TO THE LEFT. THERE MUST BE ENOUGH LATERAL MOTION FORWARD TO TRANSFER THE WEIGHT TO THE LEFT FOOT."

Now we know that Hogan had most of the weight on his left side at the top of his backswing, so he simply focused on turning the hips back to the left and letting his hips move laterally.

So he did mention it, but he didn't go into much detail.

You just need to be aware of this as well, to start the downswing you focus on turning your hips and you let them slide forward naturally as you do this.

Q. I have seen other books/articles talk about Hogan's hip movement. What makes the Stress-Free Golf Swing so different?

A. I have seen other Hogan's hip movement mentioned elsewhere as well. I have read practically everything that relates to Hogan, and how he hit the ball. **But I have never read anyone say that at the top of the backswing you want your left hip back to the place it was at setup and explain the exact timing of how to do that. I've never read that anywhere. I've never seen any videos from anyone that say to do that either.**

No doubt there is something obscure out there that mentions this, but I've never found it and I believe it's a genuine discovery I made in March of 2015, when I was doing the head movement analysis.

This Stress-Free Golf Swing has a reference point you can practice and perfect. It's not saying just to get your weight on your left side in the backswing. I've seen things like that, but it raises questions with me like...

When should I do that and how far forward should the left hip go in the backswing?

And I've seen people swing by trying to get their hips forward like Hogan did, and they totally over do it and it...

- a) looks ridiculous, and
- b) causes a lot of problems with swing plane.

When you do the Stress-Free Golf Swing and hit your reference point at the top of your backswing (and have 70-80% of the weight on your left side), you are then free to turn the hips to start the downswing and leave yourself with the space required to attack the ball from the inside.

Q. I would like to see this move performed by someone in a video.

A. Done! Who better to show you this move than Ben Hogan himself. So if you go to the download page and look under the heading: **The Secret Move In Action** you'll see a 5 minute video of Ben Hogan swinging over and over again with the secret move I outline in The Stress-Free Golf Swing.

Watch that video often and it will help you to speed up implementing this secret move.

Conclusion

Ok, so that's the Stress-Free Golf Swing. If I could sum up The Stress-Free Golf Swing in two steps, here is what they would be (and I have highlighted the most important aspects).

- 1) **The goal of the last half of your backswing is to get your left hip back to a place close to where it was at setup at the top of your backswing, along with 70-80% of the weight on the left side.** But this has nothing to do with limiting the rotation. You want to rotate your hips about 45 degrees, like Ben Hogan does.

Then to start your downswing you simply focus on turning your hips as fast as possible to the left while letting them slide laterally forward.

- 2) **When you swing your main focus is on your hips and weight shift and what they are doing. You should keep your upper arms glued to your upper chest and your arms close together, and your hands just go along for the ride.**

This is a 'no manipulation' golf swing.

That has to be the simplest and best way to swing the golf club in my opinion. It's transformed my ball striking to the next level and it's so easy for me to maintain my great ball striking.

I'm sure it will do the same for you once you try it and then make this a habit. But if you have any questions about The Stress-Free Golf Swing please email me and I'll do my best to answer you.

For Consistent Golf,



Jeff Richmond
Golf Performance Coach

P.S. Hogan had a well known Hook problem which he solved, partly due to using the secret I have talked about so far, but he also did other things. So if you have a hook problem I will outline here everything Hogan did to fix his hook.

What Hogan Did To Fix His Hook Problem

Hogan's hook was so bad it drove him off the tour. If you suffer from a hook you know how painful that shot can be. It's impossible to play good golf with a hook.

I have suffered with a hook problem in the past, so I did comprehensive research into what Hogan did to stop his hook problem. Here are the main things I found.

Setup

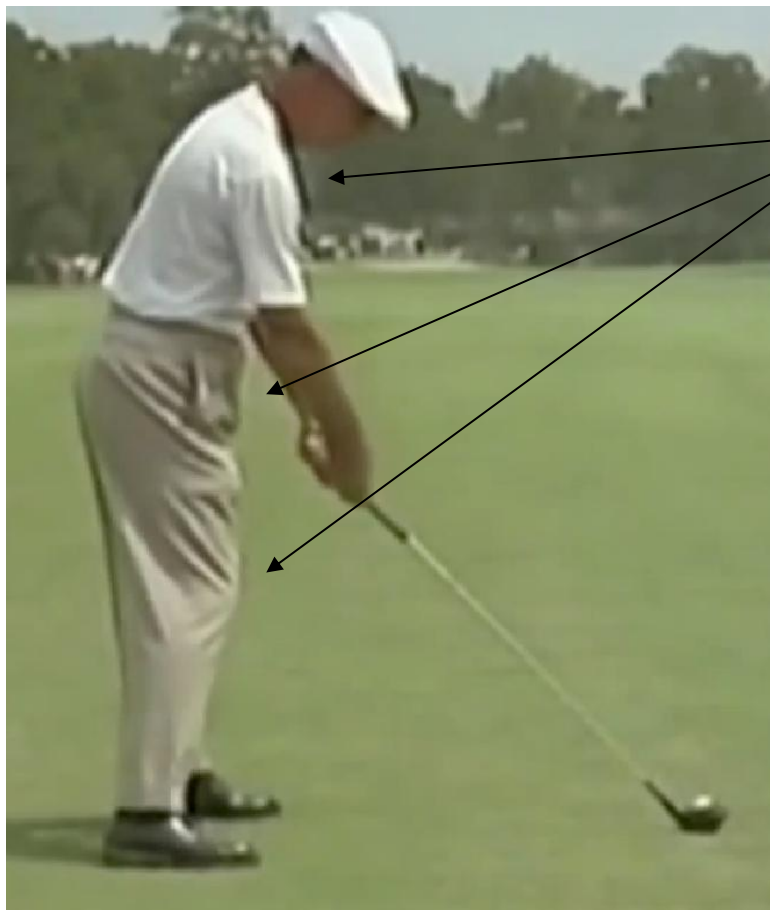
- **Weak grip** – Hogan turned his hands so he had a weak grip in which his v's pointed to his chin.
- **Open knees, shoulders and hips** – Hogan aligned his knees, shoulders and hips open. On drives and fairway wood shots his feet would often be aligned closed but the rest of his body would be aligned open. The feet alignment was closed to allow him to make a bigger turn.
- **Left foot turned out** – Hogan turned out his left foot to allow himself to get through the ball better with his pivot.
- **Hands in the middle of body, behind the ball** – Hogan had his hands behind the club at setup so he had quite a big cup in his left wrist at setup.
- **Ball opposite left heel** – Hogan believed in having the ball on the inside of the left heel for all shots.

Here is a pictorial summary of what Hogan did at setup to help prevent a hook...



Weak grip and hands in the middle of the body.

Left foot turned out and the ball position opposite the left heel.



Open knees, hips and shoulders.

Swing

- **Keep cup in left hand in take-away** – Hogan had his hands placed in the middle of the body at setup which created a cupping of the left wrist. And he kept this cupping in the backswing as you can see in this picture.



- **Open clubface in take-away** – Hogan opened the clubface a lot in his backswing.
- **Cupped left wrist at top** – Hogan said in the life article that he cupped his left wrist at the top of his backswing to open the clubface up. Here is a picture from that life article showing the cupping of the left wrist. It's very, very slight.



- **Hips same place at the top of the backswing as they were at setup with 70-80% of the weight on the left side** – Hogan did this move after his accident. The reason I believe he did it was to simplify the swing so he could turn the hips as fast as possible to start the downswing without worrying about weight transfer. This is what the Stress-Free Golf Swing is all about!
- **Starts the downswing with his left hip turning a lot** – Hogan said in his Five Lessons book 27 times to start the downswing by turning the left hip to the left. You can't do that, however, unless you have the left hip back to where it was at setup. He failed to mention that in five lessons.
- **Passive hands through impact** – Hogan had quite a wristy looking swing but at impact his hands were very passive, as you can see in these pictures. There is no flipping going on here...



- **The famous Hogan finish!**



If you have a bad hook problem, those are the things I think you should focus on to help prevent it. But the first and most important thing is the secret hip movement and weight shift I share in this book. If you use and perfect that I think you'll find a lot of your hook problems will be gone.

Setup Bonus Lessons

Lesson 1 – Take The Golf Grip Out Of Play

There's no doubt about it...the golf grip is incredibly important to playing good golf. Here's some quotes from some of the greatest golfers that have ever lived, talking about the golf grip.

"The grip is the most important thing in the game of golf."

Jack Nicklaus

"GOOD GOLF BEGINS WITH A GOOD GRIP"

Ben Hogan

"If your grip is sound, you don't have to think about your hands at all during the swing. You're free to concentrate on the other aspects of good ball striking."

Tiger Woods

So if you want to play the best golf you can then you need to have a consistent, well formed grip. Because when you do, it will help you to bring the club back square into the ball, so you hit straight golf shots, consistently. And it will also help you to swing powerfully through the ball so you hit nice long shots.

We can all agree that a good golf grip is vital to your golf game but I believe you need to take the golf grip out of play. And I'm going to explain why and show you how to do that.

First of all, there are no secrets to the golf grip. In fact, there are products available that will help you to form a perfect golf grip time after time. I'll have more on that in a minute.

Look, you could watch a million videos on how to form a grip perfectly. And there's some great videos out there, with professionals showing you where exactly to place the club in your hand, for both the left hand and the right hand; and where the pressure needs to be in your hands etc.

But in my experience when golfers are shown how to form the grip correctly, they start with a good grip - and then end up with a poor grip by the time they hit the golf ball.

Why does this happen?

Simply because, bad habits are hard to break.

So here is what I suggest you do to take the golf grip out of play, so you can not only have a consistent golf grip, but also go on to build a great, consistent golf swing.

The first thing you need to do, is get one of the many products available to help you form a perfect grip.

Here's pictures of some golf grip training aids...

1. Grip Coach



[Click here to purchase this from Amazon.com](#)

2. GripIt Rite



[Click here to purchase this from Amazon.com](#)

3. Golf Pride David Leadbetter Training Grip

If you get this training aid you will need a golf club to put it on that is not your normal "in play" golf club. I recommend a 5-iron for this.



It's important, however, when you get a golf grip training aid, that you can actually hit balls with it.

You need to be able to feel what it's like to, not only setup to a shot with a perfect grip, but also to swing and hit a ball with a perfect grip.

In this lesson I have listed a number of different products you could choose from to do this.

So you need to get something that will help you to form a perfect grip, and after you've done that...guess what you need to do?

Practice making a perfect grip ***over and over again!***

And if you want to own your grip so you can take it out of play, then here's a quick plan for you.

Every day for 30 days, practice forming your grip perfectly 100 times. Each time after you do this, start your swing. You don't need to swing

fully doing this, but you must get used to starting your swing with your perfect grip.

If you do this for 30 days, that would be 3000 repetitions!

That would be well and truly enough to make your new, great grip a habit. It might feel awkward at first, but after a while it will be second nature for you to grip the club perfectly, AND to start your swing with your perfect golf grip.

And that's taking the golf grip out of play!

Doing that will mean you'll never have to worry about your golf grip again. You'll know that your golf grip is helping you to hit good, consistent golf shots. And if you're not hitting good shots, you can rule out your grip as a possible reason.

But don't just follow that plan for 30 days and then stop doing it. After you've completed this 30 day plan then once or twice a week you should practice gripping a club with your new, consistent golf grip – just to make sure you maintain it.

Doing what I've explained in this video is critical if you're ever going to build a consistent golf swing! This is so easy to do, because you can do it at home while you're watching T.V. if you can't get out to hit shots.

So there's no excuses to not having a perfect golf grip just like a pro.

Start right now and use the form on the next page to keep track of your progress on taking the golf grip out of play!

[Click Here To View The Video For This Lesson](#)

- Day 1** – 100 Repetitions ☐ (Tick When Completed)
- Day 2** – 100 Repetitions ☐ (Tick When Completed)
- Day 3** – 100 Repetitions ☐ (Tick When Completed)
- Day 4** – 100 Repetitions ☐ (Tick When Completed)
- Day 5** – 100 Repetitions ☐ (Tick When Completed)
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- Day 8** – 100 Repetitions ☐ (Tick When Completed)
- Day 9** – 100 Repetitions ☐ (Tick When Completed)
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- Day 29** – 100 Repetitions ☐ (Tick When Completed)
- Day 30** – 100 Repetitions ☐ (Tick When Completed)

Lesson 2 - Perfect Grip Pressure For You

How hard should you grip the golf club?

There's a lot of different answers you could be given to this question. But obviously you don't want to hold the club so tight that you restrict your golf swing, and you don't want to hold the club so loose that you lose control of the club.

So you need a grip pressure in-between the two extremes.

And I'm sure you've heard analogies like... "grip the club as though you're holding a baby bird". Or, "grip the club like you would if it were a loaf of bread" etc.

But I'm helping you to build a consistent golf swing here. So we need something more concrete than that!

So there are two aspects to grip pressure that you need to focus on. The first is your grip pressure as you address the ball, and the second is your grip pressure as you're swinging.

In this lesson, I'm only going to cover grip pressure as you're setting up to a shot, and the initial take-away. When you're swinging, as long as you don't consciously manipulate your hands, the grip pressure will be perfect for you throughout the swing.

Now, when you're setting up to the ball, you want to hold the club in such a manner that it's not too hard, and not too light. As I've already said, you want something in-between.

In my 'Take The Golf Grip Out Of Play' lesson, I instructed you to practice forming the grip 100 times each day perfectly, with a formed grip training aid. When you do that, you can also incorporate the perfect grip pressure into your routine.

So how can you form a grip with perfect grip pressure and make it consistent?

Well, when you grip the club you will instinctively know what a "firm" grip is for you; and you will also know what a "light" grip is for you.

So after forming your perfect grip, then give the club a firm squeeze and hold that for 2 seconds.

Firm (10)



Then after doing that, let your grip relax so that you're holding the club loosely for 2 seconds and notice that feeling.

Light (1)



Now find the perfect grip pressure for you that will be roughly in-between those two extremes.

If you were to number 1 as an extremely light grip, and 10 as an extremely hard grip, then I want you to number your perfect grip pressure.

It might be a 6 for you. It doesn't need to be 5. You may prefer a slightly firmer grip or a slightly softer grip. But when you find that perfect

grip pressure, I want you to say inside your head "perfect grip pressure" followed by your number. And then start your swing.

"Perfect Grip Pressure"



So that's how you can create perfect grip pressure for you, and have it be consistent. I want you to add that process to what you're already doing to take the golf grip out of play.

You may, however, be wondering about having more pressure in certain parts of your hands. The places commonly instructed for this, are the last two fingers on the top hand, and the middle two fingers of the bottom hand.

Personally I think that's making grip pressure too complicated; but you should experiment to see if it helps you. And if it does, you should assign numbers to different fingers. So you may grip the club with a 6, but you may grip with an 8 with the last two fingers of your top hand.

Again, experiment with this to find out what works best for you.

When you follow these instructions; it's going to greatly help you to build a consistent golf swing - so don't take this for granted. And if you can find the time, you should test out your new grip and grip pressure when you're hitting golf balls, to make sure it's right for you.

[Click Here To View The Video For This Lesson](#)

Lesson 3 - Consistent Grip Routine

Do you want to build a consistent, perfect golf swing?

I'm sure you do, otherwise you wouldn't be reading this. But a big part of being able to do that, is to not only have a perfect golf grip with perfect grip pressure; BUT... you must be able to form the grip in the same way, time after time.

So to help you do that so you become a consistent ball striker, you need to have a routine to form your grip. All great golfers do.

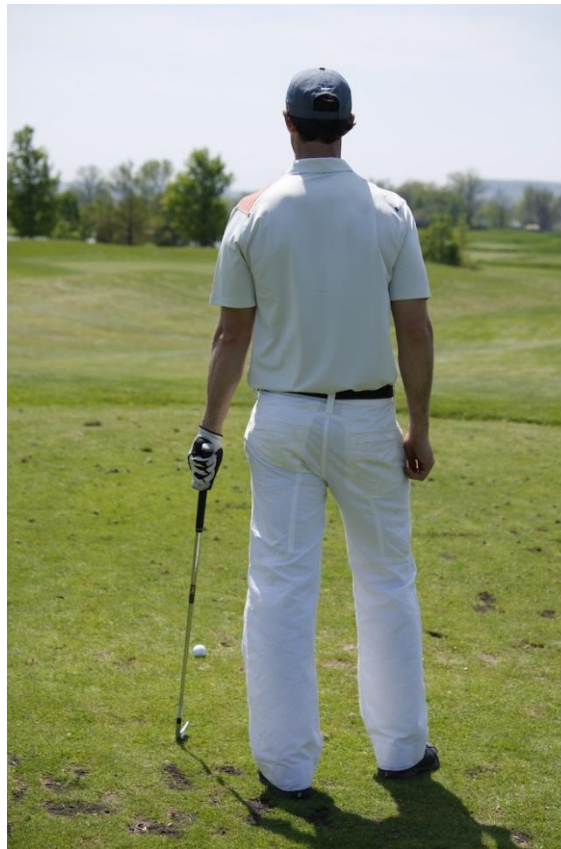
And I have a consistent golf grip routine that I'm going to give you in a minute, but you can most certainly modify it to suit so it's perfect for you. And whether you use the routine I give you, or come up with your own, the bottom line is - you need one.

The grip routine you use, should start as you're standing behind your ball.

For every golf shot you should stand directly behind your ball on a line to your target. When you do this you need to pick a hand in which you hold your club with.

Again, you can modify this consistent golf grip routine, but I think you should hold the club with your left hand as you're standing behind the ball. And you should do this with the same grip that you're going to use as you swing.

So grip the club perfectly with your left hand as you're standing behind your ball, like this...



I believe it will help your consistency if you have already formed your grip before you put the club down behind the golf ball. In my opinion, the best way of making that happen, is to put your right hand on the grip as you're walking to the ball.

And because we're building you a consistent, perfect golf swing here, you need a precise time when you do this. To make this easy, as soon as you take your first step towards your ball you should put your right hand on your grip.

You should also start your walk towards the ball with a certain foot. I suggest you start with your right foot, and put your right hand on the golf grip at the same time.

So here is a golfer putting this consistent golf grip procedure into action.

The Consistent Golf Grip Routine



→ Grip the club with your perfect left hand grip as you're standing behind your ball.



→ Start walking to the ball with your right foot and place your right hand on the grip at the same time.

Ok, so today's task for you is to come up with a consistent procedure for gripping the club. And the best way of doing this, is to simply copy the one I've shown you, and either leave it as is or make changes to it to suit yourself.

But if you make changes to it, you must keep certain things in place. The first is that you must hold the club in the same hand every time when you're holding the club behind the ball. The second thing is, you must form your grip at a certain place in your pre-shot routine every time.

I've seen professional golfers form the grip as they're standing directly behind the ball. So you could try that if you like.

I do, however, recommend that you don't form the grip when you're putting the club down behind the ball; because at that point, your main concern should be aligning the clubface to where you want your golf ball to start.

[Click Here To View The Video For This Lesson](#)

Lesson 4 - Consistent Waggle And Clubface Alignment

One of the worst things a golfer can do when setting up to the golf ball is to remain perfectly still. You always need to be moving when setting up to the golf ball. And an important part of that is to waggle the golf club, because if your hands get tight then, most likely, so will the rest of your body.

A waggle is generally a small movement of the hands when addressing the ball.

The benefits of a waggle are as follows:

1. It helps you to keep moving, which will help your rhythm when swinging.
2. It helps you to stay relaxed – particularly your hands.
3. It helps you to mentally and physically prepare for the upcoming shot.

There's a million and one different ways you can waggle the golf club, and there is no one 'right' way. But I'm going to show you what I call the consistent golf swing waggle.

To do this, you simply need to setup to a ball, and then you need to rotate your hands so that the club comes up to be almost parallel with the ground.

It's important that when you do this that the club is near 90 degree's to your arms like the picture on the next page shows.



Another important part of this waggle is, you should look directly at where you want your ball to finish when you waggle.



When you do this, you should waggle for a set amount of times. I suggest two, but you can vary this to suit yourself and what is comfortable for you.

I **wouldn't** suggest any more than 5 however, as that's getting too long and will hold up play too much.

It's also very important to remember your grip pressure when you're doing this. It must be constant. Like in the grip pressure lesson... not too hard and not too light.

Your consistent golf swing waggle is like a dance. It needs to have rhythm. It needs to have grace. You want to be setting yourself up to swing with fluidity.

Next up today, I'm going to cover clubface alignment at address.

When you setup to the golf ball, you naturally want your clubface square to where you want your ball to start. But that's tricky when the golf ball is round.

Setting up to the golf ball with a square clubface is a habit which needs to be created. And here is how you can do that better, more consistently.

Instead of a setting up to just a golf ball by itself, I suggest you practice setting up to something with a square edge. In this example, I'm getting my student to practice setting up to a ball with a credit card behind the ball. You can also do this with any straight surface you have around your home.



So simply practice setting up over and over again, with your clubface square. By doing this, you're training yourself to setup with the clubface square to your target.

That's how you build square clubface alignment into your consistent setup.

So in this lesson I have covered the consistent golf swing waggle, and how to setup with your clubface square to your target. Now you need to practice and perfect this -- so go to it!

[Click Here To View The Video For This Lesson](#)

Lesson 5 - Consistent Stance Width And Feet Positioning

In this lesson I'm going to show you how to have a good stance width for most shots.

Now the width of our stance should be:

1. Just wide enough to give us stability.
2. Just wide enough to allow us to turn safely and freely through the ball.

Those two elements should not change for any full golf shot. So that means we should have more or less the same stance width for each club we hit.

But everyone's stance width will be different, because everyone is different in stature.

So I'm going to show you how to find the ONE, perfect, consistent stance width for you.

To do this I want you to simply measure your shoulder width in inches. It will generally be between 14 – 20 inches.

Then to help you to repeat your perfect stance width, I recommend you get a wooden garden stake, as you can easily take this with you when you practice. So you can use it as an alignment aid and a stance width aid.



Then you can mark this stake with your shoulder width so you'll easily and quickly know where to position your feet. **Remember however that the marks are for the inside of your heels.**

But before you do this, you need to know how to position your feet because that's very important. When you swing you don't want both feet pointing forward. Your back foot should point straight ahead, but your lead foot should be turned out about 30 degrees towards your target.

Doing this will allow you to get through the ball better.

So do that, and then mark on your garden stake (or something similar) your shoulder width.



After you've done this, you now have the stance width you should use for a 5 iron. Then your longer clubs should be a fraction wider than this. And your shorter clubs should be a fraction closer together than this.

Because the driver is the longest club in the bag, and you have the ball teed up pretty high, you can have your stance a bit wider to support a more sweeping motion. So I recommend you add an extra inch in width for each foot, for the driver.

On the next page you can see a golfer setup to a ball with a driver. You wouldn't want your feet any closer together than that. And a fraction wider would be better.



Ok, so that's the important lesson on stance width and feet positioning. Put these instructions into action, and start to reap the rewards of longer, straighter and more consistent golf shots!

[Click Here To View The Video For This Lesson](#)

Lesson 6 - Consistent Ball Position

When it comes to ball position there are two choices. You have one ball position for all clubs. Or you have a different ball position depending on what club you're using. And depending on the golfer you select to emulate in the swing section part of this program it will largely determine which option you choose.

But I'm going to show you how to create one ball position that **is will help you to strike the ball consistently well, and this one ball position is easy to achieve.**

For every shot apart from your driver, you want to strike the ball with a descending blow. To achieve this, you must place the ball back from a place where the club and left arm would form a straight line.

A good reference point to check if the ball is positioned correctly for all your shots, apart from your driver, is to draw a line directly down from your left ear at setup.



Obviously when you're setting up to a ball, it's impossible to tell if you've positioned the ball perfectly so it's off your left ear. But here is how you can do this time after time.

It's what I call the "consistent ball position procedure".

And you should incorporate this into your physical consistent pre-shot routine.

Now what you do when setting up to your golf shots, is point your right foot directly at your golf ball and then bring your left foot up to your right foot, so that it's together with your right foot - like this...



Now you simply place your right foot at the stance width that you've determined to be optimal for you. When you do this you'll find that your ball is positioned perfectly just off your left ear.



That ball position is pretty much perfect for every shot you hit. With your shorter irons you may want the ball a fraction further back and for your driver you may want the ball a fraction further up. But this ball position procedure is a great starting point.

So that's the important details of how to get into a good ball position consistently for your driver and all other clubs. Keep practicing that to form a new good ball position habit and reap the rewards of longer, straighter and more consistent golf shots.

[Click Here To View The Video For This Lesson](#)

Lesson 7 - Consistent Golf Swing Posture

The posture you have when you're setting up to the golf ball has a HUGE impact on the quality of your golf swing, as well as helping with injury prevention.

For example, if you have proper posture when you setup to your ball, it allows you to rotate more easily - which will help you to hit longer drives, with much less risk of injury.

And posture is one area of golf where you can look just like the best ball strikers in the world.

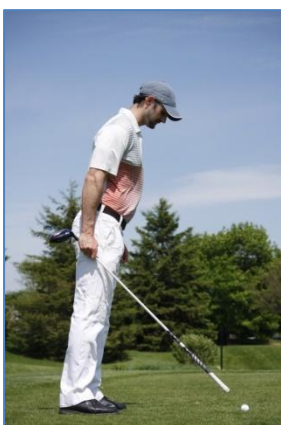
It really is easy to have great posture when setting up to the golf ball. But equally, it's just as easy to have bad posture.

So you'll have to practice often what I'm giving you to do in this lesson, to make good posture a habit.

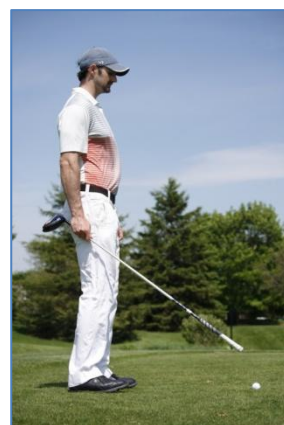
But the benefits of great posture are numerous, so it's well worth a little bit of effort to practice and perfect it. So I'm now going to show you exactly how to do that.

To do this consistent posture exercise, I want you to get your driver and stand up straight.

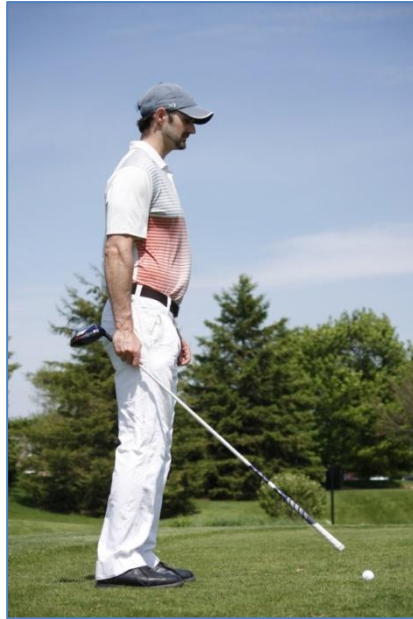
Before beginning I want you to rock forward so your weight is on your toes and then rock back so your weight is on your heels. Then find a spot where your weight is pretty much in the middle of your feet.



Rock Forward



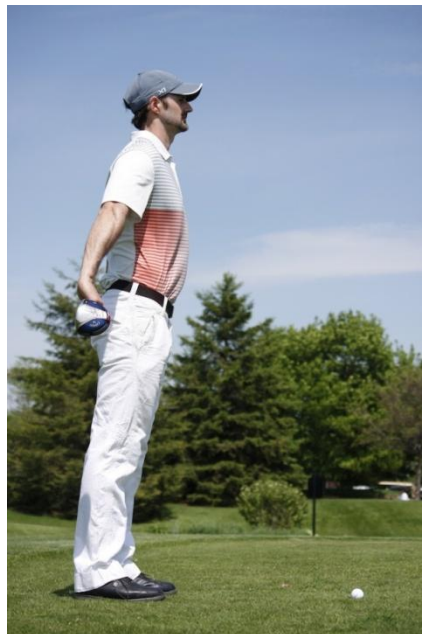
Rock Back



Find Your Middle

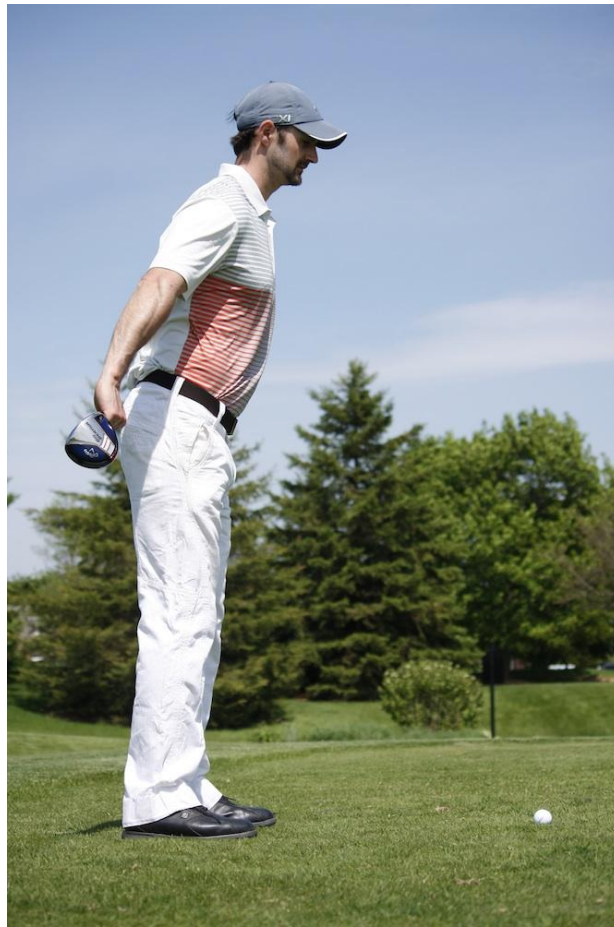
This is important, so remember the feeling of your weight being pretty much in the middle of your feet.

Now I want you to place your driver behind your back like this, so it's just touching your backside.



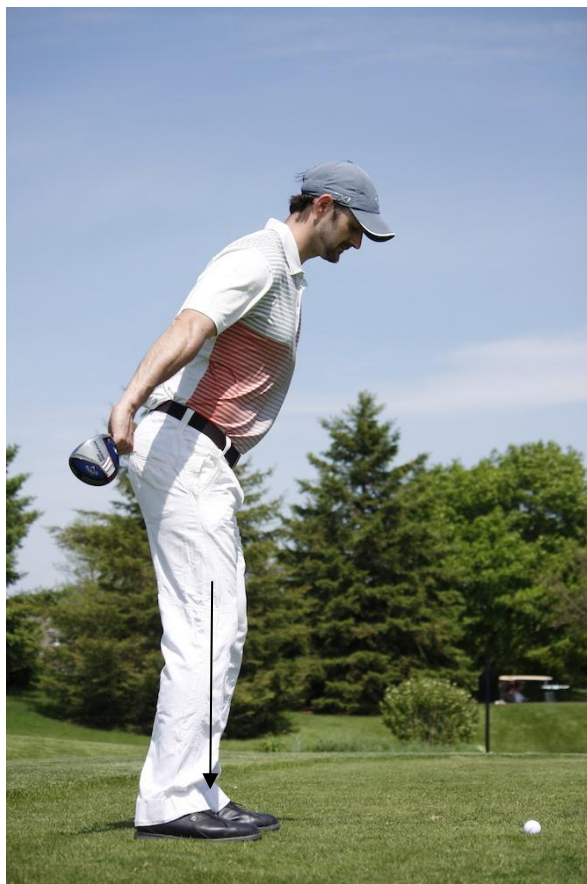
Ok, when you setup to the golf ball you want to keep your back as long as possible. So keeping your back and neck exactly the same, in terms of

straightness, I want you to simply move your backside back as though you are going to sit down.



Keep moving your backside back like this until you start to feel your weight move back to the heels of your feet, and your toes will feel very light - like they want to come up off the ground.

Once you get to that position then simply take the straightness out of your knees and adjust your weight if you need to, so that your weight is in the middle of your feet. This should feel the same when you were just standing up straight with your weight in the middle of your feet.



Now place the golf club in front of your chest, like this...



And move your front hip towards your target, until the grip of your driver just touches the inside of your front leg.



This tilts your spine away from the target, and gets you into a very powerful position to hit long, straight and consistent golf shots.

From that position, now get your driver and just let your hands naturally hang down from your shoulders, and place your hands on the club so you have your perfect grip and setup.



It's important when you get the golf club into your hands that you don't round your shoulders.

To make sure you don't do that perform this exercise in front of a mirror over and over again, making sure your back remains long as you bend over, and particularly as you grip the golf club.

By letting your arms just hang without rounding your shoulders, it will put you at a perfect distance away from the ball.

Now you may be wondering why you shouldn't have your weight on the balls of your feet.

Well, it's simply because the forces are so great when you're swinging, that you'll have much better balance to hit the ball as long as possible if you have your weight more centered in your stance.

So practice this posture exercise over and over again to get used to setting up to a ball with perfect posture. And you can combine this with practicing your perfect grip to kill two birds with one stone. Do this and reap the rewards of longer, straighter and more consistent golf shots.

[Click Here To View The Video For This Lesson](#)

Lesson 8 - Consistent Alignment

Conceptually, having correct alignment is very, very easy for golfers.

But having correct alignment, consistently is another matter.

To define consistent golf alignment, all major parts of your body should be aligned parallel to the target line of your golf shot.

So imagine railroad tracks when you're setting up. Your ball is on one track and your feet are on the other.



But it's not just your feet that should be parallel to your target line. Your knees, hips, shoulders and arms should all be parallel to your target line.

What I've found, however, is that if you can get your feet correctly aligned and your shoulders correctly aligned, then everything else pretty much follows suite.

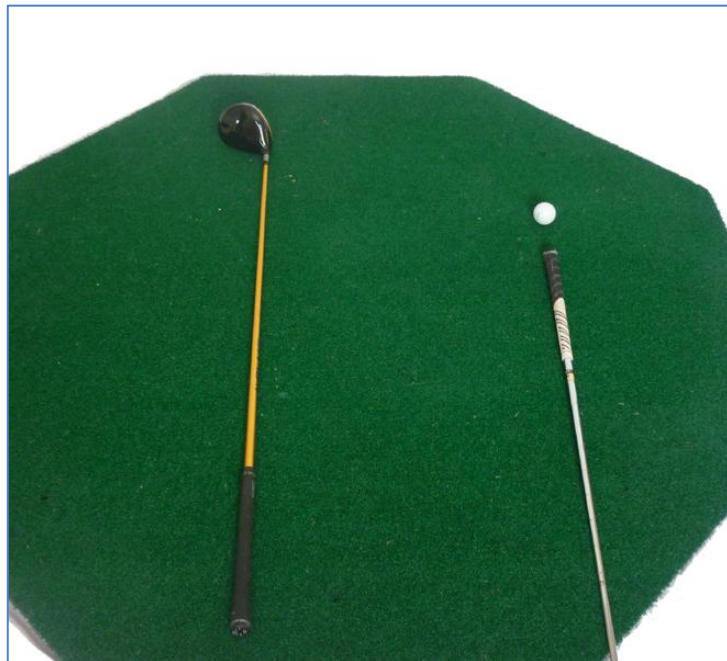
So that's what we're going to focus on in this lesson, starting with your feet. I just need to say though, that setting up with the correct alignment is a habit. Anyone can setup with perfect alignment if they make it a habit.

So starting with your feet; you need to have a setup station, that will give you reference as to whether or not your feet are parallel with your target line.

If you're indoors you can simply find some lines around your home, for example tiles on the floor.



If you're outside practicing, then you can simply lay down golf clubs like this.



Once you have your practice station setup, you then simply need to setup to your shot with your feet aligned perfectly.



Then practice doing this over and over again, to form your new alignment habit.

So that's the feet alignment sorted – which is pretty easy because it's just forming a good habit. Let's now turn our attention to shoulder alignment.

To help you determine whether your shoulders are aligned correctly or not, you simply have to setup to your shot, once setup keep everything exactly the same. Then lift up your club and lay it across your shoulders to see where the shaft is pointing.



A better way than that however, is to setup to a shot and have someone place a club across your shoulders, so they can see where your shoulders are pointing.

The trouble is, more often than not you won't have anyone around to help you do that. So back to the idea of placing a club across your shoulders. The easiest way to check this is to open your shoulders up a lot, like this.



Then close your shoulders. Like this...



So doing that will make it much easier for you to find the middle, which should be parallel with your target.



As I said, setting up to your shots with great alignment is a habit. It's nothing you should really think about when you're playing golf because you should have done it so many times that you do it automatically.

The problem is that golfers get into a bad habit and setup lazily, and their alignment becomes poor over time.

Please make sure that doesn't happen to you. Regularly practice setting up with correct alignment, and make perfect alignment second nature for you.

[Click Here To View The Video For This Lesson](#)

Lesson 9 - Consistent Physical Pre-Shot Routine

If you want to become a consistent ball striker, then you absolutely must setup in the same, consistent way, every single golf shot – to give yourself the most chance of success.

This, of course, is called a pre-shot routine.

You often hear of a pre-shot routine being talked about. But rarely is it shown in detail, how to create one that will help you to get into a good position for good alignment and ball position.

So that's what I'm going to show you.

The very first thing you must do when playing any long shot, is to determine the starting line of your shot. Then pick out an intermediate target that is on that line, and about 2 feet in front of your ball.

This is assuming that all of your shot decisions have been made. I will discuss how you go about coming up with the best shot decisions in another lesson. In this lesson, I'm just talking about the physical actions you should make when preparing to swing.

So, you have your intermediate target in your sight.

You are standing directly behind your ball on a line parallel to your target. You're holding the club in your left hand with the grip you're going to use....



Then you start walking to the left side of your ball with your right foot, and at the same time you place your right hand on the grip.



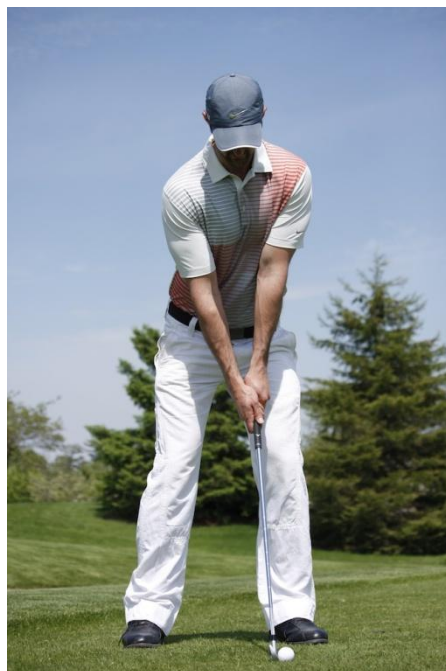
Near your ball you place your right foot down so it's pointing directly at the ball, and at the same time you put the club down behind the ball.



Now move your left foot up so it's together with your right foot.



Then move your right foot to the right so your feet width is optimal for you.



This is essentially the setup complete. But you're not ready to hit your ball yet. Before we continue with this routine, I just want to say that pretty much everything up to this point is just habits. **It takes no skill whatsoever.**

For example, the golf grip. If you've followed my instructions on the grip, then you should have practiced a perfect grip over and over again so that's a habit.

You should have practiced the correct posture position over and over again, so you just do it naturally when you setup to the ball. You should have practiced setting up with correct alignment.

You should have practiced getting your feet into the correct feet width position for you.

So all of these things should not require much thinking on your part. They're just habits.

All the pre-shot routine should be is a sequence of movements that you perform over and over again. And a big part of that is your waggle.

When you setup to the ball, initially you don't want to remain perfectly still. So you must waggle the golf club like I've already shown you.

When you do this you need to look at where you want your ball to finish. It's important that you're moving your weight around when you're setting up to the ball, so that you're feeling dynamic. You don't want to ever be still when you're setting up to the ball.... Not perfectly still anyway.



So let's say you've had your two waggles, and you're ready to start your swing. How should you do it?

Well, I strongly believe that the best way of doing it is to bump the right knee in towards the target.

What this does is give you a rebound effect, which makes it easier to take the club away smoother.

So add that to your physical pre-shot routine.

Now there's one final, critical piece of this pre-shot routine, that will GREATLY help you to become a great, consistent ball striker - and that's this.

You must take about the same amount of time every time you setup to a shot.

So you need to practice this by counting as you're setting up. Once you have your physical pre-shot routine organized, you need to start counting from the time you walk to the ball until the time you're just about to take the club away from the ball.

Again, this should take the same amount of time, every time.

This is very important. And as you'll see in the next lesson on <https://consistentgolf.com/sf-version-#6/> the mental pre-shot routine, this counting is not only going to help you get the setup attributes the

same, in terms of timing. It's going to help you automate your entire golf game.

So make a start at forming your own consistent, physical pre-shot routine, so you can hit longer, straighter and more consistent golf shots.

[Click Here To View The Video For This Lesson](#)

Lesson 10 - Consistent Mental Pre-Shot Routine

In this lesson, I'm going to show you a mental pre-shot routine that is going to help you have the best chance of success on each golf shot you play.

Now, keep in mind however, this mental pre-shot routine is not inclusive of everything you can do mentally before each shot. For example, I'm not going to cover in detail how you select the appropriate club, how to visualize your shots, or anything like that. Those topics are quite vast and I cover that in other products.

So I am going to assume that you're standing behind your ball, and you know what club you're going to use, you've got an idea of the type of shot you're going to hit, and so you're about ready to walk to the ball.

Before you hit any golf shot, I firmly believe that you need to open yourself up to the possibility of hitting a great shot. You shouldn't lie to yourself and say "I'm going to hit a great shot", because you have no idea whether you will or not.

But every golf shot you face, you need to be in the frame of mind of good possibilities.

To do this, you should ask the following question as you're standing behind your shot:

"Is it possible for me to hit a good shot?"

You can personalize that to be something like "Is it possible for me to hit a good drive, or a good iron shot," etc.

Now of course it's possible that you're going to hit a good shot, and that's the attitude you need to approach your ball with. But you need that possibility to be connected with completing your physical and mental pre-shot routine.

You need to be committed to the process.

Ok, so you're standing behind your ball. You're open to the possibility of hitting a good shot. Next you need to take a deep breath in, and then breathe out while asking this very important question:

"Where do I want my ball to finish?"

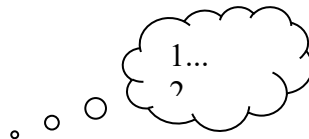
Then visualize your ball sitting there.

Look at the spot you want your ball to finish for a couple of seconds.

Ok, now you're ready to walk to the ball. It's important when you do this that you take the same amount of time for every shot you hit. The best way of doing this is to count as you're walking to your ball and setting up.

Before you start that however, I want you to say the word **"start"**. This signifies that you are starting your shot. After saying this then start your counting and physical pre-shot routine.

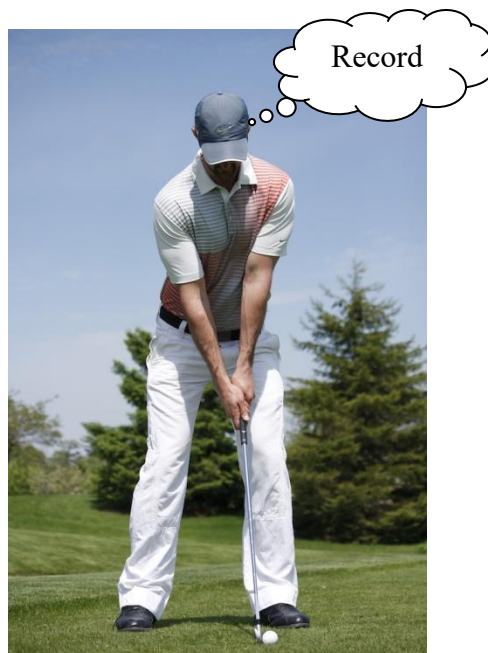
So the first step you take is 1, then take your 2nd step as you count 2, and so on as you're setting up to the ball. Each count should be about a second.





It's also important that you should have a set amount of waggles, and with each waggle you should be looking at the spot you want your ball to finish.

Then when you have the club behind the ball, you need to stop counting and say "record".



Why "record"?

Well, you play your best golf when you have a blank mind, you're not trying to control your swing. You just swing automatically.

And with the word 'record' I want you then to simply observe the shot as though your eyes are a video camera. You are simply recording what is happening. There is no judgement or opinions. You're going to swing, and simply be in the present and see everything that happens.

Sounds easy, right?

When you do this you'll find out how tough it actually is to be in the present over every shot. But you absolutely must try to do this if you're ever going to play your best golf.

So you swing observing your swing and the ball being hit. Then at the end of your swing you say, "stop record".



You have finished the shot. And to signify that, you then need to say **"finish"**. It's good to practice these statements out loud at home at first. But then on the course you simply say them to yourself inside your head.

After you say "finish" that shot you just hit is done and dusted. You can't do anything about it. So getting upset if you hit a bad shot is very bad for your long term enjoyment as a golfer.

If you hit a good shot, by all means celebrate.

I think it's a great idea to also take a breath at the end of your shots, after you've said finish. A great way to clear your head is to do a 4 to 8 breathe. Breathe in for 4 seconds, hold for a couple of seconds and then breathe out for 8 seconds.

Ok, so that, in a nutshell, is the consistent golf swing mental pre-shot routine. The goal is to do that mental pre-shot routine for every long game shot you play.

If you can do that, you won't believe how good you'll play.

But until you've tried to do a routine like this for every golf shot you play, you won't believe how difficult it will be. The rewards are well worth the effort though. This is one major thing that sets the pros apart from amateurs.

This is a crucial lesson, so make a start at forming your own consistent, mental pre-shot routine, so you can hit longer, straighter and more consistent golf shots.

[Click Here To View The Video For This Lesson](#)

Lesson #11 – Consistent Setup: Putting It All Together

We've covered a lot in the setup part of this program and it's now time to put it all together. Let's start with the grip first of all.

As I've instructed you, you just need to practice your perfect grip over and over again so that when you setup to a shot it's second nature to grip the club perfectly. And remember, you need to do this with good grip pressure for you.

Also when you setup to your shots you must have a consistent grip routine.

You have to practice this over and over again so you can just repeat the routine when you're playing and having a perfect grip. This is part of the pre-shot routine. But the actual perfect grip part comes about from you practicing forming the perfect grip over and over again.

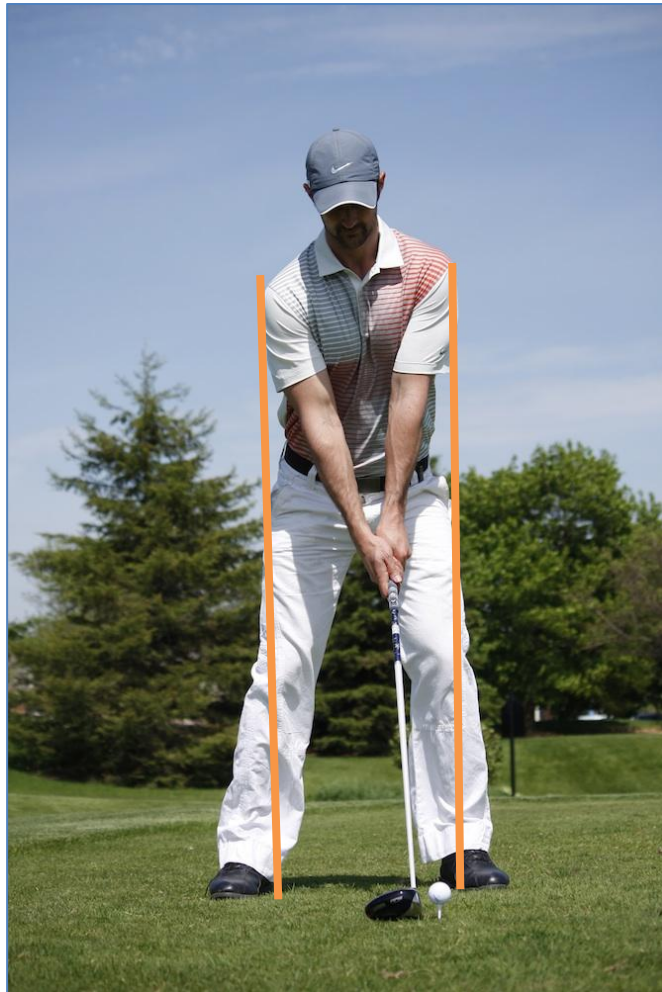


Next we covered the waggle and clubface alignment. You need to have a set amount of waggles each shot. And you should practice setting up with the clubface square to where you want your ball to start.



That is something you need to practice over and over again to perfect. In your pre-shot routine you will select an intermediate target a couple of feet in front of your ball. But setting up with the clubface square to that intermediate target is really a habit.

Next up we covered feet width and positioning.



You should have already determined the correct feet width for you. And your feet width is a habit that you need to create. **You should not be trying to figure out the feet width when you setup to a shot.**

You should have done it so many times that it's second nature. The same goes with your feet positioning. That needs to be second nature.

The same is true with ball position. I have given you a procedure to get the ball into a great position every shot. This is something you just need to practice and do.



After ball position we covered posture. When you setup to a golf shot you should not be thinking about your posture. It should just be second nature to have perfect posture. The only way that is going to happen is if you practice your posture over and over again.

As you'll notice with a lot to do with the way you setup to the ball...it has very little to do with skill or natural talent. **It's all about forming good habits.** And you can setup to the golf ball as well as the best golfers in the world. That's what I'm trying to get you to do...and it's doable.

Next we covered alignment. Again, this is just a habit. I've shown you how to check your alignment so you just need to practice that over and over again. And alignment is one area that is very easy to slowly get wrong. So your alignment needs constant checking and monitoring.

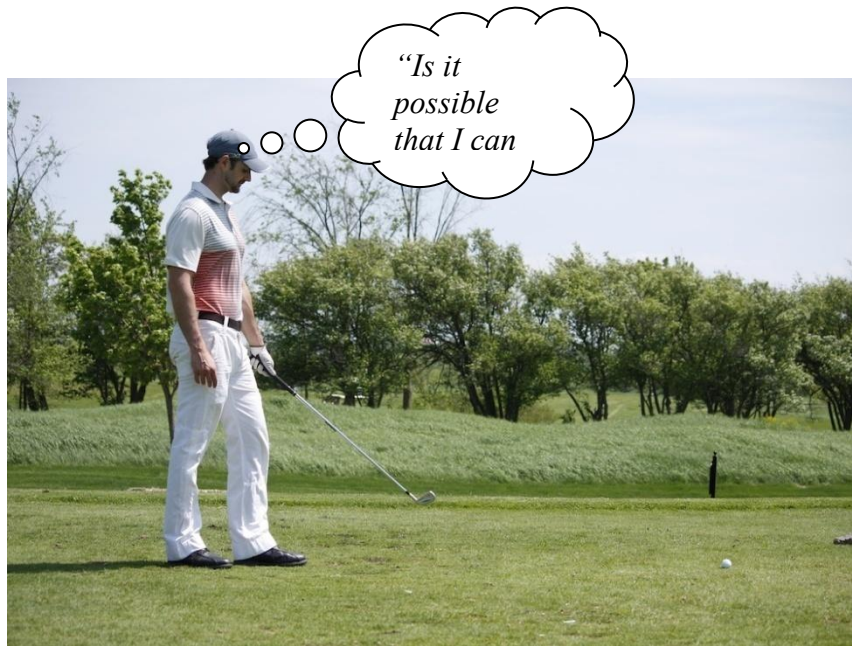


Ok, so that's all the elements needed to setup successfully. I then instructed you to form a physical and mental pre-shot routine.

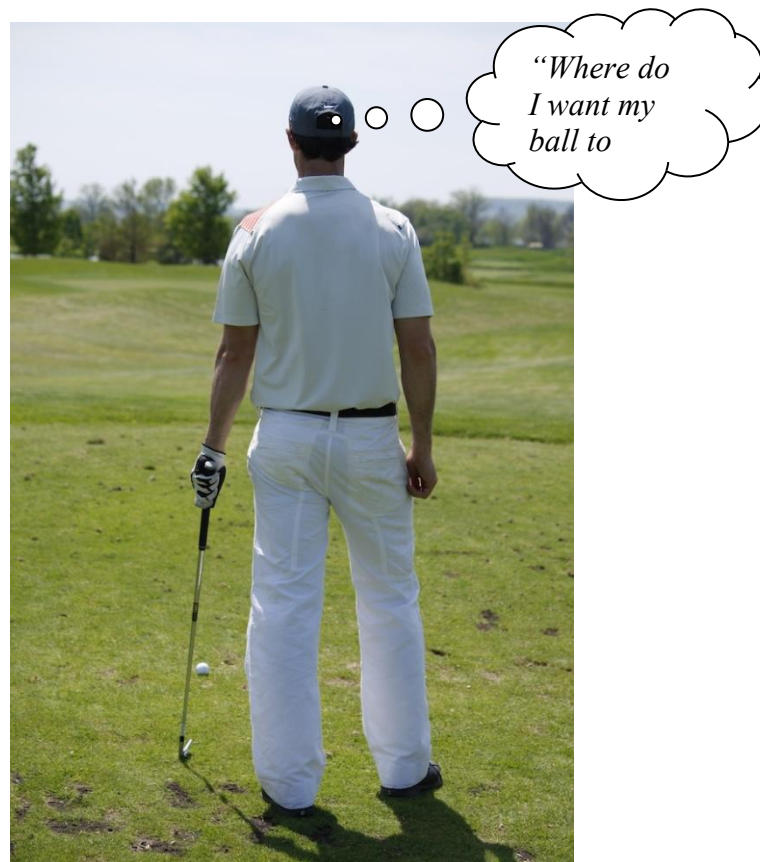
And I'm going to walk through that with you.

Now assuming you've selected the correct club and shot option the first thing you need to do is stand behind your ball and hold the club with your left hand as you are going to when you swing.

At this point you need to ask yourself if it's possible to hit a good shot. Doing this helps you to get your mind into a positive state.



Next you need to breathe in and out and ask yourself "where do I want my ball to finish?"



Then you need to visualize your ball sitting there.

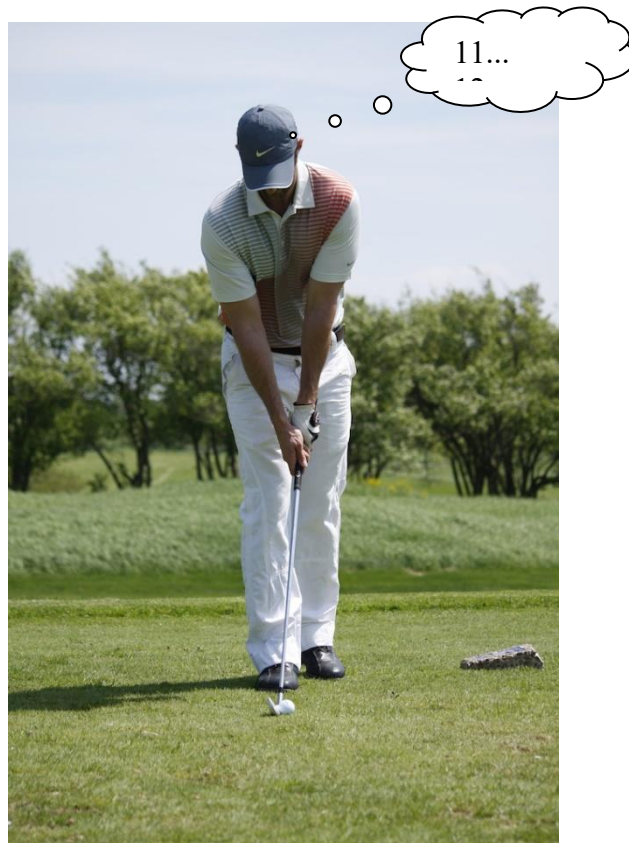
You then need to pick out an intermediate target between your ball and your target. This intermediate target needs to be about 2 feet in front of your golf ball.

After doing that you then need to say "start" and walk to your ball while counting. And when you walk to the ball you need to start with the same foot and put your right hand on your grip.



When you get to your ball you then need to point your right foot at the ball and place the club down behind the ball so it's pointing directly at your intermediate target.

All the while you're doing this you need to keep counting.



Then bring up your left foot and then position your right foot.

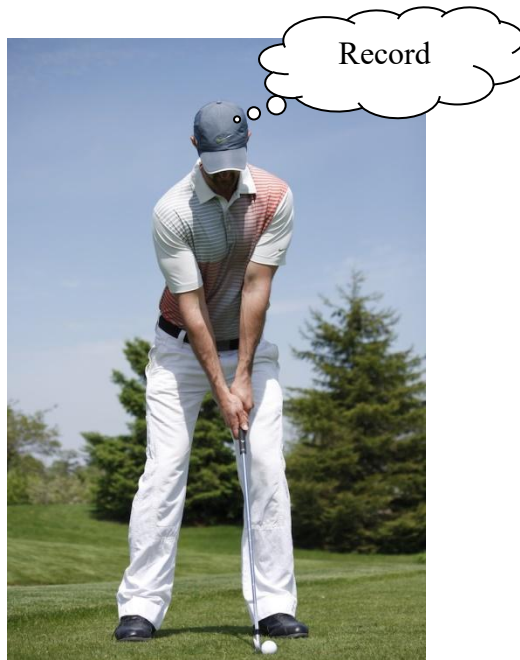


After doing this you then need to waggle the set amount of times you've decided upon and while you're doing this you need to look at the spot where you want your ball to finish.



Again, you need to be counting all the while you're doing this.

Once you're ready to start your swing you then need to say "record".



And remember, what you're doing is observing everything you're doing and you want to see the ball being struck by the clubhead.

But remember, to start your swing you need a physical trigger. And I recommend bumping in your right knee towards your target.

So after doing your physical trigger, start your swing.

And then at the end of your swing say "stop record".



Once you've completed your shot you then need to say "finish" and take a deep breathe in and then breathe out.

That shot is now over. It's finished. It's time to experience your surroundings. Talk to your playing partners.

Then the next shot you go through the same process.

If you truly want to become a confident, consistent golfer then you must complete creating a consistent physical and mental pre-shot routine.

Then you must do that routine over and over again so it becomes second nature.

And I've given you the tools to do this. You may want to change what I've shown you. That's ok, but you must have a process like I've shown you that you use every shot.

This is critical if you want a great, consistent, stress-free golf swing.