

The Stress-Free Golf Swing

*A Golf Swing Book That Reveals Ben Hogan's
Real Secret to a Simple, Repeatable Swing*

Jeff Richmond

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Before We Begin... An Extra Boost for Your New Swing

The **Stress-Free Golf Swing** will give you the foundation for a smoother, more consistent golf swing — the same Hogan move that Tour pros have quietly adopted since 2015.

But what if you could add even more distance and accuracy to that new, effortless swing?

That's where **The Long Drive Manifesto** comes in.

It's my free companion email series designed to work perfectly alongside the Stress-Free Golf Swing. While this book gives you the core move that makes your swing consistent and repeatable, *The Long Drive Manifesto* reveals **15 simple ways to maximize that move** for longer, straighter drives — without adding stress, tension, or extra practice time.

When you sign up, you'll receive **Part 1 immediately**, then a new key every few days until you know all 15. Each one is quick, easy, and designed to slot straight into the swing you'll be learning in this book.

There's no cost, and nothing to buy — just an extra bonus to help you get the absolute most out of your new swing.

 [Go here to sign up for free](#)

Once you've grabbed that, come back and we'll get to work on building the most effortless — and powerful — swing of your life.

*Note: Signing up for *The Long Drive Manifesto* is optional. It's offered separately from this book and is not required to enjoy or use the material you're about to read.*

About The Author

Jeff Richmond is a performance golf coach, researcher, and creator of cutting-edge training systems that help everyday players unlock their best swings — without overthinking or chasing gimmicks.

In March 2015, Jeff discovered a little-known move — later confirmed to be the *real* Ben Hogan swing secret — that instantly transformed the way golfers could swing the club. Since then, thousands of players worldwide have used this discovery to make massive improvements in their games. Now, it's your turn.

Over the past 25 years, Jeff has coached golfers around the globe, blending biomechanics, neuroscience, and on-course strategy to create real, lasting change. His approach is rooted in one core belief:

You already have the potential. The right training just helps you trust it.

A longtime student of motor learning and peak performance, Jeff developed the **Stress-Free Golf Swing** after realizing this single move could make the golf swing more consistent, repeatable, and powerful — without adding complexity. He created a simple system to help everyday golfers integrate it into their own games with immediate results.

When he's not coaching or writing, Jeff can be found experimenting with new training drills, geeking out over Tour swing data, or walking nine with his son — putting these principles into practice, one shot at a time.

You can explore more of Jeff's work at **[ConsistentGolf.com](https://www.ConsistentGolf.com)**

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The Stress-Free Golf Swing Introduction

Every so often in golf, something quietly changes.

A move, a position, a tiny detail that isn't widely discussed — but once it's adopted by enough Tour pros, it becomes part of the new “normal” for elite ball-striking.

The funny thing is, most recreational golfers never notice it. They keep practicing the same way they always have, chasing tips from magazines, YouTube videos, and well-meaning friends, wondering why they can't find a swing they can trust.

I've been there. I've coached golfers for over two decades, studied more swings than I can count, and tried more swing changes than I'd care to admit. I've always been obsessed with finding what truly separates the great ball-strikers from the rest.

In March 2015, I was about to stumble onto the biggest discovery of my coaching career — and I wasn't even looking for it.

At the time, I was preparing a blog post for my ConsistentGolf.com website about head movement in the golf swing. I had just read a statement online claiming that:

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

That didn't sit right with me, so I decided to dig into the footage myself. I gathered as high-quality, face-on videos I could find of some of the greatest golfers in history — men and women, past and present — and began tracking their head movement frame by frame.

My list included legends like Jack Nicklaus, Tiger Woods, Sam Snead, Greg Norman, Rory McIlroy, Michelle Wie, and many more.

Somewhere in the middle of that list was Ben Hogan. I'd studied his swing before, but this time something unexpected jumped out at me — and it had nothing to do with his head movement.

It was something else — something subtle yet powerful — that made his swing stand out from nearly every other golfer I'd analyzed.

The more I studied it, the more I realized this was no accident. Hogan had almost certainly discovered this move after his near-fatal car accident, and it quietly solved several swing problems at once. It made ball-striking more solid, improved accuracy, and allowed the swing to repeat under pressure without feeling forced.

And here's where things get really interesting...

While this move wasn't widely discussed for decades, after my 2015 discovery and launching it on StressFreeGolfSwing.com I started seeing it show up in the swings of modern Tour pros. Players who hadn't been doing it before were suddenly incorporating it — and their ball-striking improved.

Since then, I've shared this discovery with thousands of golfers all over the world. Over the past ten years, I've refined and simplified the method through real-world coaching and feedback. What began as a breakthrough idea has now become a complete, stress-free golf swing system — tested, proven, and ready for the wider golf community. That's why I've published it now: so any golfer can access it in a simple, affordable format.

This book is about that move:

- How I discovered it.
- Why it works so well.
- How you can integrate it into your swing without rebuilding everything from scratch.

By the end of this book, you'll understand why I call it the **Stress-Free Golf Swing** — and why, for many golfers, it's the last major swing change they'll ever need.

Now, this book is divided into three parts, each building on the last to give you a complete, stress-free system:

- **Part 1: The Discovery** – You'll see exactly how I uncovered Hogan's hidden move and why it works so powerfully.
- **Part 2: The Setup** – You'll learn the simple adjustments that create the foundation for consistency, accuracy, and effortless power.
- **Part 3: The Hogan Move** – You'll unlock the subtle move that ties it all together, the same move Hogan relied on after his accident — and the same move Tour pros are quietly using today.

Most golfers will be tempted to jump straight to Part 3. But if you read the book in order, you'll gain a deeper understanding of the system and be able to put the pieces together with far more success. Once you've gone through it all, you can start implementing Parts 2 and 3 together — building a swing that's not only more powerful, but finally stress-free.

I know setup isn't as fun or exciting as the golf swing itself — but the fundamentals are vital for building a Stress-Free Golf Swing.

So, if this is your first time reading, let's begin with how I discovered this move. And if you're reading through for a second time, now's the moment to start applying what you learn in Part 2 and Part 3 together.

Part 1 – The Stress-Free Golf Swing Discovery

Chapter 1. Why Another Golf Swing Book?

If you've been a golfer for any length of time, you've probably read more than your share of golf tips, watched endless swing videos, and maybe even bought a few golf books.

So why would you need another one?

That's exactly the question I asked myself before releasing this to the general golfing public. The truth is, most golf instruction — whether in print, online, or even from a pro — falls into one of two categories:

1. **It's too complicated** – You're given a long checklist of positions, angles, and swing thoughts to remember in a motion that takes less than two seconds. You walk onto the course armed with all this “knowledge,” only to find your swing feels like a clumsy collection of parts instead of one fluid motion.
2. **It's too vague** – You're told to “just use your natural swing” or “swing how it feels comfortable.” While that sounds freeing, it rarely gives you a clear, reliable blueprint for improving. Without a guiding principle, your “natural” swing often reverts to old habits that produce the same frustrating results.

The **Stress-Free Golf Swing** avoids both traps. It doesn't overload you with technical positions, and it doesn't leave you guessing, hoping your current swing will magically get better on its own.

Instead, it's built around one powerful, reliable move — a move you'll find in the swings of some of the greatest ball-strikers in history, including a version perfected by Ben Hogan himself. It's a move I first discovered in 2015 while researching head movement, and since then I've seen it quietly adopted by more and more Tour pros. And in Part 3 of this book, I'll show you proof of this.

Now here's what makes the **Stress-Free Golf Swing** different:

- It simplifies your swing without dumbing it down. You'll learn the *why* as well as the *how*.
- It works under pressure. Because the move becomes part of your natural motion, there's less for your conscious mind to interfere with when it matters most.
- It scales to your level. Whether you're a 25-handicap or a scratch golfer, you can use this move to make your ball-striking more consistent and more powerful.

By the time you finish this book, you won't just know what the move is — you'll know how to train it, how to make it stick, and how to rely on it round after round.

If you've ever wished for a swing you could trust — the kind that doesn't desert you when the pressure is on — this book is your blueprint.

Chapter 2. My 2015 Research Project That Changed Everything

In early 2015, I was working on a new blog post for my ConsistentGolf.com website. The topic seemed straightforward enough: **head movement in the golf swing**.

The reason? I had come across a statement online claiming:

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

That caught my attention. It sounded precise — almost too precise. And as someone who has spent decades coaching golfers and analyzing swings, I wanted to see if it was actually true.

So I decided to run my own study. I began gathering high-quality, face-on videos of great golfers, past and present, to measure how their heads moved from setup to backswing to impact. My sample included legends and modern stars alike:

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

I went through them one by one, carefully marking head position at setup, the top of the backswing, and impact. I wasn't looking for anything beyond head movement — lateral shifts, stability, how much (or how little) it varied between players.

👉 You can see the results of this study here:

<https://consistentgolf.com/golf-pro-head-movement-analysis/>

But then, halfway through the list, something unusual caught my eye.

It happened when I got to **Ben Hogan**. His head movement was fairly typical — shifting slightly to the right during the backswing and then returning near its starting point at impact — but there was *something else* going on. Something I hadn't seen in quite the same way in the other swings I'd analyzed.

At first, I thought I might be imagining it. But the more I replayed his swing, frame by frame, the more I realized I was looking at a completely different pattern. It wasn't just about the head at all.

In that moment, my head-movement study turned into something much bigger — and it set me on a path that would eventually lead to the **Stress-Free Golf Swing**.

Chapter 3. The Stand-Out Move I Saw in Ben Hogan's Swing

When you study enough golf swings, you start to see patterns. Most great ball-strikers share certain traits — rhythm, balance, sequence — even if their swings look different on the surface.

That's why what I saw in Hogan's swing stood out so much.

It wasn't flashy. It wasn't something you'd notice on a casual viewing. In fact, if you watched his swing in real time, you could miss it entirely. But in slow motion, frame by frame, it was impossible to ignore.

Here's what struck me: Hogan's motion contained a distinct, almost hidden move that seemed to "set up" everything else in his swing. It wasn't a position to copy. It wasn't a swing thought to rehearse. It was a natural chain reaction — a movement that started early and carried through all the way to impact.

The more I studied it, the more I realized:

- It simplified his downswing transition.
- It made his ball-striking repeatable under pressure.
- And it removed the need for many of the compensations other golfers rely on.

At that point, I still didn't have a name for it. I just knew it was different.

What I didn't know — at least not yet — was that this subtle move had been largely overlooked for decades. And yet, in the years following my discovery, I began to notice it appearing more and more in the swings of Tour pros.

This wasn't just a quirk of Hogan's technique. It was a fundamental pattern that modern players were now embracing — often without realizing they were echoing Hogan's own blueprint.

And the real kicker? Once you learn how to incorporate it, the game changes. You don't just swing better; you swing freer.

The question was no longer *what* Hogan was doing. It was whether this move could be taught to everyday golfers — and whether it could hold up outside the grainy frames of old film. That question would shape everything that came next.

Chapter 4. Why This Move Went Unnoticed for So Long

In the world of golf instruction, some ideas spread like wildfire, while others quietly fade into the background — even if they work brilliantly. Hogan’s move fell into the second category for decades.

Here’s why I believe it slipped under the radar for so long:

1. **It’s Subtle — Almost Invisible at Full Speed**

Hogan’s swing was so fluid and balanced that most observers focused on the big, obvious things — his setup, his famous “lag,” his follow-through. The small, early movement that set up his entire swing didn’t grab attention unless you slowed the footage down and watched it with a trained eye.

2. **Instruction Focus Was Elsewhere**

For decades, golf instruction was dominated by “hot topics” like plane, path, grip, and weight shift. Instructors and analysts were busy debating these visible fundamentals, while this quieter move kept flying under the radar.

3. **Hogan Never Talked About It Directly**

Hogan was famously cryptic about his swing. While he left behind *Five Lessons* and plenty of interviews, this specific move wasn’t something he ever openly explained. Whether by design or oversight, he never shined a spotlight on it.

4. **Technology Came Too Late**

High-speed cameras, frame-by-frame analysis, and pressure-plate tools weren’t widely available until recent years. Without that technology, spotting this move consistently would have been nearly impossible for earlier generations.

5. **It Was Hiding in Plain Sight**

Perhaps most ironically, the move was always there — visible in clear footage from decades ago. But without knowing exactly what to look for, even seasoned instructors could watch Hogan’s swing hundreds of times and miss it entirely.

For me, spotting it wasn’t the end of the story. It was just the beginning. Once I recognized it, the next question was obvious:

Could this move be taught to everyday golfers — and would it work as well for them as it did for Hogan and, more recently, modern Tour pros?

Chapter 5. My First Experiments Teaching the Move

Once I spotted this move in Hogan’s swing, I couldn’t stop thinking about it. It was like having a puzzle piece in my hand but not yet knowing how it fit into the bigger picture.

So, I did what any curious coach would do — I tested it.

I started small, with just a handful of my students. I didn’t tell them much about Hogan or the history behind the move. Instead, I simply worked it into their lessons as a “small tweak” to see how they responded.

The results surprised me — and, honestly, them too.

Within a few swings, almost every player reported the same sensations:

- **The swing felt easier.** They didn’t have to “force” the club into position.
- **Contact improved.** Mishits became less frequent, even without extra effort.
- **The ball flew straighter.** Some even gained a noticeable boost in distance.

One student, a mid-handicapper who had battled an over-the-top move for years, suddenly started hitting controlled draws — something he’d never managed before. Another, a single-digit player chasing more consistency, said it felt like he “couldn’t miss the center of the clubface.”

What struck me most wasn’t just the improvement — it was the *speed* of the improvement. These changes weren’t the result of weeks of grinding on the range. They were happening in minutes.

Of course, not everything was perfect right away. Some players needed a bit of fine-tuning to blend the move naturally into their swing. But the fact that it delivered such quick, noticeable results told me I was onto something.

And that raised the next big question:

If this worked for a few students in a lesson setting, what would happen if I taught it more broadly — and built an entire system around it?

Chapter 6. The Shift I Started Seeing in Tour Swings

Not long after I began teaching the move, I started noticing something curious while watching professional golf broadcasts and analyzing new swing footage.

Some of the very best players in the world — golfers who had been competing for years with what was considered world-class technique — were now making this exact “new” Hogan move.

And it wasn’t just one or two isolated cases. The more I looked, the more I saw it. Players who had never done it before were suddenly building it into their swings.

And they weren’t just anyone. These were major champions, consistent ball-strikers, and players widely regarded as having some of the most technically sound swings in the game — including **Tiger Woods**.

What really grabbed my attention was the timing. I first spotted Hogan’s move in March 2015. Not long after, I began seeing a noticeable uptick in its use on Tour. Whether these players discovered it on their own, through their coaches, or by studying other pros who were using it — the fact is, it was catching on.

From a coach’s perspective, this was incredibly validating. It’s one thing to stumble onto something in old footage and see it work for a handful of students. It’s another to watch the best players on earth quietly adopt the same move — and rely on it under the pressure of competition.

Tour players don’t make changes unless they believe it will help them win. They have too much on the line to waste time on trends that don’t hold up.

The more I saw this move appear at the highest level, the more convinced I became:

This wasn’t a coincidence. This was a competitive advantage.

Chapter 7. Why Most Golfers Never Learn It

If this Hogan move is so effective, why isn't every golfer on the planet doing it?

The simple answer is: most golfers don't even know it exists.

For decades, golf instruction has focused on visible, surface-level mechanics — things you can easily spot in a video or still frame. Grip, stance, takeaway, plane, release... all important, but all obvious.

The move you're about to learn isn't obvious. In fact, if you don't know exactly what to look for, it can be hiding in plain sight. It happens in a fraction of a second, and the average golfer — even the average coach — won't catch it without slow-motion analysis and a trained eye.

There's another reason it stays hidden:

Most great players don't talk about the "real" feels and moves that give them an edge. They might mention general concepts in interviews, but the subtle, game-changing details? Those often stay behind closed doors, shared only between player and coach.

And even if a golfer did notice this move in a pro's swing, there's still the matter of learning it the right way. Without the correct setup and sequence, most players can't just "add" it to their swing. They'll either overdo it, do it at the wrong time, or combine it with compensations that cancel out the benefit entirely.

That's why you've probably never heard of it before. And it's why most golfers — even the ones who practice for hours — will go their entire lives without using it.

I know at this point you're eager to learn the move itself. That's natural — it's what every golfer wants. But here's the truth: without the right setup, the move won't work. It won't feel natural, and it won't hold up when the pressure's on.

That's why the next section is so important.

In **Part 2: The Stress-Free Setup**, I'm going to show you the small but powerful adjustments that create the foundation for Hogan's move. Once you have the setup right, the move flows automatically — and that's when the Stress-Free Golf Swing truly comes alive.

Part 2 – The Stress-Free Setup

Part 2 – The Stress-Free Setup: Introduction

I'll admit it: this part of the golf swing isn't flashy. It's not exciting. There are no hidden secrets here. But if you truly want a stress-free, consistent golf swing, this section is essential.

It's the reason golfers like **Scottie Scheffler** are as good as they are — because they don't take the fundamentals of a good setup for granted. It's the reason Scottie trains with a club that has a moulded grip. And it's the reason **Jack Nicklaus** started every new season with a lesson from his longtime coach, Jack Grout, focusing on nothing more than his grip.

So although you may feel the urge to skip ahead to the swing section, I encourage you to read this part first. Once you understand it, you'll see how to work on your setup separately from your swing — and how that makes everything else easier.

Think of setup as a habit you can build without cluttering your mind with swing mechanics. It's the foundation of a consistent, reliable golf swing.

So don't just work on your swing. Work on your setup **and** your swing. That combination is what makes everything click.

Alright, let's get started...

Chapter 8. The Stress-Free Grip: How to Take the Golf Grip Out of Play

There's no doubt about it — the golf grip is incredibly important. Just listen to some of the greatest players who ever lived:

“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 your best golf, you need a consistent, well-formed grip. A sound grip helps you return the clubface square, strike the ball cleanly, and swing powerfully through impact.

But here's the thing: while a good grip is essential, I believe the real goal is to **take the grip out of play**. In other words, you want it to become so natural and automatic that you never have to think about it again.

Why Most Golfers Struggle with Grip

You could watch a million videos showing exactly how to form a grip. The positions are no secret: where the club should sit in each hand, how the “V's” should line up, how much pressure to apply.

And yet, here's what happens in the real world: a golfer sets up with a good grip, but then shuffles their hands, fidgets at address, and by the time they swing, that perfect grip is gone.

Why?

Because habits are hard to break. Knowledge doesn't automatically translate into consistent execution.

That's why you need a system that makes the correct grip repeatable — every time.

Tools That Can Help

Fortunately, there are simple training aids that do exactly that.

1. Grip Trainer Attachment

- Fits onto any club.
- Guides your hands into the perfect position.



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

The second option is a golf grip trainer that is installed on a golf club which is what Scottie Scheffler does...

2. Grip Trainer Club

- Installed directly on a practice club.
- This is the method Scottie Scheffler uses — he keeps a 7-iron fitted with a grip trainer identical to his gamer, so the transition feels natural.



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

Whichever option you choose, make sure it's something you can actually **hit balls with**. Feeling a perfect grip in practice swings is good — but feeling it while striking shots is even better.

The 30-Day Grip Plan

Here's how you make your grip automatic:

- Every day for 30 days, practice forming your grip perfectly **100 times**.
- Each time, begin your swing (you don't need to complete it).

- After a month, that's **3,000 perfect reps**.

At first, it might feel awkward. But with enough repetitions, the grip becomes second nature. You won't be thinking about your hands anymore — you'll be free to swing.

Maintenance Going Forward

Once you've built the habit, don't stop completely. Twice a week, rehearse your grip.

This is exactly what Scottie Scheffler does. Before every round, he grooves a few swings with his 7-iron grip trainer so he knows his foundation is solid.

Why This Matters

If you're serious about building a stress-free golf swing, this step is critical. A poor grip creates inconsistency. A trained grip creates trust.

And it's easy to do. You don't need a range, special conditions, or even much time. You can practice this while watching TV at home.

No excuses. Take the grip out of play once and for all, and you'll be free to build a swing you can rely on for the rest of your golfing life.

Chapter 9 - Perfect Grip Pressure For You

“How hard should you grip the golf club?”

That question gets asked all the time, and most answers are vague. Some golfers squeeze too tightly and strangle the club, which creates tension and kills rhythm. Others hold it so loosely the face wobbles at impact.

The truth is, you need something in between.

You’ve probably heard analogies like *“hold it like a baby bird”* or *“like a loaf of bread.”* They sound nice — but they don’t give you a repeatable system. And a stress-free golf swing depends on repeatable habits.

So let’s make grip pressure something you can measure, trust and help with consistency.

Two Aspects of Grip Pressure

There are really two types of grip pressure to think about:

1. At **address** (when you set up to the ball).
2. During the **swing**.

In this chapter, we’ll focus on the first. If you start correctly and avoid consciously “re-gripping” during the motion, the swing itself will naturally regulate pressure.

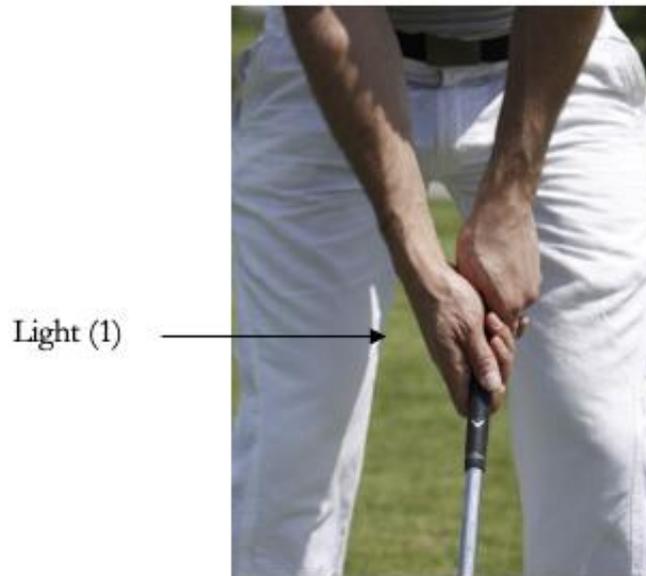
Finding *Your* Perfect Grip Pressure

Here’s a simple exercise to discover the right pressure for you:

1. **Firm Grip** – Hold the club as tightly as you can for two seconds. Call this a **10** on the pressure scale.

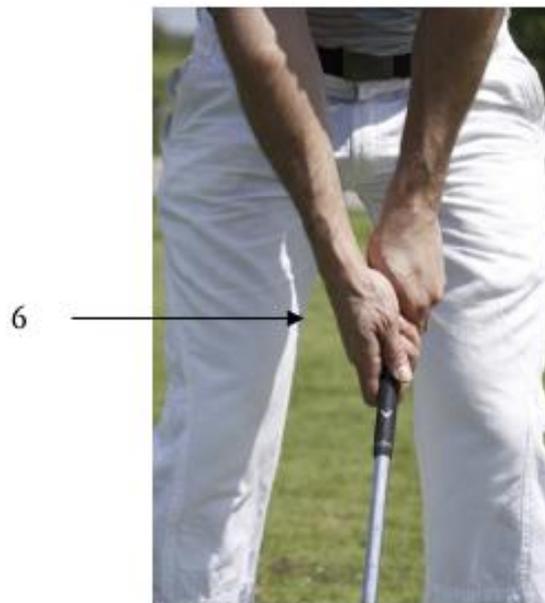


2. **Loose Grip** – Relax until the club is almost falling out of your hands. Call this a **1** on the scale.



3. **Balanced Grip** – Now find a pressure somewhere between those two extremes that feels secure but not rigid. For most golfers, it's around a **5–7**.

“Perfect Grip Pressure”



When you find that pressure, give it a name. Say to yourself:
“Perfect Grip Pressure – 6.”

This small mental cue locks it in before you start your swing.

Customizing It Further

Some teachers suggest focusing pressure in specific fingers — often the last two fingers of the lead hand and the middle two fingers of the trail hand.

If that feels natural for you, use it. If it adds tension or complexity, keep it simple. What matters most is that your grip is consistent, secure, and repeatable.

Why It Matters

Adding this “*perfect pressure*” routine to your setup removes doubt. You’ll know your hands are doing their job, so you can trust the swing.

Over time, it will help you:

- Eliminate tension that ruins rhythm.
- Maintain control of the clubface through impact.
- Swing freely without worrying about grip pressure.

Practice this not only at home but also while hitting balls. The goal is for your grip pressure — just like your grip itself — to become automatic and consistent.

This small adjustment may not look dramatic, but don’t overlook it. When your grip pressure is right, everything about your swing becomes easier.

Chapter 10. Consistent Grip Routine

Do you want to build a consistent, stress-free golf swing?

Of course you do — otherwise you wouldn't be reading this. But here's the truth: a perfect grip with perfect grip pressure isn't enough on its own. To play your best golf, you need to be able to **form that grip the same way, every single time.**

That's what great golfers do. They have a consistent grip routine. And so should you.

In this chapter, I'll give you a simple routine you can copy. You can modify it if you like, but whether you use mine or make your own, the bottom line is this: **you must have one.**

The Starting Point: Behind the Ball

Every shot should begin the same way — standing directly behind the ball, on a line to your target.

At this point, you should already have one hand on the club. My recommendation:

- Hold the club in your **left hand** as you stand behind the ball.
- Grip it the same way you're going to use in your swing.



Doing this makes it easier to stay consistent. You've already formed your grip before you even step into the shot.

Adding the Right Hand

Here's the key to consistency: don't just "eventually" add your right hand — add it at a **specific time** every single shot.

The simplest cue? As soon as you take your first step toward the ball, place your right hand on the grip.

And for even greater consistency, always start with the same foot. I suggest beginning with your right foot while your right hand joins the club.

This way, your grip is set before the club ever touches the ground behind the ball.

Why It Matters

Forming your grip behind the ball, and always at the same moment in your routine, builds trust. You're not fiddling or re-gripping at the last second. By the time you address the ball, your hands are already set.

That frees your mind to focus on alignment — making sure the clubface points exactly where you want the ball to start.

Your Task

Today's task is simple: create your own consistent grip routine.

You can copy the one I've shown you, or make slight adjustments to suit yourself. But if you make changes, you must keep two principles in place:

1. **Use the same hand every time** to first hold the club while standing behind the ball.
2. **Form your grip at the same point** in your pre-shot routine, without exceptions.

Some pros form the grip while standing directly behind the ball. Others do it as they step in. Both are fine — as long as you do it the same way every time.

The only thing I don't recommend is forming your grip when the club is already set down behind the ball. At that moment, your attention should be on alignment — not your hands.

The Consistent, Stress-Free Golf Grip Routine

1. Stand directly behind the ball, on your target line.
2. Grip the club with your left hand in the exact position you'll use to swing.



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

3. Take your first step toward the ball with your right foot while placing your right hand on the grip.



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

4. Step into your stance with the grip already complete.

That's it. A simple routine that eliminates variability and builds trust. Repeat it until it becomes automatic, and you'll take one more step toward a stress-free, consistent golf swing.

Chapter 11 – Consistent Waggle and Clubface Alignment

One of the worst things a golfer can do at setup is to remain perfectly still. You always need some movement when addressing the golf ball. A key part of that movement is the waggle. Without it, your hands tend to tighten up — and when your hands tighten, the rest of your body often follows.

A **waggle** is simply a small, rhythmic movement of the hands when addressing the ball. While it may seem simple, it delivers important benefits:

1. **It keeps you moving** – helping maintain rhythm when you swing.
2. **It keeps you relaxed** – particularly in the hands and forearms.
3. **It prepares you** – mentally and physically, for the upcoming shot.

There are countless ways to waggle, and no single “right” way. But I want to show you what I call the **consistent golf swing waggle**.

The Consistent Golf Swing Waggle

Set up to the ball, then gently rotate your hands so the clubhead rises until the shaft is almost parallel with the ground. At this point, the club should be at a near 90-degree angle to your arms, as the picture below demonstrates.



Another key element: as you waggle, look directly at your **intended finish line** — the spot where you want your ball to end up. This connects your movement with your target.



Finally, keep your amount of waggles **consistent**. I recommend two repetitions, though you can adjust to what feels comfortable. But avoid more than five, as that drags out the routine and slows down play.

And don't forget: **grip pressure must stay constant**. Not too tight, not too light — just as outlined in the grip pressure lesson earlier.

Think of your waggle as a **dance step**: it should have rhythm, fluidity, and grace. Done properly, it sets you up to swing with freedom rather than tension.

Clubface Alignment at Address

Equally important to consistency is starting with the **clubface square** to your intended target line. That sounds simple, but it's surprisingly tricky when the ball is round and gives you no straight edges to guide alignment.

To train this, use a straight edge behind the ball — like a credit card, ruler, or any small flat object. Place it directly behind the ball so you can set your clubface against a clear, straight reference.



Practice this repeatedly until setting the clubface square becomes second nature. By making this part of your setup routine, you build alignment habits you can rely on under pressure.

Bringing It Together

In this chapter, you've learned two keys to consistency at address:

- The **consistent golf swing waggle**, which keeps your body relaxed and your rhythm intact.
- A practical method for building **square clubface alignment** into every setup.

Master these habits, and you'll begin every shot with less tension, better rhythm, and a square clubface — all foundations of a stress-free, consistent golf swing.

Chapter 12 – Consistent Stance Width and Feet Positioning

In this lesson, I'm going to show you how to establish the right stance width for your golf swing — one that you can rely on for consistency across nearly every club in the bag.

Why Stance Width Matters

Your stance needs to meet two simple requirements:

1. **Stability** – wide enough to keep you balanced throughout the swing.
2. **Mobility** – narrow enough to allow you to turn safely and freely through the ball.

Those two elements don't change from club to club. That's why the stance you find for a 5-iron should look almost identical to the stance you use for your 9-iron or hybrid. The only minor adjustments will be for the very longest and shortest clubs.

Finding Your Perfect Stance Width

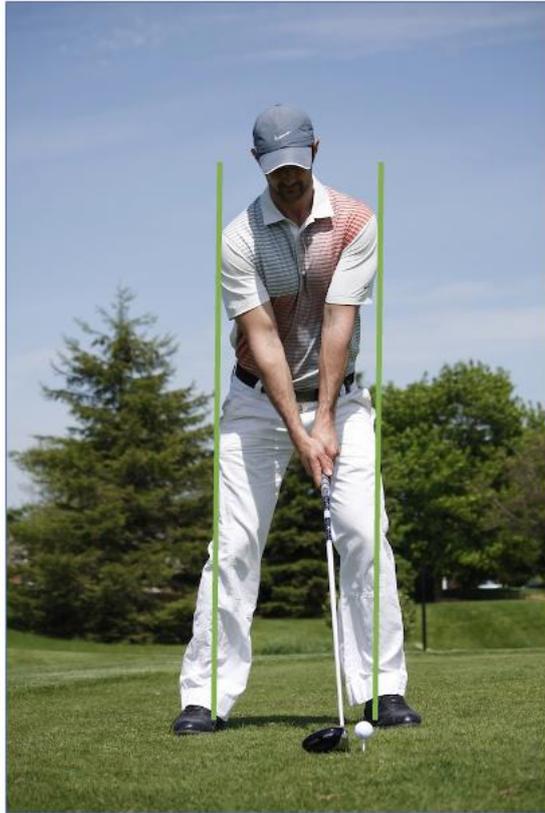
Everyone's ideal stance width will differ because body shapes and builds are unique. To find yours:

1. **Measure your shoulder width in inches.** For most golfers, this falls between 14–20 inches.
 2. **Create a stance guide.** Take a wooden garden stake (or an alignment stick) and mark it with your shoulder width. This way, when you practice, you'll always know exactly where to position your feet.
 - Important: measure the width from the **inside of your heels**, not the outside edges of your shoes.
-

Adjustments for Different Clubs

- **5-Iron (Baseline):** Your shoulder width measurement is the standard stance for mid-irons.
- **Longer Clubs (Fairway woods, Driver):** Go slightly wider than shoulder width. For the driver, add about an inch per foot to support a sweeping motion with the ball teed higher.
- **Short Irons and Wedges:** Narrow the stance slightly from your baseline width for better control and precision.

Here's an example of a good stance width with the driver:



Correct Foot Positioning

Once you've established stance width, foot orientation becomes the next key to consistency:

- **Back Foot:** flare out slightly (a few degrees). This helps stability and prevents restriction in the backswing.
- **Lead Foot:** turn out about 30 degrees toward the target. This encourages better hip clearance and allows you to “get through the ball” without strain.

Final Word on Stance Width

By establishing your stance width once — and repeating it every time with the help of a simple guide on your alignment stick — you remove guesswork and variability. Combine this with proper foot flaring, and you'll set yourself up for longer, straighter, and above all **more consistent** golf shots.

Chapter 13 – Consistent Ball Position

When it comes to ball position, golfers usually choose between two approaches:

1. One ball position for every club.
2. A different ball position depending on the club being used.

I recommend a **single, consistent ball position** for nearly all your shots. It makes setup simple, repeatable, and helps you strike the ball solidly time after time.

The Goal of Ball Position

For every shot apart from the driver, your goal is to hit the ball with a **slight descending blow**. To achieve this, the ball must be positioned back from the point where your left arm and the shaft would form a straight line at impact.

A great checkpoint is to imagine a vertical line running straight down from your **left ear** at setup. For most full shots (excluding the driver), the ball should sit just inside that line.

The Consistent Ball Position Procedure

Of course, you can't stop mid-round and measure ball position from your left ear. That's where the **consistent ball position procedure** comes in. It's easy to learn, and once it becomes part of your pre-shot routine, it ensures your ball is in the right place every single time.

Here's how it works:

1. **Point your right foot** directly at the golf ball.
2. **Bring your left foot in** until it touches your right foot, so both feet are together — like this:



3. **Step out with your right foot** until you've reached your stance width (as determined in the last chapter).

When you do this, you'll find the ball naturally settles just off your left ear — the ideal position for solid contact.

Minor Adjustments

- **Short irons:** You may move the ball a fraction further back in your stance for a lower ball flight.
- **Driver:** Because the ball is teed higher and you want to launch it on the upswing, position it a fraction farther forward, just inside your lead heel like this.



Apart from these small changes, the consistent ball position procedure gives you one reliable reference for nearly every shot.

Final Word on Ball Position

Ball position can make or break your contact. By simplifying it into one consistent routine, you remove guesswork and build confidence. Keep practicing this procedure until it becomes second nature, and you'll enjoy longer, straighter, and more consistent golf shots across the bag.

Chapter 14 – Consistent Golf Swing Posture

The posture you take when setting up to the golf ball has a **huge impact** on the quality of your golf swing, as well as your ability to avoid injury.

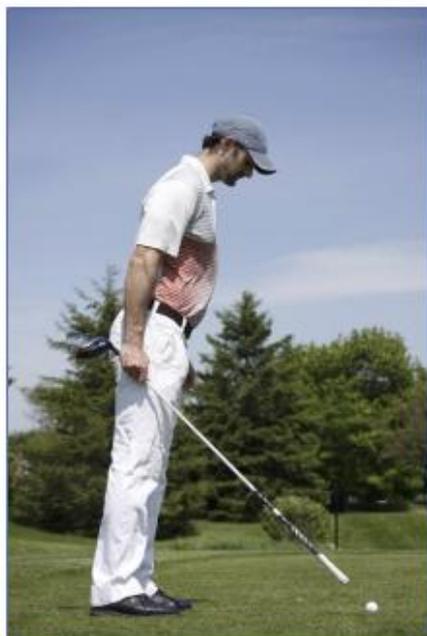
When you set up with proper posture, it allows you to rotate more easily. That means longer drives, straighter shots, and a reduced risk of straining your body.

The best part? Posture is one of the few areas in golf where you can look **just like the best ball strikers in the world**. It's not about strength or flexibility—it's about knowing what to do, and practicing it until it becomes automatic.

Let's go step by step.

Step 1: Find Your Balance

- Stand tall with your driver in hand.
- Rock your weight forward onto your toes.
- Then rock back onto your heels.



Rock Forward



Rock Back

- Finally, settle in with your weight **centered in the middle of your feet**.



Find Your Middle

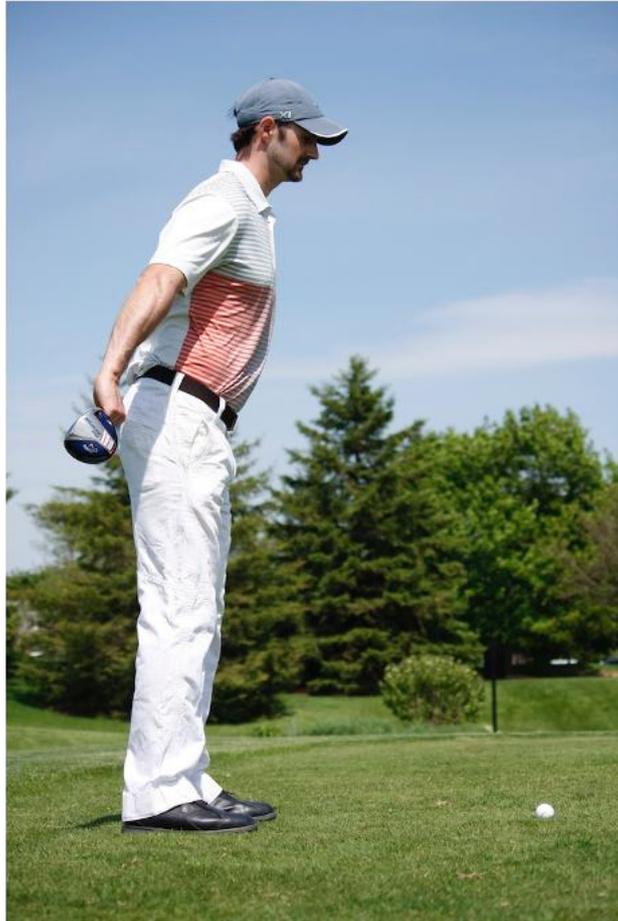
👉 Remember this balanced feeling—it's the foundation for great posture.

Step 2: Use Your Driver as a Guide

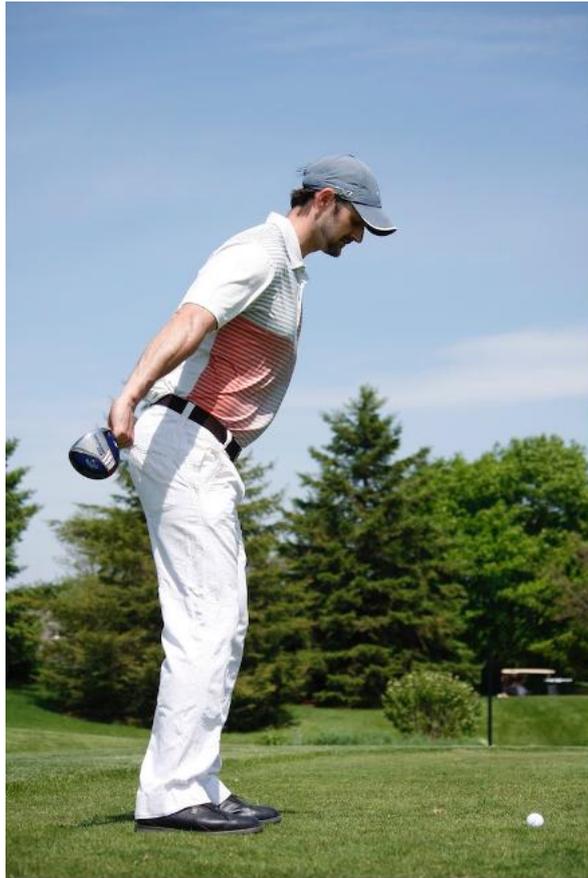
- Place your driver along your back so it touches your backside.



- Keeping your back and neck long and straight, push your backside back as though you're going to sit down.



- Keep moving until you feel your weight drift slightly toward your heels and your toes feel light.



This is the athletic, powerful posture you're looking for.

Step 3: Add Tilt

- Hold the driver in front of your chest, like this...



- Move your lead hip slightly toward the target until the club grip just touches the inside of your lead leg.



This creates the correct **spine tilt away from the target**—a hallmark of powerful ball striking.

Step 4: Let the Arms Hang

- Take your driver again and let your arms hang naturally from your shoulders.
- Place your hands on the grip—this sets your distance from the ball perfectly, without reaching or crowding.



👉 Keep your shoulders relaxed, not rounded forward.

Why Balance Matters

Many golfers are told to put their weight on the balls of their feet. The problem is, when you swing with speed, this position leaves you unstable. By centering your weight, you give yourself the balance needed to deliver maximum power **without losing control**.

Building a Consistent Habit

This posture routine may feel a little different at first, but repetition will make it second nature. Each time you practice it, you're programming your body to set up consistently well.

Combine this with practicing your perfect grip, and you'll double your progress—developing two consistent habits at once.

Final Word on Posture

Posture is the **silent key** to building a consistent, stress-free golf swing. Perfect posture makes it easier to rotate, strike the ball cleanly, and swing with power and confidence.

Practice it often, and you'll quickly reap the rewards of **longer, straighter, and more consistent golf shots**.

Chapter 15 – Consistent Alignment

Conceptually, alignment in golf is very simple. But being able to set up with **correct alignment consistently** is a different story.

What Proper Alignment Means

To define consistent alignment: all the major parts of your body should be **parallel to the target line** of your shot.

Imagine railroad tracks:

- Your golf ball sits on the outer rail.
- Your feet are on the inner rail.



It's not just your feet. Your **knees, hips, shoulders, and arms** should all run parallel to that same target line.

From experience, I've found that if you get your **feet and shoulders** aligned correctly, the rest of your body tends to follow. So those are the two areas we'll focus on in this lesson.

Feet Alignment

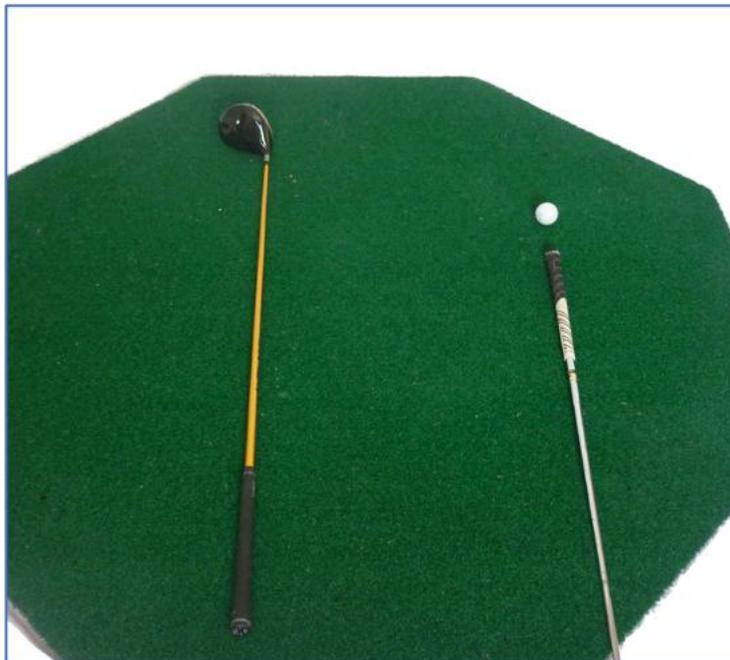
Correct alignment is a habit — anyone can set up with perfect alignment if they practice it often enough.

To build that habit, you need a **setup station**:

- Indoors, you can use straight lines like tiles on the floor.



- Outdoors, simply lay down two golf clubs — one on the target line, one inside it for your feet.



Now practice setting up with your feet parallel to your target line. Repeat this over and over until it becomes automatic.



Shoulder Alignment

Feet are straightforward, but shoulders are trickier. Here's how to check:

1. Set up normally to your shot.

2. Without moving, place a club across your shoulders.
3. See where the shaft is pointing.



Even better, have someone place the club across your shoulders while you're set up. But if you're practicing alone, there's another method:

- First, **open your shoulders** a lot and see where that points.



- Then, **close your shoulders** too much.



- Finally, find the **middle ground**, which should be parallel with your target line.



Building the Habit

Great alignment is not something to think about mid-round. By the time you're playing, it should be **second nature**.

The danger for most golfers is laziness. Over time, they stop paying attention and drift into bad habits. Their alignment slips without them noticing, and poor shots creep in and they think it's a swing problem where in reality it's a setup problem.

Don't let that happen to you. Practice correct alignment regularly, so it becomes automatic — a natural part of your consistent, stress-free setup.

Chapter 16 – Consistent Physical Pre-Shot Routine

If you want to become a consistent ball striker, then you absolutely must set up the same way every single shot. Doing so gives you the highest chance of success.

This is called a **physical re-shot routine**.

You often hear golfers and commentators talk about pre-shot routines. But rarely do you see a detailed breakdown of how to build one that locks in proper alignment, ball position, and consistency. That's exactly what I'm going to show you in this lesson.

Step 1: Pick an Intermediate Target

The very first thing you must do for any long shot is determine your starting line. Then, pick an intermediate target — a spot about 2 feet in front of your ball — that sits on that line.

This step assumes you've already chosen your shot shape and strategy. For now, we're focusing only on the **physical routine** before swinging.

Step 2: Position Behind the Ball

Stand directly behind your ball on a line parallel to the target. Hold the club in your left hand using your proper grip.



Step 3: Step In with the Right Foot

Walk to the left side of the ball with your right foot leading. At the same time, place your right hand on the grip.



Step 4: Set the Club and Right Foot

Near the ball, place your right foot down so it points directly at the ball. At the same time, set the clubface behind the ball.



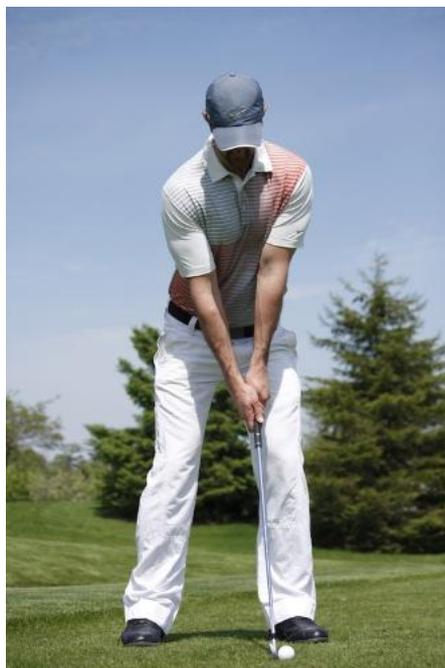
Step 5: Bring Feet Together

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



Step 6: Establish Your Stance Width

Move your right foot out to the right until you reach your ideal stance width for the club you're using.



At this point, your setup is complete. But you're not ready to swing just yet.

Step 7: Build in Habits, Not Decisions

Everything up to this point should be automatic — habits, not conscious thought.

- **Grip:** If you've practiced it correctly, it's automatic.
- **Posture:** Repeated practice makes it natural.
- **Alignment:** Same routine each time.
- **Stance width:** Always consistent for the club you're using.

Your pre-shot routine is simply a **sequence of movements you repeat every time.**

Step 8: Add Waggles and Motion

When you first set up to the ball, avoid standing completely still. Use one or two **waggles** to keep your body dynamic.

As you waggle, let your eyes shift toward your target, and feel your weight moving slightly. This keeps you athletic and prevents tension.



Step 9: Trigger the Swing

After your final waggle, initiate your swing with a small movement: bump your right knee slightly toward the target and shift your weight a touch onto your left side.

This creates a rebound effect that helps your takeaway start smoothly. Add this to your physical pre-shot routine.

Step 10: Keep the Timing Consistent

Here's the final, critical element: **make your routine the same length every time.**

Count in your head from the moment you step toward the ball until the moment just before takeaway. That count should be consistent on every shot.

Not only will this keep your setup repeatable, it will also prepare you for the **mental pre-shot routine** in the next chapter, where we'll link physical and mental together.

Final Thought

Start practicing your physical pre-shot routine now. Once it becomes automatic, you'll hit longer, straighter, and more consistent shots — without having to think about it.

Chapter 17 – Consistent Mental Pre-Shot Routine

In this lesson, I'm going to show you a mental pre-shot routine that will give you the best chance of success on every shot you play.

Now, keep in mind this isn't everything you could possibly do mentally before a shot. I'm not going to go into full detail on club selection, visualization, or course strategy — those are deeper topics I cover in another book. Here, we're focusing on the **mental process that complements your physical routine**.

Step 1: Open Yourself to Possibility

Before you hit any golf shot, open yourself to the possibility of success.

Don't lie to yourself by saying, "I'm going to hit a great shot," because you can't guarantee that. But you can frame your mind around **possibility** by asking:

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

You can personalize this to match the club or shot you're about to hit. The key is to approach the ball knowing that good shots are always possible.

Step 2: Breathe and Focus on the Target

As you stand behind your ball, take a deep breath in. Then breathe out while asking yourself:

"Where do I want my ball to finish?"

Visualize your ball sitting at that spot. Look at it for a couple of seconds and hold that image in your mind.

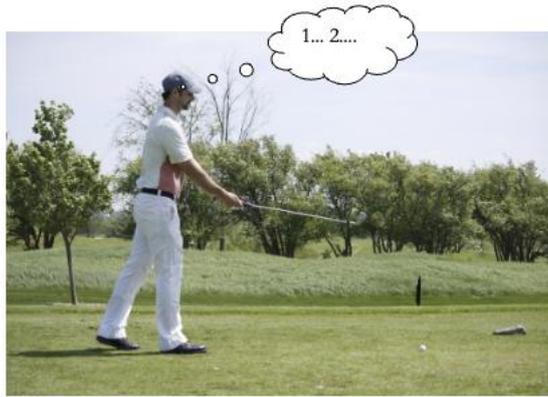
Step 3: Say "Start" and Begin Counting

Now you're ready to move to the ball. Before you take your first step, say the word **"start"**. This signals that your shot process has begun.

As you step in, count:

1 ... 2 ...

- Your first step is "1."
- Your second step is "2."
- Continue counting steadily, about one count per second, until you're set over the ball.



Step 4: Waggles and Target Awareness

As part of your setup, you should have a set number of waggles. With each waggle, look at your target spot. This keeps your mind locked in on where you want the ball to go.

When your club is settled behind the ball, stop counting and say the word **“record.”**



Step 5: Switch Into Observation Mode

Why “record”?

Because your best golf happens when your mind is quiet — not trying to control the swing, just allowing it to happen.

With “record,” you become an **observer**. Imagine your eyes are a video camera. You’re simply recording what unfolds, without judgment or opinion.

Swing in this state of awareness.

Step 6: End the Routine with “Stop Record” and “Finish”

At the end of your swing, say **“stop record.”**



This marks the end of your observation. Now say **“finish.”** This final word is crucial: it tells your mind that the shot — good or bad — is over.

- If it was good, enjoy it.
- If it was poor, let it go. It’s done.

To reinforce this, take a calming breath: inhale for 4 seconds, hold briefly, then exhale for 8 seconds. This clears your head and resets you for the next shot.

Final Thought

That’s the **consistent mental pre-shot routine**. The aim is to do it before **every long-game shot**.

It won’t be easy at first — staying present over every shot is one of the hardest skills in golf. But if you commit to this process, the payoff is huge. It’s one of the biggest separators between amateurs and professionals.

Make this a habit, and you’ll play with more confidence, consistency, and freedom than ever before.

Chapter 18 – Consistent Setup: Putting It All Together

We've covered a lot in the setup section of this program, and now it's time to put it all together into one complete system.

Step 1: Grip

Your grip should already be second nature. You've practiced it until it's automatic — with the correct pressure and a consistent routine. This is part of your pre-shot sequence, but the quality comes from practice.



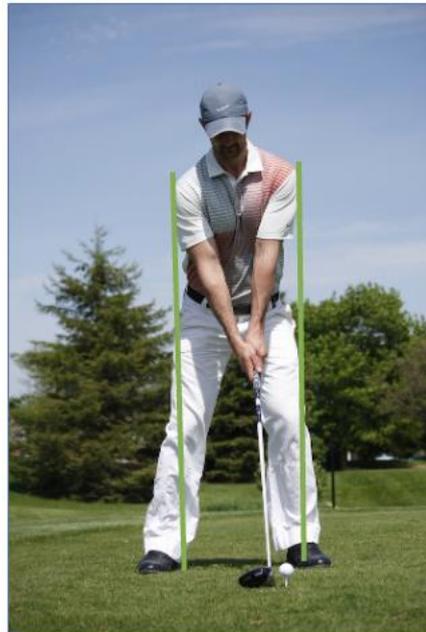
Step 2: Clubface Alignment and Waggle

Every shot should begin with a set number of waggles, and with the clubface square to your chosen intermediate target (about 2 feet in front of your ball). Again, this becomes a habit through repetition.



Step 3: Stance and Feet Width

Your feet width and positioning must be established habits. You shouldn't be figuring this out on the course — it should be second nature.



Step 4: Ball Position

Use the procedure I've taught you to ensure the ball is in the correct position every time. Like the other fundamentals, this must become automatic.



Step 5: Posture

Perfect posture should not be something you think about during play. It should just happen naturally from practice. This is how you can look like the best players in the world at setup.

Step 6: Alignment

Alignment is another area that easily slips if you don't monitor it. Practice it constantly and check it often to make sure it stays sharp.



Step 7: Integrating the Pre-Shot Routine

Now we bring the physical and mental routines together:

1. **Behind the Ball** – Hold the club in your left hand and ask yourself:

“Is it possible for me to hit a good shot?”

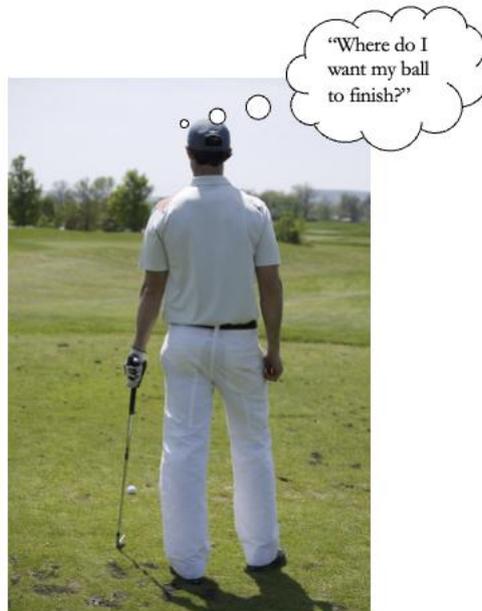
This primes your mind with possibility.



2. **Target Focus** – Take a breath and ask:

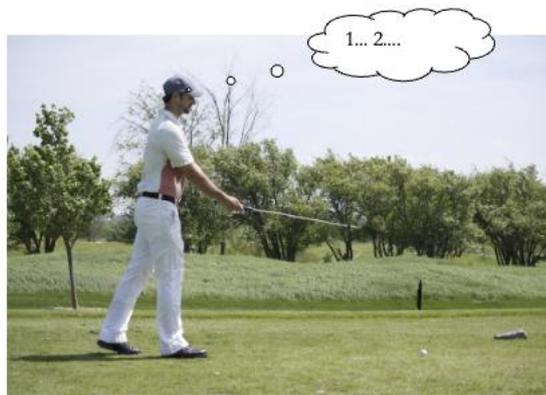
“Where do I want my ball to finish?”

Visualize your ball sitting there.



3. **Intermediate Target** – Pick a spot 2 feet ahead of the ball on your target line.

4. **Start and Count** – Say “start”, then walk to the ball while counting your steps: 1 ... 2



5. **Right Foot and Club Placement** – Point your right foot at the ball and set the clubface to the intermediate target. Keep counting: 11 ... 12 ...



6. **Feet Together, Then Stance Width** – Bring up your left foot, then move your right foot to the correct width.



7. **Waggles with Target Focus** – Waggle the set number of times, each time looking at your finishing spot. Keep counting.



8. **Record Mode** – When you're ready, stop counting and say **“record.”**



You're now observing, not controlling. Let the swing flow.

9. **Trigger the Swing** – Use your physical trigger (bumping the right knee toward the target and shifting weight slightly left), then swing.
10. **Stop Record and Finish** – At the end of your swing, say **“stop record,”** then say **“finish.”**



Take a breath (in for 4, hold, out for 8) and move on. That shot is now behind you.

Final Thought

If you want to become a confident, consistent golfer, you must commit to this combined physical and mental pre-shot routine. Repeat it until it becomes automatic.

The timing should be consistent — for example, 12 seconds from “start” until takeaway. Ask a friend to time you, then practice until your routine is the same length every shot.

This process is the foundation for a **great, consistent, stress-free golf swing**. Adjust it slightly if needed, but make sure you have a repeatable process that you use **every shot**.

Conclusion to Part 2: The Consistent Setup

You've now completed Part 2 of this program — the section on building a **consistent, repeatable setup**.

Think about what you've accomplished:

- You've learned how to form a **perfect grip** that becomes second nature.
- You've ingrained the correct **posture, ball position, stance width, and alignment** so you no longer guess or adjust on the fly.
- You've built both a **physical pre-shot routine** and a **mental pre-shot routine** — the same type of processes that the world's best players rely on every single shot.
- You've now pulled everything together into a single, consistent system that sets you up for success before the club even starts back.

And here's the key: every element in Part 2 is about creating habits. You don't need special talent or unusual athletic ability to master these. You simply need practice and repetition until they become automatic.

With this foundation in place, you've built the stable platform every great golf swing is built upon.

Looking Ahead to Part 3

In Part 3, we move beyond setup and into the **swing itself**.

This is where I reveal the **Stress-Free Golf Swing secret** — a move first discovered by Ben Hogan after his accident, and one that allows you to swing more naturally, more powerfully, and with far less conscious thought.

What you've done so far is prepare the ground. You've built a consistent routine, eliminated guesswork, and made your setup rock solid. Now, in the next section, you'll finally discover the **one simple move** that makes the golf swing feel effortless — and truly stress-free.

Part 3 – The Stress-Free Golf Swing

Part 3 – The Stress-Free Golf Swing: Introduction

One of the things most golfers find most challenging about the modern golf swing is **timing**. One day you have it, and the next you don't. Frustrating, isn't it?

When you watch the pros on tour, they seem to have good timing day after day. But here's the thing... they hit hundreds of balls every day to keep that timing sharp. You, on the other hand, probably don't have the luxury of spending hours every day on the range.

Even if you do have the time, what I'm about to share in this *Stress-Free Golf Swing* method will make the golf swing a lot easier. And this one move comes from a golfer who basically invented practicing: **Ben Hogan**.

Hogan was one of the greatest, most consistent ball strikers the world has ever seen. I believe he knew exactly what the secret to his consistency was — but he never revealed it openly. Late in his career, I don't think he hit balls every day to “fix” his swing. He simply loved striking the golf ball correctly.

“A bad swing is tiring drudgery. A good swing is a physical pleasure.”

— Ben Hogan

It's well documented that Hogan battled a severe hook early in his career. To fight it, he changed from a strong grip to a weak grip — and he made that change before his car accident in 1949.

But here's the interesting part: **his ball striking actually improved after the crash.**

Three-time major champion and Hall of Famer Cary Middlecoff said Hogan was as inconsistent as most pros before the accident — scattering drives into the rough and lacking precision 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 accident, Hogan had to conserve his strength, focusing only on the most important events. And focus he did.

Just 17 months after the crash, Hogan won the 1950 U.S. Open — the one remembered for his legendary 1-iron into the 18th green.



Then, of course, came 1953, when he won The Masters, the U.S. Open, and the British Open. He missed the PGA Championship only because it overlapped with the British Open that year.

I won't go into his full record here — you can study that yourself. The point is: **Hogan said he had a secret, and his ball striking clearly improved after the crash.**

In April 1954, *Life* magazine published an article quoting Hogan:

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

In the next chapter, I'm going to explain what I believe that secret was — and show you the evidence. But before that, let's look at the problem with the modern golf swing as it's often taught today. (And I'm not pointing fingers here. I used to teach this myself, because it's what I was taught. But as you'll see, more of the best players are moving away from it, and toward Hogan's secret.)

The Problem with the Modern Swing (taught until 2014)

At setup with a driver, the weight is typically 50/50 — maybe slightly more on the left foot. Then, as the backswing begins, the weight shifts to the right side, until about 80% is on the right foot at the top.

From there, the downswing requires the weight to shift forward again, so that at impact, about 80% of the weight is on the left foot. By the finish, it's around 95% on the left side.

Sounds fine in theory. But here's the problem for the average once-a-week golfer:

From the top of the backswing, you have to **time the weight shift perfectly** to arrive at impact in the correct position. If your timing is even slightly off, your ball striking suffers.

Hogan's Secret and Why It Matters

The secret I accidentally discovered — and which I believe Hogan himself discovered — takes care of this weight shift problem. In my opinion, it's pure genius. And once you try it, I think you'll agree.

Here's what this secret move did for Ben Hogan:

1. **Simplified the timing** of the swing, making it easier to repeat.
2. **Eliminated pulls and pull-hooks.**
3. **Gave him confidence** to swing aggressively without fear of the ball going left.

That last one is huge, so I'll repeat it: Hogan's secret allowed him to swing hard, from the inside, without worrying about missing left.

And if your problem shot right now is a pull slice, this move will help you improve your swing path and square the clubface at impact. That means straighter, longer, and more consistent shots.

But remember — you can't ignore the setup. Everything I taught you in Part 2 still applies. Your grip, posture, ball position, stance, and alignment form the foundation. Once those are in place, you can apply this secret and watch your ball striking reach a new level.

Half of Hogan's own book *Five Lessons* was devoted to setup. Clearly, he knew how important it was — and so should you.

Alright, let's get into the secret...

Chapter 19 – The Ben Hogan Secret Solution to Timing

Ben Hogan said he had a golf swing secret, and that 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, Hogan had negotiations with *Golf Digest* to reveal his “real” golf swing secret. Those negotiations broke down when the price got into six figures. So you could argue that Ben Hogan went to his grave without ever revealing his real golf swing secret.

I believe he did have a golf swing secret to help with timing so he wouldn’t hit a hook and could 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 it was. But before I do that, you **MUST** understand this about Ben Hogan (and I’m going to repeat myself for emphasis so you get this).

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

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

A Note on Image Quality

Throughout this book, you’ll see frame-by-frame images of Ben Hogan’s swing. Because these videos were recorded many decades ago, the picture quality isn’t always perfect. Clear, high-definition footage of Hogan simply doesn’t exist.

Still, the key movements are unmistakable, and I’ve highlighted them carefully so you can see exactly what matters. Focus on the positions and the move itself, not the graininess of the images.



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

But in March 2015, I was putting together a new blog post for my 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 many great golfers to study their head movement. That list included:

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

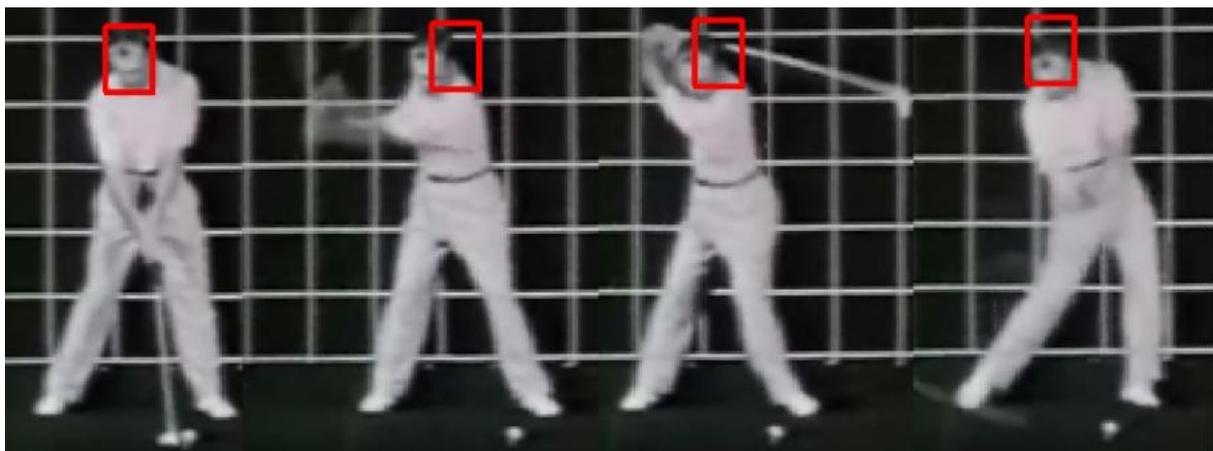
For this analysis, I focused on what happened with head movement from setup, through the backswing, and into impact (laterally). I went through one great golfer's swing after another. Ben Hogan's swing came about halfway through the golfers I was analyzing.

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

Before I explain that, however, Hogan's head movement 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 close to where it was at address — although lower. But his hips and weight shift (which was the real difference) just came out and hit me right between the eyes.

I had known for some time that 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, while 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 studied 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 perhaps a slight favor toward his left side. In this swing analysis, I have marked both his starting hip position and his head position.



2. When the club is parallel with the ground, Ben's weight has shifted more to the right, and so has his head. His hips have also 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 that he has even more weight loaded into his right side, and his left hip is several 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 shifts 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 has returned to where it was at setup, although now rotated.



Take note that Ben's head is back in the same place it was at setup, but lower — and that's what should happen in your swing. Also, notice 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 does is make the majority of the weight transfer happen before the downswing. That way, when starting 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, timing becomes much easier. You can just focus on turning the hips to the left to start the downswing and let the hands go along for the ride. It's the ultimate “no hand manipulation” swing.

I like to call this top-of-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 toward the target compared to the starting position.

5. At the halfway point in the downswing, Ben's left hip has shifted significantly to the left. I don't think he consciously tried to make this move. Rather, he simply focused on turning his left hip to the left as fast as possible, and the lateral shift 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 while also rotating.



7. At impact, it's important to note:

- a) Ben's head is in the same position it was at address, but lower.
- b) 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 positioned farther forward in his stance. This is likely due to equipment differences. With the modern driver, you want to hit the ball on the upswing to maximize distance.



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



3. At the halfway point in the backswing, there isn't much difference between their positions. Ernie has shifted more into his right side than Ben, but the difference is minimal.



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

4. At the top of the swing, the differences are easy to spot. **Ben Hogan's left hip has returned to its address position, with about 70–80% of his weight on his front foot.** Ernie, on the other hand, appears to have about 80% of his weight on his right side. That's exactly what is taught in the modern swing, but it makes consistent timing very difficult.



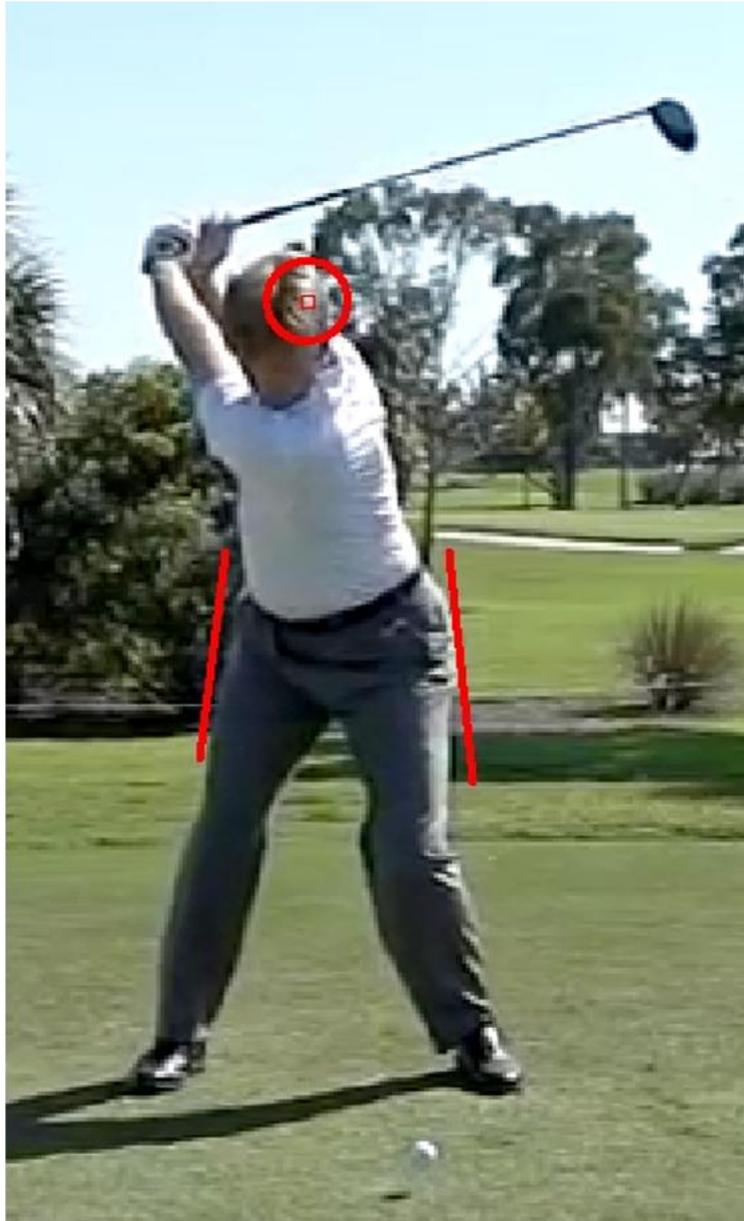
This picture clearly shows the secret move Ben Hogan made, getting his left hip back to the same place it was at setup by the top of his backswing, with most of his weight on his front leg. By doing this, Ben could simplify his downswing by simply turning his hips to the left, without worrying about a weight shift in transition.

If you're in a position like Ernie's, 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, it often produces big pull hooks.

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

Instead, he begins his downswing with a lateral slide of the left hip to get his weight back onto 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.



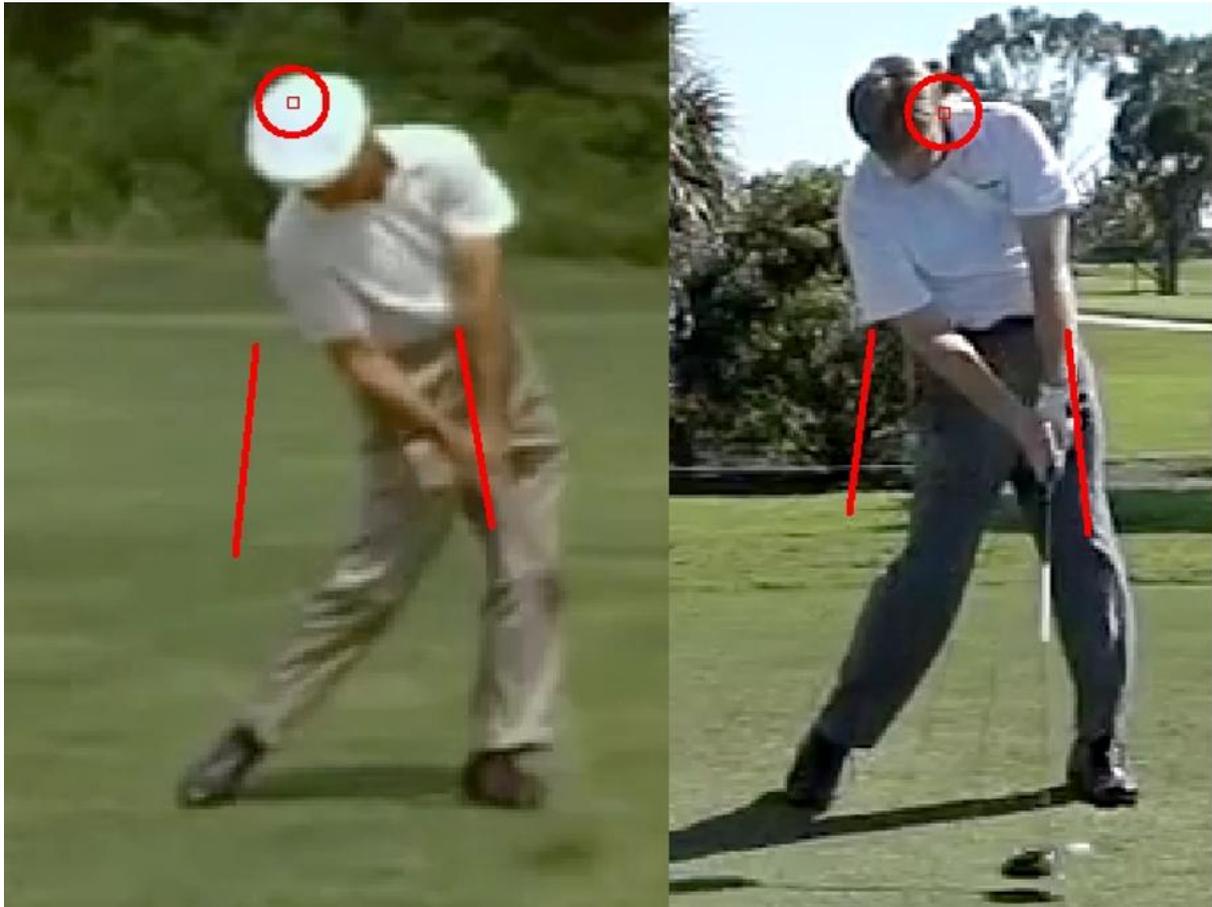
5. Compare Ben and Ernie at the halfway point in the downswing. Ben is much farther ahead in terms of lateral hip slide toward the target.



6. Again, notice how much farther in front Ben's left hip is compared to Ernie's.



7. Notice the difference at impact between Ben and Ernie in their 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 hip movement to do this.
- b) Get at least 70% of his weight onto his front foot at the top of the backswing, making 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, from 2010 onwards a lot of technology has come along, and one key development is force plates. These plates measure how and when pros apply pressure into the ground — and with which foot. I believe Ben Hogan was way ahead of his time with his recentering move. You hear that word “recentering” all the time on TV now, and it's the move most of the top pros are using today — but they didn't used to.

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

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

It's clear to me it's much easier to time a 10% transfer than a 100% transfer.

And from my testing, I've proven this 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!

Having a place you know you need to return your left hip to in the backswing makes a huge difference in consistency.

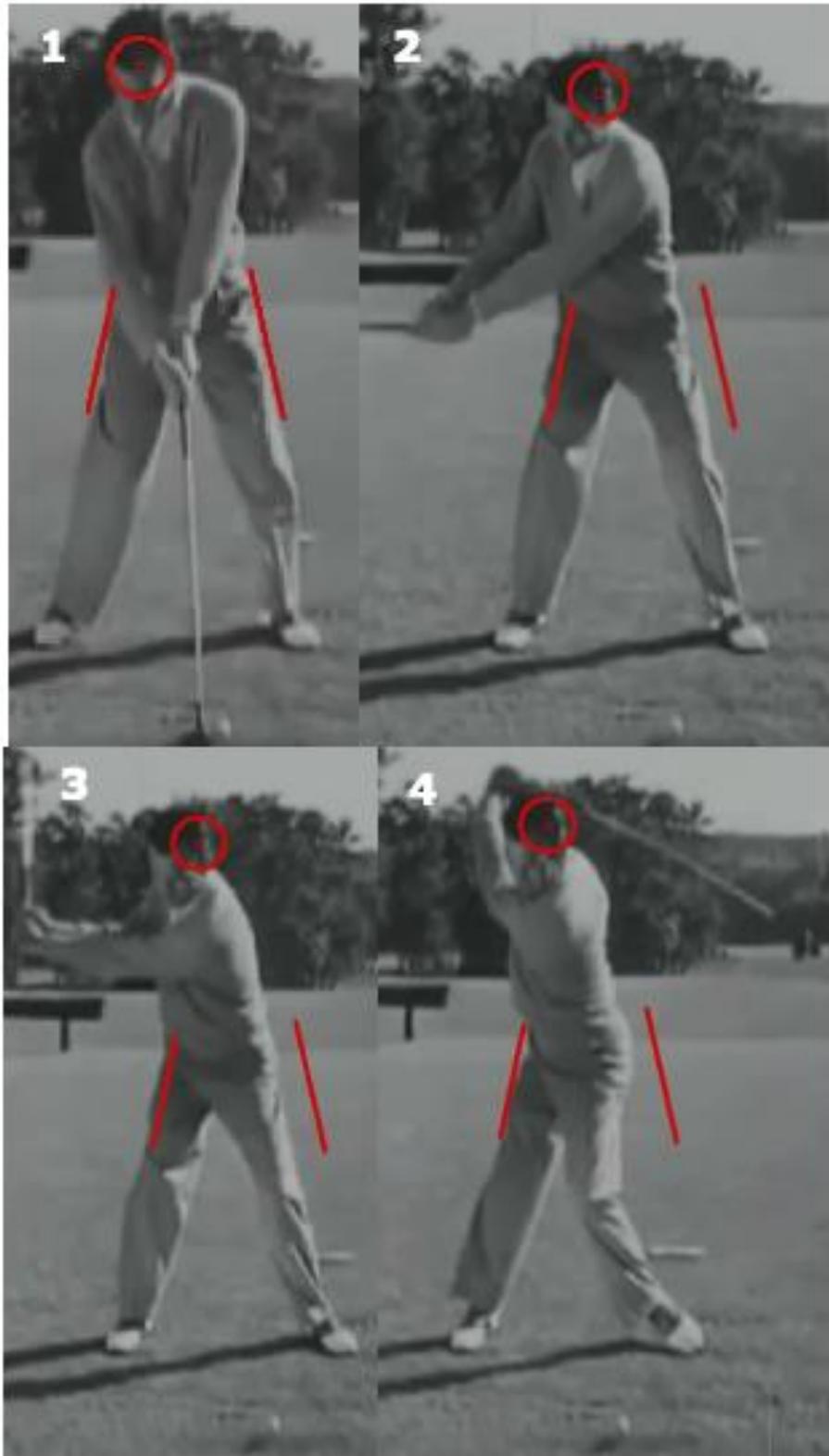
I've seen hip motion mentioned before, similar to the one I've shown you, but I've never seen anyone say that from the halfway point in your backswing to the top, you want your left hip to return to the place it started at address (although it will be rotated).

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 there — is the opposite of what the old “modern swing” taught. And I believe that old modern swing causes so many timing issues.

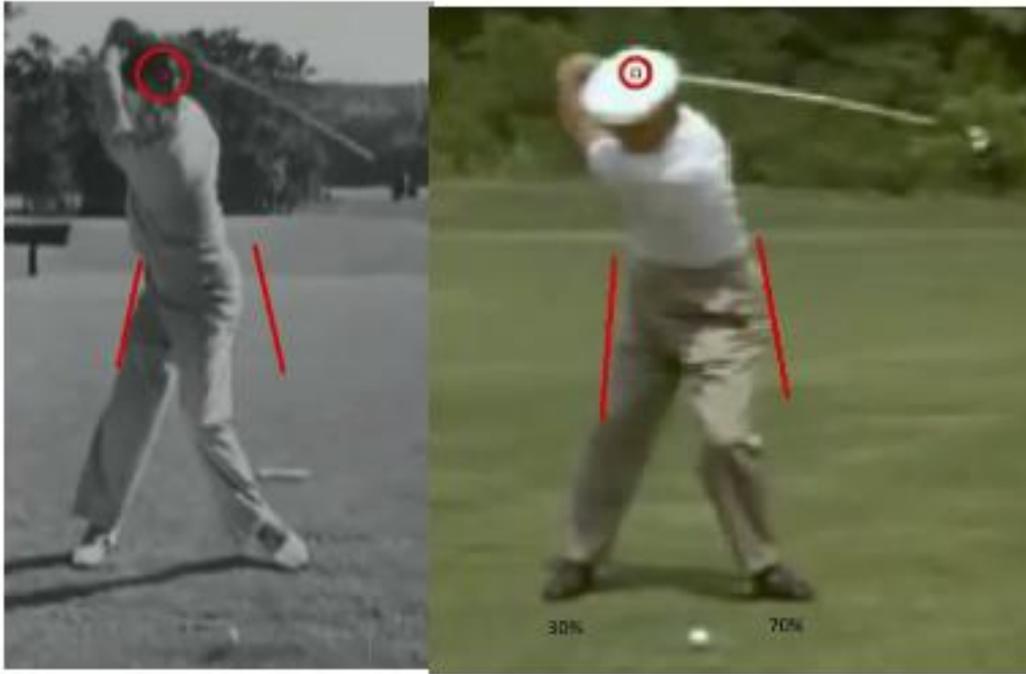
After discovering this in March 2015, I came across this on page 84 of *The Hogan Way* by John Andrisani:

“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 book 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 The Masters in April 1947 (before the accident).



Compare Hogan's pre-accident hip motion at the top of the backswing with his post-accident hip motion.



This hip action is closer to what Ernie Els does — note the gap of his left hip from the starting position.



Now, you may be thinking that the swing I used to show his secret was from an older Hogan, well past his best playing days. But that swing (with the white hat) was filmed during the *Shell's 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 finish with a 66. 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 believe 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 every day to hit balls, timing isn't as much of an issue (although it looks like more and more pros are switching to what Hogan did, as evidenced by ALL major champions in 2024 using the same Hogan 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 week to week, without having to spend hours every day working on timing.

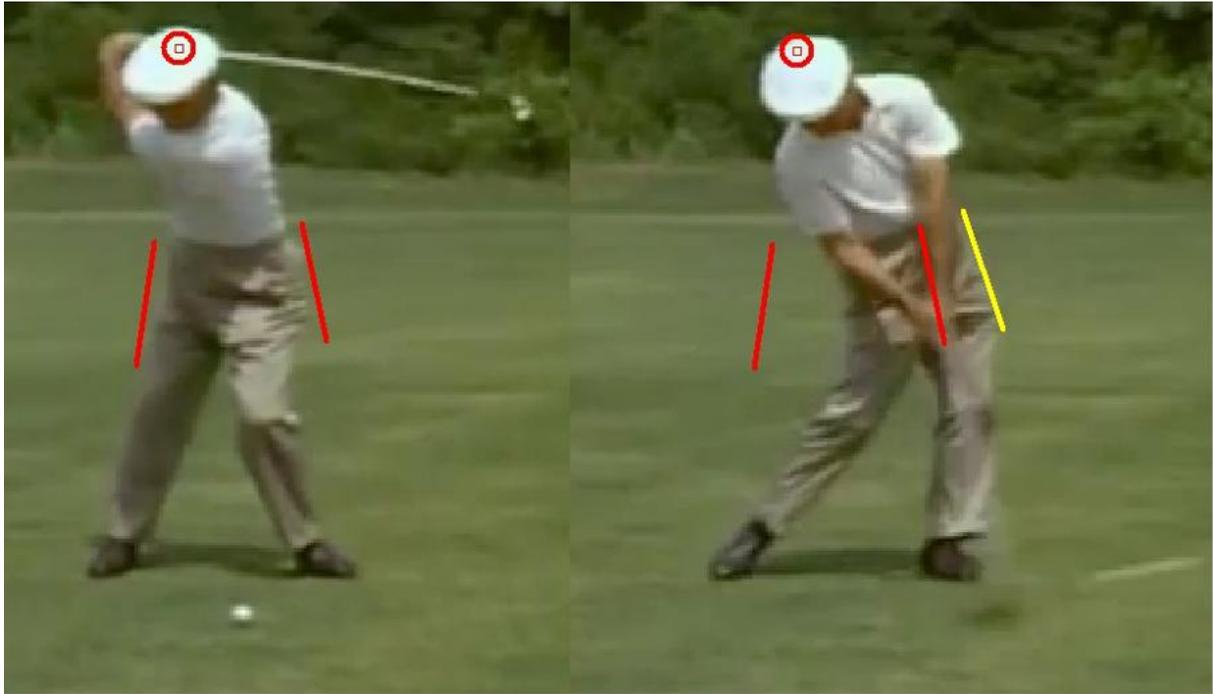
And with the move Ben Hogan used, you largely bypass the timing element of the modern swing. From the top of the backswing, all you need to do is — as Hogan said 27 times in *Five Lessons* — focus on turning the left hip to the left as hard and fast as possible.

Again, if you try to do that WITHOUT having your left hip back in its setup position, and with most of your weight still on your right leg, you'll hit some terrible shots. But if you do this as Hogan did, your swing will be so much easier to time.

You'll hit the ball more consistently, more accurately, and longer.

But when you make this move, you must allow your hips to slide to the left in the downswing. Look at this picture of Hogan at impact and notice two things:

1. How far in front his left hip is compared to where it was at address.
2. Where his head is — in the same position as at address, but lower.



Compare the left hip position at the top of the backswing. Ben Hogan definitely did NOT just turn his left hip to start the downswing — he slid and turned it... a long way.

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

So there you go — that's what I believe Ben Hogan's swing timing secret was. It's not that he did something completely different from other golfers, but rather that the *timing* of when he did it was unique compared to almost every other golfer.

The HUGE advantage of moving the weight to the left in the backswing, and having a reference point for your left hip, is that you give yourself a head start in the downswing. The timing becomes easier, because you feel like you're simply turning your hips. You will get more lateral slide, but it happens naturally.

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

Chapter 20 – How to Implement the Hogan Body Timing Secret Move

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

Because by doing something different, you'll get different results.

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 also see the logic in having most of your weight back on your left side at the top of the 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'll gain much more swing consistency, and your ball striking from one week to the next will improve dramatically.

In summary, the Stress-Free Golf Swing is incredibly simple because you only have one move to perfect. That move, of course, is getting your left hip back to the same place it was at address by the top of your backswing. And at that point, about 70–80% of your weight should be on your left foot. Then, to start your downswing, all you need to do is 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. Set up with a club — say, a 5-iron — in front of a mirror, and place something touching your left hip at setup (a chair works well, for example). At address, I recommend starting with about 55% of your weight on your left side. Then, as you begin your swing, transfer your weight to your right side so that by the time your left arm is parallel with the ground, about 70% of your weight is on your right foot.

This is the position I'm talking about...



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

After reaching this position, continue turning your shoulders and allow your hips to turn. But as you're rotating, move your left hip and weight back to the left so your hip once again touches your chosen prop at the top of the backswing.

This is the look you're going after:

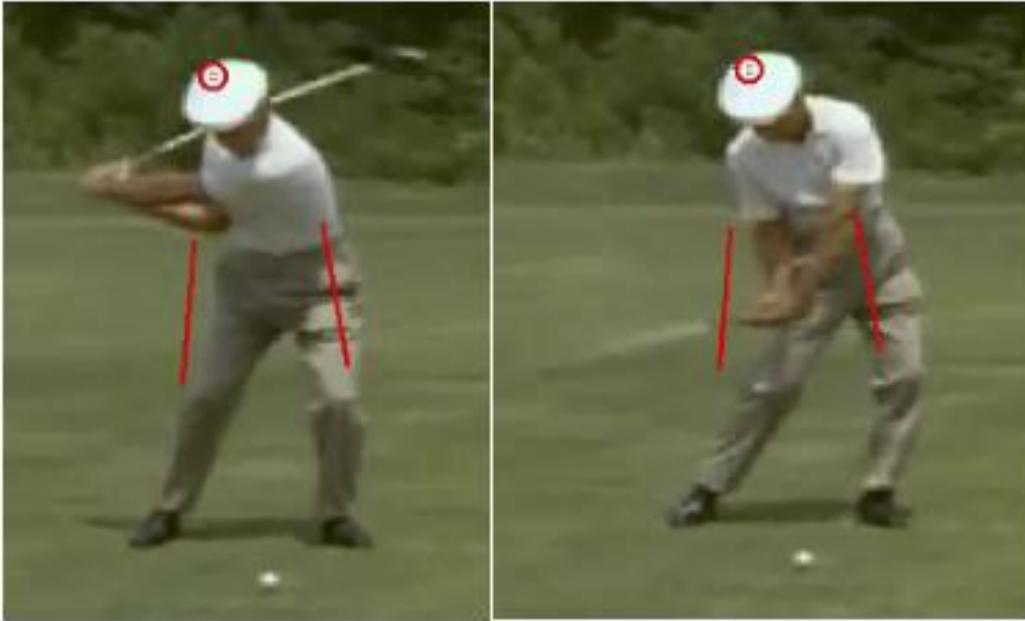


You want about 70–80% of your weight on your left side at the top of your backswing.

It is very important that when you perform this move, your head does not move forward with your left hip. Your head must remain in the same place it was at address, although slightly lower. If anything, it should be to the right (away from the target) of where it was at address — never to the left (closer to the target).

Once you reach that position, then what?

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



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

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

Now it's time to make this move a habit, so that out on the golf course you can simply 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...

The Arms-Folded Drill – Do at Home, Anytime (As Much as Possible)

At home, whenever you have a spare moment, simply get into your golf posture and position a chair (or something similar) so it touches 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 into the backswing and letting your hips rotate naturally. As you turn into the backswing, your hips should move laterally to the right at the start.



Then, about halfway into your backswing, you should move your left hip back to roughly where it was at address and let your weight shift onto your left side, so that 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 in a position close to where it was at setup, **your hips should still 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 the backswing, your cue to start the downswing is simple: focus on turning your left hip.

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



In your downswing move, your hips will push the chair out of the way (so perhaps using a chair on wheels is a good idea). That's exactly what should be happening.

It's very important, however, to make sure your head does not move forward toward the target when you're transferring weight in the backswing. Remember, it's only your left hip that should be moving forward toward the target and taking the weight with it.

By 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 that it's best to do this body drill in front of a mirror so you can check your movements. You should also practice it with your eyes closed to groove the motion more quickly.

Do this move as much as possible at home to make it a habit. Aim for at least 50 repetitions a day — more if you want the habit to stick faster.

One thing to note is that when you do this move properly, you'll 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 makes it even better that you've discovered it now.

The Pressure Plate + Arms-Folded Drill – Do at Home, Anytime (As Much as Possible)

Once you're comfortable with the Arms-Folded Drill, you can combine it with this pressure plate drill to get accurate feedback on whether you're shifting your weight correctly — and 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 the swing. This is a no-hand-manipulation golf swing. That's why the main drills in this program focus on what your body is doing.

Here's a great way to feel whether you're performing the early Hogan weight-shift move correctly. For this drill, you'll need a pressure plate [like this one...](#)



Once you have your pressure plate, set up on it with your weight slightly on your left leg.

From that starting point, shift your weight back to your right side so that by the time your left arm is parallel with the ground, about 70% of your weight is on your right side.

From there, move your weight back to the left side so that at the top of your backswing, about 70% of your weight is on your left side.

At the same time, your left hip should return to the position it was in at setup, although rotated about 45 degrees. At the top of your backswing, check to make sure your left hip is back to where it started and that 70% of your weight is on your left side.

This is a great way to learn the move because “feel” and “real” are often two very different things. By using the pressure plate along with the Arms-Folded Drill, you can consistently check whether you are moving your weight the way Hogan did.

When doing this pressure plate drill, begin by combining it with the Arms-Folded Drill. Once you're comfortable with that, move on to using a real golf club — swinging to the correct position in your backswing and stopping to check your weight distribution.

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

By combining the Arms-Folded Drill with the pressure plate, you'll quickly learn whether you're shifting your weight correctly at the right times. But always remember to use the reference point of getting your left hip back to where it was at setup.

Now, a pressure plate is a reasonably inexpensive investment, but there is technology available that will show you exactly where your pressure is — without spending thousands of dollars on force plates.

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

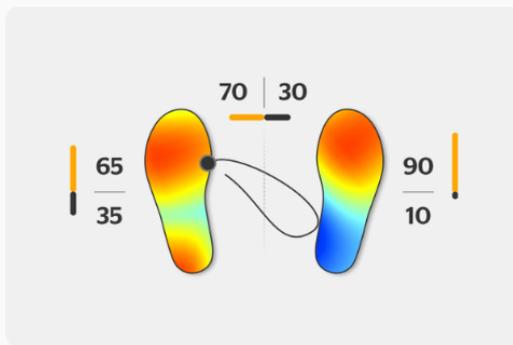
Salted Smart Insoles



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 add the arms into the mix...

Chapter 21 – How to Implement the Hogan Secret Body Move With Your Arms

You've now experienced the body movement you need to practice over and over 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 swing as simple as possible. So I'm not going to give you a list of arm positions during the swing — Hogan never did that either, apart from stressing the importance of the swing plane.

This swing is all about letting your arms be dictated by your body movement. That said, there is something important you should do at address: press the upper parts of your arms securely against the sides of your chest and keep your arms close together.

If you keep your upper arms connected to your chest during the backswing and halfway into the downswing — while also keeping your arms close together — you'll find you get much greater consistency.

To start the downswing, you obviously begin by turning your left hip to the left, while keeping your arms close to your side. But about halfway into the downswing, Hogan described the motion of the right arm as being like a throwing action.

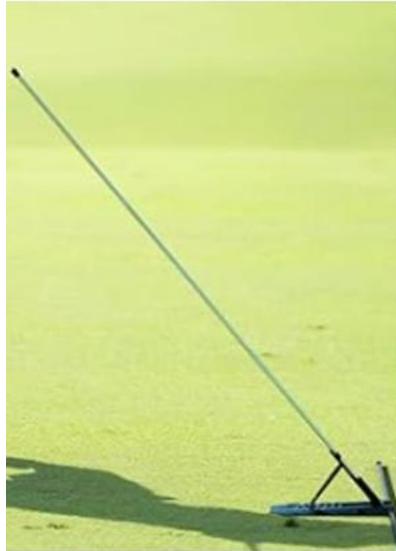
That's such an important move. Here's how to implement Hogan's secret with your arms in the backswing and downswing:

The Baseball Drill – At Home, Anytime

To do this drill, you'll need a place where **you can swing on a horizontal plane**. You don't need to hit balls for this — just enough space to swing freely and safely.

I suggest using a 5-iron and setting up to an imaginary ball. Place something so it touches your left hip at setup — it could be a chair, a shaft stuck in the ground, or a training device like a Path Pro (sometimes available on eBay).

Or, you can use a golf alignment stick holder and position it behind you so the stick just touches your left hip at address.



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

Once you're set up, lift your arms as though you're hitting an imaginary golf ball off a t-ball:



Make sure your arms stay close together and your upper arms remain glued tight to your chest.

Once you're ready, simply swing back naturally, just as you would if you were playing baseball or softball — but keep your upper arms connected to your chest. After completing your backswing, swing through and follow through by turning your left hip. Your hands simply go along for the ride while your left hip leads.

As you do this, the prop you positioned against your left hip should be knocked out of the way in the downswing and follow-through. This happens because, as you turn your left hip, your hips also slide laterally toward the target.

Now, this next step isn't compulsory, but I highly recommend an advanced version of the drill...

Get a driver shaft with a grip on it and stick it into the ground in front of you. Then place a tee in the top of the grip with a ball on it. Use whiffle balls or Almost Golf balls for this. This drill isn't about hitting great shots; it's about creating freedom in your arms and hands, letting them go along for the ride — as long as your upper arms stay glued to your chest. The result is a true “no-manipulation” swing.

Once set up, swing naturally. Your reference point is to get your left hip back to a place close to where it was at setup by the end of your backswing, with about 70–80% of your weight on your front leg.

It's well known that Hogan studied baseball swings in an effort to improve his own golf swing. I believe that by using a baseball motion — with your upper arms connected to your chest and arms close together — combined with the secret Hogan move, you get the simplest golf swing possible.

You only need to perfect one move with your left hip in the backswing, then focus on turning your hips to start the downswing and let your arms and hands follow. Here are a few quotes from Hogan himself on 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 many devices designed to help golfers feel the connection between their upper arms and body. Now, I'm not saying you need to buy anything like that, because I'll share a cheap solution in a moment. But here are a few examples of tools created to help with that connection.



[The Golf Swing Shirt](#)



[Golf Swing Jacket](#)



[Swing Link](#)



[This 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 buy anything special if you don't want to. 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 aids, you'll quickly find real consistency in your swing. Combine that with the left hip motion Hogan used after his accident, and the golf swing will finally be *stress-free!*

Now, I've already 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 here](#) — and I noticed something interesting.

Hogan was talking about starting the downswing with the lower body, and he was demonstrating an exaggerated move to show this. But as he did so, I noticed that his right elbow became pinned to his right side.

Here's a picture of this...



This was just a drill, and Hogan was greatly exaggerating the lower body movement. But I was intrigued to see whether he actually 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 halfway into his downswing...



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



And he turns his body while keeping his right elbow connected to his side.



Let's look at this move from the down-the-line view. 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 side.



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



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



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







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





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

- About halfway into your downswing, your right elbow attaches to your right side and moves with your body.

- Then, just before impact, your right arm explodes off your side to add a burst of power to your shot.

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

In the downswing, your focus is on turning and sliding the left hip. Then, about halfway down, attach your right elbow to your right side and let it move through with your body — until just before impact, when it explodes off.

The Stress-Free Golf Swing is the ultimate no-manipulation golf swing. It's the simplest, most stress-free way to swing a golf club. And you'll love the results.

So, let's now put all of this together, so you can start hitting balls with Hogan's Secret Hip Move — and sync your arms with it.

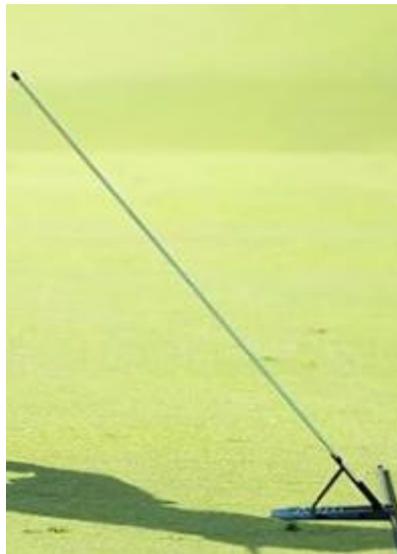
Chapter 22 – Putting It All Together

By now, you will have experienced the Hogan hip move and weight shift, often practicing it through the Arms-Crossed Drill to help make it a habit.

You will also have experienced the Hogan hip move and 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 — actually hitting balls — you must have something touching your left hip at setup. Personally, I use [an alignment stick holder like this](#) and position it behind me so the stick just touches my left hip...



Other alternatives include sticking a driver shaft (or an alignment stick) in the ground, or even using an umbrella. 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 make sure you always practice with some kind of reference point on your left hip at setup.

It helps to set this up and hit balls from a tee so you don't need to move your chosen reference prop too often. I say *too often* because after each shot you will have to adjust the object — your lateral hip slide in the downswing and follow-through should force it out of position.

So, very simply, hit balls while 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 (this is repeated info but repetition is the mother of skill!):



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

From here, focus on moving your left hip back to where it was at address, with about 70–80% of your weight back on your left side at the top of the backswing.

Again, you are not trying to restrict your hip turn. As you move your hips back to where they were at address, let them continue to turn. You can also allow your right leg to straighten slightly on the backswing — this helps increase your turn.

Here's a picture of Hogan at the top of his swing, showing his right leg straightening a bit from...



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

At the top of your backswing, your left hip should be back where it was at setup, with 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 greatest 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, only lower. If anything, it can be slightly to the right (away from the target), but it should never be closer to the target than it was at setup.

From that point, simply focus on turning your hips to the left as fast as you can, while allowing them to slide naturally forward. With your upper arms connected to your chest, 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 can help improve your swing timing from one shot to the next, and from one game to the next — even if you only play once a week or two.

And I'm sure you can also see why I call this *The Stress-Free Golf Swing*. You only need 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.

When you play, you'll have something concrete to start your downswing with: turning your 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. My trigger for this is: **“Stretch and Release.”**

Stretch is for 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 release of that tension.

It's a great feeling — something I never experienced using the traditional backswing method of having 80% of the weight on the right side at the top.

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

And the beauty of this method is that between games you only have one move to practice. That way, you're always ready to go the next time you play — whether that's the very next day or two weeks later.

Having that feeling is priceless!

Ok, let's now look at some common questions I've received about *The Stress-Free Golf Swing* since I first released it in 2015. But before that here's a 1 page cheat sheet for The Stress Free Golf Swing...

The Stress-Free Golf Swing – Cheat Sheet

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. Ben is NOT trying to restrict the hip movement.**
- 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.**

So how can you practice this?

Easy as 1, 2, 3...

1. **The Arms Folded Drill & The Pressure Board Drill** (Do these drills at home, anytime, as much as possible.
2. **The Baseball Drill & The Advanced Baseball Drill** – At home, anytime.
3. **Hitting Balls** – When practicing place a reference object (e.g. alignment stick or club shaft etc.) touching your left hip at setup and make sure at the top of your backswing your left hip gets back to touching the object. Then to start your downswing turn your hips to the left fast, let them slide forward naturally and let your arms and hands go along for the ride while keeping your upper arms connected to your chest.

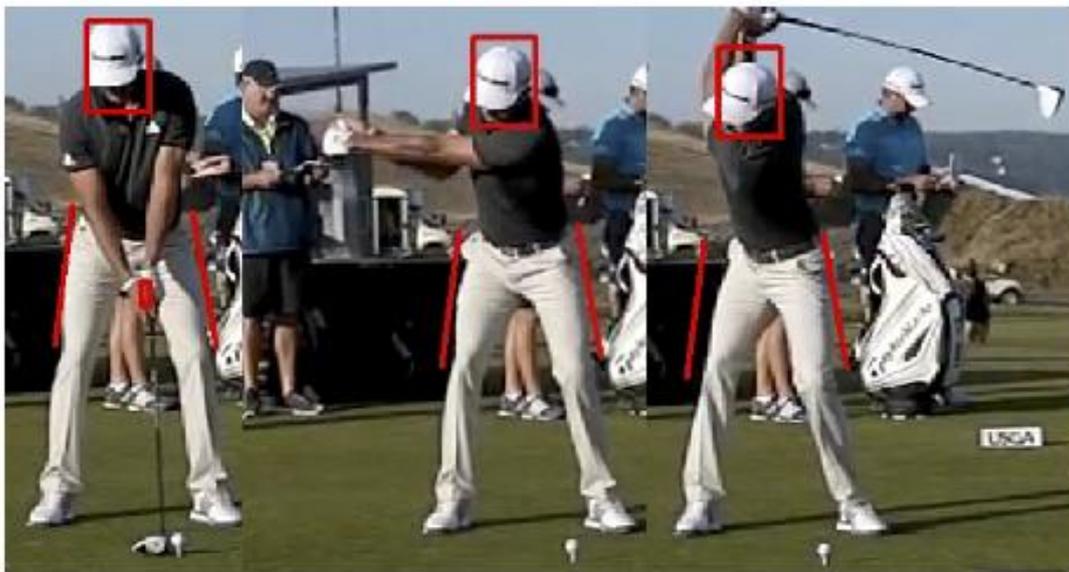
Questions and Answers About the Stress-Free Golf Swing

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 three out of four used Hogan's secret hip move! The three who did were Dustin Johnson, Henrik Stenson, and Jimmy Walker.

Here are some swing analysis pictures proving this...

Dustin Johnson hardly moves his hips off the ball in the backswing. 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 his use of 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. Notice how, halfway into his backswing, he moves 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's a look at Jimmy Walker's golf swing, focusing on his hip action to see if it matches what Hogan did after the crash...



Jimmy Walker also uses Hogan's secret hip move. His hip action is very similar to Dustin Johnson's.

So there's proof that Jimmy Walker, Dustin Johnson, and Henrik Stenson all use Hogan's secret hip move. Now, let's take a look at Danny Willett'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 remain 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 also seen proof that three out of four Major champions in 2016 used Hogan's move instead. Here is a pictorial display of three out of the four 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 Willett does **not** use Hogan's secret hip move like the other three Major champions of 2016 do.

I've also looked at the number one golfer in the world in 2022, Jon Rahm, demonstrating the Ben Hogan move...



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

- **Masters Tournament** – Scottie Scheffler
- **PGA Championship & Open Championship** – Xander Schauffele
- **U.S. Open** – Bryson DeChambeau

Let's start by looking at Xander Schauffele's golf swing...





Next up, let's see how the current world number one — Scottie Scheffler (as of this writing) — executes the Hogan move...



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

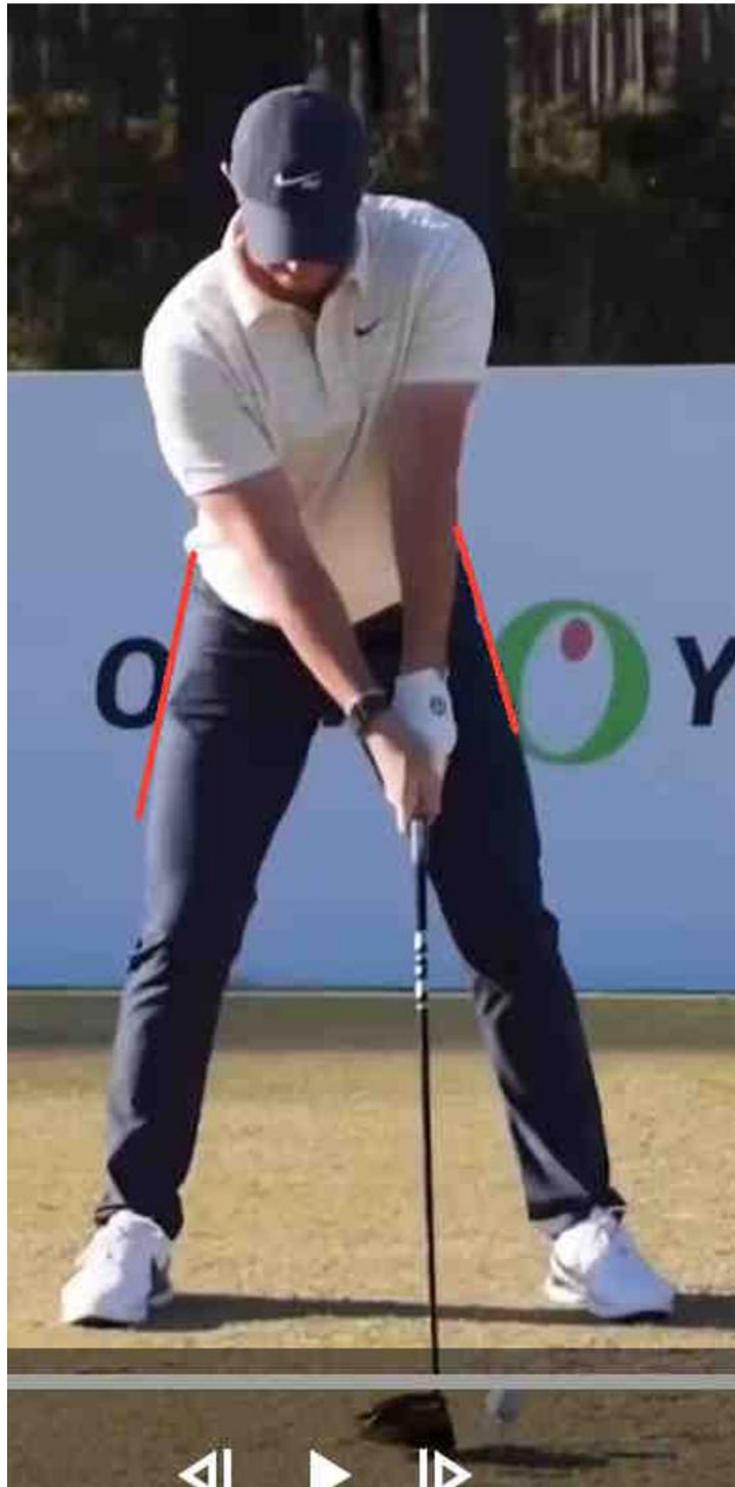


So you see, every Major men's champion in 2024 used Ben Hogan's secret move!

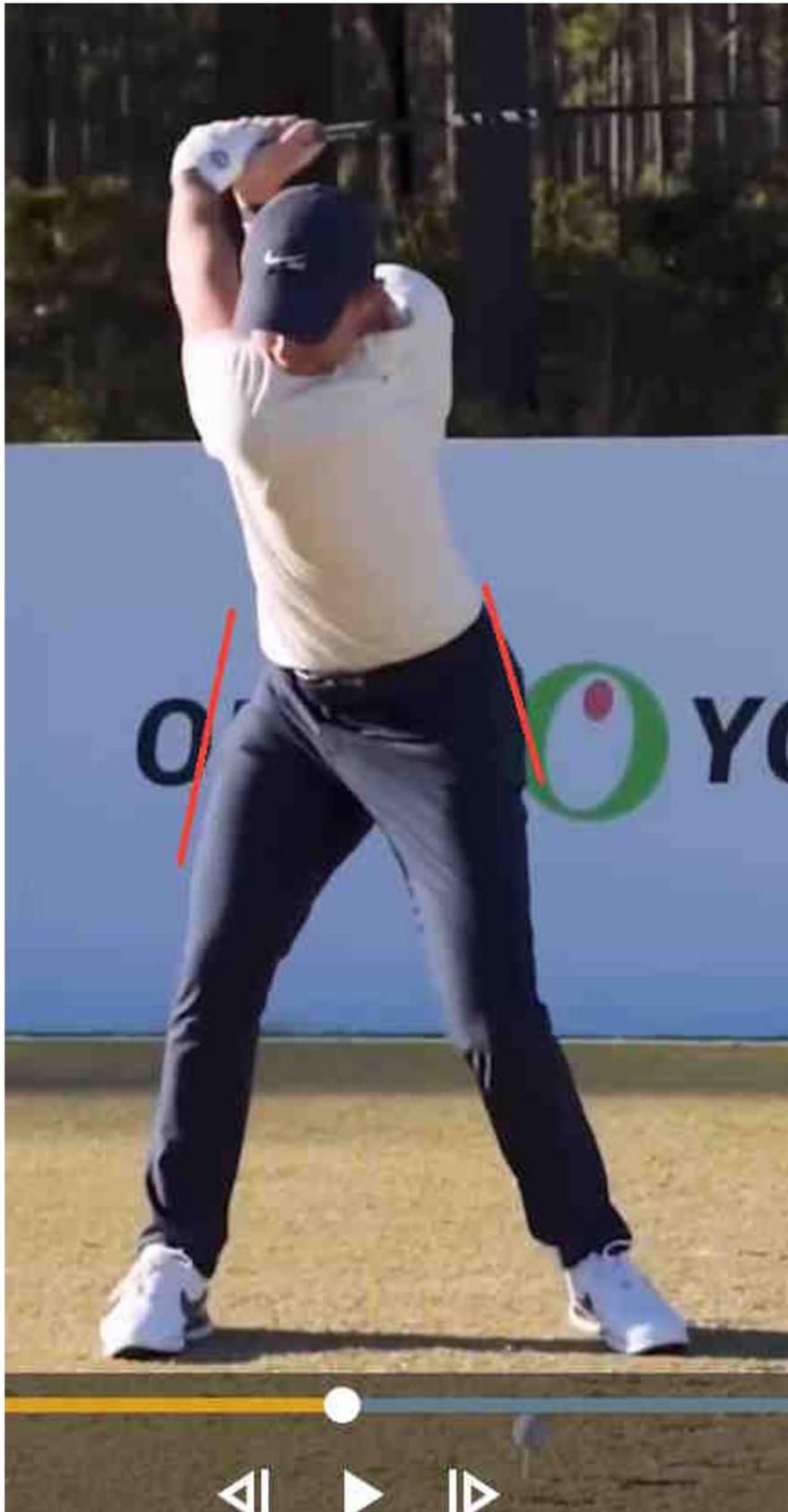
And in 2025 the Major champions were:

- Rory McIlroy - Masters Champion
- Scottie Scheffler - PGA Championship & The Open Championship
- J.J. Spaun - U.S. Open

I have shown you Scottie Scheffler using Hogan's move. And Rory McIlroy won The Masters to complete the career Grand Slam in 2025. Rory is like the poster child for Hogan's secret move. Take a look...







Rory is possibly one of the best drivers of all time. His use of Hogan’s magic move — along with Tiger switching to it (which I’ll show you soon) — just shows how valuable this move really is.

Finally, let's look at J.J. Spaun's golf swing to see if he uses Hogan's move...





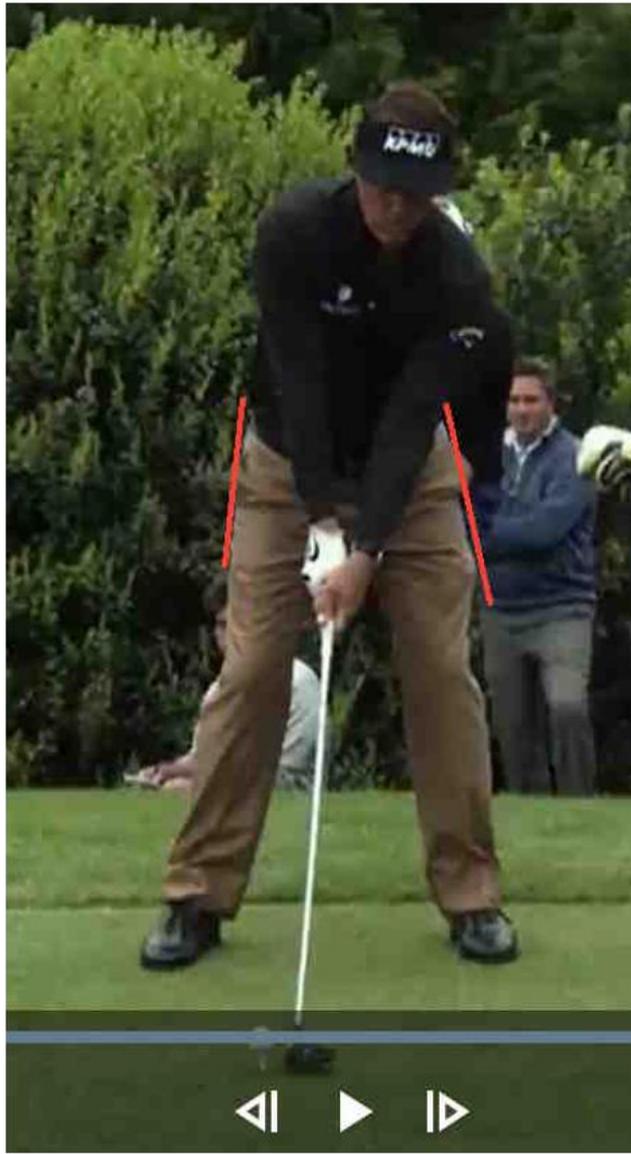


Now I've said that from about 2015 onward, the pros have been moving toward using the Hogan move. Before that, most pro's did not use Hogan's move. Here are some examples.

During the Tiger era (1997 – 2008), there were two golfers who pushed him the most: Vijay Singh and Phil Mickelson.

Both of those golfers used the “modern” swing. Phil was well known for being very erratic off the tee, while Vijay was known as one of the hardest workers ever.

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





Here's a video analysis of Vijay Singh and how he used his hips. I was so shocked by what I saw that I put a circle on the video to make sure the camera wasn't moving enough to skew the results. It wasn't.

This is about as far away from what Hogan did as any great golfer I've ever seen — which just goes to show what hard work and serious talent can achieve!





That's a crazy amount of lateral shift off the ball!

Now, here's proof that pro golfers have been moving toward the Hogan move. When Tiger Woods first came out on tour, he was using the modern swing. But as time went on — and the injuries piled up — he gradually moved toward using the Hogan move.

Here's the proof. Take a look at Tiger Woods' swing when he was 20 years old...



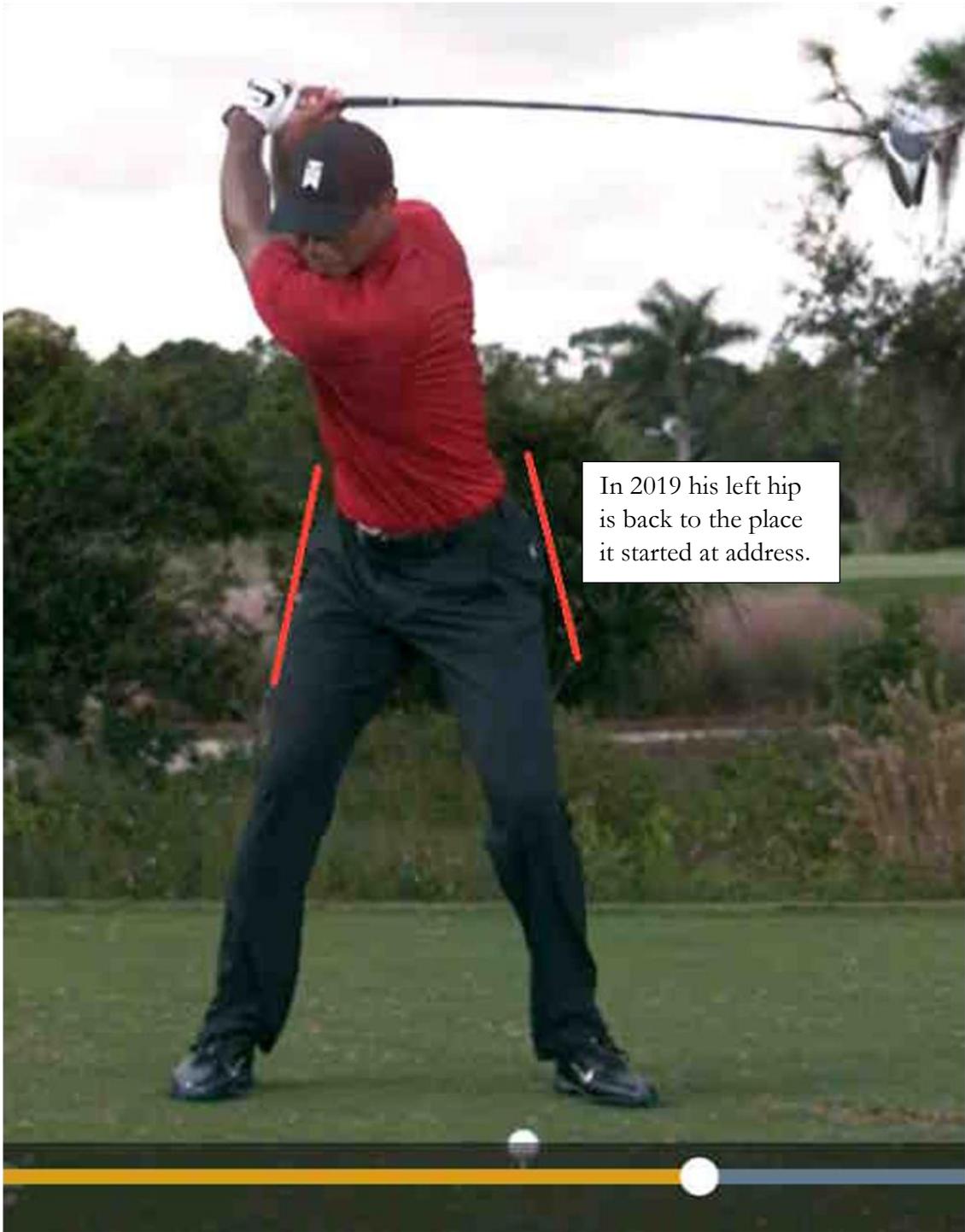




That swing was considered the gold standard for the modern swing. But as time went on, he also adopted Hogan's secret move, as you can see from this swing analysis in 2019 — the year he won The Masters.







Q. Isn't this a Stack and Tilt golf swing?

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

At the start of the swing, your weight should be evenly distributed between your feet, with maybe a touch more on your front foot. Then, as you begin your swing, your weight should move to your right foot, with your right hip sliding an inch or two to the right. This is just like the conventional swing — and the opposite of Stack and Tilt.

The Stress-Free Golf Swing is all about getting your left hip back to the place it was at setup, and having 70–80% of your weight on your left side at the top of the backswing. This happens late in the backswing. Stack and Tilt, on the other hand, is all about keeping the weight left from the very beginning — and never moving it right.

By moving your weight right in the backswing and then back to the left, you are using the ground. In Stack and Tilt, you don't have that, which is one of the main reasons why players lose distance with it.

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

A. Yes. One cue I like is to say *stretch* in the backswing and *release* in the downswing.

When you do this move correctly, at the top of the backswing you'll feel a stretch down the left side of your back. Then in the downswing, when you start by turning your hips left, you'll feel that tension being released. That's why this cue is so powerful — it gives you the exact feel of the move when done properly.

Q. Can you overdo this one move?

A. Absolutely. I've seen golfers exaggerate this move to the point where it causes real problems: coming over the top, the head drifting in front of the ball, steep angles of attack, and more. Nothing good comes from overdoing the Hogan move.

The reference point is always at the top of your swing: your left hip should return to the same place it was at setup (though rotated about 45 degrees). If anything, it can be slightly in front of that reference point rather than behind — but only slightly. With practice, you'll get very good at this move.

And while you *can* overdo the move itself, what you can't overdo is the amount of practice you put into it!

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

A. No. In fact, in the backswing you can allow your right knee to straighten slightly.

Here is Hogan's top-of-the-backswing position to illustrate this:



The red line shows the setup position of the right leg. Notice how the right leg has straightened from address (yellow line). But you never want to lock your right knee or leg. Like everything in this swing, you can overdo a good thing.

The advantage of straightening your right leg in the backswing is that it allows for more hip and shoulder turn — which means longer drives.

Q. Isn't this a reverse pivot?

A. No, absolutely not!

I've heard people say that Hogan had a reverse pivot, but he didn't. A reverse pivot happens when the weight is on the left side at the top of the swing, but the head and spine are tilted toward the target.

At setup, Hogan had his spine tilted slightly away from the target, and he maintained that tilt throughout his backswing. Here's 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, with about 70–80% of your weight on your left side. But that’s just the lower half.

For the upper half — your spine and head — you should be tilted slightly away from the target. In particular, your head should remain in the same position it was at address (although lower).

Your weight should still shift to the right side during the early backswing, just like in the conventional swing. But about halfway back, you begin moving your left hip forward so that it’s back where it was at setup — although by the top of the backswing it will be rotated about 45 degrees. At that point, 70–80% of your weight should be on your left side.

That’s the opposite of the traditional swing, where at the top 70–80% of the weight is on the right side.

By doing the opposite, you make it much easier to time your swing, because you don’t have to worry about transferring your weight during 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, exactly as Ben Hogan instructed 27 times in *Five Lessons*.

That said, if you allow your head and spine to move toward the target in the backswing while doing this move, you will create a reverse pivot — and your results won’t be very good. You must ensure your head stays in the same place, or slightly behind where it was at address, all the way through impact. From impact onward, your head can naturally move forward.

Q. I’ve seen a move like this explained by [insert instructor here].

A. In Hogan’s secret April 1954 *Life* article, several pros were asked what they thought his “secret” was. Fred Gronauer pointed to Hogan’s pivot and described the type of position Hogan created in the backswing.

Talk about Hogan and his pivot has been around for decades. But what has almost never been addressed is the *exact timing* of that pivot.

In fact, after releasing this book, a customer sent me a reference to an obscure text where an instructor mentioned getting the left hip back to a spot near its setup position. But the critical detail that was missing? *When* to make that move.

That's exactly what makes the Stress-Free Golf Swing unique. I share the precise timing of Hogan's pivot move.

You already know how crucial exact timing is in the golf swing. If someone simply says, "move your left hip toward the target in the backswing," that's not specific enough. You need to know *when* and *how much*.

And in this book, I give you both. You'll know exactly when—and by how much—to make that move. That's the difference. It allows you to perfect this move just like Hogan did, with your left hip back to where it was at address at the very top of your backswing.

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

A. It's fine to start with about 55% of your weight on the front foot and then move it back away from the target. Doing this will actually help you gain distance.

But if you start with most of your weight on the left side at address and don't move it back, you will lose a lot of distance. That's the biggest complaint I hear about Stack and Tilt — you sacrifice distance.

Setting up with more weight on one side is fine for pitch shots, where control is the priority. But for long shots, you need power. And power comes from weight transfer. In the Stress-Free Golf Swing, you still get that power from the transfer, but you're moving your weight to the left earlier — which helps with timing and sequencing.

You'll also hit the ball farther with this swing because you'll finally get that "stretch" feeling at the top of your backswing. You'll feel wound up like a spring, ready to explode through the ball. It's a great feeling, and probably the first time you'll truly feel what it's like to compress the ball properly.

Q. How is this different from the modern swing?

A. In the modern swing, it's taught that about 80% of your weight should be on your right side at the top, with the left hip moved away from where it was at address. Then, in the transition, the weight shifts back to the left and the hips slide toward the target.

In the Stress-Free Golf Swing, the weight moves back to the left during the last half of the backswing, with the left hip returning to its original position at the top.

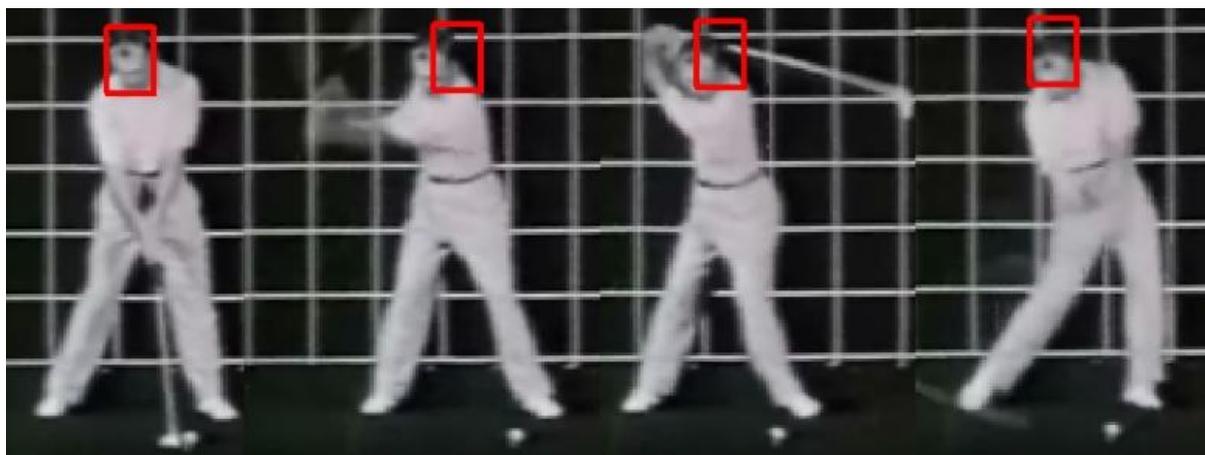
This makes timing much easier and improves ball striking over the long term. That's why so many Major champions now use this move and you'll often now hear commentators talk about recentering in the swing.

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 studied, he did — pretty much. I say “pretty much” because I'm basing this on two high-quality swings: the *grid swing* and the swing from the 1964 *Shell's Wonderful World of Golf* series (aired in 1965).

I call these “good” swings because there are plenty of face-on swings of Hogan, but many of them show camera movement. They were filmed by someone holding the camera by hand.

The swing where I first discovered this reference point was the grid swing, when I was analyzing Hogan's head movement:



Then I analyzed the best face-on swing of Ben Hogan from the 1964 *Shell's Wonderful World of Golf* event.



Naturally, I've looked at many other swings of Hogan, and he makes this move in every swing I've seen after the 1949 car crash. In some short-iron videos, it even looks like he exaggerates the move — though that's just a guess, since many of those old videos show some camera movement.

The bottom line is this: moving the left hip back to where it was at setup at the top of the backswing is a fantastic reference point. It will absolutely help you improve your ball striking from one game to the next.

And if you're going to err, I recommend slightly overdoing this move rather than underdoing 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 likely very different from what you've done in the past, it will take time to become automatic.

If you did 70 body-movement reps and 30 swings a day, that would be 100 reps per day — about 3,000 reps in a month. With that, after a month you'd be able to do the move with some conscious thought. After two months, with hardly any thought. And within three months, it should be automatic.

Even though I've practiced this move thousands of times, when I play golf I still like to focus on this hip movement. That's how I swing best. But for me, that's more about performance mindset than necessity.

Q. Why did Hogan say to start the downswing by rotating the hips, but not mention sliding them?

A. On page 90 of *Five Lessons*, Hogan wrote:

“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.”

So yes, he did mention it. But he didn't go into detail.

Now we know Hogan already had most of his weight on his left side at the top, so his focus was on turning the hips — while letting the lateral slide happen naturally. That's what you should do as well: focus on turning and let the slide take care of itself.

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

A. I've seen Hogan's hip movement mentioned elsewhere too, and I've read practically everything related to Hogan and how he hit the ball. But I've never seen anyone say that at the top of the backswing, your left hip should be back to its setup position — or explain the exact timing of how to achieve that.

I discovered this reference point in March 2015, while analyzing Hogan's head movement. It's a genuine discovery, and it gives you something concrete to practice and perfect.

This is more than just “get your weight left in the backswing.” That kind of vague advice raises questions like: *When should I do that? How far should the hip move?* I've seen players try it without clarity, and they either:

- a) make it look ridiculous, or
- b) cause serious swing-plane problems.

With the Stress-Free Golf Swing, you know your reference point: at the top, your left hip is back to its starting spot (with 70–80% of your weight left). From there, you're free to turn the hips hard in the downswing — with all the space you need to attack the ball from the inside.

Q. I'd like to see this move performed in a video.

A. Done! Who better to show it than Hogan himself?

Go to this page on my website and there you'll find a 5-minute video of Hogan repeating this move over and over.

👉 [Watch Hogan's best swing here: https://consistentgolf.com/ben-hogans-best-golf-swing/](https://consistentgolf.com/ben-hogans-best-golf-swing/)

Watch that video often — it will help you implement the move much faster.

Q. Can I skip the lateral move to the right (away from the target) and still do this Stress-Free move?

A. Absolutely. But you still need to move your *pressure* to the right in the backswing if you don't want to lose distance.

Here's a great way to practice:

- Start with 55–60% of your weight on your left side, with your right heel slightly off the ground.
- Then, to begin your backswing, push your right heel into the ground to move pressure to your right side.

When you do this, you don't need to slide your hips to the right — the pressure shift handles it. This is an excellent drill because the sequence is clear: left → right → left.

Q. What should I do with my head during the swing?

A. Here's what I recommend:

- During the takeaway, it's fine if your head moves slightly to the right (away from the target) — let it happen naturally.
- At the top of the backswing, your head should still be close to where it was at address, just a little lower, and ideally no more than 2–3 inches to the right.
- At impact, your head should return to almost the exact same spot it was at address — just lower. If anything, it can be slightly behind that position, but never ahead of it.

In short: don't try to lock your head in place, but don't let it drift forward either. Keep it steady, let it move naturally with your body, and use impact as your checkpoint. And if you have excessive head movement, you'll need to work on minimizing it to stay within the ranges I've outlined.

This advice comes from my in-depth *Golf Pro Head Movement Analysis*, which you can read here: <https://consistentgolf.com/golf-pro-head-movement-analysis/>

The Stress Free Golf Swing Conclusion

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

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, with 70–80% of your weight on the left side. This has nothing to do with limiting rotation — you still want to rotate your hips about 45 degrees, just as Ben Hogan did.

Then, to start your downswing, 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 should be on your hips and weight shift. Keep your upper arms connected to your chest and your arms close together, while letting your hands just go along for the ride.

This is a true “*no manipulation*” golf swing.

In my opinion, it's the simplest and best way to swing a golf club. It has transformed my ball striking to the next level and thousands of other golfers around the world — and it's incredibly easy to maintain that consistency.

I'm confident it will do the same for you once you try it and make it a habit. And if you ever have questions about the Stress-Free Golf Swing, please email me and I'll do my best to help.

For Consistent Golf,

A handwritten signature in black ink that reads "Jeff Richmond". The signature is written in a cursive, flowing style with a large, stylized 'J' and 'R'.

Jeff Richmond

Golf Performance Coach

P.S. Hogan had a well-known hook problem that he solved partly through the secret I've explained here — but he also made other key adjustments. So if you struggle with a hook, I'll outline exactly what Hogan did to fix his hook in the next section.

Bonus 1 – What Hogan Did to Fix His Hook Problem

Hogan's hook was so bad it drove him off the tour. If you've ever suffered from a hook, you know how destructive that shot can be — it's impossible to play consistent, high-level golf with it.

I've struggled with a hook myself in the past, so I researched in depth exactly what Hogan did to fix his problem. Here are the key things I found:

Setup Adjustments

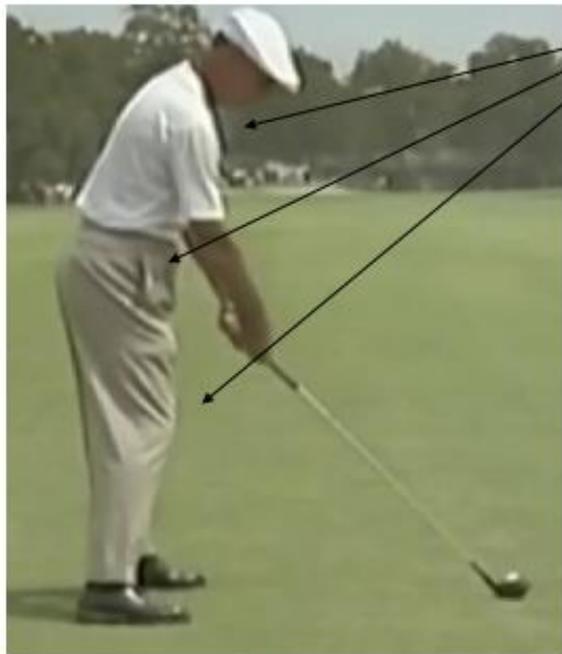
- **Weak grip** – Hogan turned his hands so his grip was weaker, with the “V’s” of his hands pointing toward his chin.
 - **Open knees, shoulders, and hips** – Hogan aligned his knees, shoulders, and hips open. On drives and fairway woods, his feet were often aligned slightly closed, but his upper body was open. The closed feet gave him more room for a bigger turn.
 - **Left foot turned out** – Hogan flared his left foot outward to help him clear through the ball better with his pivot.
 - **Hands behind the ball** – At setup, Hogan positioned his hands more in the middle of his body and slightly behind the ball. This created a noticeable cup in his left wrist at address.
 - **Ball position** – Hogan placed the ball opposite the inside of his left heel for all shots.
-

Here's a pictorial summary of Hogan's setup adjustments to help prevent the hook...



Weak grip and hands in the middle of the body.

Left foot turned out



Open knees, hips and shoulders.

Swing Adjustments

- Keep the cup in the left wrist during the takeaway – At setup, Hogan placed his hands in the middle of his body, which created a cupped position in his left wrist. He maintained this cupping throughout the backswing, as you can see in the following picture.



- **Open clubface in the takeaway** – Hogan deliberately opened the clubface quite a bit during his backswing.
- **Cupped left wrist at the top** – In the *Life* article, Hogan explained that he cupped his left wrist at the top of the backswing to help keep the clubface open. The amount of cupping was very slight however.
- **Hips back to setup position at the top** – After his accident, Hogan moved his hips back to the same place they were at setup, with 70–80% of his weight on the left side. I believe he did this to simplify the swing so he could fire his hips as fast as possible in the downswing without worrying about a big weight transfer. This principle is at the heart of the Stress-Free Golf Swing.
- **Starts the downswing with the left hip turning** – In *Five Lessons*, Hogan emphasized 27 times that the downswing begins by turning the left hip to the left. But here's the key: you can't do that effectively unless your left hip is already back to where it was at setup. That detail was missing in *Five Lessons*, but it's crucial.
- **Passive hands through impact** – Although Hogan's swing could look wristy, at impact his hands were very passive. There was no flipping or manipulation — just solid, consistent contact.

- **The famous Hogan finish!**



If you struggle with a bad hook, those are the key things I believe you should focus on to help prevent it. But the first and most important factor is the secret hip movement and weight shift I've shared in this book. Perfect that move, and I think you'll find many of your hook problems will disappear.

Bonus 2 – Ben Hogan Lag Drill

No doubt you've heard about "lag" in the golf swing. The best place to see how much lag a golfer creates is when their left arm is parallel to the ground on the downswing.

Here's a picture of Ben Hogan at that exact point in his swing:



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

Creating that kind of lag in the downswing is a tremendous advantage. To help you build it into your own swing, here's a simple drill you can practice in your spare time. Set up as normal with your driver....



Then swing to the top of your backswing and stop.



From the top of your backswing, slide your right hand down the shaft.

Loop your right index finger around the shaft so it's positioned about one-third of the way down. This grip change will create the leverage you need to feel Hogan-style lag.



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.



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.**

Bonus 3 – 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 to copy — his tempo.

There's a well-known golf book called [Tour Tempo](#) that found most amateurs' swing tempo is a lot slower than pros'.

So often you hear amateurs say they swung too fast. Well, no one can swing too fast. What they really mean 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 three times longer to swing back than it does to come down and hit the ball. But even more important than that discovery was that he found professional golfers generally fall into three 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*) discovered these tempos by recording professional golfers' swings from TV and then, using editing software, counting the frames it took for a golfer to swing from the start to the top. Then he counted 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), you'd find he takes 24 frames to reach the top of his swing and then 8 frames to contact the ball — 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*.](#)

And here is a video I have put together showing Ben Hogan's 21/7 swing tempo over and over again: <https://consistentgolf.com/ben-hogans-golf-swing-tempo/>

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