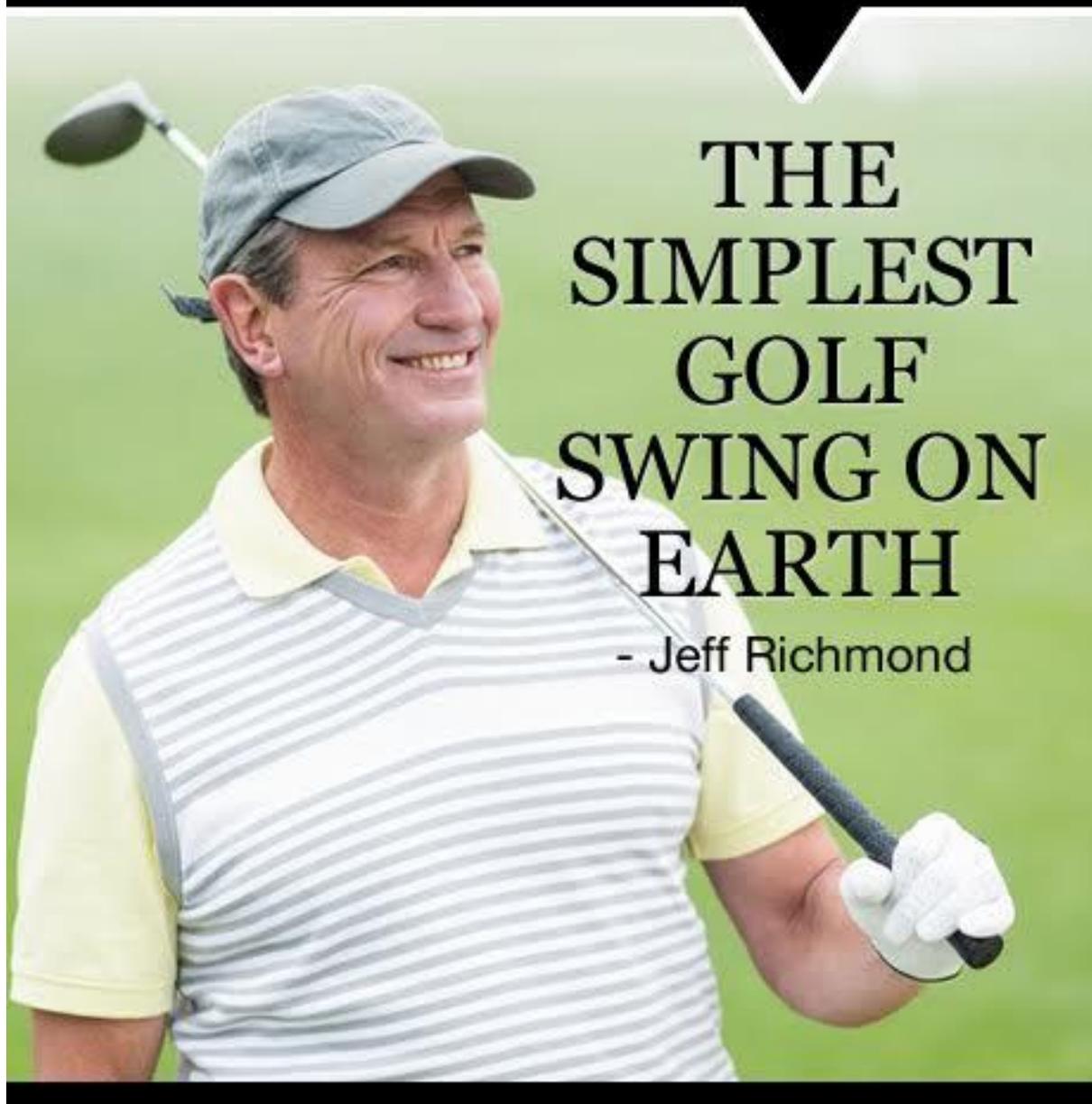


THE
STRESS-FREE
GOLF SWING



THE
SIMPLEST
GOLF
SWING ON
EARTH

- Jeff Richmond

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.