

## High Percentage Golf

# High Percentage Golf

Maximize Your Chance to Play Consistent Golf

by

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# Introduction

Why another golf book? There are already so many written by golf instructors and golf professionals. I don't make a living teaching golf or playing golf, but I do love the game of golf. I love being out of doors, playing different courses, and I love the challenge of golf. I wanted to write a book from the perspective of having spent a lot of time learning to play golf, and I want others to benefit from what I have learned.

I've spent over twenty years learning and improving my golf skills. I have attended John Jacobs golf schools, School for Extraordinary Golf, Dave Pelz Scoring Game School, Martin Green Golf Academy, Mark Dvorak Golf School, Swing Solutions, BioVision, and I've taken lessons from various golf professionals at Palo Alto Hills Golf and Country Club. I have read golf instruction books by Bobby Jones, Ben Hogan, Sam Snead, Jack Nicklaus, Byron Nelson, and Tiger Woods. Of course, I also read golf magazines on a regular basis. I've bought Sybervision videotapes showing the swings of Bobby Jones, Patty Sheehan, Al Geiberger, and tapes on putting and the power swing. It has been and still is a journey of learning to improve my golf game.



I believe that those who learned the game as children must have written most golf books. To them, the golf swing is second nature. My outlook is unique because I'm like most people who attend the golf schools: I started learning the game as an adult, at the age of thirty-six. My golf swing is definitely not second nature to me and it's still under construction. My intent in writing this book is to shorten the time it will take you to learn how to play consistent golf. I say consistent golf because that's the goal of most people who attend golf schools. What I present in this book are the things you must do to give you the best chance to play consistent golf so you can get more enjoyment from the game.

The title, High Percentage Golf, means that the techniques presented in this book give you the highest probability for you to play consistent golf.

I wish there were a method, similar to what I present in this book, that I could have learned when I started taking lessons. I believe it would have accelerated my progress to learn the golf swing - and to play consistent golf. All the basics I've learned over the past twenty years through lessons, books, and videos is distilled and presented in this book. If you focus on these fundamentals, you have a good chance to play a consistent round of golf even if you can't practice every day.

## The Premise of High Percentage Golf

There are two basic premises for playing high percentage golf:

1. Golf is one of the most mentally challenging games you will play, and if you can overcome the mental challenges you will improve your chance to play more consistent golf.

2. Golf is a game of making high percentage golf swings. Golf is not about hitting the ball. The ball is there to indicate how well you executed your swing.

High percentage golf is about making high percentage golf swings. The high percentage golf swing is a golf swing that is repeatable and gives you the best chance to make a good shot. If you execute the high percentage golf swing properly, it's very probable that the golf ball will travel the desired direction and distance with the desired trajectory.

For me, executing the high percentage golf swing is akin to a professional ice skater - when an ice skater practices, the focus is on executing the proper technique with the proper timing and rhythm in order to be judged at a high level during competition. The skater tries to execute a jump with the proper form. I concluded some time ago that golf is more about focusing on executing the correct form and technique than about hitting the ball.

Simply stated, the high percentage golf swing is based on the following prerequisites:

- A consistent setup and preshot routine
- Feeling the proper timing and tempo during the back swing and down swing
- Overcoming human tendencies that interfere with executing a high percentage golf swing

A proper setup and a consistent preshot routine are crucial for executing a high percentage golf swing. Unfortunately, few golfers give this the attention that it deserves. Professional golfers pay attention. In fact, when Jack Nicklaus or Tiger Woods have trouble with their game, they say it is usually a problem with their setup. I believe every golfer should start by learning a proper setup and a consistent preshot routine.

When I attended the various golf schools and took golf lessons, I wasn't taught how to feel a consistent golf swing. I was given drills to help me execute or demonstrate a move, but it was up to me to eventually learn to feel the swing. I think it is extremely important to know the feel of an efficient back swing and down swing. I don't believe that you can play consistent golf without your being aware of the feel of a high percentage golf swing. So the emphasis of the high percentage golf swing is to learn the feel of an efficient back swing and down swing. An efficient back swing and down swing are composed of proper timing and tempo. I define timing as the proper sequence of moves, and I define tempo as the rhythm of the swing.

Learning to play golf is like learning to ride a bicycle. If I brought a bicycle to you and asked you to ride down the street, you would be able to get on the bicycle and ride it down the street with ease, even if you hadn't ridden for years. You can ride effortlessly because your mind remembers what it feels like to ride a bicycle. You would have had a more difficult time learning to ride a bike if you were told to "point your foot here," "position your knee there," and "turn your body here." You learned to ride by remembering the feel of coordinating the pedals, balancing, and steering. If you learn to feel the timing and tempo of the golf swing like you learned to feel the riding of a bicycle, you'll be able to execute the swing even if you haven't played for a while.

If you overcome human tendencies that interfere with making a high percentage golf swing, you will play more consistent golf. I learned about these human tendencies when I was developing the high percentage golf swing. I wanted to test the techniques so I bought a left-handed pitching wedge and 7-iron and learned to swing left-handed using high percentage golf swing techniques. Even though I could swing right-handed and I knew what I was supposed

to do, I found it was not as easy as I thought. I wanted to kill the ball, I moved my arms independently of my upper body, and I wanted to help the ball into the air. That's when I decided that my human nature interferes with my execution of the high percentage golf swing. This was especially true when I was trying to hit the ball. I could perform decent practice swings, but I used a different swing when I was trying to hit the ball. I found that I was trying to lift the ball or I was trying to kill the ball. Even though I knew I shouldn't try to lift or kill the ball, I found it difficult to stop if I was trying to hit the ball. I was most successful when I focused on learning to feel the movements of the high percentage golf swing. So the exercise of learning to hit the ball left-handed revealed to me why golf is quite a difficult game: the ball is such a huge distraction that it causes most golfers to focus on hitting the ball instead of focusing on executing the proper setup, timing, and tempo.

This book is not intended to make you a scratch golfer. One needs a lot of talent, practice, time, and additional instruction in order to become a scratch golfer. My intent is to help you build a solid foundation that you can build upon. If you have the talent, and decide to spend the time and commitment to learn and practice a good deal, you may become a scratch golfer. If I can convince you that hitting the ball is a low priority in playing high percentage golf, and that playing consistent golf is about making high percentage golf swings, then I feel I will have helped you play better.

By reading this book, I anticipate you will get "hooked" by the golfing bug and want to learn more and practice more in order to get to the next level. Other than that, I simply hope you'll be able to enjoy the game when you do play.



## Chapter 1

# Golf Is a Difficult Game

The purpose of this book is to improve your chance to play consistent golf. I believe you can play more consistent golf if you learn to focus on executing a high percentage golf swing and overcome the mental challenges of golf.

Let's face it. Golf is a difficult game. As soon as you accept this fact, you will start to develop realistic expectations about how well you should play. Golf is also the only sport where the sports professionals continue to seek out coaching after having played the game for over fifty years.

The most important part of playing consistent golf is a good short game: putting, chipping, and pitching. Yet few golfers focus on this crucial component. If you develop a high percentage golf swing, where you learn to focus on executing the proper setup, timing, and tempo, you will have enough confidence in your swing so you can spend more of your practice time on your short game.

### Main Challenges of Golf

Hitting a golf ball is not the most physically challenging aspect of the game. After all, the ball is not moving. However, hitting a golf ball is the most mentally challeng

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ing aspect. There are two main challenges that make it difficult to learn to hit a golf ball consistently:

1. Human nature makes it difficult for you to execute a high percentage golf swing.
2. What you have learned in order to be a successful adult interferes with learning a consistent golf swing.

## Human Nature Interferes with Making a High Percentage Golf Swing

As human beings we have tendencies and preferences based on our past experiences that interfere with our learning to make a high percentage golf swing. You will need to overcome human nature in order to execute a high percentage golf swing.

The biggest interference in order for you to execute a high percentage golf swing is the ball itself. Once you can execute the high percentage golf swing without a ball in front of you, you will find it difficult to execute this swing once a ball is placed in front of you. The reason is that all of your past experience with playing with a ball is to hit it. You have never played a sport where executing a proper swing is more important than hitting the ball. That's why golf is so difficult to learn. One way to focus on the swing is to think of the ball as an indicator of how well you executed the high percentage golf swing. If you execute a high percentage golf swing, the ball will travel in the intended direction and distance.

Other interferences may include the following:

- You would rather practice hitting the ball instead of practicing your setup and preshot routine. The tendency is to think that the setup and the preshot

routine are trivial and insignificant, when in fact they are the most important part of making a high percentage golf swing.

- You just want to swing your arms at the ball. With the high percentage golf swing, the upper body controls the swing and the arms follow the movement of the upper body. This is most likely a new concept for you and it's difficult to learn.
- You want to kill the ball. When you try to kill the ball your mind stops focusing on executing the high percentage golf swing.
- Your thoughts get in the way of executing a high percentage golf swing. Common thoughts that may enter your mind include, "I don't want to look foolish," "I don't want to hit it into the water," and "I'm so bad." You can't think and execute a swing. The challenge is to not allow the thoughts to interfere with your swing.
- It is extremely difficult for you to accept the golf paradoxes that are inherent to executing the high percentage golf swing. Golf paradoxes don't sound logical but they are truths that need to be accepted in order to execute the high percentage golf swing. Golf paradoxes include "Golf is about making good swings, and hitting the ball is a low priority," "Swing down to make the ball go up," and "Trying harder reduces your chance for success."

### An Adult Mindset Interferes with Executing the High Percentage Golf Swing

Learning golf as an adult is difficult because what you learned growing up interferes with executing a consistent golf swing. As you went through school and grew into



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adulthood you were taught that in order to be successful you had to think, try harder, and not make mistakes. These characteristics interfere with making a high percentage golf swing. You can't think while you are swinging; the harder you try, the worse you get. Golf is a game of misses; therefore, you can't expect perfect shots. Tiger Woods and Ben Hogan have said that in a round of golf they only make one or two "perfect" shots - ones that achieved the desired distance, direction, and trajectory. So the best that you should expect is to have better misses.

As an adult you know what feels comfortable and you don't like it when something feels uncomfortable. There's a saying in golf, "If it feels comfortable, you are doing it wrong." You want to feel comfortable and natural, but golf is not an inherently natural game. The movements that you need to make to execute a high percentage golf swing are movements you have never made in your life, so you'll get better results if you embrace the feeling of the movements that bring you the desired result. The movements will feel exaggerated, but you will have to welcome that feeling as being correct.

In order to make a high percentage golf swing, you will be more successful if you can allow yourself to be an eight-year-old child who likes having fun. This means that you should learn by mimicking, not worry about feeling uncomfortable, and be happy just to be out playing on the golf course.

I mention these difficulties not to frighten you from learning golf, but to explain why such a seemingly simple game is so frustrating to a majority of the people who play golf. I have felt these frustrations for the last twenty years. If you know that there are a lot of things that interfere with learning and playing golf, I hope that you will adjust your expectations and your attitude to give you the best chance

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to play consistent golf, focus on the feel of the high percentage golf swing, and overcome human nature.

The words of Arnold Palmer in his book, *Arnold Palmer: My Game and Yours*, is a good summation of this chapter:

Golf is deceptively simple and endlessly complicated. A child can play it well and a grown man can never master it. Any single round of it is full of unexpected triumphs and perfect shots that end in disaster. It is almost a science, yet is a puzzle without answer. It is gratifying and tantalizing, precise and unpredictable; it requires complete concentration and total relaxation. It satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening and it is without doubt the greatest game mankind has ever invented.

Have fun and enjoy the journey.

### Golf Is a Difficult Game - Key Points

- Human nature interferes with making a high percentage golf swing.
- An adult mindset interferes with executing the high percentage golf swing.

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## Chapter 2

# Current Golf Instruction Environment

If you ask one hundred instructors how they teach golf, you will get one hundred different responses. How confusing is that? And whom do you listen to? Are the responses related to each other? Is one suggestion more important than another? It's difficult to determine because there is no one system to learning-just tips. Golf has no definition of what set of skills defines a beginner, an intermediate, or an advanced golfer. My definitions of the various skill levels are:

- A beginner golfer can make contact with the ball and advance the ball in a general direction and have it travel a fairly consistent distance.
- An intermediate golfer has some short game skills that can get the ball on the green and usually two-putt.
- An advanced golfer can occasionally get up and down from off the green and rarely three-putts. The advanced golfer also has developed some course management and mental skills.

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### Learn the Feel

Golf is a game of feel. In order to play consistent golf, I believe there should be a way to learn the feel of a high percentage golf swing. The current learning environment is inconsistent and doesn't adequately teach you the feel. Indeed I was never told how it should feel. The instructions I got were "swing like you are in a barrel" or "swing like a baseball player." The instructors were trying to get me to rotate around my spine instead of rocking my shoulders. It would have been better if they made sure that my posture was correct and told me to feel a stable lower body supporting a rotating upper body.

The current golf instruction talks about swing planes, body positions, arm positions, and hand positions. This concept may help the golf instructor, but does little for the student if the student has to think about it.

This kind of teaching has confused the golf student by creating information overload and "paralysis by analysis." If you play only occasionally, you don't have the capacity, time, or interest to absorb, let alone execute, all that you hear about the golf swing.

The current golf instruction environment consists of creating positions (do this with your arm, hands, head, body, legs, feet, etc.) and motions (clear the hips, drive the right knee, cross the right arm over the left arm, etc.). A lot of this comes from looking at pictures, videos, and movies and analyzing what is seen. The problem with looking at videos is that it's difficult to determine if the golfer consciously made the movement or was his movement a reaction to another movement. This has made teaching golf evolve to giving instructions that deal with external analyses of the swing and teaching the golf swing in external terms.

## Current Golf Instruction Environment

If you ask an accomplished golfer what s/he was thinking during the execution of the golf swing, it is certain that the s/he is not thinking of all the things that the less accomplished golfer is thinking. I guarantee that the better golfers focus more on how their swing feels than on specific positions. When professional golfers are asked about what they were thinking when they made the shot that won the tournament, the answer usually is, "I just told myself to execute a good swing."

## The Need for a Consistent Teaching Method

What is missing in today's golf instruction is a consistent method that

1. defines the fundamental skills of a high percentage golf swing;
2. describes how to feel a consistent golf swing; and
3. describes how to develop a high percentage golf swing.

The best way to progress is to have a teaching method that begins with learning the basic skills and builds on previously learned skills. This is similar to how they teach snow skiing. Once you develop a particular set of skills at one level of ski instruction, you move on to learn the next set of skills. In golf, there is no standard skill progression that is widely taught. The current golf teaching method is dependent on each individual instructor's method. This means there is no single golf teaching standard like there is in ski instruction. Golf instruction is where ski instruction was over thirty years ago. High percentage golf provides the fundamental skills you need to master in order to play consistent golf.

I would like to see golf instruction develop a more

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systematic approach, a high percentage golf method that focuses on developing the proper setup, timing and tempo. I think it would be beneficial for those of us that are learning this game.

## Keep It Simple

The high percentage golf swing has only one swing to learn and the skills are built upon previously learned skills. I know some of you may want to have a different swing for your short game and your full swing, but if you don't have time to practice one swing, how are you going to practice two swings? The high percentage golf swing that you use for putting and chipping is a miniature of the full swing. This means that when you practice your putting, you are also practicing your chipping, pitching, and full swing.

As a golf student I was given a set of instructions for the full swing, a set of instructions for pitching, different instructions for chipping, and yet another set of instructions for putting. Most people don't have time to practice everything they are taught.

High percentage golf simplifies golf instruction by teaching only the movements that give you the best chance to execute a high percentage golf swing. These are the movements that every accomplished golfer uses no matter what "method" they use. If you don't feel these movements, then your chance to execute a high percentage golf swing is extremely low.

## Current Golf Instruction Environment - Key Points

- You need a consistent golf instruction method. " Learn the feel of the golf swing.

## Chapter 3

# The Mental Side of Golf

To quote the great baseball player Yogi Berra:

"Ninety percent of the game is half mental." "How can you think and hit at the same time?"

What Yogi said about baseball is also true about playing high percentage golf. The mental side is important. As you will see in this chapter, there are many mental challenges in golf that interfere with making a high percentage golf swing. One of the main points about the swing is that you can't think swing thoughts while you execute the high percentage golf swing.

I start with the mental side because I hope to convince you that playing high percentage golf is about making consistent golf swings. In order to play high percentage golf you have to have

- a good mental attitude;
- a high percentage golf swing;
- and
- a good short game.

Notice that hitting the ball is not a priority. Hitting the ball is not a priority. That concept is hard to accept. It's one



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of many reasons why golf is such a difficult game. Once the ball is in front of you, you can almost hear the ball shout, "Help! Get me get into the air," or "Hit the heck out of me." Now is the time to accept that the ball is there to interfere with the real purpose of golf-and that is to make high percentage golf swings. It would be wise to change your perception about the role of the golf ball. Embrace the fact that the ball is utilized in order to tell you how well you executed the high percentage golf swing.

The mental side of golf is really the most difficult part of the game. The obstacles that prevent you from playing consistent golf are human nature, adult tendencies, and the golf paradoxes. You need to develop mental skills to overcome the obstacles and to give you the best chance to play consistent golf. This is easy to say, but hard to do.

The recommendations in this chapter are ones I have developed and learned over the last twenty years. The sooner you learn to overcome the mental challenges of golf, the more you will enjoy the game. This chapter lists what you can do to improve your mental skills. I don't expect you to overcome all of the mental obstacles, but if you overcome one or two obstacles, you'll be doing well.

## Have Realistic Expectations

One way to overcome the mental obstacles is to focus on the fact that you are there to do the best you can, have fun, and enjoy the game. Mentally, this game can be extremely frustrating, especially if you have unrealistic expectations on how you should play, given the state of your swing skills, your course management skills, your short game skills, and your mental skills.

You need honestly to believe that the best chance you have to play high percentage golf is to learn the feel of the

high percentage golf swing. In order to feel the high percentage golf swing, you need to be aware of your rhythm, body movements, and club movements.

On the tee, you should have the mindset that the objective of the tee shot is to start the play of the hole. You want to get off to a good start, so, again, you don't want to kill the ball. Think of the tee shot like the second serve in tennis; put the ball in play but don't be tentative. The subsequent shots should get you on or close to the green. Once you are on or near the green your short game is what determines how good a golfer you are.

If you don't play every day, you should consider that your "personal par" is a bogey, your "personal birdie" is a par, and your "personal eagle" is a birdie. If you do this you won't put unreasonable expectations on yourself and your game. This attitude will give you the best chance to play high percentage golf.

### Be Childlike

There have many books written about the mental side of golf. It boils down to the fact that golf is just a game and you will only play high percentage golf if you don't put pressure on yourself. Even though the game of golf is difficult, the golf swing is not that difficult. After all, you see youngsters making consistent golf swings. This means you will be more successful if your attitude is more childlike.

In order to capture the innocence and trust that young children have:

- Don't be judgmental. Golf is a game of misses. Make your high percentage golf swing, and then go to the ball and make another high percentage

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golf swing. Just watching the ball advance is fun. If the ball goes in the general direction and the approximate distance that you imagined, that's a bonus.

- Accept the feel of the high percentage golf swing. The swing shouldn't feel "natural." To a child, everything is new and not "natural." So when a child discovers the feel of a swing that produces the desired results, the feel is quickly embraced. So what if what s/he experienced felt exaggerated or strange, a child doesn't care. Adults find it difficult to embrace because it feels strange or uncomfortable.

Don't let "adult thoughts" (i.e., don't hit it into the water) interfere with your enjoyment of the game. It is hard not to think the thoughts, but a good preshot routine and focusing on the feel of the high percentage golf swing can help block out the thoughts.

Don't let swing thoughts (i.e., keep your head down) interfere with your swing. When you are swinging the club, you should be feeling the high percentage golf swing. Ideally, your mind should be blank when you focus on the feel of the swing.

## Overcome Human Nature

Planning for success, accepting the outcome, and realizing that you are human goes a long way to keeping your sanity. Try to realize that working to improve your putting, chipping, and pitching skills gives you the best chance to play high percentage golf. Acknowledge the fact that human nature will cause you to perform human actions (independent arm swing and trying to help the ball

up) that prevent you from executing high percentage golf swings.

The reason golf is so difficult to learn is that playing high percentage golf requires you to do things that go against human nature:

- It is human nature to try to hit the ball. When professional golfers say they want to "put a good swing on the ball," they mean the main priority is the swing and not hitting the ball. This means that hitting the ball will take care of itself if you make a high percentage golf swing.

- It is human nature to focus on the "doing." This means we want to execute swing mechanics rather than feel the golf swing. You have also been taught to think to be successful. You can't think about swing mechanics during the execution of the high percentage golf swing. The last time you learned something by feel was when you learned to ride a bicycle. Just learn to feel the high percentage golf swing.

- It is human nature to want to help the ball into the air. Any attempt to lift it will greatly reduce the chance for a consistent golf shot. You need to learn to relax your right arm during the down swing and let gravity pull your arm down.

- It is human nature to swing only with the arms. If you are not a baseball pitcher, a football quarterback, or a hockey player, you don't realize the power of using the upper body to control the arms. Use your stronger upper body muscles, the stomach, back, side, and shoulder muscles, to control the weaker arms.

- It is human nature to try to hit the ball as far as

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possible. The distance your ball carries is a reflection of the quality of your swing. The harder you try to hit the ball, the worse your swing will be. Focusing on executing a high percentage golf swing will give you the best chance to maximize the distance your ball travels.

- It is human nature to concentrate on golf swing mechanics. This means most golfers neglect the most important element of a high percentage golf swing: a proper setup and a consistent preshot routine. Make sure you work on establishing a correct setup and a consistent preshot routine.
- It is human nature to strive for perfection. Golf is a game of misses and you will rarely make a perfect swing. Work on executing a high percentage golf swing so you will have better misses. Don't be too critical. When you feel you have made a good swing and the ball goes in the direction and the distance that you intended, don't say, "But why did it go left?" Know when you have made a decent swing for your skill level and move on to execute the next swing. You can always find something wrong, so acknowledge the times when you execute your swing relatively well.
- It is human nature to be easily frustrated by the game of golf. Golf is an extremely difficult game to master. You will have good swings and bad swings. Enjoy your good swings and let go of the bad swings.

It is these insights into human nature that will help you develop the correct attitude to play consistent golf.

The following points, if carried out, will contribute to providing you with the mental skills needed to overcome the human tendencies previously stated.

## The Mental Side of Golf

- The best chance for a successful golf shot is to embrace the strange and exaggerated feelings that you experience when you execute the high percentage golf swing.
- Concentrate on feeling acceleration of your upper body during the down swing instead of trying to hit the ball.
- Spend more time learning the feel of the high percentage golf swing.
- Spend more time practicing your putting, chip ping, and pitching.
- Feel how the build up of energy in the back swing directly affects the distance your shot will travel (the more energy you build up, the farther the ball will travel).
- Make ten full swings on the driving range with each club and note the average carry distance of each one. When you are on the golf course, use this knowledge to decide which club to use when you want the ball to travel a specific distance.
- Don't try to kill the ball. Test yourself on how consistently and repetitively you can execute the high percentage golf swing.
- Use positive thinking. This is crucial for success in golf. It's just as easy, if not easier, to think positively rather than negatively. Negative thoughts in golf are self-fulfilling prophecies. Whenever you think negative thoughts your chance for success is practically zero.
- Maintain hope. Golf provides a splendid environment for hopeful thinking. Golf is full of good possibilities. You never know when the good shot will happen.
- Have trust. Doubts about any aspect of your golf

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game will lead to undesirable results. Doubt will cause you to try to lift the ball, decelerate the golf club during the down swing, and/or lose awareness of your swing.

- Watch your expectations. Be reasonable. For example, a two-putt is good; a one-putt is a bonus. A bogey is acceptable; a par is a bonus. Making a high percentage golf swing is the goal. Consistent distance and direction is a result of a high percentage golf swing.
- Be aware that normal human tendencies will occasionally creep into your swing, which will result in a less than desirable high percentage golf swing. Golfers are not robots. Do your best to execute a high percentage golf swing.
- Above all enjoy yourself. A sense of humor is invaluable in the game of golf. Things will happen to you that you may think are unfair, but that's a part of golf. Understand and accept that you are human and that you will make mistakes.

## More on Mental Challenge

Now that you're becoming aware of the mental challenges regarding golf you can understand how the simple task of hitting a ball that is not moving can be decidedly difficult and frustrating. A word to the wise: if you work on improving your mental skills, you will be able to play high percentage golf.

The one important skill you should learn is to place a higher priority on executing the high percentage golf swing and forget about trying to hit the ball. That's correct. The secret is out. Golf is a game of executing a consistent golf swing - a high percentage golf swing. The golf ball will

let you know how well you are executing your high percentage golf swing.

If you can bring yourself to reverse your priorities and focus on the swing and not the ball, you will have taken a big step toward executing a high percentage golf swing.

There are times when you will play your best golf, and there are other times when you will play poorly. This type of inconsistency can occur from shot to shot. Being able to successfully cope during these times is the real mental challenge of golf.

In addition to the predictable mental challenges, external influences can also present further mental challenges. These external influences may include:

- Weather
- Competition
- Playing partners
- Course conditions

It's difficult to overcome these external influences. The best chance you have is to think less and trust your high percentage golf swing. This is easy to say but hard to do. You've been taught all your life to think more when you have to overcome challenges. Now I'm telling you to think less about your swing when you are faced with the external challenges.

In order to take the pressure off of their swing, the better players think "I've practiced this a million times," "Make a good stroke," "Trust your swing," or "I've done this before." They are putting themselves into a familiar environment where they feel comfortable enough to simply trust their swing and not think too much.

There is no guarantee, but not thinking about your



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swing and just trusting your high percentage golf swing gives you the best chance for a decent shot.

### The Mental Side of Golf - Key Points

- Have realistic expectations.
- Be childlike.
- Focus on the setup, timing, and tempo.

## Chapter 4

# Begin with the Setup

A perfect golf swing with a bad setup is a low percentage situation to make a good golf shot. When professional golfers tweak their swing, they mainly work on ensuring that their setup is correct.

The high percentage golf swing begins with the proper setup. The setup consists of the following sequence of activities:

- Grip the club.
- Position the club behind the ball.
- Position the body to the club.
- Use proper posture.

## High Percentage Golf

### Grip the Club



The left hand of the full swing grip should be rotated to the right enough so that the left hand can easily push the shaft of the club to a vertical position. This is accomplished by placing the palm pad at the base of the little finger of the left hand on top of the grip. When the left hand is positioned correctly you should be able to push down on the grip with the left palm, moving the shaft of the club to a near vertical position, with the club head reaching above the height of your head. If the left hand is rotated too much to the left, you will find it more difficult to push down on the grip to raise the club head.

Begin With the Setup



The right hand is positioned on the club so that the side of the left thumb is aligned with the lifeline on the right palm.

## High Percentage Golf



Close the right hand so that the palm pad below the right thumb lies on top of the left thumb.

Interlock the little finger of the right hand with the index finger of your left hand. This is called the interlocking grip.

## Begin With the Setup



Use the interlocking grip for all of your golf swings. Why only one grip? When you are learning, it will be easier to learn one grip than to learn a grip for putting and chipping, and another grip for pitching and the full swing. If you get more serious about your golf game and devote more time to practice using different grips, then go ahead and try using a different grip for putting and chipping and another grip for pitching and the full swing. For now, the interlocking grip will work well for all of your golf swings. The interlocking grip provides a better feel of the club and does a more efficient job at keeping both hands synchronized in the high percentage golf swing. Jack Nicklaus and Tiger Woods use the interlocking grip, so there must be some benefit to it.

## High Percentage Golf

### Position the Club Behind the Ball



Start by standing behind the ball while looking at the target. Pick a spot on the ground about two feet in front of the ball. This is the intermediate target. The target line is a line from the ball to the intermediate target. Place the club behind the ball and line up the bottom edge of the club perpendicular to the target line.

## Begin With the Setup

### Position the Body to the Club



Position the body to the club so that your navel lines up with the butt of the club. Your feet are approximately shoulder-width apart. The angle of the shaft of the club will position the ball in the stance. This means that when the club is resting on its sole, the angle of the driver shaft will automatically position the ball forward in the stance while the angle of a wedge shaft will automatically position the ball toward the center of the stance.



## High Percentage Golf

### Proper Posture



Proper posture is crucial to ensure the success of executing a high percentage golf swing. The start of a good posture is to establish a solid and strong base. The feet should be shoulder-width apart and the knees slightly bent. This provides a strong base to support the upper body and a powerful base to create a powerful swing. On top of this stable base, you want to have the upper body tilting to the

## Begin With the Setup

right behind the ball. The spine should tilt about ten to fifteen degrees to the right. This is a posture that allows you to efficiently position the right hand below the left hand when you grip the club. This allows the right hand to be placed beneath the left hand on the grip. This is preferable to having the spine vertical and tilting only the shoulders in order to place your right hand below the left hand.



Your upper body should bend over the ball from the hips, not the waist. Your butt should be sticking out, not tucked in. Having your butt sticking out behind the heels provides the leverage to generate power. Your pelvis should control the forward tilt of the spine. If your pelvis is tilted forward forty-five degrees, you should feel the same tilt in the spine.

## High Percentage Golf

The center of the arms should feel as if they are aligned to the front of the pectoral muscles. The arms will be one or two degrees above vertical. Above vertical means moving the hands away from the body. This position gives the best chance for a free arm swing and gives leverage for more distance. If your upper arms feel like they are aligned in the middle of your armpits, this means you are pushing down and you'll restrict the free swing of the arms.

When the setup is complete, you should feel the stretch on the left side and also feel the right upper arm stretch toward the club head. A proper setup provides the start of the energy build up in the high percentage golf swing.

## Begin With the Setup - Key Points

- Use the interlocking grip for all golf swings.
- Position the club behind the ball.
- Position the body to the club.
- Maintain a powerful and stable posture.

## Chapter 5

# Preshot Routine

A key aspect of high percentage golf is to develop a preshot routine that ensures a proper setup and puts you on autopilot. This is important because the preshot routine is a ritual that helps block out distracting thoughts, making it easier for you to focus on feeling the swing instead of thinking about the swing.

Having a preshot routine is a high percentage situation. Lacking a preshot routine is low percentage. Thinking should stop once the routine begins. This is where the autopilot or grip-it-and-rip-it mindset takes over.

Following is the sequence of activities that I recommend for a consistent preshot routine.

## High Percentage Golf



1. Start from behind the ball and choose the direction for the shot by aiming at a specific target in the distance. This could be the edge of a tree, an edge of a hill, the edge of a bunker, etc. The target has to be specific in order to visualize a line along the ground from the specific target to the ball. This is the target line. Select an intermediate target on the target line, anywhere from six to eighteen inches in front of the ball. This could be a leaf on the ground or a clump of grass. You need to select an intermediate target that you can pick up again when you position the club behind the ball.

## Preshot Routine

2. Take your grip after you have selected your intermediate target. Position the club behind the ball and pointing to the intermediate target.



3. Position the body parallel left of the target line. My raised arm shows how important it is that the upper body is pointing parallel to the target line and not at the target. If you point the left shoulder to the target, you will hit the ball to the right and your reaction on your next shot will be to whip your upper body around in order to hit the ball straight. This whipping around of the body is an inconsistent movement.

## High Percentage Golf



4. Establish the proper posture.
5. Make a waggle or two to feel your upper body control the arms and to maintain some movement in your body. It's difficult to start your swing from a static position.
6. Take a practice swing if it helps you focus on the feel of the swing. This is optional.

### Be in the Zone

Once you start taking your grip in your preshot routine, you should be using your mind to feel the remainder of your preshot routine. You will not be able to do this at first, but the goal of the high percentage golf swing is to allow your mind to focus on feeling your preshot routine

## Preshot Routine

and the efficient build up and release of energy-not to think about it. This is what golfers mean when they say they are in the zone. Their minds do not get in the way of their swings.

Think of it this way: it's as automatic as walking. Your mind does not think of all the moves that occur when you walk. Your mind focuses on walking in a specific direction and or at a certain pace, but not on the actual walking movements. The high percentage golf swing teaches you how to swing the club without focusing on swing thoughts.

### Preshot Routine - Key Points

- Start from behind the ball.
- Practice on the driving range to make the preshot routine automatic.
- Once the preshot routine starts, stop thinking and simply execute.



## High Percentage Golf

## Chapter 6

# Build Up and Release Energy Efficiently

Only after the setup is correct and the preshot routine is executed can the high percentage golf swing take place. A perfect swing on a bad setup is a low percentage golf swing. This is why professional golfers first check their setup when they need to work on their swing.

The high percentage golf swing is based on a sequence of moves incorporating the lower body, upper body, and arms to establish the proper setup, build up energy efficiently during the back swing, and release energy efficiently during down swing.

The best way to efficiently build up and release energy is to use the upper body to control the arms during the high percentage golf swing.

### The Upper Body Controls the Arms

There are two theories regarding whether the arms control the golf swing or the upper body controls the golf swing. I have tried to learn a consistent golf swing using both methods, and I have found it easier to coordinate my upper body and arms if I let the upper body control the arms. I have found that when I use the arms to control the

## High Percentage Golf

swing, I tend to forget to use my upper body. My upper body core muscles, stomach, back, oblique, and shoulder muscles are stronger than the arm muscles, which are the biceps and triceps. So it makes sense to me to let the stronger muscles control the weaker muscles.

## The High Percentage Golf Swing Is a Leveraged Swing

Since the upper body controls the swing, this means the high percentage golf swing is really a leveraged swing where the motion of the upper body provides leverage on the arms in the back swing and down swing. When you think of a swing, you normally think of the arms swinging independently of the body. Independent arm swing tends to swing horizontally back and forth across your body. That is an inconsistent movement. A leveraged swing has the upper body push the arms up in the back swing and down in the down swing. I find that high percentage golf's leveraged swing is a much more consistent swing.

The upper body controls the back and forward movement of the arms. If the upper body doesn't move, the arms don't move. It's a natural tendency for the arms to move back and forth independently of the upper body. When I try to move my arms independently of my upper body, I find that I stop the movement of my upper body, and my chance to make a solid shot is extremely low. I like to feel that my right arm is inert and the upper body and the left arm control its movement.

To illustrate my point I suggest you to look at the best golfers on the Celebrity Golf tour. Their website is: [www.celebrityplayerstour.com](http://www.celebrityplayerstour.com). You will notice that the majority of the successful celebrity players are former major league baseball pitchers or catchers, NFL football quarterbacks, or NHL hockey players. What these golfers

## Build Up and Release Energy Efficiently

have in common are two things:

1. They naturally use the upper body to control the swing because they know from their training that the upper body is the most efficient way to generate power and control.
2. They naturally use the lower body to provide a stable base and a powerful leverage for the upper body and arms to throw the ball or hit the puck.

You should follow their example and let the upper body control the arms above a stable lower body.

### Timing - The High Percentage Golf Swing Sequence of Movements

The high percentage golf swing is a continuous sequence of movements. The movements are used to efficiently build up energy during the back swing and efficiently release the energy in the down swing.

The swing efficiently builds up and releases energy incorporating the correct synchronization of the lower body, upper body, and arms. The sequence of a stable lower body, the coil of the upper body, and the push of the left arm build up energy in the back swing. A bent right knee provides the stable point over which the upper body coils.

The down swing starts with the lower body creating a stable platform for the upper body to release energy in the down swing. Once the lower body is stable, the lower body controls the release of energy stored in the upper body and arms to accelerate the arms in the down swing. This sequence of movements efficiently creates the acceleration in the high percentage golf swing.

## High Percentage Golf

If there is any jerking motion in the lower body, upper body, or arms during the down swing, there will be a loss of synchronization of the body and arms. Loss of synchronization results in an errant golf shot.

The build up and release of energy occurs around a spine angle that does not change during the swing. This means the forward tilt of the spine and the spine tilt behind the ball that you establish in the setup should be constant throughout the high percentage golf swing.

## Acceleration - Critical for a Successful Golf Shot

The high percentage golf swing has a down swing that efficiently accelerates the club. It is the accelerating club head that directs the ball in the intended direction. Acceleration also gives the best chance to have the ball travel the desired distance. The amount of energy stored in the hips, upper body, and arms during the back swing determines the amount of acceleration. It's important to note that acceleration does not mean a jerking motion. Acceleration is a smooth release of stored energy, not a violent motion.

Acceleration is defined as the rate of change in velocity with respect to time. The operative word here is time. It takes time to accelerate a club head, granted less than a second, but just not instantaneously. Acceleration is a high percentage motion. Jerking is a low percentage motion.

The ultimate goal of the high percentage golf swing is to efficiently build up and release energy to create acceleration.

## Momentum

Momentum allows acceleration to occur. Momentum refers to the property of a movement without any attempt

## Build Up and Release Energy Efficiently

to slow the movement. The high percentage golf swing maintains the momentum by allowing the down swing sequence of moves to happen without any attempt to slow the swing. Any attempt to slow the momentum results in a less than desirable shot.

Most golfers tend to stop the upper body during the down swing or decelerate the club before contact with the back of the ball. This slows the momentum and is a low percentage move. I try to continue the down swing by accelerating the push down of the upper body past vertical. It is not a violent jerk, but a smooth increase in velocity.

## The Straight Left Arm

The build up and release of energy and the subsequent acceleration of the club cannot be accomplished efficiently without a straight left arm. A straight left arm in the back swing and down swing is used to build up energy that is released to accelerate the club head.

## Build Up and Release Energy Efficiently - Key Points

- The lower body provides the stable foundation for the upper body.
- The upper body controls the arms.
- Always accelerate the upper body in the down swing.

## High Percentage Golf

## Chapter 7

# Feel the High Percentage Golf Swing

Golf is a game of feel. The high percentage golf swing is based on learning to feel the leveraged golf swing. I have said that golf is a game of making high percentage golf swings, so I find that if I don't play golf every day or practice every day, the best chance for me to make high percentage golf swings is to get into the feel of the swing. In this chapter I present what sensations I experience when I execute high percentage golf swings. These sensations give me the best chance to make a consistent swing.

When you focus on the feel of the swing, you will focus less on trying to hit the ball and more on the motion of the swing. When you first learned to ride a bike, your head wasn't filled with instructions like "move your leg here" or "move your hand like this." You learned to feel the motion of the legs and you felt how to maintain your balance on a moving bike. This is not "muscle memory" because muscles don't have memory. Your brain, not your muscles, remembered how to ride the bike. You want your golf swing to feel as automatic as riding a bike.



## High Percentage Golf

### Feel the High Percentage Golf Swing

The focus of the high percentage golf swing is to embrace the sensations you feel in your lower body, upper body, and arms when you efficiently build up energy in the back swing and release energy in the down swing.

The sensations that I feel are focused on the left hip, left side, and right upper body. This is one reason why the golf swing is difficult for adults to learn. As you grow older all of your activities are right sided. Now in order to play golf you have to also focus on your left side. This feels awkward and unnatural. But you will be more successful if you can learn to focus on the left side. Now you know why golf is easier to learn when you are young. Young golfers have not learned to favor either side so it's much easier to accept the golf swing as being controlled by the left side. The following is what I feel during the high percentage golf swing.

1. During the Setup I feel
  - the forward tilt of my upper body by bending at the hips and pushing back my butt;
  - the tilt of my upper body to the right; and
  - the stretch in my left side to build up energy in the left side.
2. During the Back Swing I feel
  - the coil of my upper body around a fixed spine angle and a bent right knee to build up energy in the upper body;
  - my arms raise and the wrists cock to build up energy in the arms; and
  - my left hip resist the coil of the left side, which signals the end of my back swing.
3. During the Down Swing I feel
  - the push of my left hip to the left to start the down swing; and

## Feel the High Percentage Golf Swing

- the push up and acceleration of my left hip followed by the push down and acceleration of my right upper body.

The following text and photos provide a more detailed description of the high percentage golf swing.

### Build Up Energy Efficiently in the Back Swing

The upper body controls the back swing and down swing. This is the basis for the leveraged swing. If you try to use the arms to control the swing, the tendency is to forget to keep the upper body moving. Any hesitation in using the upper body to control the swing greatly reduces the chance for executing a high percentage golf swing.

### A Drill to Feel the Upper Body Coil in the Back Swing

A good drill for learning proper upper body coil is to hold a club across your chest and see the club rotate around your spine. Look at the following two photos to see how the club shows if you are rotating properly. Focus on feeling the stretch of your left side on the back swing, and feel the arms move with the coiling upper body.



## High Percentage Golf



You should feel the front of the right armpit rotate behind your right ear as you rotate your left side in front of your left ear. You should feel like the shoulders are rotating around the spine in a vertical plane.

## Feel the High Percentage Golf Swing

### Start the Back Swing



With the proper setup, feel your left hip remain fixed and feel the stretch in the left side. The stretch felt in your left side is the build up of energy that starts with the proper posture. Start the back swing with the push down of your left side to rotate your upper body to the right around a fixed spine and a bent right knee. Your rotating shoulders should push your arms to the right. This synchronizes your arms with your upper body.

The stretch that you feel in your left side and your left arm is more build up of energy in the high percentage golf swing. Your arms should keep the club away from your body as your upper body coils. Keep your left arm straight and feel your left arm stretch during the back swing. This is also more energy build up. A straight left arm is analogous to the spoke of a wheel. The function of the spoke is to

## High Percentage Golf

prevent the wheel rim from collapsing into the hub. A straight left arm keeps the club away from the upper body in order to keep a wide swing arc, and it builds up energy in the back swing. You should feel the energy build up in your left forearm.

You want to feel the butt end of the club move when the upper body moves. If your body does not move, the butt of the club shouldn't move. You should feel the butt of the club rotate around your spine as your upper body and arms rotate in the back swing.

The back swing creates a stretch in your left side. I like to feel this left side stretch throughout the back swing, down swing, and follow-through.



In the picture above, notice that the upper body has coiled to the right over a bent right knee and that the left hip resists the upper body coil.

### Feel the High Percentage Golf Swing

As the arms are pushed past the right leg, raise the arms and cock the wrists. Keep pushing the left arm straight. The left hip should still be pushing to the left in order to provide a stable base to support the rotation of the upper body and promote the feeling of the stretch along the left side and the left arm. This is efficient energy build up.

If you are not flexible in the oblique (side) muscles, you may have to release the left hip by raising the left heel. You will lose the stretch in your side and you will not build up energy efficiently. When you turn your left hip too much to the right, the only way to build up energy in the down swing is to start the down swing by firmly planting the left heel to build up energy in the left side and return your left hip to the starting position in order to get a solid foundation for the down swing. Jack Nicklaus did this well, but it takes more practice to do this.

Another option if the upper body is not flexible is to fan the right foot to the right about forty-five degrees to allow the hips to turn more to the right in the back swing.

## High Percentage Golf

### Wrist Cock



During the back swing, when your hands are pushed past the right leg, feel your right elbow bend to raise your hands and notice your wrists cock. Keep pushing your left arm straight and you should feel this movement building up energy in your left side and left arm. Continue the back swing to the top, where your right thumb is level with your right shoulder. Keeping your right elbow soft allows you to raise your hands. Keeping your wrists soft allows you to cock the wrists. Keeping your grip relaxed allows you to cock your wrists and elbow.

## Feel the High Percentage Golf Swing

### Keep the Hands at Shoulder Level in the Back Swing



The high percentage golf swing keeps the hands at or below shoulder level. The height that your hands raise above the ground largely depends on how far you can turn your upper body. I recommend that your hands do not go higher than your right ear. Limiting the height that you raise your arms will make it easier to synchronize your arms with your upper body.

The length of the back swing is controlled by the actions of the left hip. When the desired amount of energy is stored in the back swing, the left hip starts to push to the left to provide a stable base for the down swing, while the arms resist by pushing to the right. This builds up more energy in the left side and left arm, while the upper body stops coiling to complete the back swing. At the end of the



## High Percentage Golf

back swing, you should feel the maximum stretch in your left side, upper back, left arm, and hands.

## The Power Stretch

Let's talk about the myth that there should be no tension in the golf swing. I think the intent of that statement is that there should be no rigidity. Rigidity in your body restricts motion. Standing at attention is a form of rigidity. The high percentage golf swing is built on feeling a lot of stretch in your legs, left side, upper back, and arms. You may think of this stretch as tension but in fact it is a power stretch.

You need to feel the power stretch in order to build up and release energy efficiently in the swing. You might think of this power stretch as being restrictive. On the contrary, this power stretch does not restrict motion, rather it enables motion. When you stretch your muscles, you are building up energy that can be released to create an effortless swing. If you don't build up energy by feeling the power stretch, then you are not executing the high percentage golf swing.

## Release Energy Efficiently in the Down Swing

During the down swing I will describe two feelings that you have never felt before. I am talking about the feeling of starting the down swing with the push of your left hip to the left, parallel to the target line. Next, feel the left hip accelerate up followed by the upper body accelerating down and parallel to the target line rotating around a fixed spine angle. You must feel these two motions in order to properly execute a high percentage golf swing.

## Feel the High Percentage Golf Swing



In the picture above, you can see the sequence of the down swing. The lower body is made stable by pushing your left hip to the left, parallel to the target line. Then feel your left hip accelerate up. This movement causes your right upper body to respond with a corresponding acceleration down and parallel to the target line around the fixed spine. As indicated by the arrows, feel the push of your left hip to the left and your left hip accelerate up, which results in an equal acceleration down of your upper right body.

When you do it correctly, you'll feel that you are pushing your left hip to the left three times harder than you think is necessary. In fact, if you were to videotape your swing, you would notice that your hip moved a lot less than you thought. As long as you maintain your spine

## High Percentage Golf

angle, you can't exaggerate the push of the left hip too much. The more you feel the push of your left hip, the better you will execute the high percentage golf swing. As you improve your swing, you will be feeling the exaggeration of the push of the left hip even more. When I execute my high percentage golf swing well, I feel as if I'm pushing my left hip five times harder than necessary.

You should never feel that you are lifting the club. Instead, as you push your left hip to the left you should feel as if your right upper body is starting to collapse and drive your right arm down. Allow gravity to be your friend and let your right arm surrender to the downward acceleration of your right upper body and the force of gravity.

During the down swing, your upper body, arms, and the butt end of the club move as a single assembly. Using leverage, the upper body accelerates the assembly down and then rotates toward the target. As the upper body turns toward the target, the left hip will naturally pivot to the left and the right foot will react to the upper body by raising the heel and moving onto the toe. These reactions are required to allow the upper body to accelerate freely toward the target.

## Feel the High Percentage Golf Swing



Keep the spine angle fixed in the same position without any attempt to straighten up or bend down. The fixed spine angle, as the left hip pushes to the left in the down swing, is the main force used to establish the direction of the ball. Any change in the spine angle during the down swing will cause the direction of the ball to be less than desirable. This feeling of rotating around a fixed spine feels strange. It feels like you are hanging out over a cliff and about to fall on your right ear!

## Feel the Acceleration and Release of Energy

At the start of the down swing, you are building up more energy because you should feel the stretch in your left side and your arms. This energy is retained until you start the acceleration.

## High Percentage Golf

Acceleration is the change in velocity over time. How does this change in velocity feel in the down swing? Think of it as two parts: the first part is feeling your left hip pushing to the left and your right upper body lazily pushing down. The second part is feeling your left hip accelerating up with an equal amount of acceleration of your upper right body down. The second part should feel faster without being jerky. During the down swing always feel the stretch in your left side and your straight left arm.

## The Role of the Right Arm and Hand in the Down Swing

The job of the right arm is to follow the upper body. The only movement of the right arm in the down swing is to move down in response to the movement of the upper body. Any independent, horizontal movement of the right arm toward the target contributes to an inconsistent swing.

In order to minimize your right arm's tendency to move independently of your upper body, allow your right arm to be inert. Feel your upper body doing all of the work to move the inert right arm.

The right hand should just lie on top of the left thumb, and you should feel constant pressure on the left thumb throughout the swing. Let your right hand surrender to the force of gravity and drop down to follow the motion of your right arm. Don't use your right hand to lift the club.

## Power Zone

Don't try to accelerate your upper body and right arm before you feel that your club has reached the power zone.

The power zone is the area of the swing where energy can be released with abandon. This is where all of the

## Feel the High Percentage Golf Swing

energy stored in the back swing can be released to send the ball toward the target. You can't control the club in the power zone; you can only release it.

The energy that is being released is the energy that is stored in the back swing by the coil of the upper body and the cocking of the wrists. When you feel the coil of the left side and the stretch in the arms, you are storing energy. When you cock your wrists you are storing energy in your wrists and forearms. When you push your left hip to the left and up, and push your upper body down, you are retaining the energy stored in the back swing and delaying the release of the right arm. Acceleration of your left side and right upper body in the down swing occurs in the power zone.

Acceleration is what you want to feel in order to release in the power zone. All of the movements that you make in the back swing and the start of the down swing are used to build up or retain energy. The release of this energy starts in the power zone and not before you reach the power zone.

## High Percentage Golf



Acceleration or energy release occurs in the power zone, which is the area starting opposite your right hip. As you feel the upper right arm approach vertical, you are in the power zone. Now you can rotate the right side around quickly. Relax your right elbow and wrist and allow gravity and the push of your right upper body to accelerate your right arm and hands.

## Other Descriptions of Feeling the Down Swing

The feel of the push of your left hip with a corresponding push of your right upper body during the down swing is a feeling that others have described as follows:

Ben Hogan's description of the down swing and back swing planes in his book, *The Modern Fundamentals of Golf*:

## Feel the High Percentage Golf Swing

The plane for the down swing is inclined at a shallower angle than the plane of the back swing, and its lateral axis points slightly to the right of the golfer's target.

That sounds pretty technical and I didn't understand what Ben Hogan meant when I first read it. But now I think I do. In order for Ben Hogan's description to be true, the down swing must start with the left side pushing to the left and up, while the upper body is still coiled to the right. This movement puts the down swing plane below the back swing plane and pointed to the right of the target.

Ernie Els talks about feeling the arms drop straight down to start the down swing. This feeling is what I described as feeling the right side collapse or "drop" and allowing the arms to surrender to the force of gravity. This is what you should feel when you swing from inside out.

Harvey Penick's magic move tells you to shift the weight to the left foot and at the same time to drop the right elbow down. To start the down swing with a shift of the weight to the left foot, you should feel the left hip push to the left. To feel the right elbow drop down, feel the right upper body drive the right elbow down.

### The Down Swing Is Not the Reverse of the Back Swing

The important point about the sensation in the upper body is that the experience in the down swing is not the opposite of the experience in the back swing:

- During the back swing, feel the push down of the left side followed by the push up of the right side. This feels like a coiling of the upper body over a stable right knee, and this coil to the right pushes the arms and club to the right.



## High Percentage Golf

- During the down swing, feel the left hip push to the left, parallel to the target line and then accelerate up. At the same time, feel the corresponding acceleration down of the right upper body. This is not an uncoiling, rather a definite feeling of a seesaw up movement of the left side followed by the feeling of the collapse down of the right side. The right side should feel like it is first pushing down until the hands reach the power zone. Then feel the right upper body accelerate parallel to the target line around the fixed spine.

The movements should be continuous and flow with a repeatable tempo. Not too fast and not too slow.

## Down Swing Drill



The picture above shows the start of the down swing. You should feel a see-saw motion of your left side push to the left and up and feel your right side push down.

### Feel the High Percentage Golf Swing



The picture above shows the upper body starting the down swing by reversing the movement of the back swing. This will result in a much less desirable result.

Keep accelerating your upper body and arms until you feel your right shoulder push past the right cheek.



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Let your right heel lift and your right knee push toward your left knee to allow your right hip and upper body to freely rotate around your spine.

### How Does the Club Move Forward?

Correct golf posture and rotating the upper right body, which cause the arms to rotate with the right side, moves the club forward parallel to the target line. In other words, because the spine is tilted forward, it is the push of the right upper body driving the arms down that moves the club forward. This movement is unique to golf and it's a movement that you have to trust. Don't attempt to move your arms toward the target independently of your upper body. Now that you know how the upper right body and right arm interact, you know what to look for when you

## Feel the High Percentage Golf Swing

watch the professional golfers swing. Notice how well they synchronize the left hip, upper right body, and right arm.

### Proper Timing

In order to feel the down swing sequence of moves and the acceleration, the movements shouldn't be hurried. This is called good rhythm or timing.

When you watch an accomplished golfer swing, you can definitely see the high percentage golf swing sequence of moves: the push of the left hip to the left followed by the push down and acceleration of the upper right body parallel to the target line.

When you watch a high handicap golfer, you see too much lower body movement resulting in a jerky motion, the arms moving independently of the upper body resulting in a poor shot, or the arms moving up to lift the ball resulting in an inefficient energy release.

How can you focus on the feel of the swing and still focus on the ball? The truth is, you can't focus on both. In order to execute a high percentage golf swing, the focus is totally on feeling the preshot routine, the back swing and down swing, and the acceleration of the upper body around a fixed spine.

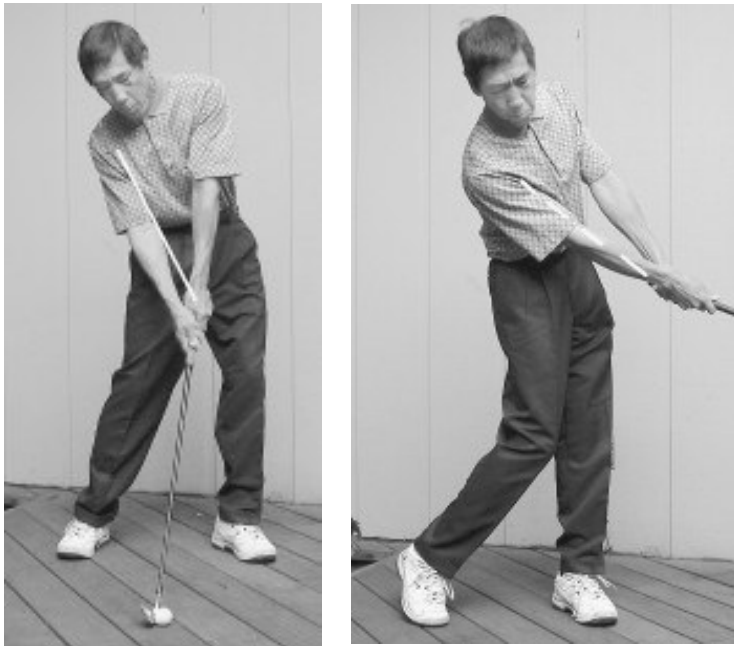
### Feel the Upper Body Leverage on the Club

I have already discussed the high percentage golf swing being a leveraged swing. Another way to view this relationship is to feel the link between the upper body and the butt of the club. The following photos show how a point on the upper right body leverages the butt of the club. The butt of the club swings up and down as the point on the upper body moves up and down.

High Percentage Golf



### Feel the High Percentage Golf Swing



Feel the movement of this linkage during the back swing and down swing. Notice that the right arm remains parallel to the linkage and does not push across the upper body.

The dash-line in the pictures above is there to show how the right arm is still parallel to the linked upper body and butt of the club and has not moved across the body. The arms follow the upper body rotation. This tight synchronization of the right arm with the upper body in the back swing and down swing must be felt throughout the high percentage golf swing. The right arm rotates as the upper body rotates.

## High Percentage Golf

### A Drill to Feel the Upper Body Leverage



Place the butt of the club against the top of the right armpit.

Feel the High Percentage Golf Swing



Place the left hand on the shaft as you would in the golf grip.



## High Percentage Golf



During the back swing, feel the coil of your left side push the club against the right armpit, which in turn pushes the right side up. Feel the upper right body at the armpit push back against the butt of the club.

## Feel the High Percentage Golf Swing



During the down swing, feel your left hip push to the left and at the same time feel the upper right body at your armpit start to push against the club. Feel the top of your armpit push down on the butt of the club and then rotate around and move parallel to the target line. Feel your right arm rotate down and around, following the upper body. There should be no independent push of the right arm to the left. The leverage of the upper body on the butt of the club causes the club and right arm to move parallel to the target line. This drill demonstrates the leverage of the upper right body during the down swing. Feel the leverage of the upper body accelerate the club during the down swing. It's important to note that the right arm does not push against the upper body side. Instead the upper body pushes against the right arm.

## High Percentage Golf

### Feel the High Percentage Golf Swing - Key Points

- Feel the synchronization of the left hip and the upper right body throughout the swing.
- Feel the leverage of the upper body control the motion of the club.
- Focus on the feel of the rhythm and tempo of the swing.

## Chapter 8

# Learn the Swing From Putter to Driver

Golf is a game of feel, and the best way to learn the feel of the game is to start with the putter and then move to a wedge, an 8 iron, a 5 iron, and finally the driver. It's crucial that you focus on the feel of the high percentage golf swing, starting with the putter where you are only trying to advance the ball along the ground. If you don't focus on the feel of the high percentage golf swing while using the putter, then it will be much more difficult to focus on the feel when you move to the longer clubs.

It is natural to want to hit the ball. This natural hit tendency will be the dominant focus with the longer clubs if you haven't made the feel of the high percentage golf swing second nature, while first using the putter. The hit tendency is a powerful one, but it is a low percentage move.

### Start with the Putter

The putter is the place to begin to learn the feel of the high percentage golf swing. You can focus on the swing because you're using the putter and making a short back swing.

## High Percentage Golf

You want to focus on the feel of the efficient build up of energy in the back swing and the efficient release of energy on the down swing. You only want to be concerned with making high percentage golf swings to advance the ball along the ground. You don't want to help the ball into the air using the putter.

The putting grip is one grip you will be experimenting with throughout your golf journey. If you don't want to learn another grip, try using the full swing grip on the putter. This is akin to practicing a miniature full swing with the putter.

Tilt your upper body to the right and anchor your left side so you feel the push of the left hip to the left and the stretch of the left side support the angle of the spine. The primary feel of the full swing is to feel the upper body control the stroke. You should feel the upper body control the back swing and down swing.

## Enhance the Feel

Close your eyes to enhance your focus on the feel. The ball is not moving so you should be able to advance the ball with 100 percent focus on the feel of the stroke.

This takes away the tendency to hit the ball. You should focus on the tempo, balance, and sequence of moves needed to execute a high percentage golf swing.

This is also where you first establish the tempo that can be used for all of your swings. The tempo shouldn't be too deliberate. Feel the motion of the back swing and down swing as one continuous, rhythmic motion. The tempo should be one that is repeatable and consistent.

You want to learn that the length of the back swing influences the distance of the shot. Advance the ball ten feet and fifty feet distances and focus on the feel of the

## Learn the Swing From Putter to Driver

swing. Make sure that the back swing you use for the fiftyfoot shot is longer than the back swing you use for the tenfoot shot. Notice that the result of a proper swing is to advance the ball the intended direction and distance.

### A Most Important High Percentage Golf Swing Drill



This drill is used to help you learn the feel of a proper down swing and to learn the feel of acceleration during the full swing. Set up with the putter blade touching the ball. Use the down swing sequence to push the ball about three to four feet.

## High Percentage Golf



Hold the follow-through for a few seconds. The steps of this drill are important in order to learn the feel of the down swing portion of the high percentage golf swing:

- Feel the correct setup.
- Feel the down swing start with a push of the left hip to the left and up, and at the same time feel the upper right body accelerate down.
- Feel the upper body rotate and accelerate toward the target.
- Focus on the feel of the swing and merely be aware of the ball.

## Learn the Swing From Putter to Driver

### Using Longer Clubs

Once you have the feel of the high percentage golf swing using the putter, I believe you'll be more consistent if you use the same stroke with the wedge, 8 iron, 5 iron, and driver. Be sure you get the feel of the same swing with the intention of only advancing the ball, and don't try to help the ball up. Let the loft of the club get the ball airborne.

If you find yourself trying to help the ball up, then go back to using the putter to learn to feel the high percentage golf swing advance the ball. Don't move to a longer club until you can successfully make five consecutive high percentage golf swings in a row with your eyes closed.

By now, you probably realize that the game of golf really is about making high percentage golf swings and that the ball flight tells you how well you executed the swing. Remember, you are not trying to hit the ball. I know. That is so difficult to accept.

### Learn the Swing from Putter to Driver - Key Points

- Use the same swing for all clubs.
- Learn the feel of the high percentage golf swing with the putter.



## High Percentage Golf

## Chapter 9

# Your Best Chance to Play Consistent Golf

You might think that having a consistent full swing gives you the best chance to play consistent golf. Well, the truth is that if you use the high percentage golf swing, you will be more consistent in your full swing so you won't have to spend a lot of time practicing it. You will have more time to practice your short game.

The best way to lower your golf score is to have a good short game. When you look at the professional golfers, the one who wins each week is the golfer that is leading in putting and up-and-downs. This is because a one-putt can make up for a missed shot. When you look at the major difference between a consistent golfer and someone who can't break 90, the consistent golfer has better short game skills and can chip or pitch the ball close enough to one putt.

What Annika Sorenstam learned when she played in the Bank of America Colonial PGA tournament was that the PGA players spend over half of the practice time on the putting and chipping area while the LPGA players spend more time on the driving range. You see this disparity when you go to any driving range. Usually all the stalls are full but the putting green and chipping area are empty. This is a major reason why 75 percent of the golfers can't break 90.

## High Percentage Golf

The bottom line is that playing consistent golf is about good putting, chipping, and pitching. The drive off the tee is like a second serve in tennis: it is more important to get the ball in play than trying to smash it. You don't get two chances off the tee in golf so you want to do all you can to make a high percentage golf swing. You don't want to try to kill the ball off the tee. You only want to advance it down the middle and onto the fairway to start each hole.

## Putting

The setup is extremely important:

Position your body so that your eyes are directly above the ball. This allows you to see the line of the putt better. This means the tip of the shoes will be about five inches from the ball. Be sure you push the arms away from your upper body one or two degrees past vertical. Keep both arms straight. This also means that you will need to slide your hands down on the putter a few inches. You may need to have your putter shortened so that you can keep your hands on the grip.

You will be experimenting with various putting grips throughout your golf journey. The conventional grip prescribes that you place both thumbs down the top of the grip. I use the full swing grip in putting. Using the full swing grip allows me to use only one grip for all of my clubs. This keeps it simple. I have tried putting using the conventional grip and the left hand low grip. My full swing grip works just as well as any of the other grips.

## A Drill to Feel the Putting Stroke

A good drill for learning a proper putting stroke is to hold a club across your chest. Rotate the left side down and

## Your Best Chance to Play Consistent Golf

then up. This causes the shoulders to move up and down. This also causes the arms to move with the body.



## Putting Tips

### SHORT PUTTS

Start with making more short putts to improve your score. On short putts of six feet or less, focus on accelerating the putter a specific distance past the ball. For a one

## High Percentage Golf

foot putt, accelerate the putter a distance of one ball width past the ball. For a two-foot putt, accelerate the putter a distance of two ball widths past the ball. Use this algorithm up to three-foot putts.

### DECELERATE THE BACK SWING

Learn to feel how much energy needs to be stored during your back swing for each different length of followthrough. Feel deceleration during the back swing. Decelerate to the specific back swing distance that builds up the desired amount of energy. The feeling of deceleration in the back swing leads to a smoother transition to the down swing.

### LONGER PUTTS

For putts longer than three feet, concentrate on the specific length of the back swing. Then feel your right side push down to release the energy stored during the back swing. Always feel the club head accelerate in the down swing.

The most important part of putting is to roll the ball the correct distance. If you can continually roll the putt the correct distance you'll be more likely to two-putt, and that's the key to playing consistent golf. The two components needed to sink a putt are the correct distance and correct direction. If you have the distance correct but miss the direction, you will certainly be left with a short putt. If you get the direction right but miss in the distance, you have a greater chance of three-putting, a no-no in playing consistent golf.

Current putting instruction talks about developing feel for the distance but they don't tell you what to feel. The following is high percentage golf's way to develop feel on

## Your Best Chance to Play Consistent Golf

the putting green. If you are talented enough to look at a putt and take a couple of practice swings to feel how much energy to build up and release, and then consistently roll the ball to the hole or about one foot past the hole, then consider yourself blessed. I find that I can't do this without lots of practice. In fact, when professional golfers return to playing golf after a few weeks of not playing, the last part of their game that comes back to them is their feel for controlling distance in putting and chipping.

### FEEL THE STROKE

I like to use a more structured technique in developing a feel for putting. The following describes the technique that I use. Use the upper body to push the club back to a predetermined distance and accelerate the upper body during the down swing.

The longer the putt, the longer the back swing needs to be in order to build up sufficient energy to be released in the down swing. In order to feel the acceleration, be aware that the down swing is 30 percent faster than the back swing.

### FEEL AND TOUCH

The back swing needs to be long enough so you don't jerk the club forward in the down swing and the back swing needs to be short enough so you don't decelerate the club in the follow-through. In order to make the appropriate back swing and down swing, you need good feel and touch.

What is feel and touch? Feel and touch work together. I define feel as the ability to know how much energy to build up and release. Touch is the ability to execute the build up

## High Percentage Golf

and release the energy that you feel. You need to have good feel in order for your touch to be useful. You need good touch to validate your feel.

### DEVELOPING FEEL AND TOUCH

As I said earlier, it is preferable to simply feel the appropriate amount of energy that you need to build up and release in order to roll the ball to the hole or about one foot past the hole. To determine if you can naturally feel the distance, a good test is to putt the ball while looking at the hole. If you can consistently putt the ball to the hole or about one foot past the hole, then you have good feel and touch.

If you don't have it or cannot develop this feel and touch, you can use a more structured way, described next, to putt the ball the correct distance.

### USE YOUR EYES

Use your eyes to become aware of the length of your back swing and to see the distance that the ball rolls as a result of the back swing. Start by calibrating back swing lengths of three inches, six inches, and twelve inches, and note the distance of the putt for each back swing length. The back swing lengths don't have to be exactly three, six, or twelve inches. It is what your eyes see as three, six, or twelve inches.

The important point is that there are three different lengths that you know you can produce consistently. If the three-inch back swing rolls six feet, the six-inch back swing rolls twelve feet, and the twelve-inch back swing rolls twenty-four feet, then you can consider that the green is rolling at a 1:2 ratio. This 1:2 ratio means that a twenty

## Your Best Chance to Play Consistent Golf

foot putt would require a ten-inch back swing. I know that it is not a true ratio, because the "1" is in inches and the "2" is in feet. But it is a structured way of deciding on your back swing length given the length of the putt.

### UPHILL AND DOWNHILL PUTTS

Adjust the ratio when you are making an uphill putt. Use more back swing. You may need a six-inch back swing for a six-foot putt - a 1:1 ratio. Use less back swing on a downhill putt. You may only need a two-inch back swing for a six-foot putt, a ratio of 1:3.

### ADJUSTING FOR DIFFERENT GREEN SPEEDS

This is the same adjustment that you make for uphill or downhill putts. Assume that the practice green is the same speed as the greens on the course. Before making a putt on the practice green, use a baseline assumption that the speed of the green requires a 1:2 back swing to distance ratio. Find a flat spot on the green and make a putt using a six-inch back swing. If the putt rolls twelve feet, then the greens are playing at a ratio of 1:2. If the putt rolls a greater distance or a lesser distance, adjust your ratio accordingly: use more back swing if the ball rolls less than twelve feet and use less back swing if the ball rolls more than twelve feet.

This is what good putters subconsciously do when they are on the practice green.

### PUTT TO THE HOLE OR BEYOND THE HOLE

Some people like to putt the ball to go beyond the hole by a foot. Others like to just "die" the ball into the hole. I prefer to have the ball die into the hole unless I have a one



## High Percentage Golf

or two-foot putt, in which case I will try to take the break out of the putt and hit it harder.

The reality is that it is difficult to always make the ball die at the hole or go a foot beyond the hole. If you can always get the ball within a three-foot circle, you are doing well. Good putting is more about the confidence you have on the length of the back swing you use for a given distance. Once you decide on the back swing length for the putt, you have to be totally committed to making the stroke.

### CHOOSING THE LINE

To be honest, choosing the correct line is the most difficult part of putting and requires a tremendous amount of practice and experience to do well. If you don't practice specifically to learn choosing the correct line, the best you can do is to choose an approximate direction. Usually your first guess is the best one. The important point is to commit to the line that you choose and roll the ball the correct distance.

Over time, as you play more, your judgment of the correct putting line will improve. A good method in choosing a line is to look at the line from your position over the ball, then walk to the opposite side of the hole from the ball to verify the line. As you walk to the hole and beyond, allow your feet to tell you how the green is sloping. Are you walking up the hill or down the hill or are you on flat terrain? Do you feel a slant to the right or a slant to the left? An uphill putt will not break as much as a downhill putt. Most of the break will happen as the ball is slowing down. Based on these criteria, choose a line and commit to it, and then roll the ball the appropriate distance on that line.

## Your Best Chance to Play Consistent Golf

Try to visualize the line of the putt comprised of three parts: the first part has the least break because the ball is accelerating, the second part breaks more, and the third part breaks the most because the ball is decelerating.

### CALIBRATING YOUR GREEN READING

Here is an empirical method to calibrate how you see the break of the putt. Stand behind the ball and pretend you are putting directly at the hole, and then visualize where you think the putt will stop below the hole. If you think the ball will break four inches below the cup, then aim for an imaginary hole that is four inches above the real hole. If you sink the putt, your judgment is accurate. If you don't sink the putt, then you should adjust how you assumed the break based on how much you missed the putt. If the ball missed above the hole, then the putt breaks less than what you thought. If the ball missed below the hole, then the putt breaks more than what you thought. Experience will give you the confidence to make the adjustments on how you read putts.

## High Percentage Golf

### Chipping



The chipping stroke is built on the putting stroke. Stand with your eyes over the ball, which means that your toes should be the same distance from the ball as they are in putting. Start with having the ball in the center of your stance and then shift more of your weight to the left foot with the left hip pushing to the left. This positions your navel toward the front of the ball and creates a descending path to the ball.

Use your putting grip because the chipping stroke is the putting stroke. You will have to choke down close to the club's shaft in order to stand close to the ball. Just like in putting, feel the appropriate energy build up and release.

## Your Best Chance to Play Consistent Golf

Focus on the feel of the chipping stroke just like you did in putting. Just as in putting, the stroke is short so you will not miss the ball even if you focus 100 percent on the feel of the stroke.

### Chipping Tips

The chip shot has minimum airtime and maximum ground time. In other words, the distance that the ball travels in the air is less than the distance that the ball travels on the ground.

There is a slight modification to the putting technique. Stand with your feet together or a few inches apart. The weight is on your left side. The ball position is about an inch to the right of the navel.



Stand close enough so that the heel of the club is raised off the ground, leaving only the toe of the club on the ground. This provides less resistance from the grass and promotes a cleaner ball contact.

## High Percentage Golf

The distance of the back swing determines the distance of the chip. A rule of thumb to use is to swing the club head back approximately half the desired air distance. For example, to fly the ball twelve feet, swing the club head back six feet. The swing feelings are the same as in the putting swing.

Use multiple chipping clubs. I recommend you start with the sand wedge, 9 iron, and 7 iron.

I find that the sand wedge has a ratio of 1:1 air-to-ground time. This means that when the chip travels ten feet in the air, it will have an additional ten feet of roll. Use the 9 iron when you want a higher ratio of more ground to air. I find that my 9 iron has a ratio of 1:2 air-to-ground. This means ten feet of air and twenty feet of roll. I find my 7 iron has a ratio of 1:5 air-to-ground. Use the 9 iron and 7 iron when you need more roll time than airtime.

It's best to have a minimum of airtime because it means that the back swing will be shorter. Just like in putting, there is more control with the shorter back swing. The followthrough may be shorter than what the back swing dictates because the long grass of the rough may slow the club. But you should always try to accelerate the club. This means the shorter follow-through will seem more like a short punch. To ensure that the club accelerates in the down swing, focus on accelerating the shaft of the club past the ball.

Just as in the putting stroke, try to develop three different back swing lengths-for example, 6 inches, 12 inches, and 18 inches. This will give you the feel to vary the amount of energy you build up in the back swing.

## Pitching

The pitch shot reinforces the concept that the length of the back swing determines the distance the ball travels.

## Your Best Chance to Play Consistent Golf

The pitch shot has maximum airtime and minimum ground time. In other words, the distance that the ball travels in the air is more than the distance that the ball travels on the ground. The grip used for the pitch shot is the same grip that's used in the full swing. This is where wrist cock is used in the swing. The wrist cock builds up more energy without needing to increase the length of the back swing.



Just as you felt the high percentage golf swing in the putting and chipping, focus on the feel of the high percentage golf swing in pitching.

When the club is accelerated through the ball, gravity and human nature will make the wrists un-cock automatically.

## High Percentage Golf



### Pitching Tips

The length of the pitching stroke is longer than the chipping stroke. As in putting and chipping, use the length of the back swing to determine the distance of the shot. Use three different back swing lengths.

I refer to the three back swing lengths as 7:30, 9:00, and 10:30. Look at the position of my arms in the previous back swing photo. My arms have swung back to the 9:00 back swing length (imagine that my arms are the arms of a clock.) A 7:30 back swing would look like my arms appear to be at 7:30. A 10:30 back swing would look like my arms are at 10:30.

Make sure you cock your wrists.

## Your Best Chance to Play Consistent Golf

### Your Best Chance to Play Consistent Golf - Key Points

- Work on your short game.
- Work on controlling distance in putting, chipping, and pitching.
- Work on chipping and pitching the ball close to the hole to achieve more one-putts.



## High Percentage Golf

## Chapter 10

# More on the Full Swing

The major reason golf is so difficult is that most golfers focus their efforts and thoughts on hitting the ball. They don't realize that golf is about executing high percentage golf swings.

A bad setup or not maintaining your setup will cause you to think that there's a problem with your swing. So make sure your setup is correct before you focus on your swing.

### Back Swing Length

If executing the high percentage golf swing has been assimilated and thus become second nature to you in the putting, chipping, and pitching strokes, then the full swing is a simple execution of the "10:30" pitching stroke but is executed with the longer clubs.

When you begin to learn the high percentage golf swing, it is best to make the length of the back swing the "9:00" length swing. This ensures a higher probability of executing a high percentage golf swing.

If you are executing consistent swings with the "9:00" length swing, feel free to lengthen your back swing as long as you continue to execute high percentage golf swings.

## High Percentage Golf

### A Friendly Warning

During the full swing, it is natural to lose focus of the feel of your swing. You will naturally focus on trying to hit the ball far. Trust me, this will happen. The challenge is to place a higher priority on the feel of your swing. That is easy to say, hard to do.

### Feel the Swing

If you have been focusing on the feel of the swing, starting with the putter and moving to longer clubs, you will be able to detect the times that you don't have the same focus. This is a positive step. You wouldn't be able to feel the difference in the swings if you hadn't learned to focus on feeling the swing by starting with the putter.

In order for the magic to work in the full swing, focus on the feel of the

- left hip push to the left and up to initiate the down swing; and
- upper right body accelerate down to rotate toward the target.

### Follow-Through

The most common mistake is to stop the upper body on the down swing and just swing the arms independent of the upper body. To overcome this tendency, keep pushing your right side down and through as your upper body accelerates toward the target in the down swing. This will keep your upper body moving.

## Swing Speed

Controlling the direction and distance is the objective of the full swing just as in putting, chipping, and pitching. It's better to know that you can consistently drive the ball 200 yards onto the fairway than to drive the ball 230 yards sometimes into the woods and sometimes onto the fairway.

The part of the high percentage golf swing where most golfers try to swing fast is in the down swing. The speed of the down swing should feel about 30 percent faster than the back swing. This additional speed is a result of the effect of gravity and the release of the energy stored during the back swing. Most golfers try to add at least 50 percent or more speed in the down swing. The high percentage golf swing only needs 30 percent more speed.

The high percentage golf swing consists of only one swing for all your full swings from wedge to driver. I use my wedge swing for all of my full swings. This means that my tempo and the length of my back swing is the same as when I execute a full wedge shot. This puts me in a place to focus on making a high percentage golf swing instead of trying to kill the ball.

If you watch most high handicap golfers, the tempo of their driver swing is faster than their wedge swing. You should only use one swing tempo.

## More on the Full Swing - Key Points

- Have a good setup.
- Feel the high percentage golf swing.

## High Percentage Golf

## Chapter 11

# Building Confidence

Confidence is crucial to a high percentage golf swing. Doubt creates a low percentage golf swing. Doubt is the result of too much thinking during the swing. The important role of a preshot routine is to get you out of the thinking mode and into the autopilot and action mode. Eliminate the thinking by trusting the feel of the high percentage golf swing and by being aware of the timing and tempo of the swing.

Learn to place the highest priority to making a high percentage golf swing. Focus on making a good swing and forget about trying to hit the ball.

When golf professionals talk about being in the zone they always say that their mind was blank. You can't think about hitting the ball if your mind is blank.

When Tiger Woods wants to focus on the shot, he says he "gets into his own little world." His little world is about trusting his swing.

When one of the best putters on the PGA Tour, Brad Faxon, says he doesn't care about making the putt, that he only wants to put a good stroke on the ball, he means his priority is on making a good putting stroke.

You will get more consistent results and develop more

## High Percentage Golf

confidence if you don't care about hitting the ball or making the putt while you are executing your swing.

Use your eyes to develop body and club awareness, especially in putting and chipping. Your eyes can verify the feel of the length of the back swing in putting and chipping. Most golfers pay too much attention to the ball. This distracts from the most important part of the golf swing the swing itself. You can get so focused on the ball that there is little, if any, awareness of what the body and the club are doing. But it is the synchronized movement of the body and club that constitutes the high percentage golf swing.

Place 100 percent of your focus on feeling the build up and release of energy and just be aware of the ball. Better players don't stare at the ball, rather they are aware of the ball, and are much more focused on the movement of the body and the movement of the club.

A good way to learn to focus on the feel of the high percentage golf swing is to swing with your eyes closed. If you can do this successfully, not only are you swinging efficiently, you should feel confident that you can perform the high percentage golf swing with your eyes open. A good way to feel the sequence of moves is to swing in your bare feet or stocking feet.

## The Practice Swing

As a component of your preshot routine, you may find that you will have a better chance to feel the swing if you take a practice swing. A practice swing is recommended for putting, chipping, and pitching to feel the length of the back swing needed for the shot. You may want to use a practice swing for the full swing to rehearse the feel of the swing. Make sure you focus on feeling the swing when you make your practice swing.

## Non-Golf Swing Thoughts

It is difficult to focus on the feel of the high percentage golf swing and also think swing thoughts. You can feel your body and think of other things at the same time, but not swing thoughts. When you ride a bicycle or walk, you can feel your legs moving and also think about what a nice day it is, sing a song, or think about other things instead of "move your right leg here, move your right foot like this." This is what you want to do in the high percentage golf swing-feel, not think about the golf swing.

Your mind can only think of one thing at a time, so replace golf swing thoughts with other thoughts. By this I mean pick a phrase, word, or tune to think about while you are feeling your swing. The phrase, word, or song should match your swing tempo. If you have a quick tempo, the word or phrase that you use will be short, or the tempo of the song that you use will have a fast beat. If you have a medium to slow tempo, the word or phrase will be longer, or the song will have a slower beat. Choose a word or phrase that is easy to remember and not golf related.

Let me share my non-golf word. It's "chocolate." I think "chocolate" during the back swing and "chocolate" during the down swing and follow-through. I don't do it every time. Sometimes I think about a song or tune. The key is, I'm not thinking swing thoughts while feeling the high percentage golf swing.

If you want to explore this concept further, the following website will be helpful:

<http://www.clearkeygolf.com>



## High Percentage Golf

### Tempo

I have referred to the proper tempo in discussing the high percentage golf swing. Tempo is the rhythm of the swing. The timing of your swing is important because you need to execute the proper sequence of moves in the high percentage golf swing. I believe that the proper tempo helps to achieve proper timing. The book *Tour Tempo* states that the tempo of professional golfers achieves a ratio of three beats in the back swing to one beat in the down swing. A major point of the book states that the tempo of professional golfers is quicker than is seen in the less consistent golfers. It turns out that the tempo they measured of the professional golfers falls into three specific tempos. I bought the book and experimented with the three tempos and I found that I feel most comfortable with the middle tempo. If you want guidance in the area of swing tempo, I recommend that you read this book. Here is a link to the website:

<http://www.tourtempo.com>

### Building Confidence - Key Points

- Develop a consistent preshot routine.
- Focus on feeling the high percentage golf swing.
- Always think positive thoughts during the high percentage golf swing.

## Chapter 12

# Controlling Distance

Distance control is an important aspect of golf. Jack Nicklaus is the best at controlling the distance of his golf shots. This can be achieved only by executing a consistent high percentage golf swing. Trying to hit the ball as far as possible is an inconsistent way of playing golf.

Precise distance control is the major component of a consistent short game. If you want to play more consistent golf, you should learn precise distance control of your putts, chips, and pitches. I believe the key to controlling distance is to focus on the length of the back swing required to build up the correct amount of energy to make the ball travel the desired distance.

If you calibrate your clubs so you know the carry distance of each club when you make a full swing, you will gain more confidence on the course.

A major reason to be on the driving range is to calibrate a swing that will produce consistent distance and direction. You should be aware that golf balls at the driving range are inconsistent. Some golf balls will carry far while others will carry a shorter distance. I recommend that when you are calibrating the carry distance of a club, you use the average of the carry distances of ten shots.

## High Percentage Golf

### Controlling Distance - Key Points

- Distance control is essential to playing consistent golf.
- The distance the ball travels is proportional to the length of the back swing.
- Practice distance control at the driving range.

## Chapter 13

# Course Management

Course management is the strategic part of golf. Course management is where you should be doing the thinking. Its focus is about choosing the proper shot to play. This means looking to play the ball to the safe part of the hole away from hazards and towards the fairway. Plan the shot so that a missed shot will land on the safe side of the hole.

As described below, good course management can help you play more consistent golf.

Play the hole backwards from the green to the tee. This way of looking at a hole can put the hole in a better perspective and take a lot of pressure off your golf game. If you have a confident distance to approach the hole, whether it's with a wedge or short iron, use that to dictate how you will play the hole. Let's say you have a long par 4 hole of 400 yards.

To play consistent golf, this length of hole should realistically be played as a par 5 hole. If your confident approach distance is 90 yards, now you need to calculate how to handle the remaining 310 yards. This gives you more than one way to achieve 310 yards. For example, you can use two shots of 155 yards to get to within 90 yards of

## High Percentage Golf

the hole. Or you can use one 170-yard shot and a 140-yard shot. As you can see, you have more manageable distances, as opposed to thinking you have to make a 210-yard drive and a 190-yard second shot. The two distances, 210 yards and 190 yards, can put too much pressure on you because each distance may be a low percentage distance for you.

Know where the best place is to approach the green. You want to approach the hole from an angle that minimizes the risk. This means a shorter shot over water or other hazard. This also means to have the largest part of the green between your ball and the hole.

Aim for the safe areas. When looking at a hole, be aware of the locations of the hazards and play away from the hazards. On the tee, if the hazard is on the left side of the tee, aim toward the right. If the fairway slopes left to right or right to left, aim toward the high side.

Take a lesson from playing in a scramble format tournament to show you the possibilities. If you are not familiar with the scramble format, it's a team format where all players in a foursome hit their drives. The best drive is selected and, from that, each team member plays the next shot. The process continues for each shot until the ball is holed out. The strategy you use in the scramble format teaches that the best place to be is in the fairway, even if it's not the longest shot; one bad shot is not the end of the world. You may still get a par or bogey on the hole; a oneputt can make up for a bad shot; the average gross score in a scramble is in the 70s. So if a team can shoot in the 70s it is possible for one person to shoot in the 80s.

Course Management - Key Points

- When you are playing a round of golf, thinking should be reserved for course management thoughts, not swing thoughts.
- Course management, not ego, dictates your next golf shot.

## High Percentage Golf

## Chapter 14

# Equipment

There are many more equipment options available today than a few years ago. There are more OEM golf club manufacturers (Titleist, Taylor Made, Calloway, etc.) There are also more component club makers (Golfsmith, Golfworks, etc.). This gives you a better chance to find clubs that complement your high percentage golf swing.

The requirements that you should be looking for in choosing the right set of clubs is to focus on clubs that give you the optimum distance, direction, and trajectory for your swing.

Exploring equipment options is complex. Computers are sometimes used to quickly fit you with a club head and shaft combination that produces optimal ball flight characteristics. I recommend that you work with an experienced club fitter who uses a computer fitting system and allows you to go to the driving range and try various club head and shaft combinations to see if your shots are getting the desired distance, direction, and trajectory.

### Dynamic Feel

When you go to the range to try out a club, you should focus on the dynamic feel of the club. When you



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have developed your high percentage golf swing, you will be more aware of the feel of your club during the swing. When golfers talk about the feel of their clubs they usually mean the feel at impact.

Dynamic feel is about the feel of the club during the back swing, down swing, and follow-through. The golf club should move effortlessly in the back swing, down swing, and follow-through. It should feel just right.

## Just Right

What should feel just right is the weight of the club. The weight of the club should feel this way so you can consistently accelerate the club in the down swing without any undue effort. You don't want a club to be too light. A club that is too light feels like you are swinging a feather, like you have nothing to accelerate. You don't want a club that is too heavy. A club that is too heavy feels like you have to work too hard to accelerate the club.

When the weight of the club feels just right, you have the confidence that you can accelerate the club whenever you want to. You feel the club will respond immediately.

When the weight of the club is just right, the club feels like it moves with your back swing and down swing without any effort. The club becomes one with you and your swing.

## The 48-Inch Driver

Some golfers have found success gaining more distance by going to a 48-inch driver. If you decide to explore this option, there are a few things you need to know:

- You need to have a high percentage golf swing. Any independent arm movement will result in a less than desirable shot. This club can be a good learning aid. If you can make consistent swings with a 48-inch driver, then you have a high percentage golf swing.
- A larger club head of at least 300cc will not look too small.
- The trajectory will be higher. You may want to go one step lower in loft.
- Taking a full back swing actually gives you better results.

### Choosing a Putter

Once you have a high percentage golf swing where you can feel a consistent and repeatable swing, you can consider looking for a putter. You don't need a new putter if you rarely three-putt and if you can one-putt most of your putts inside of three feet.

The most important aspect about choosing a putter is confidence. The putter you choose must inspire confidence when you look at it, hold it, aim it, swing it, and advance the ball toward the hole with enough speed so that it travels to the hole or about one foot beyond the hole.

Putting is about advancing the ball the correct distance and direction. Advancing the ball the correct distance is more important than the direction itself. If you don't believe that you can control the distance with your putter, you should look for another putter.

Golfers change putters for various reasons but it comes down to the simple fact that they no longer have confidence in their current putter. No one has ever changed a putter because it provided too much confidence.

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The putter must make you feel confident in short, medium, and long putts and on flat, uphill, downhill, and side hill lies. You must also feel confident that you can putt the ball along the chosen line.

## Equipment - Key Points

- Swing the clubs and notice the ball flight. " The clubs must feel just right.
- The putter is all about confidence.

## Chapter 15

# More Distance

All golfers would like more distance when, in fact, what they want is not to lose distance. The best way to get more distance is to make sure your high percentage golf swing is being executed as efficiently as possible.

Once you achieve a high percentage golf swing you can consider how much work you are willing to do to get more distance. If you are serious about getting more distance, then you will need to spend more time practicing in order to develop the moves that will result in more distance.

You can get additional distance by increasing the club head speed. You need to build up more energy in the back swing so you can increase the acceleration in the down swing. Physically, you will need to be stronger and more flexible. You will feel that you are putting more strain on your core muscles and the moves will feel more exaggerated.

The following techniques are some of the things you can do to increase distance.

- The one movement that will give the greatest increase in distance is the wrist cock. The wrist cock can easily result in a yardage increase of 30 percent or more.

## High Percentage Golf

- Start the down swing with a stronger shift of the left hip to the left. This movement will create more stretch and retain the energy stored in the back swing so you can delay the release of energy until the hands are in the power zone.
- Adding more push with the left arm away from the target as the left hip is pushed toward the left will create a stronger stretch in the left side and build up more energy to release in the down swing.
- Holding the club in the fingers, as opposed to placing it in the palms, will allow the wrists to release more efficiently.
- Creating resistance and then releasing the resistance creates more club head speed. The time to resist is at the end of the back swing. Resisting at the end of back swing will ensure that there is no undue delay in the transition from the back swing to the down swing. Try to make the transition as quickly as possible while maintaining a smooth motion.
- Physical conditioning can also add more distance. You need to be strong and flexible if you want to maintain or increase your distance.
  - More explosive strength will allow you to get more distance. Explosive strength is the fast and powerful use of muscles to increase the acceleration of the club and increase club head speed. Work with a strength trainer to develop your explosive strength
  - Equipment technology has helped improve driving distances. Your best chance to benefit from technology is to have a high percentage golf swing. If you are making inconsistent contact, the new golf club may magnify your mistakes.

## More Distance

- The golf club component that can give the most distance increase is the golf shaft. The correct golf shaft has the appropriate length, flex, bend point, and torque that are appropriate for your swing speed. The club head can also help to create more distance. The correct club head has the correct size, material, and loft appropriate for your swing speed.
- Trying to increase distance is good for the ego and is a constant quest. Just because you gain more distance, there is no guarantee that you will score any better. You still need to get the ball into the hole. If you have a limited amount of time to practice, I recommend that you spend the time working on your short game.

## More Distance - Key Points

- More distance requires more commitment in practice time to increase club head speed.
- Properly fitted clubs can help achieve more distance.

## High Percentage Golf

## Chapter 16

# Green Side Bunker Shot

The secret to the green side bunker is to make the ball get out of the trap without touching the ball. The objective is to hit the sand behind the ball, and it's the sand that drives the ball out. It is crucial that you use the upper body to control the arms in the back swing and down swing. If you have any independent arm swing, the chance for a successful bunker shot is greatly reduced. The following five points comprise the bunker technique that I use to get out of a bunker:

1. Use a weaker grip so that the back of your left hand is pointing toward the left.
2. Position your body behind the ball with the ball at the center of your stance and move your right foot to the right. This will position the ball forward in your stance.
3. Open your stance a bit. Also, open the clubface by turning the club - but not your hands.
4. Take a solid stance and put more weight on the left side like in chipping. Bend your knees a bit more to ensure that the club will accelerate through the sand.



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5. Here is the secret! Focus on using the shaft of the club to accelerate through the sand about an inch inside of the ball. The splashing sand causes the golf ball to come out of the bunker as if by magic.

The primary objective is to get the golf ball out of the bunker. If the ball lands on the green, it's a bonus. If the ball stops near the hole it is time to celebrate.

## Green Side Bunker Shot - Key Points

- Setup with the weight on the left foot.
- Don't try to kill the ball.

## Chapter 17

# Golf Etiquette

Using proper golf etiquette is important. This will help make you a good golf partner. The following points are good golf etiquette.

- On the tee or on the green, stand out of the peripheral vision of your playing partner whose turn it is to play. If you are within ten feet, stand still during the shot.
- Don't talk when your playing partner is in play.
- Minimize your practice swings. In most cases, your practice swing has little relation to the swing you use to hit the golf ball. A consistent preshot routine is more important than a practice swing.
- Replace your divots. This preserves the turf for other players.
- Play "ready" golf on the tee. If you are ready to play, go ahead and play. Once off the tee, the person furthest from the hole plays first. As you approach your ball, use your course management skills to plan ahead and know what type of shot you want to play. When you arrive at your ball and see the lie, you may have to modify your strategy.

## High Percentage Golf

- Watch your partners' shots and see where their balls come to rest.
- Rake the sand traps after you execute your shot.
- Place your golf cart or golf bag at the side of the green that is closest to the next tee box.
- Repair your ball mark and one or two others.
- Don't overanalyze your putts. Decide on a line, get a feel for the distance, and putt the ball. A consistent pre-shot routine should be used.
- Don't walk on your playing partners' lines of putt. Walk around their balls or markers.
- Know when to pick up. If you have exceeded your number of strokes for the hole, pick up and get ready to play the next hole. Once your stroke count reaches double digits on a hole, it's time to pick up your ball.

## Golf Etiquette - Key Points

- Knowing proper etiquette is an important part of playing golf.
- Exercising proper etiquette makes for a more enjoyable golf experience.

## Chapter 18

# Pace of Play

This is my pet peeve. I blame the professional golfers for setting an example of what I feel is an undesirable pace of play. It is not uncommon for a twosome of professional golfers to take five hours to play 18 holes of golf. I understand that the professional golfer plays golf for a living. They take a long time deciding on which club to use or what kind of golf shot to hit. The rest of us don't play golf for a living so it isn't necessary to spend several minutes deciding what to do.

To improve your pace of play, you need to determine the distance, direction, and trajectory of your next shot before you arrive at your ball. Once you arrive at the ball, verify that your initial decisions are still applicable and make any necessary adjustments. Select the club that you believe will produce the shot you envision and start in on your preshot routine.

Once you start your preshot routine, you should focus on the feel of the swing.

It's not necessary to overanalyze your shot. Usually your first decision is the best. Learn to trust your instinct.

As you play more golf your decisions will become more accurate.

## High Percentage Golf

### Pace of Play - Key Points

- Do not imitate the pace of play of professional golfers.
- Plan your next shot before you get to your ball.
- Be aware of your pace and your group's pace of play.
- Keep up with the group that's ahead of yours.

## Chapter 19

# Pre-Round Warm Up

The most important thing to do before you start a round of golf is to stretch your golf muscles. When I only have enough time to either stretch or go to the driving range, I always choose to do my stretches. A few chips onto the tee box will help you feel good posture and an efficient back swing and down swing. If you have a couple of minutes, make a few putts on the practice green to get a feel of the putting green.

The following stretches are recommended before you start your round. Hold each stretch for 15 to 30 seconds. Perform each stretch slowly, and try to avoid any bouncing movements during each stretch.

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Lower back



Sink down as low as you can and feel the stretch in your lower back.

Inner Abductor



Push your elbows against the inside of your thighs and feel the stretch of your inner thigh muscles.

Calf



Step forward with your right foot and keep the heel of your left foot on the ground. Feel the stretch in your calf. Alternate with the other foot.



High Percentage Golf

Quadriceps



Hold your right ankle in your right hand while balancing on your left leg. Push your right knee toward the ground and feel the stretch in your upper right thigh. Alternate to the other side.

Back



Arch your back and feel the stretch in your lower back.

High Percentage Golf

Hamstrings



Bend at your waist and feel the stretch in your hamstrings.

Back Rotation



Rotate your upper torso to the right as you keep your lower body facing forward. Feel the stretch in your shoulders, back, stomach, and waist. Alternate to the other side.

## High Percentage Golf

### Shoulders



Keep your upper body facing forward and draw your right arm across the front of your body. Feel the stretch in your right shoulder. Alternate with your left arm.

Upper Shoulders



Lift your arms behind your back and feel the stretch in your upper shoulders.

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### Forearms



Hold your arms out in front of you and push down on the fingers of your right hand. Feel the stretch in your forearm. Alternate using your left hand.

### Hands



Hold your arms out in front of you and, using your left hand, push up on the back of the fingers of your right hand. At the same time, use resistance with your fingers. Alternate with the other hand.

### Warm Up at the Driving Range

When I have time to go to the driving range, I start with the sand wedge, followed by the 8 iron, 5 iron, and the driver. I finish by using the club I plan to use on the first tee.

The objective of the warm up at the driving range is to make sure I'm feeling the sequence of moves of the high percentage golf swing. I don't go to the range to see how far I can hit the ball. How I hit on the range has little correlation as to how I will play on the golf course. There have been times when I cannot seem to do anything right on the driving range and yet I do fine on the golf course. There have been other times when I can't miss on the driving range and then play poorly on the course. So I just use the range to develop focus on the feel of the high percentage golf swing.

### Pre-Round Warm Up - Key Points

- Allow time for a proper warm-up of your body and your swing.
- Use the time to focus on the form and technique of high percentage golf swing.



## High Percentage Golf

## Chapter 20

# Physical Conditioning

Since the upper body core muscles control the swing, I make sure that my stomach, back, side, and shoulder muscles are strong and flexible.

One of the most important aspects of physical conditioning is to improve your flexibility. Flexible muscles can efficiently build up and release energy. It's important that you stretch your golf muscles every day in order to improve and maintain flexibility.

A golf-specific program called Body Balance for Performance is designed to develop the golf muscles. Yoga and Pilates are other good programs that can increase your flexibility.

What about improving your strength? Ironically, stronger muscles can be more flexible muscles. One of the keys for more flexibility is to get stronger. Now you know the awful truth, if you want to improve your golf game, you need to be strong and flexible.

You need to be strong in your core muscles: leg, back, abdominal, pectoral, shoulder, and oblique (side).

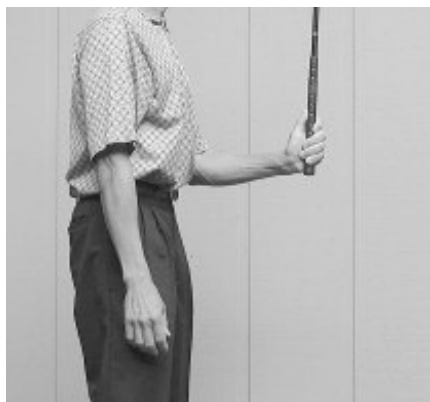
Strong hands and arms are also important for golf. You can use the spring type grips or squeeze a tennis ball every day to strengthen your hands and forearms. The following

## High Percentage Golf

exercises using a 5 iron or 6 iron can be a quick way, less than two minutes a day, to build up stronger hands and arms.

### Left Hand/Arm Exercise

Put your left hand on the club the same way you do for the full swing. Keep your elbow at your side and hold your left forearm and club pointed straight in front of you and parallel with the ground. Slowly cock your wrist until the shaft reaches a vertical position. Slowly un-cock your wrist to lower the club back to the starting position. Repeat this exercise until you feel your hand or arm get tired, generally within thirty seconds.



### Right Hand/Arm Exercise

Put your right hand on the club the same way you do for the full swing. Keep your elbow at your side and hold your right forearm and club pointed straight in front of you and parallel with the ground. Slowly cock your wrist until the shaft points to the right of your body. Slowly un-cock your wrist to bring the club back to the starting position. Repeat this exercise until you feel your hand and arm get tired, usually within thirty seconds.



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### Left and Right Hand Exercise

Take your full swing grip. Keep your elbows at your side and hold your forearms and club pointed straight in front of you and parallel with the ground. Slowly use your wrists to move the club in an oval or elliptical motion in front and to the right of your body. Repeat this exercise until you feel your hands and arms get tired, usually within thirty seconds.



## Physical Conditioning



Work up to one minute per exercise. Doing the exercises for less than three minutes a day will keep your hands and arms strong and ready for golf.

### Physical Conditioning - Key Points

- Good physical conditioning improves your chance to play consistent golf.
- The important muscles to strengthen for the game of golf are the legs, back, stomach, arms, and shoulders.

## High Percentage Golf

## Afterword

I play golf to enjoy the game. I hope my approach to golf will help you to improve your achievement on the golf course and increase your enjoyment of golf.

Golf is an ongoing journey. My swing is not perfect but my misses are better. I'm focusing less on the full swing and working more on the short game.

I bid you an enjoyable journey.

Sidney Wong



## High Percentage Golf

# Appendix

## Golf Instruction Resources

Over the past twenty years I have taken many lessons. I like going to golf schools because I can immerse myself in golf for four or five days. If you want to spend time learning more about the game, I highly recommend the following instructional resources.

John Jacobs Golf Schools  
<http://www.jacobs-golf.com>

This was my first official lesson. I decided in 1983 to get serious about golf and take formal lessons. I felt that the golf school took the mystery out of golf. They teach that the ball flight tells you what happened with respect to club face angle (open, close, or square) and the path of the swing (out-to-in, in-to-out, in-to-in).

I went to the four-day and five-day schools that gave me time to work on the correction, which usually took me a couple of days. If you go to a golf school, try to go to the longer sessions and to learn about other aspects of the game like chipping, pitching, and putting, trouble shots, and sand shots.

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When I said the school took the mystery out of golf, I learned about my tendencies so when I made an errant shot I knew what I did and I also knew how to correct it. The game became less frustrating. That should be the objective of any lesson, to eliminate the frustration that you are experiencing in your game.

School for Extraordinary Golf  
800-541-2444

This golf school is great for teaching you about changing your attitude toward your golf game. I learned about the possibilities for good things to happen when I didn't allow negative thinking to affect my golf shot. I learned how to handle the frustrations that are part of the game of golf. I also learned how the golf swing is similar to the motion used to throw a golf club. This is where I learned that trying to kill the ball interferes with executing a good golf swing.

Dave Pelz Scoring Game School  
<http://www.pelzgolf.com>

Dave Pelz has started a great school to learn about chipping, pitching, bunker shots, and putting. Executing pitch shots also helped my full swing shots.

Martin Green Golf Academy  
<http://www.mgga.net>

This school teaches that the golf swing is basically a push swing. This is where I started to view the golf swing as a sequence of push motions. I have embraced this method to develop the high percentage golf swing. I also got a club fitting here that improved my accuracy.

Swing Solutions at Los Altos Golf  
<http://www.losaltosgolf.com>

I took swing lessons at Los Altos Golf. They use a video capture system to accelerate the learning process. The Swing Solutions computer shows the club speed, ball/ club face contact, and swing path. Viewing the video gave me immediate feedback on how a correct swing should feel. Here's a tip-a correct swing at first feels unnatural.

Mark Dvorak Golf School

Here I learned how to develop my full swing using quarter, half, and three-quarter length swings. Learning to build your swing from simple movements to more complex movements is what I recommend in High Percentage Golf.

Bobby Jones Playing Lessons - Videotapes  
Available at <http://www.amazon.com>

These tapes show how efficient a swing can be. When you look at Bobby Jones's swing it looks so rhythmic and the timing is so perfect.

Sybervision Golf - Videotapes (Al Geiberger, Patty Sheehan, Putting, Power Swing)  
<http://www.sybervision.com>

These tapes use slow motion to show what a good swing should look like. Sybervision contends that watching good swings over and over from various camera angles will help you to execute a good golf swing.

## High Percentage Golf

Body Balance for Performance  
<http://www.fitgolf.com>

This is not a golf lesson, but it is targeted to improve your golf game. It's a program offered by some physical therapists designed to increase flexibility, power, and balance for golf. I learned that in order to play consistent golf I needed to be in shape and flexible. Conditioning and flexibility is one area that I will be maintaining as a part of my lifestyle.