Gravity and Centrifugal Force

By

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How to order
By three of Golf’s Top Teachers
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We also recognize and thank the golf teachers and coaches we have interacted with in our journey to discover the truth concerning the golf swing. It is these interactions that have formed the foundation for our instructional concepts and theories. We owe them all a great debt of gratitude for their input, ideas and suggestions over the years.

Lastly, a big thank you to the players and the teachers who have written books sharing their ideas on the golf swing. We have enjoyed reading their theories and ideas regarding the golf swing. They have also had a contributing effect on our instructional approach, ideas and theories presented in this program. We have gained our understanding of how to teach the skills necessary for an effective golf swing from all of the above sources, and we thank them all.
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TOUR PLAYER ENDORSEMENTS

“Most golfers are trying to hit the ball with the clubface. The world’s best players swing the whole club and allow the ball to get in the way of the clubface. This program will teach you the fundamentals that will give you a chance to swing the whole club.”

Hal Sutton
1983 PGA Champion

GRAVITY AND CENTRIFUGAL FORCE is a simple, straightforward program that will help you develop an athletic golf swing. It gives you a step-by-step plan to learn and incorporate the feel of an athletic golf swing. Do the drills and learn the mechanics, it will not take long. The end result is exciting and fun. That is, if you would like to play outstanding golf!”

Dickey Pride
PGA Tour Player

“When I learned to play golf, I learned to control my hands by using specific drills. These modules include a number of the drills that are beneficial in this area.”

Kent Jones
PGA Tour Player

“Drills are necessary for the development of the golf swing. Practice the drills every day and you will learn how to swing in an effective manner.”

Shane Bertsch
PGA Tour Player

“Finally, someone has the horse in front of the cart! Everyone I have ever watched trying to learn the golf swing wants to hit the ball first and learn the swing later. By learning to move your body and swing the club first you will save yourself months, if not years, of frustration.”

Brad Fabel
Former PGA Tour Player
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Foreword
by
Floyd Horgen

Golf is a wonderful game played on a great many beautiful playgrounds. It is also a difficult game almost always played at a lower level than the player’s natural ability.

Much of the difficulty is caused by THREE urges that make it impossible to swing like the world’s best players. They are:

1) The urge to lift the ball
2) The urge to overuse the arms and hands to create clubhead speed
3) The urge to make the clubface go where we want the ball to go

The world’s best players are, for the most part, not affected by these three urges because:

1) They trust that the club will get the ball in the air
2) They have learned to use the pull of gravity and their body turn (creates centrifugal force) to swing their arms, hands and clubhead
3) They have learned to swing the clubhead in an arc to the target line while the clubface is rotating from open to closed in the forward swing
4) They have a middle beat in their motion that allows their body to get in position to properly swing their arms, hands, and the whole club.

This program will give you the insights and teach you the skills that will make it possible for you to eliminate these natural urges and teach you to move like the world’s finest players.
Preface

This modular learning program is intended for anyone who would like to build a solid, reliable golf swing that allows you to perform under pressure. All of the world’s best players have similar fundamentals. The minor differences are merely the result of different body structures. This program will teach you the fundamentals that the world’s best players adhere to, and will do so in a sequence learnable by all serious golfers.

The foundation upon which we are going to help you learn (or re-learn) the golf swing is two-fold: We want you to swing SLOW until you learn to swing faster, and we want you to learn SMALL swings before progressing to larger swings. If you will remember to do these TWO things as you go through our program, you will learn the proper golf swing faster than you ever thought possible!

Gravity and Centrifugal Force is a three module learning system that has been developed, tested, and validated over 100 years of combined experience with thousands of golfers of all skill levels. Whether you are a rank beginner or an experienced low-handicapper, Gravity and Centrifugal Force will have you making the proper golf swing faster than any other golf learning program available anywhere. We guarantee it.

In the Introduction you will learn about several key elements of a world-class swing.

In Module One you will learn the feel of how your body, arms, and hands move in an effective golf swing.

In Module Two you will learn the feel of swinging the golf club, without manipulating the clubface.

In Module Three you will learn the feel of solid contact between the club and the ball.

The key to our learning system is the modules. Please read the Introduction before you begin the drills. Further, it is imperative that you acquire the skills described in Module One before moving to Module Two; and the same before moving to Module Three.

If you will do this, you will quickly build a solid foundation that will last a lifetime!
How to Use This Program

Study the introduction carefully. The basic mechanics used by the best players to strike the ball are not difficult to learn. They are just different than how the vast majority of golfers try to swing. We will teach you the correct way, the swing used by the best players in the world.

**Module One** is the key to learning an effective golf swing. Repeat the drills until the movements feel natural. The drills in this module can be done anywhere – in your living room, at the practice range, or on the golf course. Do NOT move on to **Module Two** until you have mastered the exercises in **Module One**.

Success with the drills in **Module Two** is dependent upon your awareness of the motions of your body, arms, and hands, learned in **Module One**.

The game of golf too often causes players to place all of their focus on the clubhead and the ball. This results in golf swings which are neither pleasing to the eye, nor very effective. By practicing the drills without the club and ball in **Module One** you will learn to blend together GRAVITY and CENTRIFUGAL FORCE, the twin forces of great golf.

When you add the club to the drills in **Module Two**, you will continue the journey that will give you an effective golf swing. When you do the drills in **Module One** and **Module Two**, you are PRACTICING GOLF. When you put a ball in front of the club you are taking a TEST. If you do not pass the test, there is a very strong drive to manipulate the club on the next swing. This is the root cause of the majority of poor or mediocre golf motions.

If, after using our program, you find that you are still failing the “TEST”, go back to **Module One** and practice the drills found in that module, then once again practice the drills in **Module Two**. In Module One, you’re actually learning how to do what is on page 13, so resist the urge to run to the driving range and hit a large bucket of balls in a desperate attempt to discover “The Secret.”

The objective in a practice swing is to swing the club. When the vast majority of golfers place a club behind a golf ball the objective becomes to hit the ball.

The objective should be to *swing the club* and let the ball get in the way. If you can master Modules One and Two, this is what you will be able to do with ease.
Most golfers are too focused on hitting the ball with the clubhead, rather than swinging the whole club. As a result, they attempt to guide the clubhead down the target line on the follow through, thus violating one of the key fundamentals of great ball striking.

By comparison, the best players allow the clubhead to swing on an **arc** to the target line, with the clubhead traveling on the target line for only a fraction of a second. As the club swings on this arc to the target line, the clubface rotates from open to closed.

**Arc With Club Rotation**

-0.03 Seconds  |  **Contact**  |  +0.03 Seconds
The key fundamental of our teaching philosophy is that power and consistency come from “inside out.” A discus player, a shot-puter, a figure skater, a martial artist, a golfer: they all generate power by moving their body first, which in turn moves their arms, which in turn moves the club.

Once you have learned and experienced this key fundamental, you will never again want to “hit” the ball with your arms and hands. You will be hooked on the feel of true power and consistency: centrifugal force and the pull of gravity working together.

- Body turn creates centrifugal force
- Centrifugal force produces clubhead speed and consistency
The start and finish of the swing
HAL SUTTON

Have you ever played with a golfer who has a good practice swing, but a real swing that can only be described as a lurch? What happened?

Answer: He decided to "hit" the ball rather than "swing" the club. Too many golf swings start at the BALL and end at the BALL. The only thing we need to do with the ball is place it in the correct position. From then on the ball should be completely incidental to the swing.

If you haven’t learned to swing the whole club, you will have no alternative but to try to hit the ball.

The best golf swings START at the top of the backswing and FINISH at the end of the follow through. The secret to a great golf swing is connecting these two positions. If the top of the backswing and the finish are right, everything in between has a good chance of being right. The very best golfers swing the club whether they are making a practice swing or hitting a ball.
YOU CAN LEARN TO MOVE LIKE A WORLD-CLASS PLAYER

1983 PGA Champion, Hal Sutton, is one of the greatest ball strikers in the world. His PGA Tour statistics bear this out. Floyd Horgen, one of the co-authors of this instruction program, spent several years working with Hal Sutton. The ideas, concepts and fundamentals that helped Hal become one of the greatest golfers in the world can also be yours.

The ideal golf motion can be learned by anyone in the following three steps…

- **MODULE ONE:** How to Move Your Body, Arms, and Hands
- **MODULE TWO:** How to Swing the Club on Plane
- **MODULE THREE:** How to Create Solid Contact
Welcome to Module One, the first step in your journey toward a better golf swing. This module has seven sections. In each section you will find a brief description of the fundamental to be learned, and the importance of that fundamental.

In this module you will learn that the foundation of the golf swing is proper body action. Proper body action allows the body to turn correctly and allows the arms and club to swing freely. Proper body action is learned better and quicker without a club or a ball, so relax and enjoy the journey you are about to begin: the process of learning the tour player’s golf swing.

Be sure to carefully study the photos as you move through this module and through the entire program. They are your roadmap as you move through the program.

We guarantee your game will improve when you master the skills in Module One.

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An athletic posture is something you see in all great athletes of any sport. Whether it is a batter in baseball, a quarterback preparing to throw a pass, a tennis player about to return a volley, or a golfer preparing to take a swing, all great athletes are in an athletic posture before they start their motion.

Below are the fundamentals of setting up in a Balanced Athletic Posture at address with the intent to create motion. Practice them on the driving range, while standing on the tee during a round of golf while waiting for your turn to hit, or at home in the backyard or living room, until they become ingrained and automatic:

**Drill**

1. Equal weight on both feet and equal weight between balls and heels of both feet.
2. Bend forward from your hips, flex your knees slightly.
3. Allow your shoulders and arms to be relaxed.
4. Start all the exercises that follow in this POSTURE.
5. Find a mirror or window where you can see your full-body reflection
6. Be proud of how you appear
YOUR BODY TURN: THE HEART & SOUL OF THE GOLF SWING

To teach you this tour quality swing, we are going to break it down into steps for you. Step One of the learning process is to learn how to move from a simulated address position (A) into the post-impact position (B). Follow the steps below to learn this important element of all great golf swings:

**Drill**

1. Start in position A and move to position B. (No back turn yet.)
2. From position A move your hips laterally 1-3 inches toward the target and feel the ground with your left foot.
3. Then clear the left hip to the left and move the right hip to the position where the left hip was located.
4. Finish BALANCED on your left foot.
5. Repeat until this motion feels natural.
If you’ve watched a PGA Tour event on television, the odds are pretty good that you have heard one of the swing analysts say about a player that “he has maintained his spine angle.” This is the angle formed by setting up in an athletic posture at address.

To hit the ball consistently, a golfer must maintain this angle throughout his swing. It is one of the secrets of the best players in the world. Balance, consistency, and solid contact depend on maintaining your spine angle. There is little chance of success without a consistent spine angle.

**Drill**

1. Set up in a balanced, athletic posture
2. Practice swinging without a club, focusing on maintaining the angle created between you upper and lower body at address.
3. Allow your right shoulder in the follow through to turn your head toward the target
Most great players have gravity and centrifugal force in their motion. 1) They use their chest in order to move their weight into their right hip joint on their backswing; 2) they shift some weight to their left turning axis (left hip) and allow gravity to drop their arms and club in the slot; 3) and then clear the left hip and bring the right hip to where the left hip was before it cleared which creates centrifugal force in the arms, hands and whole club.

Drill

1. BACKSWING (IT’S ACTUALLY A TURN) & LOAD INTO RIGHT HIP:
   a. Turn your chest and shoulders
   b. Allow your arms and hands to go where the turn takes them.
   c. There is zero lateral movement of the right leg in the backswing.
2. SLIDE & DROP (SHIFT AND DROP):
   a. Your legs move both hips toward the target 1-3 inches depending upon the length and force of the swing.
      - 1-inch for a wedge; 3-inches for a driver.
   b. The pull of gravity causes your arms to drop toward the ground (NOT toward the target line)
3. TURN THROUGH:
   a. Clear your left hip to the left
   b. The right hip moves to where the left hip was before it cleared.
4. START WITH THE SMALL SWING
   a. Gradually increase the size of the swing.
The next fundamental of a sound golf swing is proper arm rotation. Again, we will do this without a golf club since at this point a golf club only makes the learning/relearning process more difficult. One of the reasons for it being more difficult with a golf club is that golfers have a tendency to fixate on the clubhead and ball rather than on their body motion and arm rotation. Without a golf club, it is much easier to focus on the proper body and arm motions.

**Drill**

1. **BACKSWING (IT’S ACTUALLY A TURN) & LOAD INTO RIGHT HIP:**
   a. Turn your chest and shoulders
   b. Allow your arms and hands to go where the turn takes them into a thumbs up position.
   c. Your arms will turn naturally as you turn your chest and shoulders in the backswing.

2. **SLIDE & DROP (SHIFT AND DROP):**
   a. Your legs move both hips toward the target 1-3 inches depending upon the length of the swing
   b. The pull of gravity causes your arms to drop toward the ground (NOT toward the target line)

3. **TURN THROUGH:**
   a. Clear your left hip to the left
   b. The right hip moves to where the left hip was before it cleared
   c. From halfway down to halfway through the follow through, while your legs and hips turn your body, your left arm will roll off your chest and your right arm will move in unison with your left arm action.
   d. There is an interdependence between the body turn and arm rotation.
Now let's start taking bigger swings, again without a club. By making a three-quarter swing you will begin to feel your new, "big muscle", swing taking shape. Just follow the steps below to make a bigger body motion and more arm rotation than the earlier drills.

Drill

1. As with previous drills, you turn your chest and shoulders to start the backswing.
2. As you turn your chest and shoulders to the right, your right hip will rotate and your left upper leg and hip will move toward the ball.
3. During the middle of the backswing, the arms are moving up as the chest continues to turn. This allows the arms to stay in front of the chest.
4. PROPER BODY ACTION and the pull of GRAVITY initiates the downswing.
5. As the body turns, the arms will rotate in the same direction; to the right going back and to the left going through. Thumbs up on both sides.
6. Maintain SPINE ANGLE with RIGHT EYE LOW in the follow-through.
7. Finish BALANCED on your left foot.
Module One
Summary

After acquiring the skills in Module One, you will have learned how to:

• Move your body correctly with the turn, shift, and turn.

• Start your downswing by making a small lateral hip motion and allowing the pull of gravity to bring your arms down (the 2nd beat).

• Feel the proper arm rotation in the downswing and follow-through.

• Feel the pull of centrifugal force through your hands.

• Maintain your spine angle with right eye low in the follow-through.

• Finish balanced on your left foot.

One Final Reminder: Practice.

It is impossible to OVER-LEARN these skills.
Welcome to Module Two, the second step in your journey toward a better golf swing. This module has eight sections. In each section you will find a brief description of the fundamental to be learned, and the importance of that fundamental.

In this module you will learn how to incorporate the golf club into your body motion and arm swing.

Your game will continue on its path toward excellence as you learn to “feel the club” as you master the skills in Module Two.

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A proper grip is as important as any other fundamental that you will learn in this program. Your grip establishes the connection between your body and the club and greatly influences the efficiency of your golf swing.
As we stated earlier, the golf swing is a two-handed motion. The Left Hand Only drill will teach you the importance and contribution of the left hand in a proper golf swing. Having only the left hand on the club on the downswing allows the club to swing freely in concert with the proper body motion learned in earlier drills.

**Drill**

1. Use the right arm to help with the backswing by holding the grip of the club with the tips of the fingers of your right hand as you grip the club with a normal left hand grip.
2. In the forward swing, let go of the club with the right hand as your hips move laterally and the pull of GRAVITY starts pulling your arm. As your left hip clears feel the left arm rotate the whole club. Notice the upper left arm rolls off the chest.
3. Allow the clubhead to swing on an arc in a natural response to the turning body.
4. Notice the clubface is toe up at the top of the partial backswing and also at the end of the follow-through.
5. This is a great drill to learn the feel of left arm rotation.
6. This drill can also be done with a smaller backswing and follow-through.
The Right Hand Only drill is where we will help you to understand that golf is not just a left-handed game, it is a two-handed game. This drill will show you how to properly use the right hand and arm in the golf swing. It is also a great drill to feel the proper use of your body in the golf motion.

**Drill**

1. The leading edge of the clubface is an extension of the right palm. (Allow your left arm to shadow the movement of your right arm as you swing with only one hand on the club.)
2. Turn your chest around your spine in the backswing and feel your weight load onto your right leg.
3. In the downswing start with the small lateral hip and upper leg shift with the arms falling due to the pull of gravity. When your left hip clears, feel your weight transfer on your left leg as you swing to the finish. Finish on the tiptoe of your right foot.*
4. Allow the clubhead to swing in an arc to the target line (from the inside of the target line and back to the inside again) in a natural response to your turning body.
5. Maintain spine angle with right eye low in the follow-through.
6. This drill can also be done with a smaller backswing and follow-through.
Swinging the golf club on the proper plane is critical to consistent shot making. Being ON PLANE for the downswing and follow-through is absolutely mandatory for consistent shot-making. It is easier to be ON PLANE on the downswing if you are ON PLANE on the backswing. When the golf club shaft swings on plane it creates an inside the target line to inside the target line clubhead path.

The above pictures depict the bottom ¼ of an ON PLANE motion. The PLANE is the angle to the ground that the clubshaft swings from ¾ back through ¾ through. Swinging the club on the SHAFT PLANE allows the club to move the way it is designed.

Drill

1. Lay a piece of PVC pipe or a club or club shaft on the ground
2. Set up placing your clubhead on the PVC pipe, addressing an imaginary golf ball
3. Make a quarter swing along the clubshaft plane using your big muscles as learned in Module One
4. Allow the club to swing freely
5. This will cause the club to swing back in an arc as an imaginary line extended from the club shaft continues to “point” at the PVC pipe throughout this ¼ swing.
6. Be aware of the shaft.
7. If this drill is started with your feet and hips open to the target and your weight mostly on your left foot, you will be in a chipping position.
Finding the Parallels makes keeping the club shaft ON PLANE much easier. The golf shaft is parallel to the target line half way back and half way through. The toe end of the clubhead points up at these parallel shaft positions.

Drill

1. The chest turning around your spine moves the arms and club in the backswing.
2. The downswing starts with a small lateral hip motion as the arms and club fall due to the pull of gravity.
3. Clear your left hip and upper left leg as your right hip and upper right leg move into its place. Keep your belt level with the ground as you make this motion.
4. Stop and check the half-way-back position and the follow-through position
5. Alternate between “stop and check” and “continuous swings.”
6. Be aware of the shaft.
7. It is very important to be excellent at this drill.
This drill is a logical progression of the earlier 1/4 swing and 1/2 swing drills. By learning this drill, you are building a solid foundation for an ON PLANE swing. Keeping the club on a single, consistent SHAFT PLANE is only possible from the address position to a 3/4 backswing, and then on the downswing to a 3/4 follow-through.

Passing through the parallels on the backswing, downswing and follow-through will make it easier to keep the club ON PLANE during the swing.

Drill

1. Lay the PVC pipe on the ground and address that imaginary golf ball again.
2. Create a “pointer” by gripping down on the club so that 3 or 4 inches of the grip is sticking out above your hands.
3. Turn your chest and swing the club into a 1/4 backswing position and through to a 3/4 position. The grip end of the club should point at the target line at the 3/4 back and 3/4 through position.
4. If you are doing this drill correctly, the clubshaft will also be parallel to the PVC pipe when it is parallel to the ground in the backswing, downswing, and follow through.
5. Forearm rotation hinges the club up at the first parallel.
6. Forearm rotation unhinges the club after the second parallel (the later the better).
7. Forearm rotation also rehinges the club in the follow through.
You have now built the foundation for a solid, fundamentally sound full swing, so let’s practice the full swing drill. All we are doing in this drill is incorporating the moves that we have learned in earlier drills. There is nothing new; you are simply marrying all of the parts together to produce a powerful full swing motion.

**Drill**

1. The full swing is the same as the three quarter swing with more turn.
2. Great golf is absolutely possible using a backswing that is less than parallel to the ground at the top of the backswing.
3. Your full swing is limited by your body’s ability to turn while staying in your SPINE ANGLE. Your arm motion should match your body turn. In other words, don’t overswing with your arms in an attempt to make a longer swing.
4. To begin the downswing, feel a LATERAL LOWER BODY MOTION as the pull of GRAVITY drops the arms onto the SHAFT PLANE as you start down.
5. Allow your arms to swing freely without tension as your body turns down and through and finish balanced on your left foot.
The Two-Club Drill is, without a doubt, the most effective way to continue improving and refining your golf swing. This drill teaches coordination between the body turn and arm rotation. One of Floyd Horgen’s students made 10,000 repetitions of this drill in a single week and promptly went out and shot 67 at the end of the week!

Drill

1. Take a 7-iron in your left hand and a pitching wedge in your right hand
2. Start with a half swing and progress to a three quarter swing.
3. The goal is to keep the clubs parallel throughout the entire swing (shafts and leading edge of clubheads.) If the clubs feel too heavy, move your hands down on the grip or turn the club around, holding the club just above the clubhead.
4. Half-way back and half-way through, the clubheads should be toe up.
5. Alternate between individual swings started at address and continual (back-forth-back-forth…) swings.
6. Combining this drill with the One-Arm Drill is also very helpful
   - Start by holding one club in your right hand with left hand holding the right wrist, thumb on top (this is the One-Arm Drill learned earlier.) Swing continuously back and forth for 10 reps.
   - Switch to the left hand and repeat for 10 reps.
   - Then do the Two-Club Drill for 10 reps.
   - Follow by swinging one club in both hands feeling the motion of the first three drills for 10 reps.
   - Increase reps as your skill and endurance improve
Module Three

How to Hit Solid Shots

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BALL POSITION

The proper ball position is very important if you want to strike the ball solidly and hit accurate shots. Study the accompanying photos carefully, they will help you to properly position the ball with all of the clubs in your bag.
Okay, it's finally time to include a golf ball in our drills! Becoming proficient at the drills in Modules One and Two will lead you to success in the drills with a ball. Always swing through the ball to the finish of the swing you are making.

Drill

1. Use an 8-iron or 9-iron with the ball on a tee.
2. Turn your chest as you swing your arms in the backswing.
3. Start with most of the weight on your left side. Turn your chest in the backswing. Let gravity start the forward swing as you clear your left hip. Some players find this drill easier if the lower body is slightly open.
4. Insist on contact being incidental. Swing through the ball as if it were not there. Maintain your spine angle and right eye low in follow-through.
5. When you are hitting the ball consistently with this drill move on to the next, increasing your swing in increments of 1 inch until you reach the half swing.
With this drill we are growing your swing in increments from the ¼ swing to the ½ swing, as you progress toward hitting the ball with a full swing.

**Drill**

1. Put the ball on a tee.
2. Turn your chest as you swing your arms in the backswing.
3. Start the downswing with a slight lateral shift of the hips, while allowing your arms and club to drop due to the pull of GRAVITY, followed by CLEARING the left hip.
4. Swing through the ball to a halfway position. Make sure that the toe is up and the shaft is parallel to the target line.
5. Maintain your SPINE ANGLE as you watch the ball fly, maintaining your RIGHT EYE LOW finish position.
6. To hit a draw, back the ball up 2 or 3 inches. Close your stands and allow the shaft to swing across the target line (in to out) and rotate your arms more through contact.
7. To fade the ball move the ball up in your stance 2 or 3 inches. Open your stance and allow the shaft to swing across the target line (out to in) and hold off arm rotation through contact.
8. Finish balanced on your left foot.
We’re almost there! Let’s now practice a ¾ swing, with an emphasis on maintaining your SPINE ANGLE as you keep the golf club ON PLANE. Mastering these two fundamentals is critical to consistent ball-striking, and this drill will help you master them.

**Drill**

1. Grow the swing in increments from the ½ swing to the ¾ swing.
2. From the half-swing position, continue turning the chest and swinging your arms together to the ¾ position.
3. During the backswing, direct the clubshaft up between the elbows with the shaft pointing to the target line.
4. Start the downswing with a LATERAL SHIFT of the hips, while allowing your arms and club to drop due to the pull of GRAVITY, followed by CLEARING the left hip.
5. Maintain your SPINE ANGLE as you watch the ball flight with your RIGHT EYE LOW.
6. Swing through the ball and finish balanced on your left foot with the shaft pointing at the target line.
7. Get good at this swing before moving to a full swing.
You’ve arrived! It is time to practice hitting a ball with a full golf swing. This is the culmination of all of the drills and exercises that preceded it, and you should be congratulated for making it this far in your journey toward a new, tour quality golf swing.

**Drill**

1. From a ¾ backswing continue turning the chest. Once you have completed the turn back, stop the arms and club. It is not necessary to force a full swing. A three-quarter swing may be optimal, depending on your flexibility.
2. Start the downswing with a LATERAL SHIFT of the hips, while allowing your arms and club to drop due to the pull of GRAVITY, followed by CLEARING the left hip.
3. Sense the pull of CENTRIFUGAL FORCE on your arms and the clubhead through the hitting area.
4. Always swing through the ball to the finish of your swing, ending in a balanced position on the left foot.
Afterword

If having an effective golf swing were easy, everybody would play golf very well. Nobody has ever mastered the game, but everyone is capable of playing much better.

In the golf swing, gravity and centrifugal force are interdependent. Feel the force, don't force the feel.

After your motion develops, alignment to the target becomes very important. You must give up control of the clubface if you want to make excellent golf swings.

Once you have learned the basic motion, the three keys to golf are Alignment, Alignment, Alignment. In other words, your starting position determines where the ball will go.

Remember to learn from the past, dream about the future, but stay in the present. Enjoy your new golf swing, and don't forget -- the biggest key of all: PRACTICE! (Especially the Drills in Modules One and Two.)

We have enjoyed sharing, Gravity and Centrifugal force with you, and we wish you the very best golf you have ever played!

Start from the beginning at any time. You can not over learn the early fundamentals.