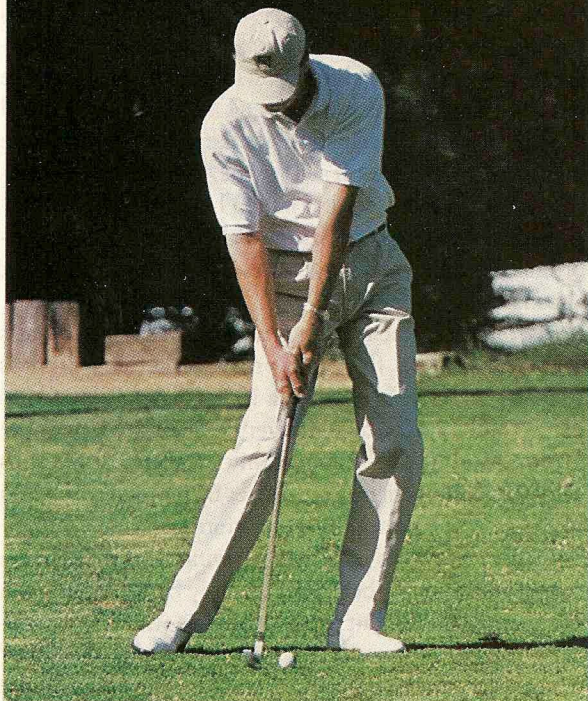
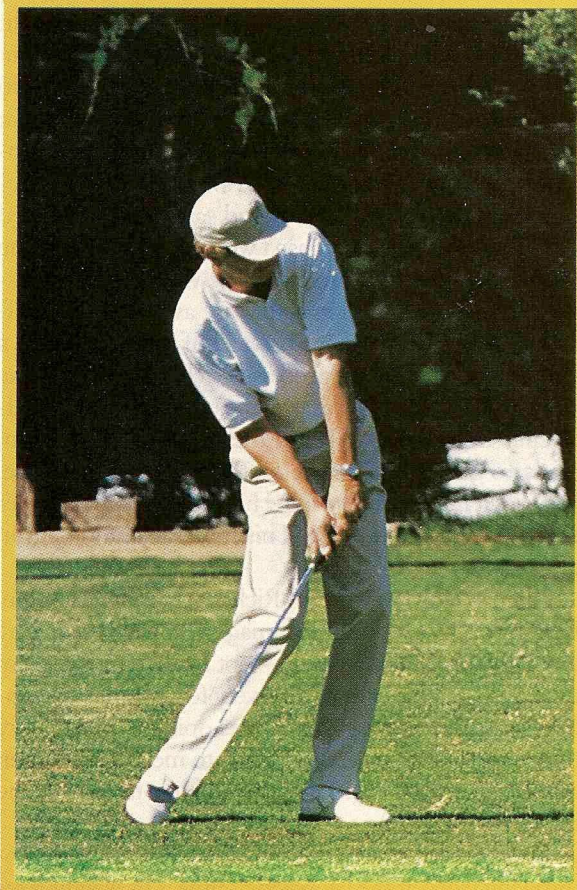


REGULAR SWING



EXTRAORDINARY SWING



differently-instead of leaning toward the target, his body is coiled behind the ball (see p. 92). I say, "Something like that?" The light of amazement and enthusiasm comes into his eyes. "Yeah!" he says. "Like that!" Next I ask him what position he'd like to have at impact, and he says, "I'd really like to retain my wrist angle, and have my body moving with the club, not ahead of it or behind it." I stop the tape at the impact frame (this page), and there it is. Richard, Mr. 10-Handicap Slightly-Better-Than-Average-Golfer, looks like he belongs on the cover of a golf magazine.

Magic Moment

RICHARD SITS THERE, stunned, looking at his video. There's the swing he's always wanted, the one he never really thought he'd be able to do. He doesn't know what to say. The other students are equally surprised and amazed. A feeling-a spark-goes through the room. People realize that something extraordinary is happening, and they don't quite know how to react.

Then I turn to Richard and ask him a question that is at the core of the whole learning process: "If you're already able to swing the way you want, what do we need to teach you?" From here we introduce the themes that will guide us over the next few days.

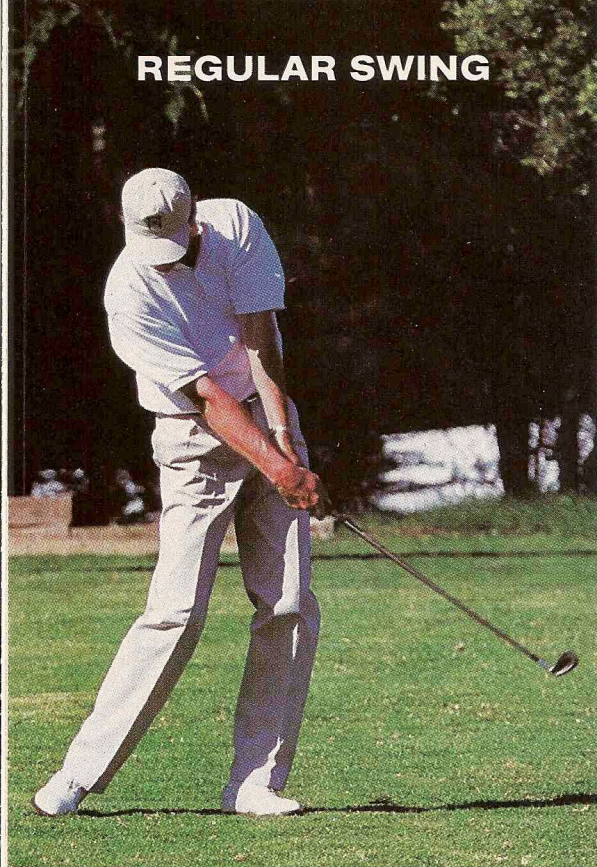
The first two themes are these: 1) Your instincts are extraordinary, and basically you've gone against them from the time you first started golfing; 2) When Michelangelo created David, he went to a block of marble and removed everything that wasn't David-he added nothing; great golf is likewise a process of removing the interference you've put on yourself, almost from the very first day.

We all instinctively know how to propel an object in the most efficient way possible. If given time to experiment-without preconceived ideas of right and wrong-we will feel our way toward the motion that provides us with our maximum power. Great golfers are people whose natural (club-throwing) swings are very similar to their regular swings. It is entirely possible that these excellent golfers play closer to their instincts than others. They don't constantly think, juggle, and adjust when they swing. They are much better able to step up to their shot and just let it go.

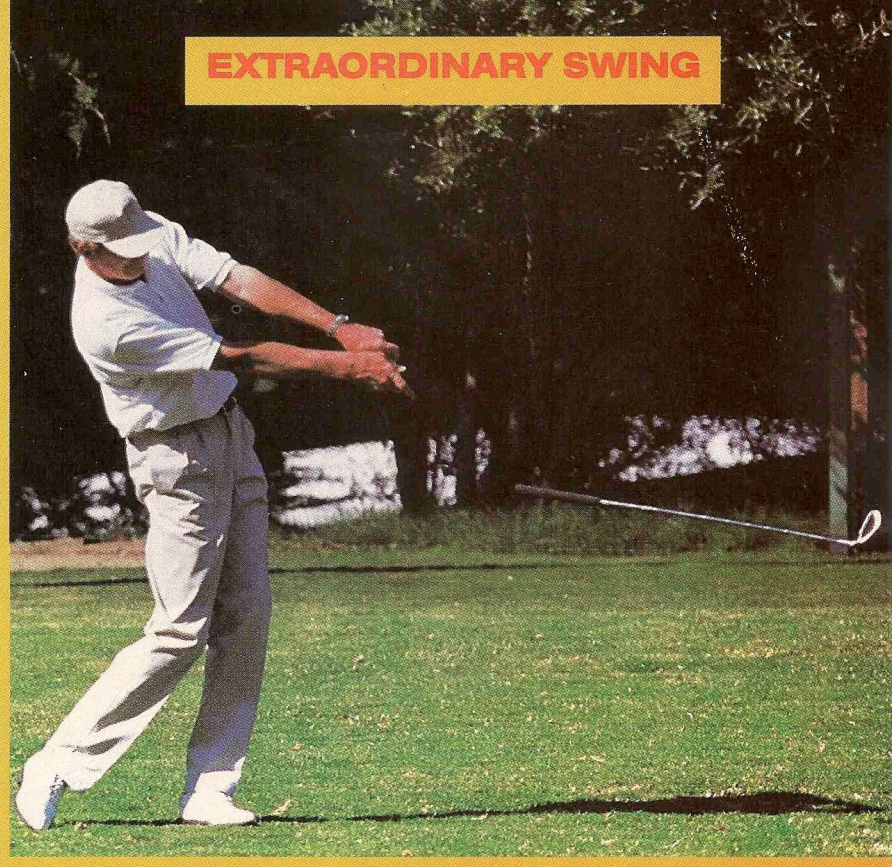
Basic Instincts

THE CLUB-THROWING EXERCISE provides a simple and direct way for people to get back in touch with their instincts. Richard is only the first of the students in the conference room to be discussed, and as we show the other videos the enthusiasm remains high. Whatever the golfer's age, gender, or handicap, the changes are remarkable.

REGULAR SWING



EXTRAORDINARY SWING



There is an extraordinary difference between most golfers' regular swings and their far more fluid, efficient, and powerful club-throwing swings. But the objective in golf is to propel not the club forward, but the golf ball, which leads to the obvious, \$64,000 question: What is it that makes the difference?

In looking at the videos, the only consistent visible difference is where people's eyes look before they start the swing. In the regular swing, their eyes are on the golf ball, as if to say, "I'm going to hit that." In the club-throwing swing, their eyes look forward, as if to say, "I'm going to throw it out there." On the video this looks like a small matter. But it makes all the difference in the world. The club-throwing swing is superior to the regular swing primarily because of this one thing: The target was changed from the golf ball to the hole.

Deception in Perception

FROM PRACTICALLY the first time we played, most of us, in a sense, have been hoodwinked into believing that the golf ball is the target. And interestingly enough, the resulting swing is concurrent with this belief. The lifting up on the backswing, the reverse weight shift, the fully released hands at impact—all the things that look so awkward and unnatural to golfers watching their videos in fact seem quite reasonable if you assume that getting the club face square to the ball at impact is the ultimate objective, which it is for most people. The body's instincts are very wise and they will do whatever best

achieves the given objective. We just need to be aware of what objective we give them.

In the club-throwing exercise we change the target to what it really is in golf-out there. The ball is simply something that the swing passes through on its way toward the target. And with the new target, the body's instincts hold true. The resulting swing matches exactly what is necessary to produce the maximum force to propel an object forward. The body and arm positions change, the head and feet are in a different place, the weight is set in a new way. Everything changes, and remarkably, it changes all at once, not in the piecemeal way that most people think is the norm. Contrary to most current teaching beliefs, I have seen strong evidence for golf learning to be an all-at-once phenomenon.

As the videos so clearly show, the body behaves according to the target—the point of view—that we give it. If the target is the ball, the body will often lift up on the backswing, since the most efficient windup turns away from the target, and up, in this case, is away from the target on the ground. With this target, the wrists will be fully released before impact, since this is their objective point. When the target is changed to the flagstick, the same instincts hold true, and the body's actions change naturally.

Almost all golfers work from the opposite direction. They focus first on the endless details of the swing, which are actually the results of other things. They treat the secondary events as if they were primary and are often unaware of the real primary causes. (P)