



Do you know this golfer?

# **SEVEN SECRETS TO CONSISTENCY**

## **OVERVIEW**

Welcome!

This program reveals the essential elements or “causes” which are overlooked in traditional instruction.

Traditional instruction is based on fault-finding and error correction. This paradigm leads to the classic golfers’ ailment commonly referred to as “paralysis by analysis”.

How many swing thoughts can you recall in 1.5 seconds? Ask our friend on the first page. Do any of his reminders look familiar?

The “secret” to constant improvement is effective muscle memory. Regularly rehearsing key positions at home (in slow motion) will “groove” the essential elements so you can stop thinking and just... (you know).

A widely accepted guideline for developing new muscle memory is 10,000 accurate repetitions. For the first 30 days, speed is your biggest enemy. Slow, regular rehearsal at home for (at least) thirty days will accelerate the progress.

A full-length mirror is essential to give your imagination a picture to match the new feel.

After studying a few (thousand) swings in slow motion, I have reduced the full swing to seven key positions. Video analysis reveals these positions in every consistent swing. Variations in fine details are the by-products of differences in physical attributes.

The seven positions are interdependent.

Invest at least two minutes daily for one week. You may need more or less time to feel comfortable with the new sensations. It's crucial that you rehearse one position at a time until it feels natural.

The more you rehearse the key positions, the quicker you develop a new "feel". Every golfer has a unique sense of feel. Your mission is to discover the key sensations that accompany each position. As you rehearse, close your eyes for a few seconds and "listen" to your body.

Enough lecturing...let's get started.

## **LESSON ONE**

### **The First Key To Consistency**

When you watch golf on television, can you see any similarity in posture among the Professionals?

Here's a clue. Look at the base of the spine.

Every scratch golfer has an inward curve at the base of the spine at address.

Why is this important?

This "S" shape spine angle allows the player to rotate the shoulders and hips on a consistent path back and forward without moving up and down.

The majority of amateur golfers create a "C" shape or "hunched over" spine angle at address. A common mistake is grounding the clubhead behind the ball *and then* bending over. This routine causes the spine angle to change with the various length clubs.

This “C” shape spine is the biggest contributor to a myriad of swing issues, including lifting the head, hitting thin and fat shots, bending the left elbow and the reverse weight shift.

Do any of the above conditions sound familiar?

How do we establish a consistent spine angle with every club?

Set the spine angle *before* you ground the clubhead behind the ball.

Ever wonder why the Tour Pros “hover” the clubhead and then gently sole the clubhead behind the ball?

Now you know.

In the first drill, you can use a Driver, a ball retriever or a pole.

Let’s get started!

### **Three Steps To Perfect Posture**

#### **Step One:**

Stand naturally upright and place the pole across your hips. Your hands should be just outside the hips.

#### **Step Two:**

Use the pole to slowly push your hips back. Keep the knees straight as long as you can. Continue until you feel slightly off-balance. Allow the knees to bend just enough to keep your balance.

### Step Three:

Let go of the pole. Can you feel the slight inward curve at the base of the spine? Good. Your arms should be “hanging” straight down with the shirt sleeves touching your side.

Congratulations!

You now have the first key to constant improvement.

Set aside two minutes a day to rehearse this drill in front of a full-length mirror. Allow at least one week to allow the new posture to feel comfortable.

In case you are wondering about the grip. Your posture determines the grip. When the arms hang naturally, you can simply move the hands together to create your ideal grip.

If you would like a brief refresher, [here is the link](#) to the three grip essentials video.

See you next week for Lesson Two when you learn the first two essential elements in every consistent backswing.

Feel free to send me an email with any questions/comments:

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# Ultimate Golf: How To Build Your Perfect Golf Swing

The Three Keys to Consistency

4.5 ★★★★★ (57 ratings) 322 students

Created by [Rick Davis](#), [David Johnston](#)

P.S.

Thanks for the reviews of our [Ultimate Golf Program](#) on Udemy com!

The student enrollment is now 322 and certifies the program for inclusion in the [Udemy Business Collection](#) of Curated Courses.