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## Elite Insider Circle Monthly Handicap Improver December 2015

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Hello Fellow Golf Enthusiast,

This is **Jaacob Bowden**.

To recap last month, we included a **CD** of my interview with **Cory Gauvreau**, who is an **authority on golf simulators**.

Now that the season is wrapping up for many of us, **having an in-home simulator** might be something you want to do to **maintain or improve your game in the winter**...and it doesn't have to be expensive. Among other things, Cory and I chatted about how you can

**build your own setup for around \$1,000.**

We had a **Long Drive Q&A** with **Tyler Kellett**, a **top long drive competitor** who has qualified for the **World Long Drive Championships in 7 of the last 9 years**...and who **finished as high as 3<sup>rd</sup>**.

Some things from **Tyler's Q&A** that I think are **worth pointing out** are:

- Tyler is **custom fit for his driver** to eek out every possible yard of distance in his swing.

- Tyler is **only 5'11" tall**, yet can generate as **fast of club head speed as nearly anyone** in the world. This is good news for the rest of us who aren't beastly giants.
- He **works the ball to "ride the wind"** to get maximum distance.
- He spends time **working on his body** to be able to swing faster...focusing on things like **heavy lifting at speed to develop power**.



**Nutrition, practice, and general golf expert Adam Young** wrote about **random versus block training** and that if your goal is to learn and retain as much of that learning as possible so it transfers to the course, you need to **switch it up** and **make sure to include random practice**.

**Equipment and club fitting expert Tom Wishon** told us about **the best driver length**.

As a general rule of thumb, his answer was **"at least an inch to inch and a half shorter than the drivers being displayed on the rack in golf shops"**.

During the 2000s, the **average driver length on the PGA TOUR** has stayed around **44.5"** and not the 45-46" you see with drivers for sale to the mere mortals in golf shops.

**If you struggle with inconsistent driving, visit a custom club fitter** to find out if going with a shorter length driver can help you. In most cases, **you won't give up**

**distance** but will be **much more accurate and consistent**. That's a good thing for your scores.

**Putting expert Geoff Mangum** wrote a bit about the **math** involved in **determining break on putts inside of 10 feet**.

**I also answered a couple Monthly Handicap Improver member questions** about things like the **“Hand Speed Trainer, the “Ultimate Swing Trainer”**, as well as some **shaft recommendations** for a 60-year old 15-handicap golfer.

### **This Month**

This month, here's what's coming up for you.

- We've got a **Long Drive Q&A** with **professional long driver Justin Young**. Justin finished 5<sup>th</sup> at the World Championships. So we'll ask him about what he does to hit it longer.
- **Expert Adam Young** has an article for us about **what the best type of shot to play is...for example, a fade or a draw**.
- **Equipment specialist Tom Wishon** has written something about the 5 important elements of putter fitting.
- **Putting expert Geoff Mangum** talks about how to think about putting reads.
- We'll have our usual **“Member of the Month” and golf joke**.

As part of your Monthly Handicap Improver Insider Circle, **we've included a CD of my extended audio interview with...Martin Chuck**.

Martin is one of the **Top 100 most popular instructors** in the world and you may know him as being the **inventor of the Tour Striker Training Aid** or from his **videos at Revolution Golf**.

Martin hails from **Canada** and had the good fortune of **meeting and training with Candaian greats Moe Norman** and also **George Knudson**.

We hope you'll enjoy it.

Anyway, let's get started!

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## Long Drive Q&A with Justin Young



Age: 23      Height: 6'2"      Weight: 265 lbs

### Driver Specs:

Callaway XR 4-degree with Paderson 3x shaft, LDA 50-inches long (48" USGA)

### Sponsors:

Callaway, Paderson shafts, 59 belts, Golf Pride, and Loudmouth Golf

### Special Accomplishments:

2015 – Finished 5<sup>th</sup> World Long Drive Championship  
2012 - Finished 6th World Long Drive Championship

### What is your longest drive in competition?

445 yards

### What were the conditions of the drive?

It was down wind a little bit.



What are the fastest swing speeds you've recorded on a Swing Speed Radar and/or Trackman?

142 mph

What lead you to choose your particular equipment specifications?

Bobby Peterson builds all my long drive equipment he knows how to maximize our capabilities.

Do you favor a particular shot shape to hit it long?

I prefer a slight draw if it's working right.

Do you use any training aids to work on your speed and power?

I don't not use any training aids to work on swing speed or power.

Do you do any other types of training to drive it further?

I have a personal trainer Scotty Mabe he helps me with trying to improve my flexibility and strength.

Is there any particular bit of advice you would give the regular amateur for him or her to hit the ball longer?

I would tell them to work on hitting in the center of the face because that will help them with the distance.

Where can people contact you or learn more about you?

Follow me on Twitter  
@yjustin32, Instagram, and  
Facebook.



## What is the Best Type of Shot to Play?

By Adam Young

We often hear that a fade is more controllable, or a draw shot goes longer.

So, which one should we use when playing golf?



Should you have the luxury of being able to produce both shapes, I often do a simple test with my players. We pick a target on the range, then we proceed to hit several shots towards it with both shot shapes. We record the results, and then we can have a definitive answer.

I use Trackman on my lesson tee, as it allows me to look at the data much more in-depth. For example, I may look at the standard deviation value from the average shot pattern –as this allows me to see which shot is most consistent for the player.

Sometimes, we spot errors that we could make work. For example, I know that, personally, I tend to ‘over-curve’. When I am playing a draw shot, I will tend to miss more to the left, and vice versa.

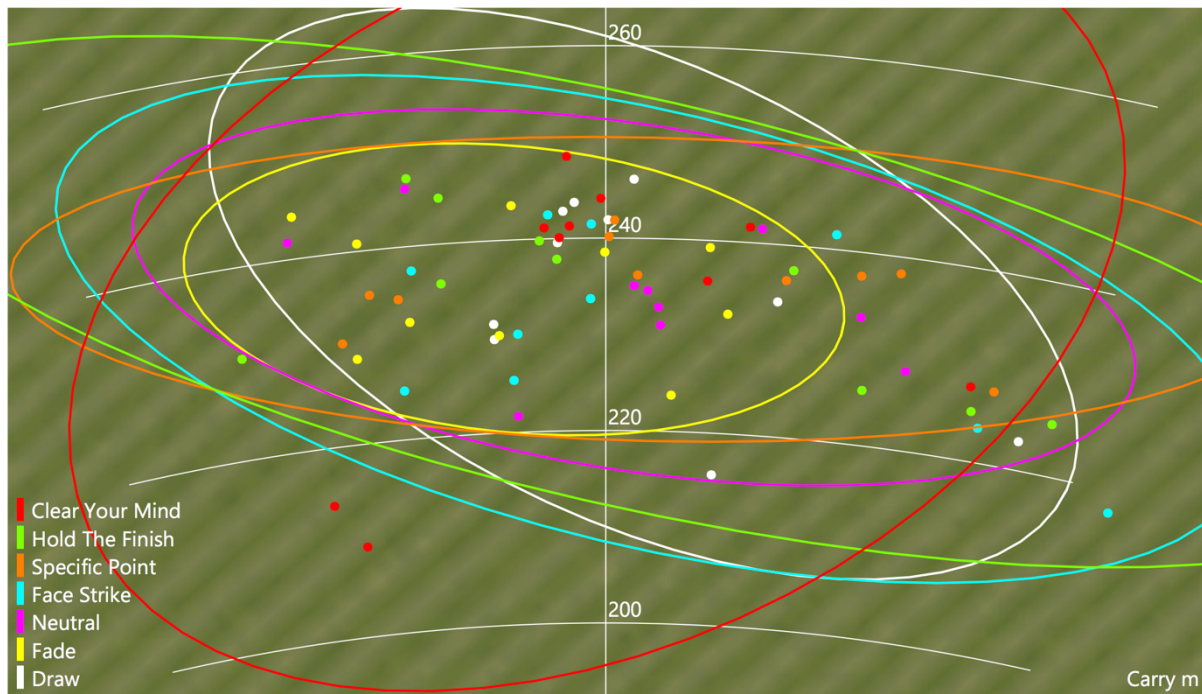
As a result, I can use this information to guide my strategy. Should there be danger on the right hand side, I often aim at the right side of the green and draw away from danger. This is in stark contrast to what most people have read. As always, I see different patterns with different players.

I also see that, sometimes, a player may have a better side to side dispersion with one shot, and a better front to back dispersion with another. We can use this information to fit a shot style to a certain green shape; long and narrow, or wide and shallow.

In fact, with players that I teach more long-term, we often look at many different shot styles. Not only would we test draws and fades, but we also test where a player’s attention is during the swing/shot. For example, did you know you may get a completely different shot pattern when you think about making a divot in the correct place versus shifting your weight?

Knowing this information can be valuable to making you squeeze every last drop out of your game. I have had several players pick up 20-50% more fairways per round, simply by changing what they focus on.

Below is an example of this. While very chaotic, there are lots of shot samples using different focuses. See if you can spot which focus is the best one for this player.



We decided that a fade was better with this player, as it produced the tightest dispersion.

We also took the 3 best swings on the course and tested them there, to see if it held up – it did.

## About Adam

Adam Young is author of “The Practice Manual – The Ultimate Guide for Golfers”, a best seller on Amazon.com in both the UK and the US. You can learn more about his book and find out how to improve your game beyond recognition by visiting this link:

<http://tinyurl.com/adamyounggolf>

# The Important Elements of Putter Fitting

By Tom Wishon

With so much emphasis being placed on proper fitting of drivers, woods, hybrids, and irons, far too many golfers forget about proper fitting of the one club that has the most influence over your score...the putter.

Putter fitting is far more than just trying different models of putters and choosing the one with which you make more putts on the day you go shopping. If you get these five putter fitting parameters properly fit to you and your manner of putting, you will definitely have a real chance of lowering your score.



## 1. Putter Length

Find your most comfortable posture over the ball. Bend from the waist to the point you experience no discomfort in your back, but your eyes are directly over the golf ball. While remaining in this posture let your arms hang down relaxed. Gently bring your arms together to touch your wrists. The distance from your wrists to the golf ball is your proper putter length to allow you to maintain comfort and a relaxed arm stroke when putting.

## 2. Putter Lie Angle

Plain and simple, when you address the putt, the putter head must sit flat on the green so the center of the sole is touching the green. If the toe or heel of the putter is tilted up, the face of the putter is not aimed directly at your target line, no matter how much you may think it is. Putter lie can be adjusted by an experienced Clubmaker.

## 3. Putter Loft Angle

Few golfers know that putters are made with a little bit of loft. Most typical is 4° for standard putters. Putter loft should be custom fit to ensure the ball can roll smoothly off the face of the putter when



struck. If the ball hops or bounces a little on the green after impact, the putter loft is not correctly fit to your stroke. Key to this is your ball position and the position of your hands on the putter grip in relation to the ball at impact.

If you putt with the “hands forward”, ahead of the ball, you should be using a putter with 5 or 6\* loft. If you are a “wristy” putter or you have the ball more forward with the hands behind the ball at impact, you should be using less loft, in the area of 2-3\*. Once again, an experienced Clubmaker can help determine the right putter loft for your stroke and make the loft adjustments on your putter to correspond.

#### 4. Putter Grip Shape and Size

To say there are a lot of different options from which golfers can choose with regard to the shape and size of the putter grip is an understatement. Unfortunately the best and only good way to find the putter grip that allows you to achieve the highest level of putting stroke consistency is trial and experimentation with as many different putter grip styles as possible. As before, working with an experienced Clubmaker is the way to go about selecting the best putter grip shape and size for your putting stroke and comfort.

#### 5. Putter Weighting

One of the most exciting areas of putter fitting in the past decade which is showing a significant rate of putting improvement is counterweighting the putter – installing a 60g, 80g or 100g weight in the very grip end of the putter shaft. Particularly for golfers who suffer from distance control, pull/push tendency and off center hits with the putter, a heavy counterweight acts to put more weight directly into the hands during the putting stroke. This in turn has the effect of being able to “calm down” the motion of the hands and arms during the putting stroke to result in better distance control, fewer pulled and pushed putts and more solid impact with the putter.

Contact your Clubmaker for installing a counterweight in your putter.

The AGCP (Association of Golf Clubfitting Professionals) -  
<http://www.agcpgolf.com/locator/>

The ICG (International Clubmakers’ Guild) -

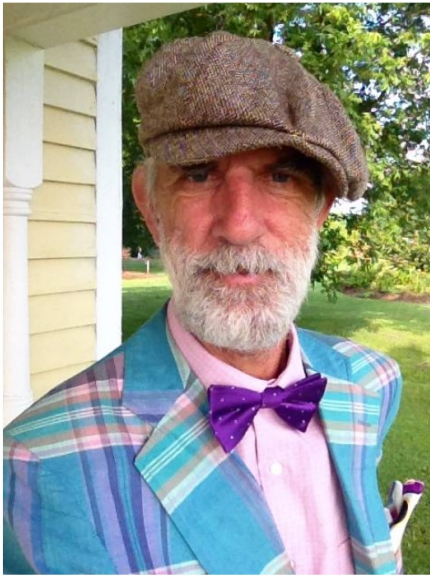
<http://www.clubmakersguild.com/index.php/membership-directory/guild-google-map>

The TWGT Clubmaker Locator at - <http://wishongolf.com/find-a-clubfitter/>

Best wishes in this great game!

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## How to Think About Reading a Putt



ANY breaking putt can be sunk by SOME combination of start line and pace. More pace, lower line; less pace, higher line.

But for any given pace, there is only ONE POSSIBLE line; and for any given line, there is only ONE POSSIBLE pace.

So, how to go about getting the correct combination?

My advice is: pace is always the same “smart pace,” and so is never altered, which means that the correct approach is “pace FIXED, line must match pace.”

## The Brain Knows the Physics of the World

Pace is "smart" and steady and not really up for grabs according to what YOU might desire.

A "smart" pace is simply one that:

- 1) is never short
- 2) is slow across a hole effectively wide
- 3) stops in a short space behind the hole so the next putt is easy for you, which is generally a ball that stops within 2-4 rolls or inside 2 feet behind the hole

The INTENTIONALITY that your putt will stop like this is critical to establishing the force your body uses for the tempo and rhythm of your usual stroke action. Given a pendulum stroke with a set tempo, and an equal rhythm back and thru (same tempo in backstroke as used in the thru-stroke), the FORCE of a stroke is set by the SIZE of the pendulum backstroke, which in turn sets the impact velocity of the pendular peak speed at the bottom of the stroke.

No pendulum ever has funny timing or tempo, since the length of the pendulum alone sets the tempo timing from top to top of the swing, and so short strokes of a given pendulum and longer strokes do not take different tempo timing from top to top.

What changes with size of stroke is the peak velocity of the pendulum at its bottom point -- short strokes have slow impact velocities, and long strokes have faster impact velocities, and any given size always has the same impact velocity. Impact velocity combines with putter head mass to give the momentum and force of the impact.

The great and weird thing that the PuttingZone discovered and teaches is HOW the golfer's intentionality to stop a ball's roll slightly past the hole takes into account distance, green speed, and uphill-downhill energy requirements to pre-set the SIZE of the backstroke so that the impact velocity of the golfer's stroke matches very closely the impact velocity required by the physics of the external world.

This is fundamentally how experienced brains use the existing wired-up relationships between arm pendulum swing sizes and the force of limb motions to targets in external reality: always safe and successful and never spastic and violent and injurious or unsuccessfully short of the goal.

In fact, the body relies upon years of experience sizing pendular swings by limiting the size and force to about 103% of what the world requires to insure both safety (no violent overshoot) and success (never short of the target or object space).

This "limit" is what pre-sets the muscles that generate the backstroke to a certain level of energy in the ten or more seconds before the stroke is started, and then THAT energy sizes the stroke to attain all the limited size. One backstroke tempo loads the 103% energy and then the same tempo spends the 103% energy -- that's the rhythmical stroke back and thru.

So, intend and then stroke with “tempo twice” rhythm and the correct size and impact velocity happens non-consciously to match the objective physics requirements of the putt.

So ALWAYS INTEND TO STOP THE BALL behind the hole less than 2 feet to “limit” the size of the stroke and then use the tempo-rhythm to “get and spend” all of the limited energy.

### **“One Speed, One Read” for Prediction**

Actually, the real deal is to use intentionality to the space at the hole to “size the chosen tempo-pendulum”. The intentionality doesn’t size just any pendulum -- only the pendulum that goes with a chosen tempo. The “natural” tempo is the best choice, since this is the best trained tempo and hence the sharpest and most educated selector of sizes to match real-world requirements. The “natural” tempo is the same as the natural or casual free-fall arm swing -- relaxed and easy.

In the 1950s, this tempo was talked about in terms of “letting the putter head do the work”. To be rhythmical, the golfer’s backstroke matches this free-fall thru-stroke tempo.

This means the golfer first “lives the tempo” even before he or she forms any intentionality to a target space: then the intentionality sizes the correct tempo-pendulum. Then in executing the putt, the golfer simply moves so that the backstroke lasts for one tempo and then the thru-stroke also lasts for the same tempo -- easy and balanced and temporally symmetrical and smooth and unhurried. That is “rhythm” given the chosen tempo.

So the pace is simply "smart" and never changes. That means the tempo and rhythm is always the same every putt, and only the SIZE varies from short putts to long putts.

So the rhythm of the stroke is not optional.

That means that the LINE has to "come to the pace." YOUR smart pace must be KNOWN and FAMILIAR to you and not subject to change from one putt to the next.

So I teach "rhythm first, read second."



## **“Rhythm First, Read Second” for Prediction**

This mean that your rhythm, set by your intentionality, always rolls the ball at the same pace past the hole to stop within 2 feet behind the hole.

- Make many strokes from 5-8 feet to stop past the hole like this using your REGULAR tempo and rhythm.
- Watch these putts and LIKE the pace as it goes past the hole.
- Only then can you "read" putts with your smart pace and adjust the line to your steady pace.
- After missing many putts with perfect rhythm from 5-8 feet away, try seeing the exact last 1-2" of entry path center cut over the lip and then...
- Aim the start line and make the same rhythm and see what happens.

The INSTINCTIVE WAY to read any putt is to:

- Imagine aiming straight at the center of the cup and predicting how that LINE will go low side immediately
- And then adjusting the LINE a little higher and re-predicting how far down the baseline that steady pace will now advance the ball before it falls to the low side
- And then aim a little higher LINE and re-predicting how much closer to the hole that same pace now goes before falling low
- Then adjust the LINE a little higher until the same pace sends the ball all the way as far as the hole before the ball falls to the low side.

THAT LINE is perfect for the usual pace.

## **Three Instinctive Movies to Predict the Same Line**

The above describes three separate, overlapping, redundant movies or visualizations by which to predict accurately the break curve and the start line that matches the set, fixed, smart ball pace.

- 1) The first movie predicts what happens when / if the golfer aims straight at the center of the cup and starts the ball with “perfect smart pace” all the way to and slightly past the hole: the ball will curve to the low side and then cross below the hole over the “fall line” and stop shortly after this 2-4 rolls past the fall line. The “break” is measured as how many inches or centimeters below the center of the cup the predicted roll crosses the fall line, and the aim target is exactly the same distance up the fall line above the center of the cup. The matching line then is aimed straight at this target

spot. That putt with perfect smart ball pace will “break” the known amount and enter the cup center-cut.

- 2) The second movie begins by predicting how the perfect, smart pace AND some perfect line ends up at the hole entering the cup over the lip in the “correct” center-cut path. A “center-cut” entry path is one that has the ball crossing the circular perimeter of the cup on a line that is aimed dead into the center of the cup, crossing the circle in a path that is 90 degrees to the “tangent” of the circle at the crossing point. Standing near and slightly below the hole, the golfer examines the area of grass just before the predicted entry in the high side area immediately before the edge of the hole and looks back to the ball at address and then predicts exactly which center-cut path that putt will have when the putt is executed with perfect, smart ball pace. Once this entry path is predicted, the golfer works backwards to follow the putt in reverse out of the hole back along the break curve to the ball at address, in the manner of a small car driving backwards along a curved road at night to the ball. Once the “car” has arrived in reverse back at the ball, the “headlights” of the car indicate the matching start line for that curve with that pace, and the headlights intersect the fall line above the center of the cup in one target spot. Because this second movie and the first movie both predict start lines using the SAME perfect, smart ball pace, the two movies agree in identifying the target spot on the fall line and the start line at the ball.
- 3) The third movie predicts how not-high-enough lines started with perfect, smart pace will send the ball along the high side for only a short distance before the ball curls over the baseline to the low side. A “baseline” is the straight line from the ball to the center of the cup, and divides the green surface neatly into one high side and the other low side. Aiming the putter face thru the ball exactly and only down the baseline is aiming “zero degrees” to the high side. For example, if a correct start line ends up being 2.5 degrees to the high side off the baseline, then an aim that is only 1 degree to the high side will not suffice for the ball to stay on the high side all the way to the hole, unless the golfer ADDS extra pace. That is not allowed. So, with the fixed, perfect, smart pace, the golfer predicts exactly how far along the baseline such a putt will travel before the ball crosses to the low side. Then the golfer incrementally increases the angle of the putter face slightly higher and re-predicts, this time seeing the ball travel a bit further along the baseline and closer to the hole before trailing off to the low side. In similar small steps, the golfer predicts the FIRST angle to the high side that is “high enough” to keep the ball on the high side all the way to the hole without needing to add any pace, but instead executing the putt

with the usual tempo and rhythm and perfect, smart pace. Then, if the putter face had headlights, the headlights again illuminate the same target spot on the fall line as twice before.

### **“One Read, One Speed” for Execution**

Once the start line that “comes to and agrees with” the perfect, smart ball pace is settled, the putter face is AIMED along the only start line that matters. The reading and aiming process is now complete and all that remains is to execute the putt. Because the read is set, so is the speed -- the same speed used to predict the break and the start line is the ONLY speed to use in executing the putt.

The putt cannot possibly be started down that start line with more or less than the perfect, smart pace, so that means “one read, one speed.” The speed (as expected) is not negotiable, so the tempo and rhythm simply combine with intentionality to roll the ball nicely all the way to the hole to generate the perfect, smart pace.

### **“One Speed, One Read” for Execution**

By the same token, once the putter face is aimed for line, AND the putt’s perfect, smart pace is settled, the ONLY stroke that makes any sense is one that starts the ball exactly wherever the putter face has been aimed according to the start line of the read.

One speed sets the curve, the break, the target, and the start line; once aimed into that start line, the only stroke that can possibly sink the putt with that ball pace is one that starts the ball exactly wherever the putter face aims.

This all means that the pace is perfect and smart and not negotiable, so the start line is what ends up being predicted to match the ball pace. Once the line is predicted and aimed, there is NO PLAN B: the only stroke that sinks the putt is “Plan A” -- one that uses the normal tempo and rhythm for the usual perfect, smart pace and sends the ball exactly straight wherever the putter face aims.

That’s a lot better than what 95% or more of the OTHER golfers are doing!

Cheers!

Geoff Mangum

For more great putting advice, tips, drills, and exercises, check out Geoff’s Putting Book here: <http://www.swingmangolf.com/golf-putting-tips.php>

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## Member of the Month

*"I've been doing Basic Speed Training for a month. Gained 25 yards on my drives and increased distance on my irons. My swing speed started at 85, progressed to 95."*

- Bill C, 71 years old, 9 handicap, Maryland

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## Finishing Up With Fun



Sam and Harry are playing one day. On the first hole, Sam hits a wicked slice into the adjoining fairway. The ball hits another player right between the eyes and he drops to the ground.

between his legs.

Sam and Harry rush over to the prostrate man and find him unconscious with the ball laying on the ground

Sam screams, "Oh my God, what should I do?"

Harry replies; "Don't move him. If you leave him there he becomes an immovable obstruction and, according to the rules, you are allowed a drop two club-lengths away."

**We hope you enjoyed the Monthly Handicap Improver...**

- **Anything you want our experts to write about?**
- **Any other questions or comments?**

**Let us know at [info@swingmangolf.com](mailto:info@swingmangolf.com) with the subject "FEEDBACK"!**

**Have a great month!**