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Three Secrets of a Consistent Golf Stroke

By Chuck Evans, G.S.E.D.

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"At Last! The "3 Secrets" Of A Consistent Golf Stroke --- Revealed! How You Can "INSTANTLY" Drop Strokes Off YOUR GAME!"

What you are about to read... will change your golfing life forever! What are these three "secrets"? If you knew how would they effect your game?. These three "secrets" are what the worlds best players do. Every player MUST know these "secrets" if they are to have a powerful, repeating golf stroke.

The problem with the majority of golfers is that they don't know what to do. Oh their friends, well wishers at best, tell them that they are "bending their left arm", "raising up through the shot", "coming over the top" and host of other swing faults. But these are the same people that shoot the same scores you do! What could they possibly tell you that would improve your game?

The information you are about to receive is not theory or conjecture but science. Ooooh, you say, this sounds complicated. Well it isn't, it is simply the laws of force and motion that govern our entire lives and day to day living. Once you understand these simply laws your golf game will forever change...for the better!

Secret #1: A Flat Left Wrist

Because the golf stroke involves a golf club, a left arm, and a wrist in between, it is called a "lever system". The left wrist acts as a "hinge pin" much like the old time "flail" used to beat wheat. This "hinge pin" can rotate, cock or uncock but NEVER Bends!

Golfers however routinely bend the left wrist causing the clubhead to reach the ball before the hands do. This causes a "quitting" motion, adds loft to the clubface, points the face to the left of target, makes the clubhead swing upward disrupting the downward motion that ALL good golf shots MUST have. Good players DELOFT the clubface at Impact. Poor players ADD loft to the clubface costing them

Three Secrets of a Consistent Golf Stroke

distance, direction, and trajectory.

A 5 iron, for example, has approximately 8 degrees for "forward lean" when soled properly. At Impact with good players the "lean" is approximately 15 degrees. This turns the 5 iron into a 4 iron. Poor players reach Impact with a "backward" leaning clubshaft thereby ADDING loft and turning the 5 iron into a 6-7 iron!

Secret #2: A Staright Plane Line

You only have two choices when it comes to the swing plane, you are either on or you're off. There is no middle ground!

What exactly is the swing plane? The plane is the angle of the clubshaft as it sets at address – period! It is NOT Hogans plane of glass as many would have you to believe. There are only three planes

available; Horizontal – a wall Vertical – the floor Inclined somewhere in between

As golfers you and I use the Inclined Plane to swing the club back up and end, down out and forward, up back and in making the Golf Stroke three dimensional.

The clubshaft, actually the sweetspot of the club, may travel to any other plane angle during the swing as long as it DOES NOT cross the base of the plane. Here is a simple way you can know if you are on plane or not. Whichever end of the club is nearest to the ground MUST also point at the base of the plane from horizon to horizon. If neither end is nearer then the clubshaft MUST be horizontal to the ground and parallel to the base of plane.

Secret #3: A Lagging Clubhead

Lag by definition means "trailing". When the clubhead passes the hands coming into Impact there is no "lag". Without "lag" the golf ball cannot be compressed, we cannot hit downward, and we have a tremendous power loss. Clubhead lag promotes a steady and even acceleration giving us a dependable way to control distance.

Look at any picture of your favorite player at Impact. The left arm and clubshaft are in ONE LINE! Never two lines. This means that the player is utilizing "lag". When a ball is struck with "lag" it explodes off the clubface! Without this "lag" the sound turns into one of mush, a soft Impact instead of a driving Impact.

If you follow this outline, learn these three "Secrets" you will be hitting the ball with more compression than you ever thought possible.

For example, a Driver striking a golf ball with a 2 degree "backward" leaning clubshaft at 100 mph with 9.5 degrees of loft produces a launch angle of 6.4 degrees and a carry distance of 230 yards.

By changing Impact to a 2 degree forward leaning clubshaft the player produces a launch angle of 10.4

Three Secrets of a Consistent Golf Stroke

degrees and a carry of 251 yards. A 21 YARD INCREASE WITHOUT buying a new Driver and simply having clubhead lag!

YOU can improve your game dramatically by following the steps outlined above. Become the best player YOU can be and start winning those 4 way presses! If YOU really want to elevate your game, hit it farther, straighter, and nearer the hole then practice what I've shared with you.

Chuck Evans, G.S.E.D.

P.S. Visit our website for more information on how to become the best player YOU can be.

Chuck Evans is one of 31 Teaching Professionals worldwide to hold the designation of "Doctorate, Golf Stroke Engineering" and has written numerous instructional articles for all of the major golf publications. Chuck Evans Golf conducts instruction classes for players of all abilities and has spoken to over 200,000 attendees at his seminars and workshops on the science of the golf stroke.

Chuck Evans, G.S.E.D.

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Lower Your Golf Score – Simplify Your Putting

By Jeff O'Brien

Putting is such an important part of your golf score. It is the part of your golf game that itself is a game. In order to become a good golfer... you have to be able to putt well.

Think of your putter as just another club in your bag for a moment. In a normal round of 18 golf holes, let's say you use this club we call the putter just twice per hole. That's 36 times you and your putter will have the opportunity to affect your golf score! Are going to hit your driver 36 times? Or your 7 iron 36 times? Not hardly.

Yet with such overwhelming statistics, most mid to higher handicap golfers really don't spend enough time working on their putting. In reality, it is the putter that can most rapidly improve your game. Just imagine, by improving your putting you could easily save yourself 10 strokes per round by consistently making those 4 to 6 foot putts and rarely three putting. That's going from a golf score of 100 to 90 or 90 to 80! That's very significant.

So with renewed focus and enthusiasm for improving our putting, let's take a look at a few tips we can use to doing so.

Position the ball slightly forward (toward your front foot) in your stance. You want your eyes just slightly behind the ball. >From this position you will be able to get a good sight line between your ball the intermediate target in your putting line.

Three Secrets of a Consistent Golf Stroke

The grip is the 'feel' you have for the putt and these days there are numerous variations of putting grips. The important concept here is that you realize that your grip (hands) should not be used to take away or manipulate the putter through the stroke. The putting stroke originates and is implanted through a pendulum type motion provided by the shoulders. Not the hands. Find a grip that is comfortable for you and one that you can keep inactive during the putt.

Once you commit to your putting line, pick out a target on that line that is just ahead of your ball. Now visualize an imaginary line that runs from your target line just ahead of your ball back through the ball and right through the center of your putter. You want your putter face to be absolutely square to your line. Once you've done this don't adjust your grip, body position or anything, else you risk losing your perspective.

The putting stroke like all your golf swings is one of rhythm. It is accomplished through a pendulum motion of the shoulders. The key is to minimize all other body movement and don't follow the putter through the stroke with your head. Any body or head movement will greatly increase the possibility that your putter face will move off of square to your line.

And finally, always work to achieve the same stroke distance and tempo through the golf ball as you had going away from the golf ball. Your putting stroke should be of equal length both back and through.

Consistently allocating a portion of your practice time to your putting stroke is without doubt the easiest and quickest way to start shaving strokes off your golf score. If you only eliminate but one putt for every

other hole, you'll immediately take 9 strokes off your score... not a bad return from your putter at all.

Jeff O'Brien offers instruction and insight on golf that will get your golf swing and golf game on track or off to a good start by establishing a good foundation which you will build your golf swing and game.

Please visit (

) for more of Jeff's golf tips, articles and lessons.

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