

IF YOU HAVE A SWING PROBLEM CHECK THESE FUNDAMENTALS FIRST

CHECK THE SYMPLE SWING BASICS

1. Review the Symple Swing Learning Sequence in manual. (start with chipping)
2. Start with 80% or more of your weight on your back leg. Weight mostly on the ball of your back foot. (Try lifting the back heel very slightly.)
3. Keep your head in position over your back knee until well after impact.
4. Rock your hips forward, cock your back knee in and brace into your straight front leg keeping your head back over your right knee.
5. Point your front elbow toward the target and take the club back with your shoulders and keep a flat wrist during backswing.
6. Keep your club "on-plane" during the swing with the butt of the club pointing at the extended target line.
7. Begin the downswing with your shoulders.

IF YOU SLICE

1. Make sure you finish your swing up on the ball or toe of your back foot and braced into your front leg.
2. Square your feet, hips and shoulders at address.
3. Don't sway your body during the swing.
4. Keep your head behind the ball until after impact
5. Back elbow should be kept near to your body.

IF YOU LACK DISTANCE

1. Concentrate on whipping the shoulders to start the downswing
2. Make sure you're starting with 80% or more of your weight on your back leg.
3. Keep your head over your back knee.
4. Create a nice big arc with your swing.

IF YOU HOOK

1. Keep your head behind the ball until after impact.
2. Keep weight on balls of both feet and brace into front leg. You should be up on the ball or toe on your back foot through impact and follow through.
3. Start with 80% or more of your weight on your ball of your back foot.
4. Do the squeeze test (see drills book) to make sure your grip is not too tight and closing the club face.
5. Square your feet, hips and shoulders at address.

IF YOU PULL

1. Start with 80% or more of your weight on your ball of your back foot.
2. Make sure your back foot is flared out at least 45 degrees.
3. Start your downswing with your shoulders because an "arms swing" can cause a pull.
4. Keep your head behind the ball until after impact.

IF YOU HIT FAT (OR TOPPED) SHOTS

1. Keep your head level!!! No moving down (or up) during your swing. Practice watching your shadow to see if your head stays at the same level. You can also practice at home with a mirror. Put a piece of tape on the mirror to mark the position of your head at address.
2. Front leg straight. Be certain your front leg is straight to help keep your head still.
3. Use a sweeping swing. The normal SimpleSwing swing is a sweeping motion with ball contact slight before the bottom of the arc. You do not have to try to "help" the ball up in the air.
4. Shoulder backswing. During your backswing you should feel yourself turning or rotating around your spine. Your front shoulder should come back under your chin.

CHIPPING/SHORT GAME BASICS

1. GRIP- Same as normal SimpleSwing grip
2. STANCE Feet close together (1-6 inches apart). As you move farther from the green you stance will widen a bit.
No weight shift or lower body movement
3. BALL POSITION -
Normally played in middle of stance.
Move it back a bit with the shorter irons or for lower ball flight.
Move the ball forward in your stance for shots where you want a higher ball flight.
4. SHOULDER BACKSWING
Take the club back with your shoulders and on your downswing push with PowerThumb. Be conscious to keep your wrists firm.
5. AIM FOR A SPOT
Pick a spot where you want to land the ball and use that for your target..
6. GRIP- Same as normal SimpleSwing grip
7. STANCE
Feet close together (1-6 inches apart). As you move farther from the green you stance will widen a bit.
No weight shift or lower body movement
8. BALL POSITION - Normally played in middle of stance.
Move it back a bit with the shorter irons or for lower ball flight.
Move the ball forward in your stance for shots where you want a higher ball flight.
9. SHOULDER (UPPER TORSO) INITIATED BACKSWING
Take the club back with your shoulders and on your downswing push with PowerThumb. Be conscious to keep your wrists firm.
10. AIM FOR A SPOT
Pick a spot where you want to land the ball and use that for your target..

SWING KEYS

You should say these swing keys (reminders) to yourself as you set up for EVERY SHOT.

1. SQUARE AND FLARE - front foot square back foot flared 45*
2. ROCK AND LOCK Rock hips forward, cock the back knee and brace into front leg with head over back knee/foot . 80% or more of your weight on your back foot.
3. (T)humb (H)AND (E)LBOW CLUB "Thumb" is a reminder to put the thumb of the top hand in the correct position behind the shaft. "Hand" is a reminder to raise the hands a bit to make sure the front wrist is flat (i.e. Flat PowerThumb Grip). "Elbow" is a reminder to slightly rotate and raise the elbow so the "elbow hinge" matches the swing plane..
4. TURN AND WHIP -
Begin your backswing with your shoulders. Ball position is in middle of stance for 5 iron. Begin .your downswing with a whipping of the shoulders

DRILLS

(see pictures in Drill Manual)

THE ONE HAND PLANE DRILL

Without a club in your hand, stand at your address position and extend your front arm and point at the ball with the index finger with the arm fully extended. Now bend the elbow so your hand comes up to just outside your back shoulder. You have just defined the "Swing Plane." The plane that your upper arm and forearm are on now is the plane that we want the club on during the whole swing from address to impact

THE TWO HAND PLANE DRILL

In the two hand plane drill the palm of the front hand stays flat and "on plane". The shoulders start the backswing. The back hand is just "along for the ride" on the backswing and then on the downswing the back arm straightens, pushing with the back hand adding additional speed to the downswing. The back hand is held at a 90 degree angle to the palm of the front hand. Notice that the elbow of the back arm goes to your side just above the back hip and stays near that position through the backswing of this drill.

HORIZONTAL PLANE DRILL

The purpose of this drill is to demonstrate how SimpleSwing allows you to keep the clubface square (i.e., perpendicular) to the plane the club swings on. 1. Assume a SimpleSwing PowerThumb™ grip. 2. Choke down on the club so your bottom hand is actually on the shaft. 3. Stretch you arms out horizontally in front of you. Your forearm should be in-line with the shaft of the club. 4. Begin your backswing with your back elbow staying close to your side. During your backswing watch the clubhead. It should always be pointing straight up. 5. Now do the same on the forward swing. 6. Your clubhead should remain pointing straight up during the whole swing.

TAKEAWAY DRILL

The takeaway drill insures that you start your backswing with your shoulders. Take your normal grip but choke down so your back hand is slightly on the metal of the club shaft. As you take the club back with your shoulders keep the butt of your club against the back of your fore-arm. If you start to take the club back with your hands the butt of the club will immediately pull away from the back of your forearm

WHIP DRILL

The purpose of the whip drill is to help you learn the correct whipping action of the shoulders in the downswing. The whip drill is done by turning a club upside down and grabbing the club with only your front hand just below the club head. Put your thumb behind the shaft, with a firm grip take the club back and do a one handed swing.. Whip your shoulders to start the downswing.

TWO CLUB DRILL

The two club drill will help you feel the shoulders start the downswing. In the downswing you'll feel your weight braced against your front leg. Grip the two clubs using as close to the normal SimpleSwing grip as possible. Your front hand should be on the top of the two grips. You should take the clubs back on plane just as you would in a normal SimpleSwing. As the club approaches impact, and remembering that the bottom of the swing arc is just IN FRONT OF the bottom of the ball, you should feel the force of the swing shifting from pushing down on your back leg to pushing against your braced front leg

SUPPORT

MAKE SURE WE HAVE YOUR CORRECT EMAIL ADDRESS!!!

If you didn't purchase Symple Swing directly from SimpleGolf.com please send an email to support@simplegolf.com or call us at 203-798-8489 with your address and phone number.

This is only for our Simple Golf use, we will not give your address to any third parties. We send out a monthly newsletter with the latest information on Symple Swing and discounts on new products. If you haven't already gotten a welcome or order acknowledgement email from us that means we don't have your email address

After you have registered whenever you have a question about your swing you can email your question to **support@simplegolf.com**

We will try to answer all swing related questions within 24 hours.