Overview

What is the Symple Swing?
Symple Swing is a new golf swing engineered from the ground up to be the easiest way to learn to hit a golf ball long and straight. Golfers can learn Symple Swing in a day, adding at least 10% in distance and doubling their accuracy. If you’re a new golfer, Symple Swing will insure success in just 10% of the time it would take you to learn the traditional golf swing.

What are the benefits of the Symple Swing?
- One day or less to learn
- 10% to 30% more distance
- 50% more accuracy
- 1000% more confidence

Lots more advantages:
- Learn it in a day, become good in a week, and master it in a month.
- Square your clubface automatically at impact.
- Eliminate fat shots and tops.
- Say goodbye to slicing.
- Correct instantly what you did wrong. (Self Correction System)
- End timing problems with the Auto Sequencing Downswing.
- Reduce the number of moving body parts with Pre-Set address position
- Treat your back to the most back-friendly swing in golf.
- Enjoy golf more than ever.

Note: In this manual we use the terms “top hand” and “bottom hand.” For the right handed golfer your top hand is your left hand because that is the hand at the top of the club. The right hand is under the left hand (top hand) so that is referred to as the bottom hand. For a left handed golf the reverse would be true. In the SimpleGolf.com forum you may see some folks refer to the hands as lead hand and trailing hand. That would correspond to our top hand and bottom hand.
How To Learn Symple Swing

Using Symple Swing is the easiest and fastest way to learn to play good golf. However, although learning Symple Swing takes a lot less work than learning to play golf with the traditional golf swing or any other swing, it does still take some time and some practice.

Here’s What NOT To Do:
1. Don’t just look at the manual once and go and bang balls at the range.
2. Don’t try Symple Swing once and see what happens.
3. Don’t hit a couple of bad shots and then put Symple Swing back in the box and forget about it.
4. Don’t get discouraged and decide you’re never going to be a better golfer.

Here Is What You Should Do:
1. View the Video and Read the Manuals
2. Review the Chipping Video and the Chipping Manual.
3. READ THE SYMPLE SWING LEARNING SEQUENCE SECTION NEAR THE END OF THIS MANUAL.
4. Go to the range and follow the learning sequence. THE SYMPLE SWING LEARNING SEQUENCE REALLY WORKS. It’s the easiest and quickest way to learn Symple Swing.
5. When you have any questions or problems email us at support@simplegolf.com or call us at 203-798-8489. We want to help make you successful with Symple Swing.
6. If you do run into a swing problem that you can’t solve send us a video of your swing. We’d be happy to take a look at your swing and help you get things straightened out.
7. MAKE SURE WE HAVE YOUR CORRECT EMAIL ADDRESS. If you didn’t purchase Symple Swing directly from SimpleGolf.com please send an email with your address and phone number to support@simplegolf.com. This is only for our 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 new products. We are always learning new and better ways to teach Symple Swing and we will be including these in our newsletters. If you’re not getting at least a monthly newsletter from us that means we don’t have your email address.
8. Check out the Symple Swing forum at www.SimpleGolf.com/forum.htm. You can often learn from the questions that others ask.
Symple Swing Instruction Sequence

The Unique Elements of Symple Swing

The three key elements of the Symple Swing are:
1. The PowerThumb Grip
2. The PowerSet Stance
3. The Shoulder Plane Swing

These three elements are what make the Symple Swing so powerfully simple. The PowerThumb allows the club to stay on plane with the clubface always square. You don’t have to manipulate the club to get it back to square at impact.

The PowerSet stance takes some elements previously incorporated as part of your backswing and makes them part of your pre-swing set-up routine. This simplifies the actual swing. There’s no time pressure in your pre-swing set-up so it’s much easier now to make sure these elements are correct. It’s as if part of your backswing is already done for you.

We call the Symple Swing a “shoulder powered swing” because the swing is dominated by your front shoulder. The shoulders start the backswing and the shoulders start the downswing. The shoulders are the key to much of the increased distance that golfers experience with the Symple Swing.

The power braced front leg in the PowerSet Stance makes the Symple Swing easier to learn because it reduces the motion of the lower body yet creates a very strong base to enable you to hit with full power. The power braced front leg was modeled after the motion of home run hitters in baseball. If you look at the lower body action of your favorite home run hitter, you will see many similarities to the Symple Swing.
PowerThumbGrip

Top Hand Grip (the left hand grip for right handed golfers)

The top hand PowerThumb Grip is a key element of the Symple Swing because it allows you to keep your club on-plane with the clubface square all through the swing. The top hand grip is significantly different from a traditional grip. It does not hold the club in all the fingers. The top hand and forearm are in a completely different orientation from that of a traditional golf grip. It is NOT a strong grip. It is a completely different way of gripping the club. We call it the “PowerThumb Grip.” It is a flat-wristed grip. The “flat wrist” refers to the back of the hand being flat, or aligned, with the wrist throughout the swing.

Extend your front arm down with your elbow joint on-plane. Grab the club in a pinching motion between your thumb and index finger. The back of your wrist will point almost straight up (12 o’clock position). Your thumb should be positioned between the 2 o’clock and 3 o’clock position.

You should feel a slight groove forming at the base of your thumb, where your palm joins your wrist. Fit the grip of your club within that groove. The butt of the club will run extend up the middle of your wrist.
Your thumb and the large pad at the base of your thumb should be against the grip at the 2 o’clock to 3 o’clock position (for a right handed golfer) on the back side (away from the target) of the grip. The pad at the base of your top hand index finger should be right on the top of the shaft.

Let your fingers grab the club to hold it securely. It’s okay to have a small gap between the base of your top hand’s little finger and the grip.

The left thumb (for a right handed player) and the whole golf club travel back “on-plane” during the backswing and remain “on-plane” during the downswing.
BOTTOM HAND Grip (the right hand grip for right handed golfers)

A two finger overlap grip is strongly recommended, although other bottom hand grips can be used if used with the “pinch” modification.

The “Pinch”
With this grip it is very important that the thumb and index finger of the bottom hand are “pinched” together. The pad of the bottom hand thumb should be resting on the pad of the bottom hand index finger. You are, in effect, pinching your thumb and first finger together around the club. The purpose of this “pinch” modification is to slightly weaken the tendency of the bottom hand to overpower the top hand, and roll it over, closing the clubface at impact. The more dominant your bottom hand the more you should weaken or rotate counterclockwise (for right handers) the position of your bottom hand.

Note the "pinch" with the two-fingered overlap grip.
Squeeze Test To Check Your Grip

Grip Check
With the Symple Swing, a dominant bottom hand could accidentally close the clubface at impact. We use the “squeeze test” to make insure that any tension in the grip will not close the clubface during a full power swing.

1. To check your grip, first take your grip normally on the club.

2. Then stretch the club out in front of you near horizontal. Without tension in your hands and arms the clubface should be square (vertical).

3. Then tense your arms, your forearms and your hands. Squeeze the club very tightly. If the clubface closes during this drill, it is also likely to close during a full swing, especially a swing at maximum power. If this happens, be certain that both your thumb and index finger are “pinched” to each other and completely off the grip of the club.

The purpose of this test is to see if your grip will keep the clubface square at impact. It does this by simulating the flexing (tension) of the muscles during a full power swing.
POWERSET STANCE (Address Position)

Address Basics
- Wide Stance
- Front Foot Square
- Rear Foot Flared 45 Degrees
- Front Leg Straight
- Weight Predominately On Back Leg (80%)
- Hip Movement 2-3 Inches Forward
- Back Knee Tilted In Pre-Bracing Against The Front Leg
- Straight Spine Tilted Away From Target and Toward The Ball

Take a wider than normal stance with the feet outside the shoulders, making sure that your front foot is square (i.e., perpendicular to the target line). Your back foot should be flared out 45 degrees. We call this the “Square and Flare.” When you tilt forward to position your clubface, keep your spine straight and your head high enough that your front shoulder can easily turn under your chin. Then as you move your head back over the back knee you move your front hip 2 to 3 inches toward the target so the spine is tilted away from the target. Your front knee should be straight in an almost locked position. We refer this tilting of the hips and cocking in of the knee as “Rock and Lock.” The hips rock forward and we cock in the back knee. The back knee pushes forward slightly, bracing into the front leg, “locking” you into position. Note: The head is positioned over the back knee where it stays throughout the entire swing.
With Symple Swing the first thing you should do in your stance is to "lock down" your lower body. That's important for the sake of consistency. The front leg should be straight, which provides a slight force pushing back in the stance. Cocking the back knee in pushes you forward a bit. The back foot is flared, but the knee is bent in a little toward the target, automatically putting a good bit of weight on the ball of your back foot. The back knee should be tilted in so that the knee is at least “inside” the heel. You’ll know you’ve cocked the back knee in too much if you’ve cocked it in to the point where the upper leg is vertical. The straight front leg pushes you back a bit while the back leg is pushing you forward. The two opposing forces work to lock down the lower body providing a stable base for a powerful swing.

Also, cocking the back knee inward a bit provides a brace you can push against to help start the swing. The cocked in knee helps to push off the back leg, clearing the hips (the front hip moves back perpendicular to the target line directly away from the ball allowing the front hip to come forward) enabling you to "hit into" your braced front leg.

The back knee should be cocked in (toward the target), at least inside the back ankle. What we are trying to do is build a stable stance so we can push off the ball of our back foot during the downswing. Note: As you cock your back knee in make sure your hips and shoulders stay square to the target.
Your stance should be square, although if you have always been a slicer, then drawing the rear foot back away from the ball an inch or two will help you groove a slightly inside-to-outside swing path. Shoulders are slightly closed with the back shoulder lower than the front. The front leg is kept very firm almost in a locked position. You are actually braced into your front leg with pressure against it.

With your head over your back knee you should have approximately 80% of your weight on your back leg. The weight on both feet should be mostly toward the balls of the feet. This is especially important with the back foot.

Note the flat front wrist.

The wrist stays flat and the back elbow points down.
At address and throughout the swing your leading wrist must remain flat. **The butt of the club will point at your front armpit at address.** The forearm and upper arm of your top arm stays on-plane during the backswing and downswing. By that we mean that from the back of the hand to the forearm the area is completely flat. Notice that the forearm and the shaft of the club form a straight line. The “flat orientation” of the wrist keeps the club on-plane throughout the swing.

**Two important Checks.**
Just before you begin your backswing make two small checks. First, make sure your elbow is rotated slightly (not changing your grip) so that the elbow points at the target. We call this getting the elbow “hinge on-plane.” You should check that your back elbow points downward slightly.

Rotating the front elbow sets the upper arm on the correct backswing plane and insures that the beginning of the backswing is on-plane. It also ensures that the elbow “hinges on-plane”. Rotating your back elbow downward helps move your back arm “out of the way” so that you stay on-plane throughout your swing. Both of these moves become automatic with about 5 minutes of practice. Note that as the front elbow is rotated up pointing toward the target, the rear elbow is rotated slightly downward. This downward rotation in effect helps “gets the back arm out of the way” and allows the backswing to continue “on-plane.”

Secondly, make sure your back knee is cocked inward and your head is positioned over your back knee. This assures you will be in a powerful address position. Your head will stay back over your back knee (behind the ball) throughout the downswing.

![Note that the club leans slightly forward at address.](image)

**Ball Position**
The ball is played near the middle of the stance. With the shorter irons the ball should be played a little behind center. With the woods (especially the driver) the ball is played forward of center. It is important to understand that we want to strike the ball just before the bottom of the of our swing arc. This lets us hit the ball with a slightly descending blow which ensures a clean crisp shot. This is true for all shots except the driver which, because the ball is on a tee, needs to strike it with a slightly ascending blow, just past the bottom of the swing arc.

Playing the ball forward will encourage a higher ball flight. Playing the ball back will encourage a lower ball flight.

**Width Of the Stance**
Normally the Symple Swing stance is a little wider than average. However a narrower stance can be used quite effectively as long as you can rock your hips forward and cock your back knee in a bit to brace into your front leg creating a stable base. Of course your head should be positioned over you back knee throughout the swing.
THE SHOULDER POWERED SWING
(The Backswing)

The backswing is started with the shoulders.

The front forearm stays in line with the club.

The forearm continues to stay in line with the club.
The Turn
The backswing sequence is begun with the shoulders moving back “on-plane.” The sequence is shoulders first, and then arms. IT IS VERY IMPORTANT TO BEGIN THE BACKSWING BY TURNING THE SHOULDERS. The beginning of the backswing should be dominated by the front shoulder and front arm. Some students find it very helpful to concentrate on the front shoulder. So a right hander would think, “Start the backswing with the left shoulder and start the downswing with the left shoulder.” The back hand and arm are just along for the ride (at least until later in the backswing). The “shoulder only” turn continues until the club is approximately horizontal. Your front shoulder should turn back under your chin. The front shoulder should come back almost level (dipping only slightly). We don’t want the front shoulder dipping low and the back shoulder getting very high because that position will likely cause an outside to inside swing. At that point your back arm does a partial biceps curl drawing your hands and the club toward your back shoulder.

Symple Swing is a compact swing. Keeping the back knee cocked in (inside the heel) will limit the backswing a bit. That’s okay; there is still a lot of power. The hands should go back to shoulder height or just a bit further. The club should go back no farther than between vertical and 45 degrees past vertical. The back elbow should stay close to your side just over your back hip and your spine tilt over the ball does not change. When addressing the ball, remember to bend “from the hips” rather than “from the waist.” Bending from the hips will insure the correct alignment of the head, spine and hips.

As we will see later, the downswing is almost the reverse of the backswing, with the shoulders beginning the downswing and then the arms becoming active. During your backswing you should stop and check that the butt of your club does point at the extended target line. (If you draw a line from your target through the ball and extend it back a bit more that is the extended target line.) Do not let your club become too upright. Letting the club get too vertical is the one of the worst things you can do in your backswing (or downswing).

Near the top of the backswing

The club face stays square to the swing plane on the backswing and downswing. In other words the clubface is not turned by the hands during the backswing or the downswing. There is no opening and closing of the clubface and there is no rolling of the wrists. As we mentioned the butt of club should be pointing to the extended target line during most of the backswing and downswing, insuring that it is on-plane.

The front leg should stay straight. The front heel does NOT come off the ground. This is done deliberately to restrict the length of the backswing, dramatically reducing the problems caused by over-swinging. Unlike with a traditional swing, restricting the backswing in the Symple Swing doesn’t reduce distance.

The torso (body) turns very much around the spine, which serves as the axis. THE HEAD STAYS OVER THE BACK KNEE DURING THE BACKSWING. IT REMAINS OVER THE BACK KNEE UNTIL LONG AFTER IMPACT. The head doesn’t have to remain perfectly still but it should not move sideways more than a few inches. Your head should remain at the same level, not going up or down or forward until after impact.

Your weight (your center of gravity) always stays stable during your backswing. There is no intentional “weight shift” motion needed during the swing, a major simplification of this golf swing! There is definitely a weight or force transfer into the front leg, but it happens because of the force of the swing rather than because of some specific, deliberate body movement. In the beginning of the downswing you will feel an increase of weight on your back leg. However, as the club starts to move forward toward impact, you will feel the force of the swing automatically bracing you into the straight front leg. You are then in a very stable position to hit the ball with great force. The bottom of the swing arc is opposite your front shoulder. On most shots that allow you to contact the ball cleanly while the club is descending.
As noted in the description of the proper stance, the spine is tilted away from the target. (see below)
Note: This is the same address position that you will see many long drive champions using.

The hips are forward and the head is back.
1. The downswing is initiated simply by WHIPPING THE SHOULDERS ON THE SWING PLANE, a simultaneous pushing off of the back leg, and a “posting” or bracing into the front leg. The amount of shoulder “whip” will vary depending on the build and flexibility of the golfer, but it is important that you feel the sensation of whipping as your shoulders start the downswing. As the straight front leg braces completely, the front hip clears or moves perpendicularly away from the target line getting out of the way so the rear hip can come through.

Because the position of the front shoulder stays level during the swing, the likelihood of fat or topped shots is dramatically reduced. This greatly increases Symple Swing’s consistency.

During the downswing when the shoulders are starting their whipping motion, the head remains positioned right over the back knee. The arms actually straighten in response to the whipping motion.

Starting the downswing with the shoulders is a great improvement over the traditional swing. Our grip and our arm positions allow us to do this effectively. Starting the downswing with the shoulders automatically sequences all the motions with the arms, wrists and hands. You don’t have to worry about timing.

2. The front forearm and upper arm stay on-plane as the arms start extending, powered by the triceps and the force of whipping your shoulders.

(Continued on next page)
Through impact you “brace” into your front leg.

On the downswing the back elbow straightens, adding power. (Warning: If the back elbow flies out away from the body there may be a tendency to pull the shot. We recommend rotating the back elbow downward a bit at address which effectively prevents it from flying out during the downswing.)

Finally, the wrist and hands snap the club back into the same square position it was in at address. The impact position is essentially the same as the position you started with at address.

3. Through impact and into your follow through you are actually braced or “hitting into” or “hitting against” your front leg. You don’t need to roll your wrists; you just let the club come up. Your elbows will bend and your arms will fold naturally over your shoulder.

It is important to emphasize again that the head stays back over the back knee. Notice the head still back over the back knee even at the end of the follow though. The body is leaning back away from the target and the head remains over the back knee to completion.

Note: On most shots you should finish up on ball or toe of the back foot. On shorter iron shots, it’s okay if you don’t quite get up on the back toe (as shown above).
SET-UP KEYS:

We suggest that you say the following “out loud” to insure you remember the correct set-up sequence. We know it sounds a little funny to say your set-up keys out loud, but it actually works very well. You can say them softly so only you can hear them. Saying them to yourself insures that you set up the same way every time.

1. Square and Flare
2. Rock and Lock
3. T.H.E. Club
4. Turn and Whip

Square and Flare
Square refers to squaring your body to the target then squaring your front foot also. Flare refers to flaring the right foot out 45 degree. You take your stance with the ball near the middle of your stance.

Rock and Lock
Rock and Lock refers to setting the correct tilt of the spine away from the target and setting the correct position of your head, hips and front leg. You tilt your spine by “Rocking” your front hip forward (tilting up slightly) and you cock your back knee (inside your back heel). As you “rock” your hips forward, you should feel a straightening or bracing of your front leg in a firm position. The locking refers to cocking your back knee in (towards the targets) and pushing a little (bracing) into your front leg creating a very stable base. This “locks” you into position. Note: When you do rock your hips forward do double check to make sure the hips and shoulders stay square.

(T)humb (H)and (E)lbow Club
After you set your feet with the “Square and Flare you get your grip on the club and position it behind the ball. “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 that the “elbow hinge” matches the swing plane. We call this getting the “hinge on-plane.” The elbow actually points toward the target. As you set the club down you may need to slightly readjust your stance (distance from the ball, etc) to make sure you are in the ideal position. Your front forearm should be aligned with the shaft of the “Club.”

Turn and Whip (Swing Keys)
“Turn” refers to starting the backswing by turning the shoulders. Only your shoulders turn until the club is almost horizontal. At that point your back arm does a partial biceps curl drawing your hands and the club toward your back shoulder. The “Whip” refers to beginning the downswing with shoulders.

It is important to recognize that most of these Set-Up Keys are done BEFORE you even start your swing. This will make your actual swing much more relaxed and confident for two reasons:

1. You have already put yourself in the ideal impact position.
2. You have practically guaranteed that you will easily and powerfully return to this position.

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The Symple Swing Learning Sequence

All golfers should read this before starting their practice with Symple Swing!!!

The easiest way to learn Symple Swing is to start by learning Symple Chipping. Symple Swing uses the same basic motions from chipping to the driver. Once you learn Symple Chipping it's easy to take those skills and learn the full Symple Swing. We make sure you're successful at each step and then we move you up the ladder to the next step.

Symple Chipping has many things in common with the full Symple Swing. First the PowerThumb grip is the same for both. The takeaway is begun with the shoulders on both. Both Symple Chipping and the Symple Swing are shoulder powered. The stance is somewhat restrictive in both by design in order to reduce potential mistakes. In Symple Chipping you keep your weight mostly on one foot limiting movement of the lower body. In Symple Swing’s PowerSet Stance your brace with the straight front leg and with the cocked in back knee which helps reduce unwanted lower body motion.

Using the Chipping to Driver method of learning Symple Swing means you don’t start out practicing your bad habits. By learning chipping first, success comes quickly. After you enjoy success with chipping we gradually add more elements into the swing always making sure you’re successful at each step.

Because this learning is sequential and builds on skills you’ve already mastered, when you do run into a problem it’s pretty easy to identify and then solve the problem.

First we’re going to start with shorter shots chips and pitches and gradually lengthen into full shots. Going from shorter shots and working up to full shots is the quickest way to learn a swing and it also make identifying any problems much easier. It’s easier to identify problems because you get to see right at what point (what length shot) the problem starts.

Step 1
Start with a pitching wedge. Use the chipping stance. (It would be a good idea to review the Chipping Video and Chipping Manual before you start your practice session.) Keeping the weight on the front leg reduces the motion of the lower body. Even in your chipping stance, as you set up at address you do rock your hips forward a bit to compensate for putting your head over you back knee. One of the things that Symple Swing does is to reduce variables (i.e., the number of things that can go wrong) in your golf swing. In the Chipping Stance we do that by putting the weight on the front foot. When the weight is on the front foot the ball should be played off the back foot, off your back big toe to be more exact.

Start with short chips using the chipping stance with your feet together. Make a very short backswing, USING JUST YOUR SHOULDERS not letting the club go higher than horizontal and then accelerate through the ball. The downswing is powered mostly with your shoulders. Do use any wrist action. Keep your left (front) wrist flat or even a bit bowed. When you accelerate you should feel some pushing with your Power Thumb on your left hand (top hand). Your right hand (back hand) is mostly just stabilizing rather than pushing.

During your backswing you should keep your elbows close together with your front forearm in line with the club shaft. Make sure you rotate your front elbow to point at the target and your back elbow should point pretty much straight down. Your two arms and chest should form a triangle through the first part of the backswing. Keeping your elbows very close together through the beginning of you backswing will make it easier for you to take the club back with just your shoulders. You will have to turn your shoulders a good bit to get any backswing at all.

We're looking for crisp shots, with good height heading straight toward your target. Using you wedge gradually increase your acceleration as long as you are hitting crisp, straight shots with good height.

Many students find it helpful to think that they are hitting balls “without using their wrists” or even “without using their arms” just concentrating on powering the downswing with their shoulders and a little push from the Power Thumb. Some students find it very helpful to concentrate on the front shoulder. So a right hander would think, “Start the backswing with the left shoulder and start the downswing with the left shoulder.”

Potential Faults
There are only a few things likely to cause you problems at this point.
1. Making an arm swing instead of using your shoulders
Symple Swing is a “shoulder powered” swing. Make sure your elbow stay the same distance apart through the beginning of the backswing. Try to “keep the triangle” formed by your two arms and chest intact for as long as you can on the backswing.
2. Breaking the wrist
Make sure the club and your forearm stay aligned until the club is horizontal. The butt of the club should point at your front armpit.

3. Making too long a backswing
Almost everyone thinks they are making a shorter backswing than they really are. Close your eyes and do a backswing and stop at the top of your backswing. Now open your eyes and look. Have you gone past horizontal in your backswing? You can have someone hold a club by the club head and extend that club over your backswing path so if you come back too far you hit the grip of that club.

When you can consistently hit crisp, straight shots with good power using a backswing going back only to horizontal, then we're ready for the next step. Note we're saying "good power" but obviously that means a shot that's likely going only 25 yards to 50 yards because of the very short backswing. (If you cheated a little bit on the length of your backswing you might be hitting them a little longer.)

Step 2
Next we are just going to try lengthening your backswing. Everything else stays the same (weight on the front foot, etc.). Remember you only try this if you are confidently hitting crisp solid shots accelerating through the ball with good power with the horizontal backswing. At this next point your club should go only to 45 degrees past horizontal.

At that point the butt of the club should be pointing at the ball if you backswing is on-plane. If the butt of the club is pointing inside the ball or the extended target line then the club is too vertical or too upright. Getting the club to 45 degrees past horizontal should be done mostly with shoulder turn the wrists and arms should be used just a very little bit. With the longer backswing you should start with medium power normal shots. The most important thing is to keep going with crisp, straight shots with a nice high ball flight.

Again, make sure your front wrist stays flat or slightly bowed. Don't use any conscious wrist action. The momentum of the backswing will cause just a bit of wrist action and that's okay but it should feel like you're not using any wrists at all.

Step 3
Now we're going to continue on as above but we are going to change our stance. Use the PowerSet Stance (Straight front leg, rear foot flared 45 degrees, weight mostly on the ball of the back foot, back knee cocked in, etc.) MAKE VERY SURE YOU ROCK YOUR HIPS FORWARD AND KEEP YOU HEAD OVER YOUR BACK KNEE! Play the ball further back than the middle of your stance. Again start by hitting shots with your club going back no further than horizontal.

After you can hit crisp solid shots with a short horizontal backswing then go to a backswing that goes 45 degrees past horizontal. Again make sure you keep your head back over your back knee through the whole swing. You finish position should be facing the target but leaning back so your head is still over your back knee. Again, when your club is at 45 degrees past horizontal in your backswing the butt of the club should be pointing at the ball.

Step 4
Gradually accelerate though the ball with more power lengthening your swing only a bit at a time. Make sure the shoulders are doing the work. Anytime you hit a bad shot double check the potential fault list. You can always just shorten up you backswing a bit and know you can correct everything.

Symple Swing is a "compact swing'. The longer your backswing the more problems your likely to create. Most Symple Swingers use backswings that only go to about vertical or at most 45 degrees past vertical and yet they can generate tremendous power. You don't need a long backswing to generate power. Using the big muscles of your torso effectively, you will generate all the club head speed you need to play great golf.

Any time you hit a bad shot just go back to thinking about how well you can hit the ball with a restricted backswing. Use a shorter backswing with good acceleration through the ball and you'll be amazed at both your power and your accuracy. Let the shoulders do the majority of the work.

After you can hit full wedges with the PowerSet Stance then it's time to move on to trying your short irons, mid-irons, long irons, woods and the driver. IT'S THE SAME SWING FOR EVERY CLUB. Whether you're hitting a wedge or a driver it should feel the same. Yes, at this point it will feel a bit like your backswing is restricted because that's what it's designed to do in order to make you a consistently good ball striker.
Addendum 1

Posture

POSTURE
PRE ADDRESS POSITION
ADDRESS POSITION

To hit a solid Symple Swing golf shot, one must establish and maintain a good pre-address posture.

Posture is so very important, as it is the easiest thing to overlook, which then puts you in a no win situation before the swing even starts.

PRE ADDRESS POSITION
1st - assume an athletic position which in any sport is knees slightly bent with your back straight and shoulders back which is 'critical' because so many golfers "hunch their shoulders" over the ball which makes your head go down and gets your chin down too close to your chest. This in turn prohibits one from keeping your head still through the backswing. Visualize your head and chin down close to your chest so in your backswing the front shoulder has to contact or touch your chin making you move your head to allow a full shoulder rotation in your back swing. So by keeping your head and chin up at address allowing for a full front shoulder turn going under chin you can and must keep your head still to contact the ball cleanly. This is the biggest cause of FAT SHOTS AND TOPPED SHOTS - fat shots are caused by the head moving back changing the bottom of your arc, where the clubhead hits the ball and you hit behind the ball because you have moved (your head) back.

Subsequently you feel yourself moving back and now you move forward resulting in too much upper body movement and you top the ball as you raise up thru the hitting zone. So it is imperative that you stay still as your upper body rotates around your spine and with your head still enabling you to hit the ball correctly. By the way your lower body with knees slightly bent stay that way throughout the swing also, do not change your back knee bent position throughout the swing. The back knee stays slightly bent, do not straighten the back knee at the top of your backswing either, stay on the same plane as you post your weight into your straight or solid front leg. This results in a powerful lower body position, much like that of a power home run hitter in baseball. Watch any highlights of home run hitters on TV, and you will see exactly what we are talking about.

So start with feet shoulder width apart (then adjust as you address the ball), keeping your weight on the balls of your feet - not on your heels.

Bend your knees slightly in an athletic position.

Stick your butt/hips back to allow your spine to be straight.

Head is up / chin is up / spine is straight / shoulders are back – not curved in or hunched.

ADDRESS POSITION
Ready to address the ball and go through your pre-shot routine, (your club in your top hand - left hand for right-handed golfers).

Keep good posture from head to feet and reach out with your front arm (left arm for right handers) and try to keep this arm as straight as the shaft as you stand up as tall as possible. The butt of the club should point at your front armpit.

As you grip the club with your back hand, don't change your posture.

Now go through your pre-shot routine: Square and Flare / Rock and Lock (back knee)/ T.H.E grip, etc.

Practice or check yourself in a mirror - front and side views.

- knees bent
- weight on balls of feet
- hips/butt extended rearward
- spine straight/shoulders back
• head up/chin off chest/room for front shoulder to rotate during backswing
• head still (and over back knee) throughout the swing
• arms extended

Good posture will produce more powerful and repeatable swings –
(1) because your optimum bio-mechanical swing plane will be produced with the large muscle groups in the upper body doing the work, and (2) because it will give you the consistency needed to produce good shot after good shot using Symple Swing fundamentals.
Pushing and Slicing
While slicing is the average golfer’s biggest problem, effecting 80% or more of all golfers, it won’t be a problem with Symple Swing. If you do slice or push with Symple Swing, it’s almost always caused by dropping the back shoulder too much, causing an extreme shoulder tilt at impact.

Hooks and Pulls
We have a number of things to “design out” the possibility for Symple Swing pulls or hooks. If you follow your set up procedures carefully, you should not have any problem with pulls or hooks. However, we’re not all perfect, and we’re not all careful with our set up routine so we’re going to review some specific procedures to make sure any pulls or hooks are an extremely unlikely occurrence.

With pulls and hooks (or pull-hooks) the first thing to work on correcting is the pulling. If you correct pulling, you will often eliminate hooks at the same time, so we will focus mainly on explaining and eliminating pulls.

The first thing we want to emphasize is the importance of "rocking and cocking." (This is a good point to review the “PowerSet Stance” section) In particular, rocking the hips forward makes pulling much more difficult. **IF YOU TEND TO PULL, THE FIRST THING TO CHECK IS THAT YOUR HIPS ARE FORWARD AND YOUR BACK KNEE IS COCKED INWARD.** If you continue to pull, try moving the hips a bit more forward and make sure the head stays over the back knee. That alone will often eliminate pulls.

The second thing to do to eliminate pulling is to check your basic alignment. **MAKE SURE YOUR SHOULDERS AND HIPS ARE SQUARE.** It is very easy to leave your shoulders open at address and not even know it. The best thing to do is have a friend stand behind you and tell you where your shoulders are pointing at address. You can also lay a club across your chest to see where your shoulders are pointing. We did have one student who aligned his shoulders dead square, but then when he "rocked and cocked," he allowed the movement of his hips to open his shoulders. As soon as that was pointed out to him, he squared up and immediately stopped pulling.

The third important thing to check in order to stop pulls is to make sure you don’t get too steep (too vertical) in your backswing. **MAKE SURE YOU HAVE THE BUTT OF THE CLUB POINTING AT THE EXTENDED TARGET LINE ON YOUR BACKSWING AND DOWNSWING.** (Try putting a tee in the end off your grip. It’s a little easier then to concentrate on where the tee is pointing during your backswing.)

If the butt of the club is pointing inside the target line (closer to your feet) then you are too letting the club get too vertical. From that vertical position you have to do a lot of manipulation to get back "on plane" or you’ll wind up with an in-to-out swing and a resulting pull. Also, keeping the right elbow in close to the body will make pulls (and hooks) much less likely. **GETTING TOO VERTICAL AND BEING ABOVE THE SWING PLANE IS THE MOST COMMON CAUSE OF AN OUTSIDE TO INSIDE SWING RESULTING IN A PULL – OR A SLICE**

To make sure you are on-plane during your backswing and downswing, you should pay particular attention to where your elbows are pointing at address. As we mentioned, the front elbow should be rotated to point toward the target. The back elbow should be rotated downward a bit. That will make it much easier to keep the back elbow close to your side in your backswing and downswing. If the back elbow flies away from the body a pull is much more likely. (Note: Remember, at address your back elbow should rotate a bit so it’s pointing generally downward.)

Arm swinging, as opposed to swinging with the shoulders, can also make pulls a little more likely. Try this drill to practice starting the downswing with your shoulders. Go to the top of your backswing and note the distance between your hands and your back shoulder. Let’s say for demonstration's sake that the distance from your hands to your back shoulder is nine inches. Now begin a slow motion downswing, keeping your hands at the same nine-inch distance from your back shoulder for the first few inches of your downswing. Let the shoulders start the downswing with the hands staying near that back shoulder for as long as is comfortable. Then stop and go back to the top of the backswing. In this drill you only do a partial downswing motion with you shoulders, kind of like a checked swing motion in baseball. Then try some practice swings keeping the hands close to the back shoulder for as long as possible during the downswing.

Hooks
Hooks generally shouldn’t be a problem with Symple Swing once you make sure you are not pulling. The majority of
hooks will be caused by the back arm rotating over the front arm during impact, thereby closing the clubface. A hook can also be caused by keeping the weight on the back foot, not bracing into the front foot. Cocking the right knee in toward the target at address usually takes care of this. Also, with the driver try addressing the ball with the driver on the ground 8-12 inches behind the ball encouraging a sweeping upswing reducing any hooking tendencies.

Do check your clubface at address. It should be square to the target. Often we find students setting up with a closed clubface at address. This is often a compensation left over from their former swing where they were constantly guarding against a slice. (Review the “Squeeze Test” section on the video and in the manual.)

A too wide stance can also cause a hook because it becomes easy to leave too much weight on the back leg thereby rotating around the back hip. Try a slightly narrower stance.

On drives positioning the club 6 to 8 inches behind the ball tends you encourage a more sweeping down and through swing reducing the likelihood of a hook.

You can often correct a hook by changing you grip a bit. Moving your top thumb a little to the left (for a right hander) will often square up the clubface nicely at impact.

One other grip modification you might try was developed by Symple Swinger Stuart Brandt. Stuart uses an interlocking grip inserting his left index finger through the space between his right middle and ring fingers. That grip seems to create a small fade for most Symple Swingers that try it.

If you are still having trouble with hooks or pulls after trying the remedies above, send us a videotape of your swing. It's normally pretty easy for us to diagnose exactly what's going wrong when we can see your swing on video.
SUPPORT

MAKE SURE WE HAVE YOUR CORRECT EMAIL ADDRESS.
If you didn’t purchase Symple Swing directly from SimpleGolf.com please send an email with your address, phone number to support@simplegolf.com. This is only for our 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.


If you’d prefer a private answer to your questions please feel free to contact us at support@simplegolf.com. You can also phone us at 203-798-8489. We will try to answer all swing related questions within 24 hours.

If you do run into a swing problem that you can’t solve please send us a video of your swing. We’d be happy to take a look at your swing and help you get things straightened out.

As a customer you will receive our monthly “Simple Golf Newsletter.” It has tips, discounts, questions and answers and articles that will be helpful in learning the Symple Swing and playing better golf. **We are always learning new and better ways to learn Symple Swing and we will be including these in our newsletters.** We will also be making announcements of new support services and new products we are introducing in the coming months.