

## SHORT PUTTING INTRODUCTION

***Instinct, Gravity, Roll the ball, do not hit it, Roll the ball Straight and your Left Wrist locked (Target side)***

Understand what the terms mean and stand for: Fall line, Baseline, Target Speed, Target line, Target Point, Rumbline, Binocular vision, GAZE, Coreputt,

Almost everything that has been written so far about putting is about only about "the stroke". With us you develop your own stroke, you can not copy others.

If you integrate and embrace what we are talking about here, the "stroke" will be your own, automatically and not complicated at all.

### TECHNOLOGY

The left wrist is always "locked", if it is bent you hit the ball. In a putt you have to roll the ball. Hips and lower body are also "frozen".

### THEORY AND TECHNOLOGY UNDERSTAND

The pendulum bracket is "under the larynx (guys)". The pendulum consists of the arms and putter together.

Gravity and instinct form the movement.

If you follow this technique and do it right, you automatically get the right "stroke", ie you hit the ball a dimple below the horizon and the key goes out a dimple over the horizon on the other side. The putter is always centred over the nasal root and hub. The position of the ball should be about 1 - 2 centimetres in front of the centre.

### ***PRACTICE and CONFIRMATION***

Continue to practice distance and let the pendulum (and gravity) confirm and learn different distances... .. after a while it is not difficult at all.

If the ball miss the hole, it should roll past by about 3 turns.

LEARN AND UNDERSTAND THE ARRIVAL / TERMINAL SPEED. If the ball arrives at correct speed, the "Hole gets bigger". Find your own pace that is natural for you.

### ***THEORY AND TECHNOLOGY EXPERIENCE / CORE PUTT***

How fast is the green today?

The Coreputt will be your own personal "Stimpmeter" and works as follows. The ball is placed about 2 cm in front of the centre and the club head in the middle.

Now swing your "PENDULUM" at your own pace, normally a few centimetres outside the edge of the right shoe to the same distance outside the outer edge of the left shoe. You feel when it feels comfortable. This

distance and the pace you develop shall always be the same for every core putt. Do this with 3 - 4 balls (of the same brand). Note how far the ball rolls. Do this on a flat and level surface. If it's a bit slope, do this in both directions. Your brain has now registered today's roll. Your brain will notify and coordinate the different distances. After some practice it will become automatic.

In the beginning of your learning, distance control is essential. It is the base to move on from.

### **TECHNIQUE AND TRAINING, UNDERSTAND WHY**

The next step is to roll the ball straight, ie 90 degrees towards the club head... to learn to see a line correctly and roll the ball straight is tricky in the beginning..... 95% of all golfers have problems to see the line and to aim putter face straight on the TARGET.

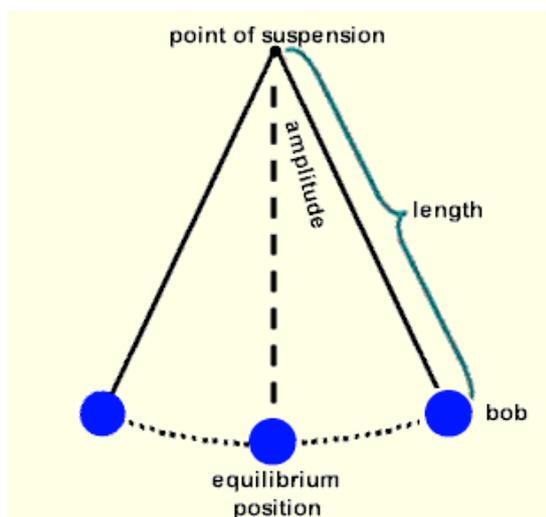
Seeing the line correctly is the chapter about GAZE. If you aim incorrectly, and the ball rolls away 90 degrees from the club head, it will go in the wrong direction and your brain get very confused and start to work on compensations you are not aware of. Eventually, the whole movement becomes a compensation and the brain gets lost and gets no experience because the corrections that the brain makes are different from time to time. Rolling the ball straight requires some training and this is in line with the technique we learn. The Basics of your SET UP must be accurate.

### **TECHNOLOGY AND CONFIRMATION**

Practice straight putts with a line of sight, laser or string. If you do the movement correct, the club moves straight back and then straight through and the putter head is fairly perpendicular to the line 5 - 8 centimetres before and after the ball. The longer it is square the the better.

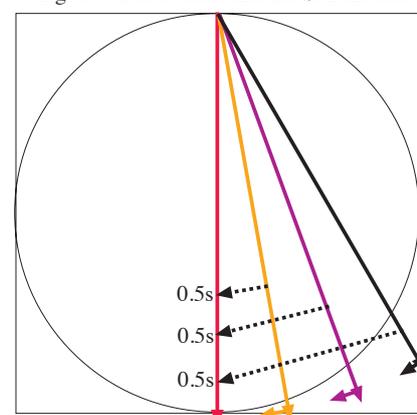
Remember: All putts are straight putts.

Think of the high point of suspension where you have the Larynx



### **ISOCHRONY**

Regardless of starting position, all swings down to bottom take the SAME time.



Swing from Orange to Red takes 1/2 second.  
Swing from Purple to Red takes 1/2 second.  
Swing from Black to Red takes 1/2 second.

With a stable tempo, EVERY downstroke is always exactly the same timing regardless of putt distance.