



**SUPER GOLF**

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eCourse

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**CLUB  
POSITIONS**

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**2 Simple Swing adjustments**  
**ALL 6 club positions more easily**

1st edition



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# Introduction: 2/6 Club Positions

The ability to play good golf is NOW just 2 simple swing thoughts away. Golf is a sport that demands you know the fundamentals of the sport and have a knowledge of how the tools of the trade work. Tools of the trade in this case are the golf clubs. The golf club itself is a very advanced piece of equipment that, if used correctly, will give you the results needed to enjoy this game for a lifetime.

2 Simple Swing Thoughts **ALL** 6 golf body positions

**MORE EASILY!**

This eCourse is designed to give JUST the 2 basic fundamentals needed with the golf *club positions* to make you a better ball striker. But make no mistake, it's these basics that make you a better ball striker and it's your desire to improve that will you make a better *PLAYER!*

***What are the 6 club positions we're talking about in this eCourse? They are: (1) Takeaway (2) Backswing (3) Slot (4) Impact (5) Rotation release (6) Follow through***

## ***Getting Started***

I will be referring to the grip hand positions as LEAD hand and as TRAIL hand. I will be referring to the body positions as LEAD side and as TRAIL side. This is to eliminate the confusion for the left handed golfers who read this eCourse.

Read this ebook in its entirety and perform the drills completely. Leave nothing out even if you feel it's the simplest of tasks. It's these simple tasks that transform golf ball hackers into golf ball strikers.

## ***My 2/6 Promise***

I will only refer to the 2 simple swing thoughts when highlighting each club position in this eCourse. **Each chapter of instruction will stem only from the “Leveraged” rotation grip and the “Spine Centered” posture.** I will NOT use angles in combination with degrees to illustrate club positions to confuse you. This eCourse is the first of its kind to use only 2 simple swing thoughts for every *body position* to mold your swing into a repeatable and consistent move that you can rely on time after time.

# Chapter 1

## *2/6 Leveraged Grip*

- Lead Hand

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- Trail Hand Grip

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- Rear Forearm Leverage

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### ***Lead Hand Grip***

The leveraged grip is 40% of the golf swing. *The lead hand grip is the first half of the 2/6 leveraged grip that sets the foundation for hitting the golf ball on target line. It is the target hand of the grip and has nothing to do with squaring the club face.*

*In the image below.* Start the lead hand grip by placing the lead hand on the club handle along the **base of the fingers.**



*In the image below.* Close the lead hand grip and position the handle below the padding of the hand. (*below left pic*) Position the thumb on the trail side of the club handle. (*below right pic*) We may have to adjust this position later; but for now its good in this position.

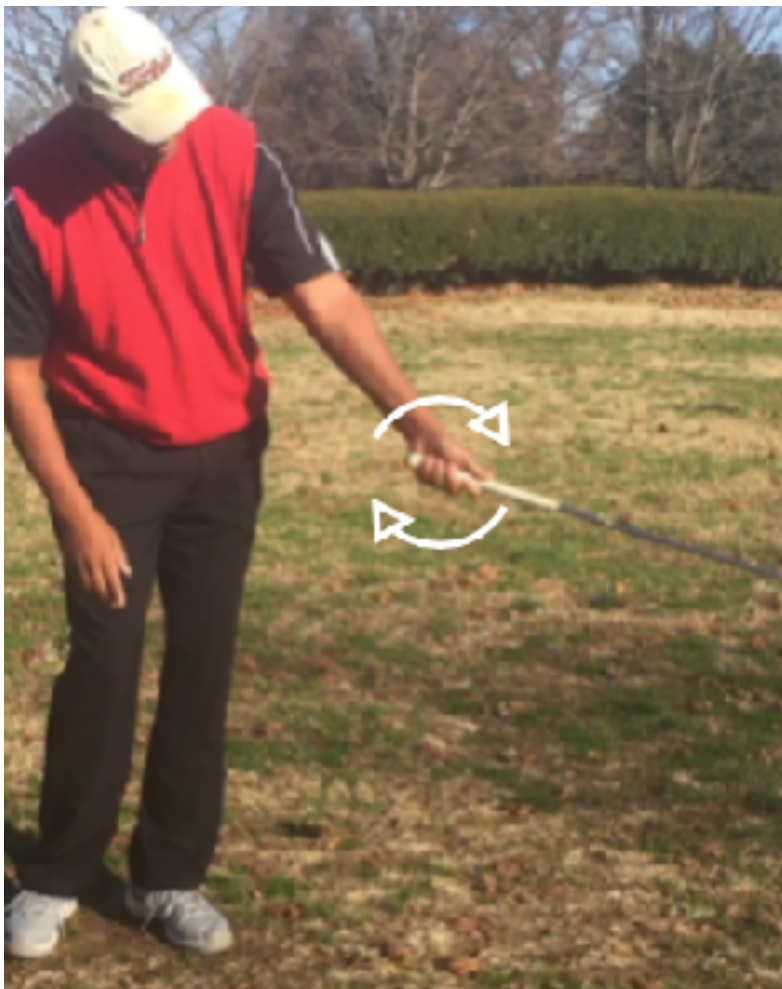


Club handle under padding



Thumb rests on the trail side of club handle

*In the image below.* Because the lead hand grip is positioned in the base of the fingers, it provides maximum range of motion while hitting *through* the ball out to the target.



## *Trail Hand Grip*

The trail hand grip is the second half of the leveraged 2/6 grip that sets the foundation for the **"leveraged rear forearm."** It squares the club face during the rotation release out to the target. This is where the power and momentum come from to keep the club head moving through impact. **For now, the fact that the club handle has been grabbed underneath by the trail hand means it has activated the "leveraged rear forearm."**

**In the image below.** With a square club face grab underneath the club handle with the trail hand in the **base of the fingers.**



*In the image below.* Close the trail hand and the grip will look like this very strong. We will get it back to neutral in just a bit...

**GRIP NOTE:** I personally use the *interlock grip*. However, you can use the grip of your choice whether it be the baseball grip or the overlap grip.





## The V Position

*In the image below.* When gripping underneath the club handle with the trail hand, as mentioned above, make sure the club face is square then hold the club out in front of your body. The ‘V’ of the rear hand will be pointing to the outside of the rear shoulder. This creates an ultra strong grip that *leverages, or stacks, the rear forearm.*



# Leveraged/Stacked Rear Forearm

Now that the rear forearm is leveraged, let's put it in place. This is done by turning the entire wrist/hand unit towards the *lead side about an inch*. Do not reposition the wrists on the club handle. This move is with both the hands and the wrists together.

The turning of the wrists and the hands to the lead side sets the grip back to a more neutral position and does two things:

1. **This movement locks** in the two(2) bones in the rear forearm in a stacked/ leveraged position.
2. **This movement activates** the loft of the club to give different trajectories needed to approach greens by controlling the club face angle.

*In the image below.* The grip has moved from an ultra strong position to a more neutral one. The rear forearm is still leveraged and the club head is now closed. We will fix this closed club face later. But first; let me explain leveraging and stacking.



The 2/6 Leveraged Grip is 40% of the golf swing!

# Leveraging/Stacking

LEVERAGING or STACKING are **one in the same** for the rear forearm position. There are 2 rotating bones located in the rear forearm called the *Radius and the Ulna*. These bones can be leveraged, or STACKED, to give the ability for effortless power through the ball. Stacked simply means that these two bones move through impact *horizontally, meaning on top of each other*, as the club head is released out to the target. The leveraged rear forearm plays a vital role in helping golfers get into **ALL 6 body positions more easily**.

**Remember** it's the gripping underneath the club handle with the trail hand that stacks and leverages the rear forearm.

**In the image below.** A pic of the two (2) rotating bones in the rear forearm is pictured below in the bottom left corner. Notice, in the swing pic the rear hand and the rear forearm are pointing skyward. This is *leverage in action!* This position needs to be achieved for solid ball contact. Again, this position is a result of gripping the club handle underneath with the rear hand at setup. Now lets go a little deeper into "HOW" all this leverage works...



# Leverage/Square Club Face

The two bones in the rear forearm, if positioned correctly with the grip, will square the club face through impact. They also help increase club head speed. **The 2/6 Leveraged Grip is the smoking gun in golf for solid ball striking!** The club face is NOT TOTALLY SQUARE at impact. It's coming through on an inside track and makes contact with the ball slightly open. The squaring of the club face happens after impact during the rotation out to the target on the swing plane. *More on this later...*

*In the image below.* Notice how the rear forearm and the rear hand are pointing to the sky. This position creates the momentum and the centrifugal force needed to keep the club moving through the ball as it rotates out to the target without slicing!



This gives effortless power! Point the rear palm and rear forearm skyward and move them through the impact zone in this position. This is the feeling of leverage! *Practice without a club moving your rear arm back and forth in this position.*

**Chapter Review:** The leveraged grip is 40% of the golf swing and needs to be executed EXACTLY as demonstrated above on every iron shot. It is designed to keep the wrists quiet through impact as the force of the rear leveraged forearm rotates and releases the club head out to the target.

The lead hand is the target hand and the rear hand is the power hand.

# Chapter 2

## *2/6 Spine Centered Posture*

- The Setup
- 
- 55/45 - Square The Club Face
- 
- Down The Line View / Front View
- 

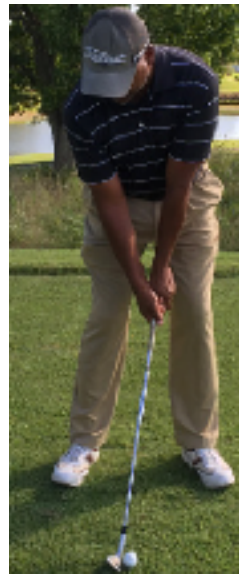
### ***Spine Centered?***

Spine centered means that the correct 2/6 posture will keep the golf swing on its center axis throughout the entire swing. Meaning the backswing and the downswing rotates/turns around the spine without swaying or twisting back off the ball.

### ***The Setup***

The setup makes up *40% of the golf swing* and is the mold that has ALL the body parts in the right positions before the club is even swung. A good 2/6 setup has the correct mechanics for a motionless golf swing that will not take the swing off plane.

*In the image*, nothing looks forced!



The Spine Centered is 40% of the golf swing

## **55/45 - Square The Club Face**

## **-Forward shaft lean - Offset Activation**

In the previous chapter we left off where **club face was closed** (Review leveraged grip above) Now lets square the club face!

*In image (1) below.* After the wrists have turned the club handle to the lead side and after grabbing underneath the club with the trail hand set the club on the ground. *The Club face should be closed* with the handle of the club pointing to the center of the body.

*In image (2) below.* **To square the club face** pinch the rear knee in slightly while putting the lead check slightly behind the ball. This move will nudge the **lead hip and the hands forward causing the shaft to lean forward just a bit. It's the forward shaft lean that squares the face.** This also puts 10% more weight on the lead leg resulting in having **55%** of weight on the lead leg and **45%** weight on the trail leg. The forward shaft lean also **activates the offset** of the golf club to maximize compression through impact. The position of the club handle should be 2 to 3 inches away from the inner thigh and the shaft should be leaned forward no more than an inch.

**NOTE:** In leaning the shaft forward to square the face, **PLEASE DO NOT** just move the hands forward by themselves. (*middle image below*) This will result in loss of control of the club head.

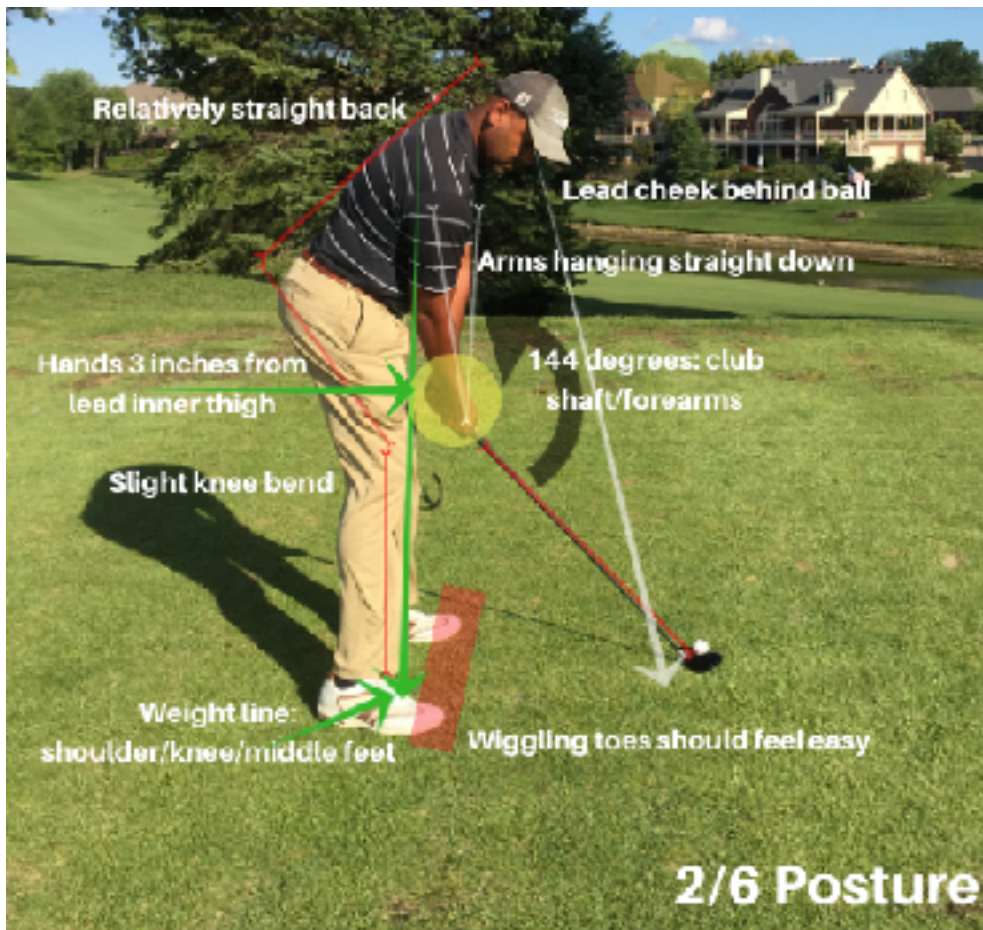


# Down The Line View

*In the image below.* The **green** weight line starting from the shoulders should go down to the knees and through the balls of the feet in a straight line. ***It should be easy to lift and wiggle the toes without any body weight resistance.*** This allows golfers not to get too top heavy through impact resulting in stumbling forward after impact.

The back is relatively straight, knees slightly bent, arms hanging down naturally with a shaft to forearm angle position of 144 degrees. (*this is the only time I mention a degree*) There should be a slight forward shaft lean to activate the offset of the club and to promote a well balanced address over the ball. This also helps for a smooth one piece takeaway around the spine.

**NOTE:** The club handle is positioned about 2 to 3 inches away from the inner lead thigh for maximum control. To lean the shaft forward ***DO NOT just lean the hands forward!***





## Front View

*In the image below.* The lead cheek behind the ball at address takes control of every body part underneath the head during the golf swing. The rear shoulder is below the lead shoulder, the rear knee is slightly pinched in, the lead hip is nudged forward, there is 10% more weight on the lead leg and the shaft has a forward lean that squares the club face and activates the club's offset.

**NOTE:** The club handle is 3 inches out from the inner lead thigh for maximum control. *DO NOT just lean the hands forward to square the club face!*



Together the 2/6 Grip/Posture make up 80% of the golf swing!

**Chapter Review:** The 2/6 Posture is 40% of your golf swing and is mold is designed to help you create space the first 12 -18 inches off the ball, stay centered at the top, help drop straight down, and stay centered through impact. The posture has a lot of position function in your golf swing.

# Chapter 3

## *The Takeaway*

- Maintaining Space and Width
  - Tempo
- 

On the takeaway ***the first 6 inches*** are critical in maintaining the space at setup and the start of building power and consistency. During the first 6 inches the wrists and hands are very passive with absolutely no fanning open or lifting the club prematurely to the inside. The wrists should feel like their wrapped in duck tape to prevent unneeded movement.

**In the image below:** The first 6 inches off the ball in getting to the 12-18 inches have to feel like the club is tracking straight back.



**Wrists and hand move straight back**

# The proverbial triangle

As the takeaway continues the term “keeping the triangle” is a very popular teaching catch phrase.

However, the term we use here at 2/6 is “maintaining space or buying real-estate.” Both mean the same thing in terms of extension off the ball for the first 12-18 inches to maintain space and width.

Space and width for what? This is where it gets kinda confusing. What does creating space/width have to do with the golf swing?

*In the images below.* The proverbial triangle stays in tact the first 12-18 inches off the ball translating into what we call maintaining *space with the club shaft and club head staying out side the hands.*



Keeping the triangle also means creating space!

# Maintaining Space

*In the images below.* The shoulders, the arms, the wrists and the hands move off the ball in one piece. Meaning the big muscles, of the lead shoulder and lead arm, move the club back and out the first 12-18 inches. The little muscles in the wrists and the hands are very quiet and passive. This is called *maintaining space*. The club has moved off the ball in a relatively straight fashion keeping the club head outside the hands. The hands and the wrists stay quiet so as to not break the width that the big muscles have created.

**NOTE:** Do not physically roll your wrist off the ball this would disrupt the spacing and cause the golf swing to come off plane.



*In the image below.* The club head goes back well outside the hands to maintain space.



Club head stays OUTSIDE the hands to create SPACE!

## ***The Importance of maintaining space***

The reason why maintaining space is so important is because the club head needs that space on the downswing to hit through the ball and out to the target without getting stuck on the inside.

## ***Tempo***

The tempo on the takeaway is where the whole golf swing is formed. The tempo needs to be slow and methodical. Feel as though the club head *weights 300 pounds!* Feeling this will engage the bigger muscles in the lead shoulder and lead arm to initially move the club off the ball.

***Notice the 300pds weight on my club head below!***



***The takeaway is slow and methodical***

**Chapter Review:** *The takeaway stems from the 2/6 Posture and sets the tempo for your entire golf swing. Do not rush the first 6 inches off the ball. Feel as though the hands are moving straight back. After that keep the triangle in place with the arms, the wrists and the hands as the club begins to lift around the swing plane.*

# Chapter 4

## *The Backswing*

- The Transition
  - Top Of The Backswing
- 
- 

### ***Transitioning To The Top***

After the club shaft reaches the parallel position on the takeaway, let the *weight of the club* head stretch the arms up and around a centered positioned spine. This stretch between the arm extension and the body staying centered is produces *resistance*. This transition has to be a smooth rotation around the upper body. It is very important to let the *weight of the club* head lead the way up and around.

*In the image below.* The arms look relaxed with no added tension. From here the body ***stays centered*** as the weight of the club head wraps the hands, the wrists, the arms and the shoulders around the upper body. The transition to the top needs to produce *resistance* between the arm extension and the centered body.



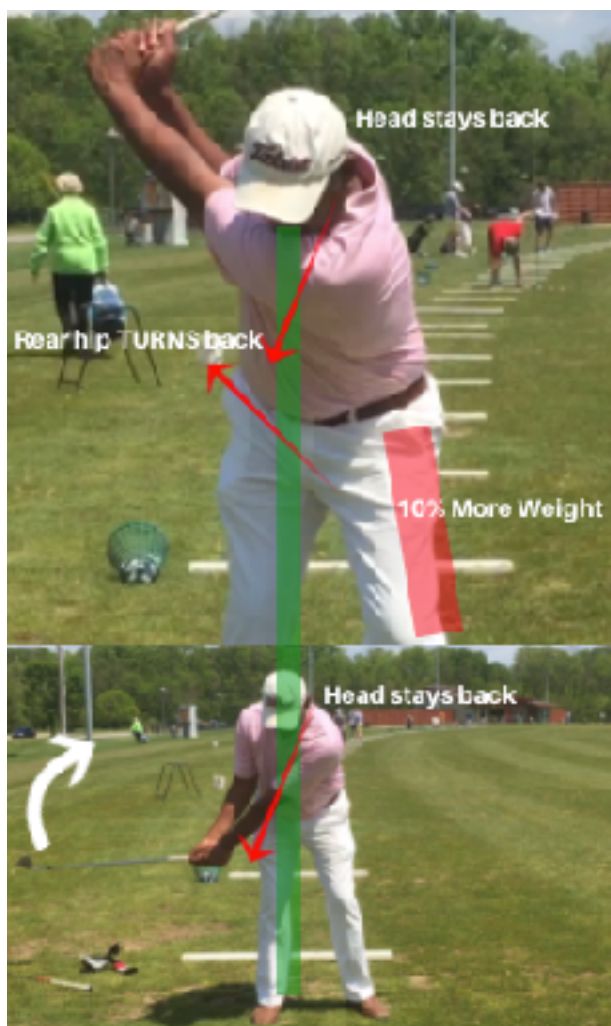
**Resistance; feeling the weight of the club head going up and around a centered body**



**At the top of the backswing** the *hands, the wrists, the arms and the shoulders* are still in a very relaxed state with absolutely NO tension. The movement from the takeaway parallel position to the top of the backswing is a *tension free move with the weight of the club head pulling and stretching around the upper body*. This not tension; but resistance.

*In the image below.* The shoulders have not turned a full 90 degrees. There is no need for a full shoulder turn here. The 10% more weight on the lead leg with the lead cheek behind the ball prepares the club to sweep straight down. And because there is no sway in this backswing, there is enough clearance for a tension free start to the downswing.

**Note:** As the swing reaches the top of the backswing, the head position staying back and **the centered body not swaying off the ball** allows the *rear hip to turn back as the 10% more weight on the lead leg stabilizes the body's center*. *The 10% more weight on the lead leg at the top keeps the golf swing centered because it counter balances the trail hip rotating/turning back.*



**Chapter Review:** *The backswing stems from the 2/6 Posture* that needs to be a body turn rotation around the spine. Allow the weight of the club head to extend your arms, wrists and hands around your upper body spine position without swaying off your center. The 10% more weight on your lead leg, that you had at setup, should stay on the lead leg through out your entire swing to promote a **centered backswing**. Your upper body turns and rotates twice as much as your lower body as your head stays positioned behind the ball.

# Chapter 5

## *The Downswing*

- The first 6 inches -1 piece downswing-
- The Slot (cradle position)
- Parallel Shaft Positions

Oh the downswing! How many books and videos have been written and filmed on this move? Here's the deal. **The first 6 inches down** are critical to execute solid shots.

The start of the downswing and the start of the takeaway are the only parts of the golf swing that has *to be controlled and timed* for solid ball contact. However, the 2/6 process puts golfers in a better position to execute these two moves! Every other club/body position of the 2/6 swing process is molded for automatic execution.

**NOTE:** *Feel as though the arms are sweeping down and through the ball.*



## ***First 6 inches down (1 piece downswing)***

***From the start of the downswing with the head position back the arms begin to sweep drop as the hips begin to move forward. The weight of the head positioned behind the ball as the arms begin to sweep/drop moves the hips toward the target naturally. There is NO thought process with this move; meaning there is NO physical movement in starting the downswing with the lower body! From the top of the backswing let the golf club sweep/drop straight down. This is a very lazy FREE FALL drop that higher handicap golfers have a hard time feeling.***

***In the images below. The first 6 inches is straight down. It feels as though the club is being swept down from behind in a FREE FALL! The shoulders, arms, wrists and hands need to feel like they're being swept down in a 1 piece fashion. The trail elbow is being swept through in front of the trail hip as the hips begin to release naturally.***



## *The process of the downswing*

This is where the magic happens. On the downswing if enough space was maintained on the takeaway and enough width created to the top of the backswing; the club head will get the *red carpet treatment* as it approaches the impact zone. Meaning; it will have the clearance needed to move back out in front of the body into the space that was maintained on the takeaway.

*In the image below.* The *driver* even has to get back out in front of the body to hit the ball more solid.



Club head/ hands return to the space created on the  
takeaway --->>Impact

## Stop swaying

How does the club drop straight down? The key is to *stop swaying!* **Swaying off the ball on the backswing is death in the golf swing** because it doesn't give the arms clearance on the way down. Swaying off the ball gets the trail side in the way of getting through the ball.

*In the image below.* This golfer has swayed way off his ball and as a result has come off his center. The trail side of his body is now in the way of his arms sweep/dropping straight down. This is probably the most common swing flaw of high handicap golfers.



The trail side is in the way of the arms sweep/dropping down!

## 3 triggers in sweep/dropping the club

In the image below, there are three (3) swing triggers that can help with the downswing:

1. Feel like the heel of the club head is sweeping into the downswing
2. Feel like the back is moving to the target first
3. Feel like the rear elbow is *sweep/dropping* underneath the lead elbow

Try each of these triggers to see which one feels better. The main thing is to sweep/drop down; there is no way around it. Remember these are triggers to get the first 6 inches started down!



# Stay Centered

Staying centered cannot be overlooked and cannot be over emphasized when **performing the downswing**. Staying centered and rotating around a centered spine position is the *golden rule in golf!*

*In the image below.* The lower body has rotated about 1/2 as much as the upper body. How does this benefit the downswing? *There is not a lot of hip movement to the top of the backswing and in turn not a lot of hip movement needed to drop the club into the slot.* **NOTE:** If there was even a little sway off the ball at the top there would have to be a sway to get back down. The extra swaying movement would disrupt the flow, the tempo and the swing plane of the golf swing. This could in turn cause a CAST!





# Staying Centered Why So Difficult?

Staying centered and dropping the club straight down has been a problem for higher handicap golfers. It's the feeling of being restricted and the feeling of being unnatural. However, staying centered *and* being able to sweep/drop the club down on the swing plane work hand in hand. There cannot be one without the other.

**NOTE:** Why does sweep/dropping the club and getting it out in front of the body feel so unnatural? The short answer is; the *golf ball is not moving*. If the golf ball was moving at 90 mph, like in baseball for instance, the natural reaction would be to get the bat on the ball as quickly as possible. The brain would signal there is not enough time to sway back and sway forward to do that.

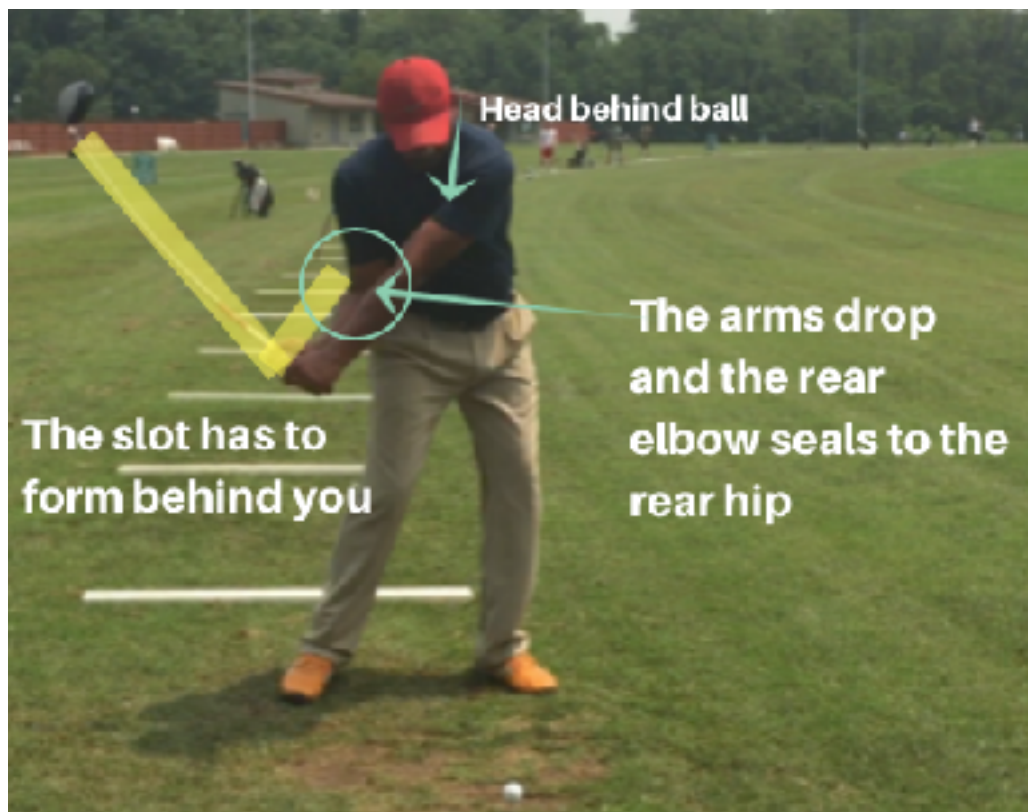
The same is true with the golf swing even though the ball is not moving. *Swaying off the ball* does not get the maximum club head speed or the clearance in dropping the club head straight down through the ball. The old saying of, "The shortest distance between two points is a straight line." To put it golf terms, "The fastest distance between two points is a straight line sweep/drop."



Baseball and Golf...similar into impact!

## The 2/6 "Cradle" or Slot

**In the image below.** The slot is the midway position down on the downswing. As the club drops the slot position forms from behind. The rear elbow sweep/drops, figuratively, into the rear pocket moving in front of the rear hip. This is the power position! At this point the club is just starting to come into view. If the slot positions here is out in front of the body there will be a cast!



## The Rear Elbow Position

The rear elbow needs to get down in front of the rear hip without seeing any space. If space is seen this means casting has taken place in the downswing and as a result a *loss of power*.

*In the image below.* This golfer has space between his rear elbow and his rear hip. This is a result of his club head and all his power being focused at the ball NOT through the ball.



*In the image below.* There is no space between the rear elbow and the rear hip. The slot position of this club is **stored for power!**



# Parallel Shaft

Getting the *club shaft* parallel to the ground on the downswing means a lot of lag has been created. It also means a lot of the 2/6 swing process has been done correctly.

*In the image below.* The club shaft has gotten back out in front of the body on the downswing in a *straight line*. To take full advantage of the power created in the lag there has to be a matching parallel line created through impact. This is achieved by throwing the club head out to the target by hitting through the ball NOT at it. *The 2/6 grip and posture at setup makes it easy to get into this power position.*



Parallel down needs to match parallel through

**Chapter Review:** *The downswing stems from the 2/6 Posture and the first 6 inches down are critical. Review the 3 drop down trigger options in this chapter and practice them slowly to get the feel position of each and choose the one that feels best. Sweep/Drop into the slot and keep keep your mind's eye on the target NOT at the ball. This promotes keeping the club head moving.*

# Chapter 6

## *Impact*

- Velcro Effect

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- Head Position

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- Shaft Position

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- The Golf Ball

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IMPACT! The moment of truth in every golf swing. Many golfers believe that the club face needs to be square at impact. *NOT TRUE!* In reality the club face is *slightly open* at impact.

### ***Velcro Effect***

Slightly open? Yes! Here's why. As the club face comes into contact with the ball; the attack angle is from the inside. As the club keeps moving from the inside out to the target; the offset, the grooves of the club face and the dimples of the golf ball all come together to cause, what is called, *the 2/6 velcro effect*. The offset collects and compresses the grooves of the club face to the dimples of the golf ball to produce the *thump* sound at impact.

*In the image below*, notice how this all comes together using a wide open wedge!



*In the image below.* The club face is coming into impact from the inside slightly open. This will not cause a slice or a push because the leveraged rear forearm provides the momentum needed to keep the club head moving through impact and out to the target. This initiates the **velcro effect of golf club groove compression with golf ball dimple technology.**

**NOTE:** If the grip was not leveraged there would not be enough *momentum and force* stored in the rear forearm to keep the club head moving out to the target effectively.



# Head Position

If there was one body part that controls the entire golf swing it would have to be the head. Why? Because hanging over the body its dead weight and can weigh up to *12-15 pounds as it sits on top of the golf swing pyramid!*

*In the image below.* The only body part not moving in the downswing is the head. Can you identify the other 5 moving body parts it's controlling?



**Answers:** The head controls...

1. Locks the shoulders back
2. Allows arms to sweep/drop straight down
3. Allows hips to move forward
4. Allows knees to move linear
5. Keeps feet grounded

# Shaft Position

The position of the club shaft at impact is critical. It needs to be somewhat similar to its position at setup. This is where *the offset* of the club comes to the rescue!

*In the image below.* The club offset allows the hands to lead through impact. How so? It is the offset of the club head that provides the back space needed to allow the hands to lead without slicing or pushing the ball. Reason being; since the club offset *sets the club face back a bit*, the hands have to *lead* to get the club face square on the rotation release out to the target. They counter balance each other; one sits back to allow the other to lead. This should instill confidence to lead with the hands through impact as long as the *2/6 Leveraged Grip* is correct.



**The offset and the hands work to compress!**



## ***Luke Donald***

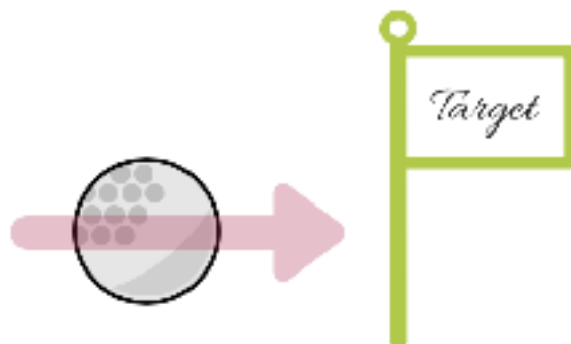
Lets take a look at Luke Donald's golf swing from down the line. The shaft positions are very similar from setup to impact. The hands are leading through impact to counter balance the offset of the club head to produce ball compression at impact.



## ***The Golf Ball***

Stop hitting at the ball! Hit through it as the mind's eye visualizes throwing the club head out to the target.

**NOTE:** The golf ball is the least important focus in the golf swing. After setting up properly there is no need to focus on it.



**Chapter Review:** *The impact position stems from the 2/6 Grip as your hands lead into impact. The leveraged grip keeps your hands moving through the ball. At impact your using the full technology of the golf club, **the loft and the offset**, to get maximum compression of the golf ball. Remember your focus is throwing the club head out to the target.*

# Chapter 7

## *Rotation Release*

- Silent Wrists/Hands
- Target
- Club Head Speed

### ***Silent Wrists/Hands***

Keeping the wrists and the hands silent during the release is very difficult for higher handicap golfers. Why? Because they have been taught by teachers, instructors and well meaning friends to time the release at the ball. NOT GOOD...

One of the biggest swing fixes taught on the PGA instruction circuit is to swing harder and time the club head at the ball. Of course instructors will stay away from the “F” word “flipping.” However, *timing the club face at the ball is flipping* at the ball.

The 2/6 “leveraged” rotation release makes flipping at the ball a thing of the past. The wrists and the hands are forced to stay **SILENT** through impact. This move is facilitated by the leveraged rear forearm. The wrists do not fully rotate until after impact.

**NOTE:** *Hitting at the ball is what causes too many swing thoughts and body movements during the golf swing.*

Do not hit at the ball!



# The Target

To hit solid golf shots there has to be a rotation/release *out to the target* not a flip at the ball. This makes the golf ball the least important part of the golf swing after the correct setup position is taken over the ball. The golf ball is just the tangible object used to keep score. *DO NOT make it any more important than it really is!* Even though the ball is in sight at setup; have the mind's eye concentrate on throwing the club head out to the target.

*In the images below.* The **red arrow** directs the club head through the strike zone, through the ball and out to the target. The ball is an object that just gets in the way.



**Keep moving the club out to the target!**

# Club Head Speed/Lead Elbow

To maximize efficient club head speed concentrate on moving the bigger muscles and bigger joints. A 2/6 club position highlight is the *feeling of the lead elbow, bigger joint, rotating out to the 2 o'clock position on the swing plane*. This allows for more control of the smaller muscles in the wrists and hands. When bigger muscles and joints move the smaller ones move 4 times as fast! The elbow rotation also helps to *eliminate the chicken wing* that many golfers get when they hit at the ball and the lead arm folds to soon through impact.

*In the images below.* The lead elbow is rotating out to the 2 o'clock position on the swing plane; *notice how the club head rotation is moving 4 times as fast!*



The golf swing needs to be controlled by the larger muscles and joints

**Chapter Review:** *The rotation release stems from the 2/6 Grip and promotes silent wrists and hands through impact as they rotate and NOT flip. Have the feel position of your lead elbow sweeping out to 2 o'clock to keep the club head moving from in to out on the swing plane. Focus on the target and do not hit at the ball.*

# Chapter 8

## *Follow Through*

- Complete The Swing
- 

### ***Complete The Swing***

One of the signs of a solid golf shot is a full flowing follow through. The follow through should never be taken for granted because it is the finishing touch on a well executed golf swing.

*In the image below.* A good flowing follow through needs to have the other 5 club positions executed in their proper fashion. The body stays on balance as the club wraps around the neck. Another solid position in the follow through is a straight line on the lead side. This all starts from the setup, postured takeaway, centered backswing, sweep/dropping of the club, silent wrists at impact and the releasing of the club out to the target. *The momentum of all these moves creates a well balanced follow through!*



*In the image below.* The *down the line view* of the follow through promotes a well balanced finish if the other 5 club positions were executed properly. All the body parts are in sync and the finished club position is fully wrapped around the upper body.

**NOTE:** Even for missed shots still get to a nice balanced follow through.



**Do not neglect the follow through!**

**Chapter Review:** *The follow through stems from the 2/6 Posture* and needs to be a full completion of your swing with your golf club and arms wrapping around your upper body. The force from your centered swing and the proper function of the other 5 club positions allows a free flowing follow through. From beginning to end a well balanced follow through starts with a 2/6 spine centered setup.

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# CONCLUSION

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With everything that has been written on paper and recorded on video about *WHAT* should happen in golf swing; the 2/6 Golfer swing process has been the first to reveal the all important *HOW/WHY* in the golf swing! **You have now been exposed to the simplification in golf instruction.** The 2/6 swing process is certainly the easiest and the most repeatable way to improve your golf swing.

The 2/6 swing process accomplishes 80% of your swing before you even swing the club, takes out over 50% of the motion in your swing and puts you in ALL 6 body/club positions *more easily!* Which can equate to trimming 8-10 strokes off your game.

It is now possible to become a single digit handicap golfer or even a scratch golfer from reading this eCourse. All this *without* ever knowing what your shoulder tilt degree is at impact, what degree your shoulder turn should be, what your rear elbow is doing or even if your leading the downswing with your hips. The 2/6 Golfer process will stick with you for life.

Until now it has not been possible to become so advanced in the golf swing without feeling like you have to spend hundreds, or even thousands of dollars, on expensive golf lessons and gadgets that just don't work.

*All you have to understand is how the 2/6 "Leveraged" Rotation Grip and the 2/6 "Spine Centered" Posture work to put your swing in ALL 6 golf body positions *more easily!**

THANKS FOR READING!

Terry, a weekend golfer just like you...

*pdf club*



