



2/6 PLAYER MINI EBOOK!

Master Coaching mini eBook

2/6 Leveraged Grip.

(Right hand golfer)

- **Start Square**
- **Left Hand Grip**
- **Right Hand**

Start Square

Make sure before you start gripping the club that you have a square face. This is very important to getting the correct 2/6 Leveraged grip. (image below)



START THE CLUB FACE SQUARE

Left Hand

The leveraged grip is 40% of the golf swing. The left hand grip is the first half of the 2/6 leveraged grip that sets the foundation for hitting the golf ball on the 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 left hand on the club handle along the base of the fingers. NOTICE the club handle runs from the base of the little finger, the base of the ring finger, the first padding section of the middle finger and at the fold of the index finger.



BASE FINGERS OF LEFT HAND

In the images below. Close the left hand grip and position the handle below the padding of the left hand. Position the thumb on the right side of the club handle.



TYPE TO ENTER A CAPTION.



LEFT THUMB ON RIGHT SIDE OF CLUB HANDLE

In the image below. Because the club handle is gripped in the base of the fingers, the left hand grip positioning provides maximum range of motion (ROM) for hitting through the ball out to the target.



TYPE TO ENTER A CAPTION.

Right Hand Grip

The right hand grip is the second half of the leveraged 2/6 grip that sets the foundation for the "leveraged right 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 though, the fact that the club handle has been grabbed underneath by the right hand means it has activated the "leveraged right forearm."

In the image below. With a square club face grab underneath the club handle with the right hand in the base of the fingers. I use an interlock grip so the club handle runs through the base of the ringer finger, the first padding section of the middle finger and over the fold of the index finger.

So in both grips with the left and right hands the club handle needs to stay in the base of the fingers as much as possible.



RIGHT HAND UNDERNEATH

In the image below. Close the right hand and the grip will look like this. At this point the grip is in a very strong position.

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. So whatever grip is used grip the club in the same fashion.



LEVERAGED GRIP

The V Position

In the image below. Before gripping underneath the club handle with the right hand, as mentioned above, be sure the club face is square. After gripping hold the club out in front of the body. The 'V' of the right hand will be pointing to the outside of the right shoulder. This creates an ultra strong grip that leverages the right forearm.

At this point the club face is still square with a leveraged right forearm.



Leveraged/Stacked Right Forearm

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

***DO NOT OVERTURN! MORE IS NOT BETTER!**

****The turn is just enough to compensate for the offset of the club.**

The turning of the wrists and the hands to the left 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 right forearm in a 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 at impact.

In the image below. Facing the ball the grip has moved from an ultra strong position to a more neutral one. The right forearm is still leveraged and the club head is now slightly closed. We will square the club face later. But first let me explain leveraging.

Leveraging/Stacking

LEVERAGING or STACKING are one in the same when comes to positioning the right forearm. There are 2 rotating bones located in the right forearm called the Radius and the Ulna. These two bones can be leveraged, or STACKED, to give the ability to make effortless powerful swings 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



THIS MOVE ACTIVATES THE LOFT

being released out towards the target. The leveraged right forearm plays a vital role in helping golfers get that solid thumping sound as the club head impacts the ball.

*Remember it's the gripping underneath the club handle with the right hand and turning the club head to the left side about an inch that stacks and leverages the right forearm.

In the image below: A pic of the two (2) rotating bones in the rear forearm is pictured below in the bottom left hand corner. Notice, in the swing pic the right hand and the right forearm are pointing more skyward (at about a 45 degree angle) as they come into impact. 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 right hand at setup and turning the club head to the left side about an inch.



LEVERAGE MOVES THROUGH THE BALL ->>>

Leverage/Square Club Face

The two bones in the right forearm, if positioned correctly with the leveraged grip, will square the club face through the ball impact. There is no need to worry about how to manipulate this move. 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 right forearm and the right hand are pointing more skyward. 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!

****Do this now...**Point the right palm and right forearm skyward and move them through the impact zone in this position. This is the feeling of leverage! Practice without a club moving the right forearm arm back and forth in this position. This is leverage!



THE RIGHT FOREARM/HAND ARE POINTING 45 DEGREES SKYWARD

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 right leveraged forearm rotates and releases the club head out to the target.

The left hand is the target hand and the right hand is the power hand.

"Spine Centered" Posture.

Spine Centered

Spine centered means that the correct 2/6 posture will keep the golf swing on its center (on plane) axis through out the entire swing. Meaning the backswing and the downswing rotates/turns around and down the correct spine angle without swaying or twisting off the ball.

- **Setup**
- **10% More Left Leg**
- **Down The Line View**

- **Front View**

The Setup

The 2/6 spine centered setup makes up the other 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 efficient golf swing that will not take the swing off the plane.

Left Leg

10% More Weight -Forward shaft lean

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

In image (1) below.

Universal 2/6 Swing Method



Address the ball with a slightly closed club face. After grabbing underneath the club handle and turning the club head to the left side set the club on the ground. The Club face should be slightly closed with the top of the club handle pointing more to the center of the body. This is a very important move. Do not let the club face go back to square when setting it down.

In image (2) below.

To square the club face pinch the right knee in slightly while putting the left eye slightly behind the ball. This move will nudge the left hip and the hands forward slightly causing the **shaft to lean forward** just a bit. It's this forward shaft lean that squares

the face. This also puts **10% more weight** on the left leg resulting in having **more** weight on the left leg.

Yes! I said more weight on the left leg. It's ok this will help in the long run!

The forward shaft lean also activates the offset of the golf club to maximize compression through impact. The position of the top of the club handle should be 2 to 3 inches away from the inner left thigh and the shaft should be leaned forward no more than an inch. The forward compensates for the offset of the club.

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.

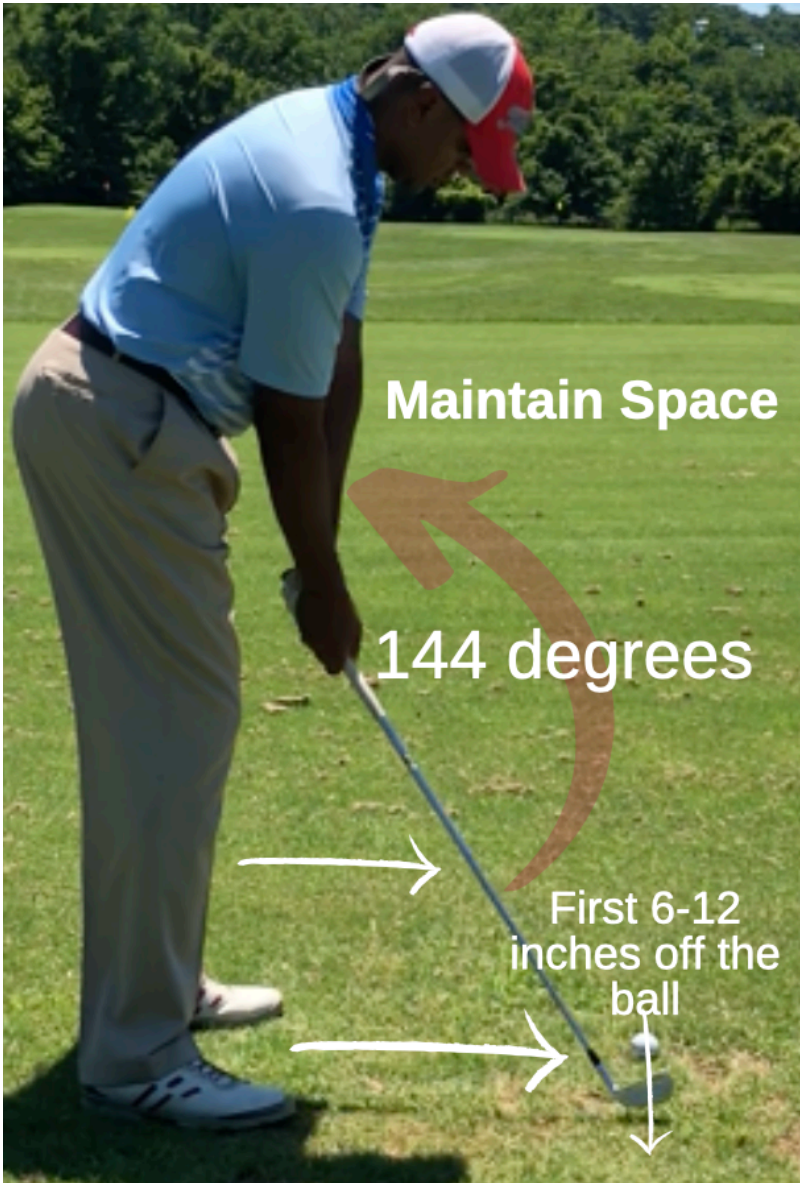


Down The Line View

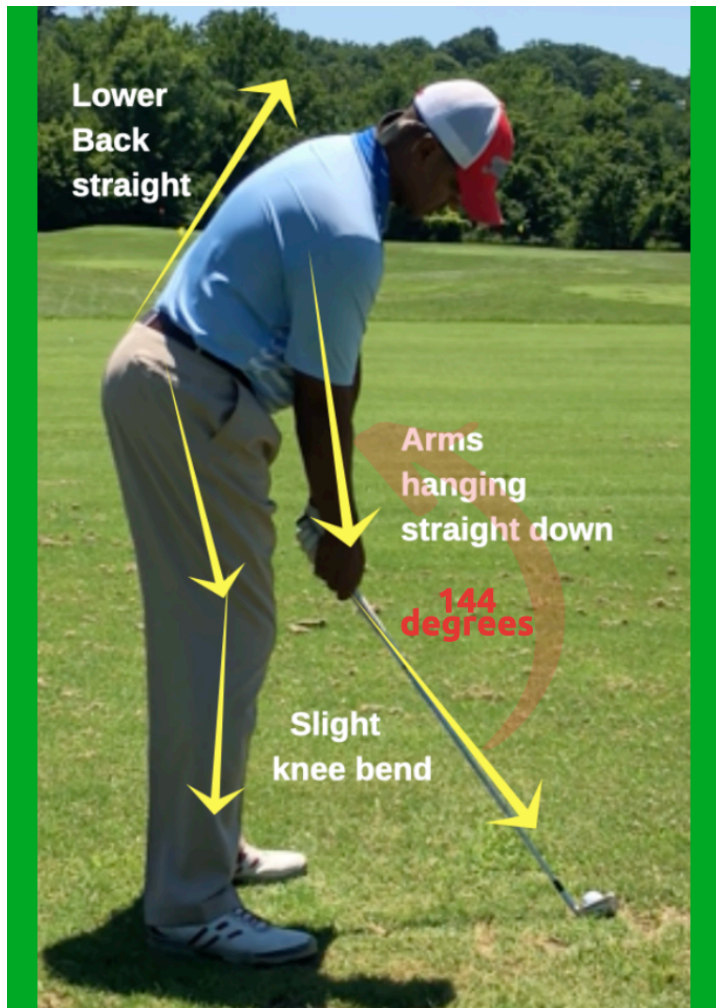
In the image below.

The back is relatively straight, the knees are slightly bent, the arms are hanging straight 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 golf 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 top of the club handle is positioned about 2 to 3 inches away from the inner left thigh for maximum control. To lean the shaft forward just pinch the right knee just a bit. Do not over pinch on this move.



TYPE TO ENTER A CAPTION.



Front View

In the image below.

The left eye turned behind the ball at address takes control of every body part underneath the head during the golf swing. The right shoulder is below the left shoulder, the right knee is pinched in slightly, the left hip is nudged forward, there is 10%

more weight on the left leg and the shaft is leaned forward that squares the club face and activates the club's offset.

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

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

Chapter Review: The 2/6 Spine Centered Posture is 40% of the golf swing and is the mold that holds every body position on the center axis. The spine centered posture has the most function in the golf swing.

