

The Simple Golf Swing System

By David Nevogt

INTRODUCTION

This book is results oriented. That is a statement rarely encountered when reading a book related to golf instruction. Sure, there are feel-good books to which we can all relate. They take the mental approach to the game, and tell you that it's okay to shoot 100 because the game should be fun, no matter what your results. In that regard, they build for themselves a "soft place to fall". You may feel good after you finish the book, but the results of your game rarely have changed. Indeed, it is a mental game; however, you must focus on the mechanics of the game to lower your score.

Some books already exist that focus on swing mechanics. Watch out! Note taking may be required...my personal recommendation is that you consider using a protractor as a bookmark when reading these books because you might really need to be using it. They are all about the correct balance, wrist angles, and swing planes. I've read tons of books on the subject and none of them have worked because they've all been too complex. I haven't been able to hold on to their advice because I just couldn't remember all of the information. I couldn't do it all at the same time. I found that by trying something new, I was only complicating my swing. I wasn't getting anywhere, because there was just too much information. I decided that I just couldn't dedicate that much time to perfecting my swing. Then I realized that I didn't have to spend so much time working on my swing, **if I kept it simple.**

Golf should not be the most important aspect of your life. You all have many other things that are more valuable to you. Many of you believe that you just don't have the time to become a good golfer. You can't commit an hour each day to your golf game. I understand. It's important to you and you would like to be better, but it's just not worth the work. I know what you want. You want something that works. You've been looking for a product that you can pick up, work through in your spare time to produce results. **Here it is.** This product will simplify your golf swing, and our promise is that your swing will be very repeatable, so that you may anticipate consistency on the course. You will get the results you've been searching for. Most importantly, you will likely see positive results during your first round on the golf course, where it matters. The system you will read about is resistant to pressures that occur when competing on the course. The system will work regardless of who is in your foursome. If that sounds like a lot of promises, that is because it is a lot of promises. We have tested the techniques expressed in this book using players of all skill levels. The results are the same. Every player experiences an improved ability to hit the fairway on the tee shot as well as hit the green from the fairway. As a player sees the improvement, confidence allows the player to relax and let the shot happen. Because the system delivers results, confidence increases and the desired results follow.

The Simple Golf Swing system has been designed to simplify your swing. It's very easy to turn golf into a complex system of turns and twists. Our goal is to get away from that. First, we're going to get you into a set-up position that will enable you to make solid impact with the golf ball. You will use this set-up procedure every time you approach a shot. You will be amazed at how much this improves your game in itself. Then, we are going to start by giving you a sound grip. Most of you already have a good grip, so this should be fairly easy. Next, we're going to give you a timing drill. The goal here is to simplify how timing may be improved, while contributing to basic swing mechanics related to our Simple Golf Swing. We hope that you focus on this drill and truly understand it, so that when we take you through the swing process there is very little new that you will have to learn. Finally, we give you the component pieces of your new and simpler golf swing.

You'll have a completely new swing. It will be simple and repeatable. Most importantly, it will give you the results you have been looking for. **We realize what you want, and your new swing will deliver.** No more studying. No more frustrations about how to hit the ball solidly and reliably. The time to improve your golf game is now. It's amazingly simple, and that's why you should be so excited. Let's get started.

The SETUP

The way you set up to hit a golf ball may be the most important factor in determining your score. We don't take that statement lightly. This section will likely be the most important in the entire book. Do not underestimate the importance of the setup! If you forget anything in this book please don't let it be this. Luckily, the setup is the easiest part of the golf "swing" to change. It's the easiest of all the bad habits related to your golf swing to break. If you set up to the ball in the manner described, your golf swing will change for the better.

You may believe that the way you currently set up to the ball assures a consistent and reliable striking of the golf ball. If you have a nagging (or worse yet, unpredictable) slice or hook, hit behind the ball, or even top the ball, the problem may originate in your current setup. If you experience one or more of these problems, there is a high probability that:

- Your setup puts you in a position to allow for these frustrating results, or
- You have, at some point, adjusted your set-up or swing to compensate for your problem, which has done nothing but facilitate a complicated golf swing. A complicated golf swing is the last thing a bogey (or higher) golfer needs

Our Simple Golf Swing revolves around simplicity. You have probably read several books that describe how to put a swing on the ball. Our subscribers say that most books have confused them to the point that they may never know how to improve. The whole point of swinging a golf club is to get back to the place you started. The process for "setting up" a simple golf swing puts you in a position to go through the five steps of the golf swing, and come back to the starting position with power and control. The combination of power and control is what every golfer strives for, and it all starts with a sound and **repeatable** set-up.

In the beginning, it will take an open mind and some work to get used to this new set up. For some of you, it will be close to the set-up you are currently using. For the rest of you, it will require that you drastically change your set-up. The description will be fairly technical, and it may be difficult to get used to this new set-up routine. However, if you want to succeed, the first thing that you have to do is to be willing to accept change. As stated earlier, the set-up will be the most valuable part of the Simple Golf Swing system, so please focus on it.

Position yourself so that your feet are shoulder width apart. It's fine if you are more comfortable with a slightly more narrow or wide stance. You should be comfortable. For the longer clubs, you may need a wider stance to support yourself, and for the shorter clubs you may want a narrower stance. That's fine too. A stance that is too wide will make it difficult to turn. A stance that's too narrow will result in loss of balance. The width of your stance should not vary by more than the width of your foot in either direction. Feel free to get comfortable, as long as your feet are approximately shoulder-width apart. The toe of your left foot should be pointing straight out, **NOT** pointing to the left at all. If you angle the toe out, it will prevent you from completing a full shoulder turn.

The ball should be half way between your left and right foot. For simplicity reasons, you should play the ball in the middle of your stance for every shot. Some of the equipment you use may perform better if you play the ball a bit forward or backward in your stance. That's fine, but you shouldn't position the ball more than its' width forward or backward in either direction. With the Simple Golf Swing process you will soon be learning, positioning the ball in the middle of your stance should be best for every shot to begin with. Once you master the Simple Golf Swing, you

may wish to experiment by moving the ball off-center by as much as one ball width toward your trailing foot for the shortest irons and as much as one ball width toward your leading foot for long irons. **For now, however, place the ball in the middle of your stance as shown below!**



Position the golf ball in the manner previously described, then stand straight up. Your knees are not locked, but they are close to locked. Your back is perfectly straight. Your chest should be out. It won't feel right to have your back straight and chest protruding. It will look and feel "exaggerated", but that is alright. It is supposed to feel like that, when you first adopt this new setup. Your spine has to remain straight throughout the swing. It is most important that your spine remain straight during the setup and throughout the swing. Your spine will be acting as the axis for your swing.

For a moment, I want you to imagine something rotating around a bent axis. A tire, for example, turning about a bent axle...How would you describe the pattern regarding how that tire was rotating? Complex? Unpredictable? It would be really difficult to steer a car down a straight line on a bent axle wouldn't it? Bent axles are worthless, and so is your swing if your back isn't perfectly straight. Similarly, it is difficult to "steer" a golf ball along a predictable path when the axis about which your swing rotates is not straight. You must eliminate the curvature in your spine (back) if you ever hope to strike the ball with precision and power. It is not possible to overemphasize this point.

Now, focus on a straight back and spine, which allows for a very predictable, smooth, and consistent path of the club head. This will be the core of your new golf swing. Your whole swing will rotate around a straight spine. This is an extremely important and valuable new concept! Luckily, it is one of the easiest to apply and remember. My guess is that right now, even if you were to use your old swing to hit a few balls, remembering to keep your spine perfectly straight throughout the swing, you would see and feel immediate results. If you were not to see immediate results at the practice range using the “spine as axis” approach, you would definitely see results after applying the proper set-up and the Simple Golf Swing process.

Next, hold the club out straight in front of you. Extend your arms as far as they can extend out in front of your body. You are holding the club, with the correct grip, straight out in front of you. Now, while keeping the club parallel to the ground, arms extended and elbows locked, move the club and your arms down so the club is even with your belly button or waist. Your wrists will have to bend slightly to do this.



Now, you should be standing up straight, with your chest out, and your shoulders back. Your arms should be straight out in front of you, your elbows locked, and your wrists level with the height of your waist, while holding the club parallel to the ground. Next, bend over **AT THE WAIST** until the club touches the ground. Move towards or away from the ball according to where the club touches the ground. After some practice, you will be able to judge the distance well enough so that you don't have to move around to get into position. Keep your chest out and straight while bending over at the waist. It is impossible to overstate the importance of this...You should not be bending with the back at all to reach down to the ball; you should be bending **AT THE WAIST**. This is one of the most common mistakes made by amateur golfers. If you look at any professional golfer on television, they will **ALWAYS** have a straight back, and they will **ALWAYS** bend at the waist to get to the ball. You will feel like your “seat” is protruding backwards

more than usual. That is what we want here... Also, it's okay if the toe of your club is not flush with the ground. It's **should** be that way, especially for the long irons.



*As you can see in the image to the right, the back remains straight while bending over to the ball. All of the bending is done at the waist. Bending at the waist and keeping a straight back will promote great ball flight and consistency. The relationship between the arms and chest has **not** changed.*



*This is the final setup position. The back is still straight. All you need to do is bend at the waist until the club touches the ground. As you can see, the arms are still stretched out, and the hands are at waist level. They seem lower, but the relationship between the arms and chest has **not** changed. Your legs remain in a fixed position, while you move the arms and chest together to the ball. This is the key to a good, simple setup.*

Now you are in a position to hit a golf ball straight and consistently down the middle. Every time you hit a golf ball, go through this set-up drill. It will become easier each time you hit a ball. It will soon become a habitual routine that you go through on the course as well as the range. More importantly, it will give you confidence, knowing that you are in the right position to make solid contact with the ball every time. Now hit a few balls after going through this set up routine **for each ball**. Get used to it for a few days and then we'll move on to the Simple Golf Swing. Congratulations, the hardest part is over. We realize that may be difficult to believe.

* Just a quick word on the driver. Woods are designed differently than irons. With an iron, you should essentially be hitting "down" on the ball. That's not really the case with the woods, so it may cause problems if you set up to the ball in exactly the fashion that I described above. Here's the solution.

First, get in to your normal setup position, as I describe above. You've got the driver in hand, you're bent over at the waist, you're back is perfectly straight, and you're ready to take a good swing. Now, all you have to do is stand up a bit straighter. You should have already determined the correct distance between your feet and the ball. You just stand up a bit more straight, and reach out with you arms to bring the head of the driver back to the ball.

You will need to experiment with the amount that you need to adjust (it shouldn't be much). Your chest may move about 1 - 3 inches. It doesn't seem like very much, but the change will be very noticeable. Just remember that nothing else in your swing or setup changes. Your lower body doesn't move because you have already determined the correct distance between your feet and the ball. It's just a matter of standing up a bit straighter, and then reaching out a bit more with the arms to compensate.

After we get through the remaining sections, you will understand that this will change your swing plane a bit. Your swing plane will become more horizontal, the straighter you stand up. Please realize that nothing else should change. You will swing each of your clubs in exactly the same fashion (found below). This repositioning at setup will have a huge effect on the outcome of your shot, so please take some time to see where you are the most comfortable.

To continue learning, please visit <http://www.golfswingguru.com>. Please remember that "The Simple Golf Swing" is 100% guaranteed. As you can see, this method really is taught in a step-by-step fashion, and learning the full swing is as simple as you make it. Just wait until you see how easy it is to transfer what you've learned onto the course, and realize the benefits of simplifying your golf swing. Good Luck.

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