4 EASY Lessons to Great Golf

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INTRODUCTION

For over twenty years my students have been begging me to take the time to put my golf lessons on paper—in book form. They finally talked me into it.

I’ve been teaching the game and the golf swing for over forty years, and my students have come from over forty states in the US and from sixteen foreign countries.

A large percentage of them have taken the time and spent the money to take instruction from the top name teachers regularly seen on the Golf Channel.

I like to ask them what they are doing coming to see me after seeing one, or all, of those famous instructors. I always have to tell them, “If you had found the answers and the information you were looking for there, you wouldn’t be here right now.”

Every one of them shakes their head in an affirmative way and said, “You are correct. I didn’t get what I paid for there, and I’m still searching for the correct information.”

Without fail, after they see the simple down-to-earth method I use in my instruction, they say there is no other place in golf to have their swing and game checked out and put back on track.

None of them has ever left without telling me they now have their answers and are satisfied.
The reason they, or anyone, come to me is because they are serious about understanding what goes on in a proper golf swing. Because most of them are successful business men and women, they feel they have the right, and the intelligence, to be able to understand the golf swing for themselves.

They feel they should be able to receive an explanation of the golf swing or an explanation of their particular problem in such a manner that they would be able to understand it well enough to teach it to someone else.

After all, when they purchase any other product, whether it’s an information based or physical product, they feel they should be able to understand it well enough to be able to share it with their friends and associates.

In golf, this just doesn’t seem to be the case at all. Golf professionals either aren’t willing to pass out the real truth about a swing problem, or else maybe they don’t really know the true and final answer to the problem.

I am quite different. If I could accomplish what I would like to accomplish, I would be able to give you the information about ANY golf swing problem known to mankind in such a manner that you could go out and start teaching it to your friends tomorrow.

There is old saying that if you give a man a fish you feed him for a day. However, if you teach him HOW to fish, you feed him for a lifetime.

I have no desire whatsoever to SHOW you something about golf. I have no desire whatsoever to
GIVE you a quick-fix bandage. I want to do my best to TEACH you HOW to fully understand the root cause of your problem and how to fix it instantly—if it ever dares come back into your golf game.

I consider myself a TEACHER of golf. Golfers email me from the four corners of the globe, and I fix their golf swing problems without ever seeing them swing the club.

That’s why I know beyond any shadow of a doubt that the information you are about to discover will keep you in good shape from this day forward.

I have never had a failure in teaching golf, and I have given over sixty-thousand lessons. You are not going to be my first failure. I know that, because you can email me when ever you feel the information in this booklet leaves you confused, and I will personally take the time to answer your question.

Take your time. Read the information in the booklet, and then—and this is a biggie—take the time to sit in a quiet place, like your easy chair, and just think about every aspect of what I am taking the time to share with you.

You have finally come to the right place for your golf instruction, and I am excited about your successes. Please take the time to email and share your successes with me.

Go to:
www.DarrellsGolfTraining.com

for more products and information
to help you with your golf game.
Welcome to 4 Simple Steps to Great Golf Shots. This booklet will be the beginning of the end of all your golf swing problems. After reading the information I’ve put together for you in this book, you should be able to become a golf instructor. Hopefully, you will soon become your own instructor and not have any more reason to ever go out and spend money on golf lessons.

In fact, the information in this book is the information I used to become a tour-quality player for twenty-five years. I didn’t go out and play the PGA
Tour for a number of reasons. The main reason is the fact that I simply am not a good traveler.

I love my wife. I love my children—and now my grandchildren. I love our home, our gardens, and my woodshop. I am nothing more than a good old stay-at-home golf professional.

I had several friends who played the tour for several years, and they all tried to encourage me to go out there and give it a try. In fact, most of them made a pretty good living out there, and a few became fairly well known.

I used to get in their skivvies with my golf game and it drove them nuts. Try as they may, they couldn’t get in mine very often. They went out there and made all that big money, and then they would bring some of it home to me when we played those nassau games. You know the ones—$50 or $100 four ways with automatic presses. We had a great time.

I only share all of this with you to tell you I am a self-taught player, and I could—and still can, for a half crippled old poop—play some pretty good golf.

I have had the course record on several golf courses in my lifetime. I shot a 66 one day in a pro-am while having seven penalty shots in the round. It was crazy.
I had been sick with a touch of the stomach flu, but I promised my golf pro friend I would bring a team to play in his local pro-am. I really didn’t feel up to playing that day. I was really weak.

It was just my day. Crazy things happened like hitting a tee shot into a lateral hazard on a 5-par. I took my drop, and proceeded to hit a 1-iron two inches from the cup. The tee shot was one. After the drop I was laying two. The 1-iron to the pin was three. I made an easy birdie, including the penalty stroke I had to take for taking the relief out of the lateral water hazard.

I hit a tee shot too far on a 4-par hole, and it went into a lake. I took my relief and dropped my ball behind the water hazard, and then nipped a little wedge shot right into the cup for another birdie on a penalty stroke hole.

My entire day went like that. If I hadn’t had any penalties in the round, I would have shot a 59. “Should have, could have” gets all of us at one time or another, but that day it was actually fun.

I shot a couple of 60s later in my career. That’s twelve under par, and that’s golfing your ball pretty well in anybody’s book.

One Labor Day, right after I turned fifty, my wife and I went out to play a quick, relaxing nine holes in the afternoon. I finish the nine with a 30, so I asked if she would mind us playing the back side to see what I could shoot.
She thought it would be fun to see this all take place, so on to the tenth hole we went. I birdied ten and eleven. At that point, I was eight under par after eleven holes.

I don’t care if you are a professional, that’s a fun ride. My wife calls that kind of ride an “E Ticket.” If you remember Disneyland in its first several years, an “E-Ticket” ride was always one of the special ones. They were the best ones—the ones where you had to wait a long time in a line, but it was worth it.

I just want you to know that this little book is going to change your golfing life. You are going to be one happy player, when you see how this all fits together. You will get to enjoy many E-Ticket rides.

When players come to see me, this is where I start each and every one of them, the same place where I’m going to start you. I’ve done it this way for over forty years, and I’ve had great success with this simple little system.

I used the same system to learn how to shoot baskets when I was a youngster. My older brother used to beat the pants off of me on the basketball court, and if I was going to have any chance at all, I had to learn to get the ball into the hoop.

I went out one day and stood right under the basket and began shooting those little tiny lay-ups. I mean, I was right under the basket where, hopefully, I couldn’t miss the thing.
After shooting a bunch of those shots, I took a big gamble and backed up about three or four feet. Now I was a little bit farther from the hoop than before. I shot those for twenty or thirty minutes, until I basically didn’t miss them any more.

Then, I backed up farther and started the whole process all over again. It didn’t take too long until I could shoot the ball into the basket from all over the place. However, it all started with that little tiny, short shot, and then I built it from there.

We are going to do the same thing with your golf swing in this book. I recommend getting the video that goes with this book too—if you don’t already have it. This is a powerful amount of information, and you don’t want to miss even one word I’m about to share with you.

Remember, just like all of the other books and DVDs I done, if you have any problems at all with the information please email me and tell me where you are stumped.

The address is Easygolfsolutions.com.
EASY STEP #1: CHIPPING

The title says it all. This is all simple stuff. In fact, it’s so simple you might miss it if you try to read anything into what I am going to share with you. Did you get that? It is so simple that you might miss its simplicity if you try to mix this information with anything else you know, or have ever heard, about the golf swing.

You need to make a commitment right now to do exactly what I ask you or tell you to do, and that you will not weigh it or mix it with any other information you have EVER heard about the golf swing.
For instance, I am going to do my best to get you to completely trash several of the old-time, all-time, old wives’ tales you are used to hearing in golf.

“Keep your head down” is the first one. This is the dumbest thing I’ve ever heard. There are a few more dumb things, but when you intentionally try to keep your head down, you do nothing but restrict the natural athletic flow of the golf swing.

Keeping your head down does NOT help you to hit the golf ball or the ground. It only restricts you from being able to swing the golf club in a perfectly natural manner.

Another dumb thing is, “keep your eye on the ball.” Have you ever heard that one? Of course you have. Since day one!! I’ve taught blind people how to swing the golf club and hit golf shots. How are they supposed to keep their eye on the ball?

Then there’s the one about, “keep your left arm straight.” Your golfing buddies, bless their heart, say something like, “You bent your left arm,” or “You looked up,” or “You raised your head up.”

Well, maybe you did one, or even all of these, but it doesn’t even matter. It’s not that big of a deal. Those are only the SYMPTOMS of what you REALLY did. I get to the root of the problem, so you stop doing it improperly, and you won’t even have think about it.

Oh! How about this one? “If you follow through high you’ll start hitting the ball better.” We can’t forget to follow through nice and high, can we? Wrong!!!
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Here’s the best one. “You’ve got to keep your clubface square when you go through the swing.” Boy, if I had a nickel for every time I’ve heard that one, I would be retired in Hawaii.

Hopefully, that begins to lay a little of the groundwork for this book. You will tend to take what I have shown you and try to do it while at the same time trying to keep your left arm straight, or trying to keep your head down, etc.

DON’T DO IT. Got it?!? Just DON’T DO IT!!! Thanks.

The first thing we should do is to learn what it is we are trying to hit with our golf clubs. I got you there, didn’t I? What do you mean, Darrell? We all know what we are here to hit with the golf club—the golf ball.

I always start students by placing a golf ball on the ground and asking him or her to tell me how many balls they see down there. They always tell me there is one ball. Wrong. I give them another try at guessing the correct answer.

Among other things, I am a Certified Golf/Sports Psychology Instructor. I am, in this book, going to try to help you see some of the mental things that have you so screwed up for so long while I am in the process of teaching you how to swing the golf club properly.

No one has ever answered my question correctly, so don’t feel too bad about it. You see, when we go out to play golf we tend to lose our common sense. Actually, we tend to go absolutely brain dead when we pick up a golf club.
Plain old common sense tells me there are two balls down there. One of them is a golf ball, and the other ball is the EARTH. Believe it or not, the earth is the one which is the most important to learn how to hit properly.

You have taken lessons and you have purchased the DVD and the book in order to learn how to hit the golf ball better. However, when you attempt to hit the golf ball, your subconscious mind plays tricks on you and you usually end up failing.

All of our motor skill motion is performed by the subconscious mind, and it does not think at all like the conscious mind. The conscious mind hears or reads the instruction and says, “No problem. I get it. Let’s give it a try.”

The subconscious mind hears and has read the exact same information the conscious mind has heard and read. The conscious mind is all excited to give it a go, but the subconscious mind says, “No way! I’m not going to do that. That’s just not how it’s supposed to be done.”

This is where the mental battle takes place. The conscious mind understands perfectly what you want to do. However, it is not the part of the brain that creates the swinging motion.

The subconscious mind creates all of the swinging motion, and it refuses to do what you want because it is made to merely repeat what it has already learned.

Therein lies the challenge. We must find a way to train the subconscious mind to begin to do a new thing, which it does not want to do whatsoever.
Now, let’s go back to the two balls. If you think the golf ball is the most important thing to hit with the golf club, your subconscious mind does its very best to get the clubhead underneath it so it can scoop it up into the air. You’re dead meat!! No chance!

However, if I can convince you to try to merely strike the ground exactly where the golf ball lies, your subconscious mind has no knowledge of a golf ball being there at all. It simply does the most natural thing it can in order to tap the earth.

What we must learn to do is to deceive our own inner person into thinking we are doing one thing in order to get it to properly perform the actual thing we desire. This is called “mind control.”

When golfers come to me and ask me to help them with their thinking, they believe I am going to help them make better decisions out on the golf course. They want what they think to be a “course management” lesson.

Instead, they get a lesson on how to deceive and trick their own subconscious mind, so it performs the proper parts in the golf swing motion without really thinking about it.

It’s actually just like walking, running, or throwing a ball. The golf swing is such a perfectly natural motion that it’s pathetic. In fact, you were born with a perfect, natural golf swing.

Then you read a book or a magazine or even took a golf lesson from your local PGA professional, and from there on you didn’t have a chance in the world.

Now that we have discussed all of that, let’s put an application to it. Let’s put some actions to our words.
Take your wedge and hold it right out in front of you while standing up. Move the club up and down in front of you so it feels like you are simply chopping or hammering.

Now, take this vertical motion, but instead of raising the club straight up, raise it at a forty-five degree angle to your right. You should feel like you are chopping from your right side—assuming you are right handed.

Next, bend over a bit and begin tapping the earth using the original straight up and down motion right out in front of you. This is too simple. In fact, most of my students wonder why I am having them do such an ordinary, simple task.

The matter of the fact is you are now making a perfect golf swing motion. You just aren’t coming from the side, yet. So try tapping the earth from that forty-five degree feeling angle you were using a few moments ago.

It isn’t any harder to do that from the side than it is from the vertical position. However, if you feel it is a bit more challenging, then all you need to do is to rotate your left hand just a bit clockwise on the grip.

When we hammer, our wrists hinge up and down. Therefore, if we wish to hammer from the side, we must rotate our wrist and forearm just a bit to allow us to hammer from that direction.

Study the next few photos for a minute. I am going to do my best to demonstrate in still photographs how to chop vertically and how to chop from the side.
4 Easy Steps to Great Golf Shots

**Photo 1**—Hands moving up

**Photo 2**—Hands releasing down
4 Easy Steps to Great Golf Shots

Photo 3—Hands back down

Photo 4—Hands moving up
4 Easy Steps to Great Golf Shots

*Photo 5—Hands releasing down*

*Photo 6—Hands back down*
I intentionally set my left hand in a neutral position to the face and blade of the golf club for the vertical motion, and then I set my left hand in a bit stronger grip for the side chop. This allows the hands and wrists to still work vertically in relation to the forearms, even though I have strengthened the position on the golf club.

By the way, a strong grip is not a tight grip. It is only a grip where the left hand has been turned somewhat clockwise on the club.

In the sets of photos I believe you can readily see that I am merely making a chopping motion. In the first set I am chopping vertically, and then in the second set, I am chopping from the side at a 45-degree angle.

When we chop the ground lightly from the side, we have the motion of a perfect golf swing. However, it doesn’t “feel” like a golf swing to you. It merely feels like you are chopping or tapping the ground.

Remember, the number one law in golf is that we must create backspin in order for the golf ball to fly. That is a law of physics, which none of us can override. Backspin is the key to making the golf ball fly. We must have it.

Take a look at the drawings here, and you see that the clubhead travels in an arc, which contacts the underneath, back side of the golf ball and then enters the ground in order to take a small divot.
4 Easy Steps to Great Golf Shots

Photo 7—The proper way to take a divot

Taking a divot after the contact has been made completely blows most of your minds. However, if you think in terms of creating backspin and in terms of doing this all with your wrist motion, it becomes quite simple.

This is the only way known to mankind to create backspin on a ball, which is at rest in the grass or on the ground.
Take a ping pong ball and a paddle, and put some backspin on the ball. Then place the ball on the grass or carpet and try to accomplish the same thing. Forget golf. Just make backspin.

You will see that in order to accomplish this, you must make contact with the backside of the golf ball, and then the ground. This is the only way possible to make is spin backward.

Most golfers believe backward spin is used to make the golf ball spin back on the green. While this is true, backward spin is the only thing which creates the air pressure under the golf ball necessary to make flight.

When any of us strikes a pitching wedge and it flies one hundred yards—this is if we are using a good tour quality golf ball—the golf ball reaches up to 10,000 or 11,000 revolutions per minute.

A tee shot struck two hundred and fifty yards with one of these good golf balls spins backwards at somewhere between 3,500 to 4,000 revolutions per minute.

A golf ball will not fly into the air without backward spin. The only way known to mankind to put backward spin is to strike the back of the ball and then the ground.

The most natural way to strike the ground with a golf club is to use your wrists in a chopping, or tapping, motion.
Study the above drawing a bit more until you can understand how to achieve backspin. Then you will begin to realize that if you are going to have to make a “chopping” motion, then your hands have to be ahead of the clubhead.

That’s why most of you have such a difficult time spinning the golf ball, or hitting downward into the back of it, because you do not have your hands ahead of the clubhead.

You usually set up with your hands over, or even behind, the golf ball in order to feel like you can get into a better position to scoop the ball into the air. The human body can ONLY chop if the hands are ahead of the clubhead.

That’s life. You can’t help it. The human body is just made that way, so stop fighting it.

OK. Make a few short, soft chops out there in your back yard. In fact, you can do this right in your living room. Just take a VERY short backswing, lifting the clubhead with your left hand, and tap the carpet right where the golf ball is lying.

Paint a stripe around the golf ball, so you can see the backward spin you are creating. You are on your way.

The ball will fly much lower to the ground than you think it should. You believe it should be flying much higher.

WRONG. This is a low shot, even when you are using wedges, so do not try to get the golf ball to fly high.
This is the beginning point of great golf shots. It doesn’t matter whether we are chipping with a sand wedge or ripping a three iron, all great shots have this same feeling of applying backspin. Without it, you never will be able to gain the consistency you’ve always hoped you could find.

In the arc of a golf swing, the attack angle becomes flatter, or the shallower, the farther forward in the stance. Therefore, the farther back in the swing and in the stance, the steeper our attack angle is.

The steeper attack angle is used for hitting lower shots, and the shallower attack angle is used for hitting higher shots. To experiment with this, move the golf ball around in your stance, and you’ll begin to sense the difference in the steeper swings, and the shallower swings.

Try your best to get the sense you are merely using your wrists in a chopping or tapping manner to tap the earth right where the golf ball is at rest.

As you start to get accustomed to this feeling, see whether or not you can begin to sense that you are doing this in order to impart backward spin on the golf ball.
EASY STEP # 2: PITCHING

The next step is to learn the pitch shot. The difference between chipping and pitching is the use of the feet.

When the footwork is added to the chip shot, we then have a pitch shot. The chip shot is right in close to the green, and the pitch shot is back, just a bit farther from the putting surface.
4 Easy Steps to Great Golf Shots

We also “pitch” the golf ball, even when we are close to the green, when we have to go over something like a mound or a sand bunker. Just remember that the difference between the two is whether or not we need to use the footwork in order to achieve the proper feel, or even the distance, for the shot.

Start by merely standing erect, as you would while talking with someone. Then, rotate your left hip out of the way, as you swing up onto the tip of your right toe.

*Photo 9—Standing erect*

This places you into the finish position of the golf swing. You should feel like you have turned to face the hole, just like after your golf shot.

Your left leg should be completely straight. There should be no bend or flex in the left knee at all. Your left
thigh is tight and braced as you stand there, and your weight basically is located over your left heel area.

**Photo 10—Rotated through**

Now, go back to your normal standing position and immediately rotate back into this finish position. Do this several times, and as you go back to your normal standing position, go past the evenly balanced position, so you are slightly sitting into your right hip with a bit of extra weight.

In these two photos, notice the slight sitting position into the right hip, and notice how I moved from there to a standing position in my left side.

This is the beginning of the turn through the golf shot. In fact, if you were to place the golf club across your lap, with the clubhead out from your right side, you would notice that the clubhead passes the golf ball when you merely rotate your lower body to the finish position.
4 Easy Steps to Great Golf Shots

Photo 11—Backside loaded

Photo 12—Target side turn and up
Take a look at those photos for a few minutes, and then do that exercise.

It shouldn’t take very long for you to realize that the rotation of your lower body is actually swinging the golf club past the golf ball.

The only thing you would need in order to make contact with the golf ball would be for the club the drop to the ground as the clubhead passes it.

In other words, if the lower body is in this natural rotational motion while you are dropping or tapping the ground with the clubhead, you would very easily be able to make contact with the golf ball. You would have a golf shot.
Let’s say that again. If the clubhead is coming downward while the lower body is rotating, you could easily create contact with the golf ball for a golf shot.

I hope you are catching on to all of this. I am only talking about two very simple and natural motions being produced here. The lower body is rotating, and the hands are chopping, hammering, or tapping the ground with the golf club.

That is how purely simple the entire golf swing is. You only have to chop or tap the earth while your lower body rotates to face the target. Everything else falls into place perfectly naturally.

To make the pitch shot, then, I want you to rotate your left shoulder backwards and feel like you merely toss the clubhead backward away from the golf ball.

When you are this relaxed, as opposed to leading the club back nice and slowly, you feel the wrists automatically hinge upward. As I keep saying, it feels like you are raising the clubhead to chop the ground.

I would like you to learn how to feel the position where the shaft of the club points to the golf ball, as in the next set of photos.

From this position, we simply use the last three fingers of the left hand and “curl” the clubhead closed and downward. You will find that this is all one easy move. The clubhead wants to close when we use our left hand rather than our right hand.
4 Easy Steps to Great Golf Shots

Photo 14—Half swing

Photo 15—Curling the clubhead closed & downward
4 Easy Steps to Great Golf Shots

You tend to trust your right hand to close the clubface, but the right hand cannot do it correctly. While the right hand can easily close the clubface, it can only do it by pulling the shot left. However, the left hand can make this move while swinging the club slightly out to the right.

If you have any trouble closing the clubface on the way down, then you are doing what you have heard on the Golf Channel. You are pulling the handle of the club down while attempting to “save the wrist angle.”

When we do that, as the “famous” teachers on television tell us, it creates loads of tension in the forearms and hands. At the same time, the instructors who want you to swing the club like this tell you that “tension” is the destroyer of the golf swing. You can’t have it both ways.

This, once again, is where I take great issue with those teachers. They are quite well known and they make a lot of money teaching all of this. However, the very things they teach contradict many of the other things they say.

They say that tension is the destroyer of the golf swing. Then, they turn right around and pack a ton of tension into your golf swing. Then they never have any suggestions about how you are supposed to get rid of all of that tension.

I am telling you that if you merely toss the clubhead out to the right, away from the ball at address, your hands are so free that the weight of the clubhead itself cocks, or hinges, your wrists right into position. AND the hands are “soft” at the top of the swing.
We might as well cover this right here. If you can learn to hold the golf club in your fingers, rather than in your hands, you feel like you could throw the club a lot more than you could hit with it.

When the club is in our fingers, it “cradles” down to the ground. In other words, you are able to allow it to merely “hang” in your fingers, and you do not have to “grasp” it with your hands.

Now, if you allow the club to rest on its own weight on the ground, you notice that you have to squeeze it, or grab it, in order to get it moving into the backswing.

However, if you learn to cradle it in your fingers and underneath the heel of your hand, you can let it dangle so the sole of the club just barely touches the grass, but the club doesn’t rest on its own weight on the turf.

When the golf club is cradled like this, you can toss it out to the right in the backswing without having to grab it. Therefore, you are then able to make your entire backswing without any tension whatsoever sneaking into your swing.

You just got a biggie there. You need to think about that one for a while, until it leaps off this page and lodges into your brain.

Study the next photos and make note of a few things. In the photos above you see the backswing position. Here you see the finish position from different views.
4 Easy Steps to Great Golf Shots

*Photo 16—Finish from ball view*

*Photo 17—Finish from target view*
First, notice that there is still no through swing intended. The arms are merely hanging at the finish of this swing. It is a “punch” shot—one where you start with the club up, and finish with the club down and low. This can only be done if you learn to “drive” the golf ball into the ground and with a very closed feeling clubface.

When you study the finish view from the target, you see that the clubhead is still behind my zipper. At address, the golf ball and clubhead were under my zipper, but now the clubhead has not even returned to that position.

The rotation of the footwork has taken the clubhead past the golf ball, and the hands have only gone up with the backswing and back down to the finish.

Now, here is one of those biggies. Notice the clubface at the finish position. It is “square” to my lap and not square to the line of flight. The clubface was square to my lap at address and has returned to that position at the finish position.

Every touring player in the world is in this position with their clubface, and not one of their instructors has told you to get you club into this position. They are only focused on having you square your clubface at impact. I don’t care about the impact position.

If the clubface were square to the target here, it would be wide open to my lap—or the line across my hip joints. This is why almost ninety percent of the golfers out there slice the golf ball. They are trying to keep the clubface square to the line of flight—just like they have always been told to do.
NO!! The clubface needs to return to square to the lap. This position is quite closed to the line of flight. You think your clubface is CLOSED, but it’s not. It has merely re-squared itself to your lap, rather than to the target line.

Once you get a grasp on that, you will never hit a shot off target again in your life. I just gave you one of the biggest tips in learning how to control your golf shots.

I call this punch shot the “half-swing.” If I only had ten minutes per week to practice, this is the only thing I would ever work on perfecting. It is a shortened version of the entire golf swing, and it trains your subconscious mind to swing the club automatically.
EASY STEP # 3:
3/4 & FULL SWING

I hope you have been following the DVD while reading all of this, while I am explaining what to do and what to look for in your golf swing. If you follow this information, you will soon become your own golf coach. You will understand the golf swing well enough to become your own coach.

That is my goal as an instructor. I want the entire golf world, including touring players, to understand how easy it is to become your own coach.
You don’t need video cameras to coach the golf swing. A blind person can do it. All he needs is for the player to tell him EXACTLY what the golf ball did in flight.

Did it start to the left of target, directly on target, or to the right of the target before it began to slice, fade, hook, or draw?

That’s the entire thing. There is nothing more to know about controlling a golf shot and understanding the golf swing.

Let’s go on to the three-quarter and full golf swings. In these swings, all we do is to merely extend the back-swing in order for us to gather a bit more leverage in, or with, our wrists.

When you get the golf club back to the half-swing position, all you have to do is to allow your left shoulder to turn to a snug position—this doesn’t have to be tight, just slightly snug—and then the golf club feels as though it has caused the wrists to cock a little bit more.

For me personally, and it’s not because of my big belly, but because I have a large chest, wide shoulders, and a rounded back, the hands and arms do not move that much farther back than they were in the half-swing.

If you have a small chest and slender shoulders, you will probably get the golf club, in the full swing, all the way back somewhere near the “parallel” position, which is so often described.

If you are not able to get the golf club back to the parallel position without reverse tilting your spine—tilting your spine toward the target—then don’t worry about it. Reaching a position where the shaft of your
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club is parallel to the ground at the top of your backswing is not an important thing to try to achieve. There is only one of two things which happens: you’re either there, or you won’t be there. Who cares?

I only mention that, because all of the instructors you read about in the golfing magazines and who you see teaching on the television continue to stress the importance this position.

If you only had to get the club parallel to the ground in order to hit great golf shots, we would all make that our main focus, but that has nothing whatsoever to do with great golf shots.

There I go again, getting myself into trouble with the other professional golf instructors.

Photo 18—Bad left shoulder
Photo 19—Good left shoulder turn

In the photos above, you can see the difference in the backswing height of the hands between the half-swing and the full swing. It is important—I need to say that again—IT IS IMPORTANT that you make certain the left shoulder turns to a snug position at this place in the golf swing.

HERE’S A BIGGIE, when you turn the left shoulder in a manner which feels as though it is moving LEVEL with the ground—rather then turning it UNDER YOUR CHIN—you must learn to RESIST that turn WITH THE INSIDE OF YOUR RIGHT FOOT.

This gives you a very good coil in your right foot, leg, and hamstring area. This is vital to maximizing your distance.

This right side coil in the legs also sets up the down-and-through swing to unwind automatically. The
first thing that ACTUALLY moves in the down swing is the feet.

When we have this great coil, the feet automatically start to move the weight and the left hip out of the way—just as in throwing a ball.

That transfers the coil—without you having to do anything at all—into your left shoulder blade area. Don’t try to do this as it happens automatically, but it is extremely important to the golf swing because it causes the shoulders to FIRE through the hitting area without any effort whatsoever on your part. That equals huge distance.

You have to study the pictures quite closely to see the difference in the position of my left shoulder in the two backswings. The biggest difference is that my head has floated just a bit to the right in the full shoulder turn. You are able to see that against the background.

This has two major benefits. The first one is that you are able to easily achieve a better and stronger snap of the hands and wrists in the down swing. The stronger we are able to snap the club head downward in the down swing, the faster—FASTER—it whips through the hitting area. This means we are achieving more clubhead speed, and thus we are also receiving more distance out of our clubs.

The second, and extremely important, reason is that we cannot—here we go again, CANNOT—swing the golf club FROM the inside until we GET the golf club inside and do so in a proper manner.

If the left shoulder is turned fully in the backswing, our hands are still right pretty much out in
front of our chest, or right shoulder at the most. When the left shoulder does not turn properly, the golf club has to be pulled inside, and the hands end up outside the parameters of the frame of the shoulders and hips.

When your hands get outside of the framework of the shoulders and hips, you can only swing around yourself with your arms. You cannot use the wrists the way you are supposed to use them.

This section doesn’t require much space or time, because there just isn’t much of anything new happening. I want to present it to you that way, so you don’t start trying to “figure everything all out.”

When we take the club back a bit farther, or higher, in the backswing, we automatically generate more leverage, and therefore we also generate more clubhead speed. The new clubhead speed AUTOMATICALLY causes the centrifugal force of the swing to pull you through to a longer and higher finish.

**HERE’S A BIGGIE,** learn to let the centrifugal force of the club do all of this for you, so you **NEVER** have to help it reach this nice, new, finish position.

In a good golf swing, you only feel the hands snap the clubhead downward toward an extension of the line of flight, and then the centrifugal force of the clubhead whipping around the corner to come back to you creates the necessary speed to pull your hands and arms to some sort of a finish position. I do not teach anything about that position unless the student is forcing it to happen.

Take a look at the two following photos, and you can see the difference between the half-swing and the full golf swing finish.
4 Easy Steps to Great Golf Shots

Photo 20—Half swing finish

Photo 21—Full swing finish
Earlier, I mentioned a three-quarter golf swing. That is the swing I preferred to play day in and day out. It produces a ton of distance, and it is really simple to control the direction with it. To me, it feels like I’m throwing darts with this swing.

In the three-quarter golf swing, we toss the clubhead back away from the ball and let the left shoulder follow it with a good turn. When the hands reach somewhere about shoulder high, we go ahead and make our move to snap the clubhead back downward into the shot.

The momentum carries your finish to a place where the hands end up about shoulder high, just as they were in the backswing.

So, the three-quarter swing is one where the hands travel to approximately shoulder high on both ends of the swing. It feels like a strong half-swing, or a strong “punch” shot. We are not trying to get the club to sweep on through to a high finish position.

Quite simply put, the three-quarter golf swing is one which is approximately half-way between the half-swing and the full swing. That wasn’t rocket science, was it?

In the next two photos it’s going to be a bit tougher to recognize the differences. In the first one I have the golf club up to the top of my three-quarter swing, and in the second you can see the top of my full backswing.
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*Photo 22—3/4 swing*

*Photo 23—Full back swing*
I show you my golf swing here to demonstrate that there isn’t a lot of difference in the two. As I stated earlier, golfers with a smaller and thinner chest are able to get the club to the parallel position at the top. If you have big shoulders, that’s just not going to happen.

Look closely to see if you can detect the difference in the height of my hands at the top of the back swing.

Now, I’m going to give you another one of those BIGGIES. In a very effective and efficient golf swing (I’m speaking of the three-quarter and the full golf swing) you only feel the hands tossing the club downward—quite a distance past the golf ball, and not just right at it.

I know, I said that above, but I’m going to do my best to explain this to you in a manner that makes sense to you. Stay with me here, and think about what I am attempting to share with you.

Go back to the photo of the half-swing finish, and notice how the finish is low or down.

In the arc of the circle of the golf swing, this is the place where my hands are at the bottom of their downward snap. Because my lower body has rotated toward the target, the clubhead has passed the golf ball. Nonetheless, this is the very bottom of my swing arc.

If you can learn to catch the club in this position, which is actually quite simple to do because it is the bottom of the swing arc, you begin to feel as though the clubhead is pulling you downward here.

Then, if you can work to achieve the same feel when you swing the three-quarter and full golf swings, your clubhead does NOT race upward after impact.
One of the biggest differences between the great players—and I do mean the great ones—and the other players is their ability to keep the clubhead low to the ground for a much longer period of time AFTER impact.

We must learn to do that without our head moving past the golf ball—or impact area. In order to accomplish this, I get the sensation that I am chopping down a tree.

As you strive to achieve this feeling in your golf swing, you immediately notice that you have to “tilt” your spine to the back side—to the right for right-handers. This enables you to feel as though you are chopping down a tree.

This tilt is a major part of swinging the golf club—not as important with the shorter clubs, but MAJOR with the long irons and woods.

In geometry, every degree we increase the steepness of our attack angle, the golf ball is launched one degree lower. Conversely, for every degree we can shallow our attack angle, we are able to add a degree of launch angle, or hit it higher.

When you see the professionals on TV, you see this quite evident on the tee box. They are all tilted to the right at the address position.

I can’t get amateurs to do this, but the professionals all do it. The amateurs want to swing like professionals, but the amateurs struggle with this one.

They don’t struggle with physically doing it. They struggle with it mentally. THEY JUST DON’T WANT TO DO IT!! Yet, they want to swing like the pros, but they won’t do what the pros do.
I’m still befuddled with that one, but when I can get the amateurs to do it, you should see how they hit the golf ball. It’s a thing of beauty!

Fairway woods take off like a rocket. Get this one. They are suddenly able to hit their three-iron with virtually no problem, because they can easily get it airborne.

Take a look at the pictures I have here. They are from my backside. Sorry about that, but you need to see this, and you won’t see it from the front until you are quite experienced.

*Photo 24—Tilted left at address*
Photo 25—Properly loaded at address

I’ve never seen another teaching professional who even mentions it. Club pros don’t do it. Top-playing amateurs don’t do it. Only the “big boys” out on the tour do it—and my students, of course. It makes all the difference in the world in your ability to make wonderful, consistent golf shots.

It really is a little piece of magic for your golf swing, so get out there and learn to do it.
EASY STEP #4: ALL OF THE CLUBS

Now that you have all of that, it’s time to go to the final step in this easy process. That is the step of learning how to apply all of this information to the different clubs in your golf bag.

Because the shorter clubs—the wedges up through about the seven or eight iron—have plenty of loft, they are easier to get airborne. As a result, they are generally played in the middle of the stance, and on occasion even a bit farther back than that.
This is once again an application of very basic geometry. If a clubface has forty degrees of loft, and we strike the golf ball at a descending angle of ten degrees, the ball launches at an angle of thirty degrees.

Don’t get all hung up in that. Some of you are not mathematicians. That’s all right. This is simple: 40 – 10 = 30. The same thing applies to the degrees in a circle. Forty degrees minus ten degrees equals thirty degrees.

Therefore, if our angle of attack happens to be ten degrees, and we are using a forty degree lofted club, then the launch angle is thirty degrees.

It’s very important you understand that, because golfers typically cannot get their driver launched high enough to become effective for them. This is because the angle of attack they are applying is too steep.

If you have a ten degree driver, and you enter the golf ball at a downward angle of eight degrees, your launch angle is only two degrees. You are not flying the ball worth beans.

I tell my students consistently that we must first learn how to launch our tee shots at an angle that produces the distance we deserve with the velocity we are achieving.

Then, once we have a good launch angle, it’s as easy as pie to make it go where we want it to go.

We’ll get back to this later, but I needed for you to see why the attack angle is so important. I don’t know the difference between three degrees or ten degrees of attack angle, but I do know how to increase or decrease the launch angle, when I need to hit a shot higher or lower. It’s done by adjusting the attack angle.
That’s what this is all about, your being able to make the adjustments you need and want, at will. You shouldn’t have to go see a golf professional every time you have a problem hitting your golf shots. You should be able to figure it out on your own.

When I am hitting normal wedges, I like to have the golf ball about in the middle of my stance. If I choose to hit my wedge shot a bit lower, for any reason I should decide upon, I then play the shot just a bit farther back in my stance.

Because we have an arc which goes around us, our body is the axis for the golf swing, the club actually swings in a circular motion.

Well, duh!! That’s not new news, Darrell. If that’s the case, then why are all of the “famous” teachers out there instructing you to swing “down the line?” Circular motions do not have—I had better say that again, DO NOT HAVE—straight lines in them.

How can you swing a circle “down the line?” It’s one of those times I speak where the words that are used do not properly define what is really taking place. In other words, their explanation of that portion of the golf swing is pathetic.

There are numerous things which the human body cannot physically perform. Period. “Keep your left arm straight, and pull the club down to waist high, while ‘saving the angle’ of your wrist cock.”

The touring professionals all look like they are doing that, but that is not happening at all. High-speed cameras and video have made the golf swing appear to
be taking place in this manner. However, that is not at all what is happening.

When we pull our arms down into the golf swing, and save the wrist angle—try this in slow motion—we do nothing but build tons of tension in the left forearm.

Check with those exact, same instructors, and they are the first to tell you that TENSION is the number one destroyer of the golf swing.

Wait a minute! You were the one who just got through instructing me to perform a specific and particular motion, which does nothing but build tension, and then, in the same breath, you tell me tension is the destroyer of the golf swing.

I believe I would think twice about following the advice of anyone who teaches in this fashion. I would rather take instruction from someone who has a much better grip on the golf swing.

I was at a golf course recently, and one of the instructors, not aware I was near, was telling a student that Darrell Klassen teaches a “natural, old-fashioned, golf swing.” He went on to tell how he teaches the “modern, classic, golf swing” that all of the tour players of today play.

After the student had gone away, I approached the young professional and asked the difference between the two swings. He couldn’t tell me. However, he did know that the touring professionals swing hundreds of times each day, and they still have to get their swings tuned up quite frequently.
He was a bit shocked when I told him my students don’t have to be tuned up. They tune themselves up when they are out of sync.

His only question then was, “How do you keep making money when they can fix themselves?”

My reply was quite simple. “There are almost thirty million golfers in the US. If we do our jobs properly, they will send referrals to us, and the two of us couldn’t possibly have time enough to help them all.”

When we swing the shorter clubs, we place the golf ball roughly in the middle of our stance to hit the shot. This gives us average height and distance for the club we have selected.

We have the option to move the ball forward at address and hit a higher shot, or we can move it even farther back in the stance in order to hit a lower than normal golf shot.

Then, as we approach the middle clubs—like a five-iron—we should begin to move the golf ball a bit forward in the stance. This all affects the angle of attack.

When the golf ball is a bit more forward in the stance, the angle of attack is a bit shallower, and therefore, the golf shot is a bit higher.

Another very important thing we must—I said MUST—learn to do with the middle to longer clubs is to set a slight tilt of the spine to the right at address.

Then, we must also maintain this tilt into the top of the backswing, and right on through the hitting area. This is a VERY important issue.
4 Easy Steps to Great Golf Shots

Take a look at the photos below. Sorry I’ve got you looking from my not-so-cute side—the hind end. However, this is the best angle for you to see this in order to begin to build an understanding for it.

*Photo 26—Rear view – no load*
When I first began to realize this, I had to watch it from the rear in order to see it. About two years later, I had trained myself to spot it from the front of the golfer. It was tough at first, but it is among the most important things I have ever seen about the golf swing.

It is really a vital part of the golf swing, and yet I virtually never hear it approached by any other instructors. All of the touring pros do it, yet none of their coaches have shared it with you.

When the left hip clears out of the way on the down and through swing, the weight automatically transfers onto the front side—actually, up and into the left hip. When this happens, we must still have our upper body behind the golf ball in order to create flight and to control the shot.
Years ago, this was taught as a “reverse C” in the spine. As a result of this, golfers developed a lot of back problems, and average players hit a lot of fat and topped shots. It was not understood at all.

What you actually have is a tilt to the right at the address position. This naturally allows for us to place the right hand below the left hand on the handle, or grip, of the club naturally at address.

Take a look at these two photos. The average golfers, most club pros, and even some of the touring professionals, take their grip on the golf club, and then they level their shoulders.

Photo 28—Left weight at address
Photo 29—Properly loaded at address

See how the first one shows my weight on the left hip and foot at address? Hint: The one where I am leaning to the front is the one where I have leveled my shoulders. This is NOT GOOD.

Just as soon as you level your shoulders, your weight reverse shifts back onto the left side, before you even start the golf swing. THIS IS LOUSY MOTION FOR ANY SPORT YOU WOULD EVER CHOOSE TO PLAY. Golf is no different.

There seems to be a push starting to teach this type of motion out on the tour. It is not going to be a good one. Watch what happens over the next several years if they try to go to this teaching method.
Take a look at the next two photos. Tell me which one of these two would convince you to take a chance on putting me on your baseball or football team. I know, neither, at my age and weight.

Photo 30—Throwing a ball – no load
4 Easy Steps to Great Golf Shots

Photo 31—Throwing a ball – loaded

One has a very athletic look, and the other is not good at all. Keep in mind as we apply this to golf swing. Golf is also a sport and an athletic endeavor.

If you would throw a ball with this type of motion—the weight loaded on the back side in order to push off and throw strongly—why wouldn’t you use the same thing in order to swing a golf club?

You would definitely get your weight over onto the back foot if you were trying to hit a baseball out of the park for a homerun. Then why would you choose to do anything differently to hit a long golf shot?

A BIGGIE, we cannot get our weight onto the back side until we are tilted to the back side. You can’t “lean” your weight to the back side. That would cause
you to either fall over to that side, or it would not allow you to have any footwork to push for the hit or throw.

The only way you can ever get your weight onto your right side is to tilt your spine to the right a bit. This allows you to get cocked behind the ball in order to load up on it and knock the stuffing out of it.

It is such a major part of hitting the longer clubs, because the tilting of the spine to the right adds height to the shot. Tilting at address sets your body into position before you start the swing, so you don’t have to try to find the position after you are already in the swinging motion.

As I said before, once the ball is well into the air, it becomes quite easy to apply the directional spin you desire for the shot you’re attempting to make. The tilt is the whole key to making great golf shots with the longer clubs.

If you stop and think about it for a moment, we cannot “get off of” anything that we are not already “on.” Our weight will never transfer from the back side to the front side until we FIRST get it on the back side.

Because of this, on the longer clubs I like to set up with the weight already on the back side. That means we must be tilted to some degree at the address position.

Another point to make regarding all of this has to deal with the fact that we must find a way to make our “attack angle” as shallow as possible with the longer clubs, in order to get the height we need for those shots.

This also requires a bit of a tilt to the back, or right, side. If we tilt a bit at address, then we don’t have to “find” the tilted position during the swing. The spine
is already in its proper position before we even start the backswing, if we set the tilt at address.

As you can see, this area of learning the golf swing can become quite detailed. However, if you have ever chopped a tree down with an axe, it basically feels like the very same thing as the golf swing.

When we chop a tree down, we automatically tilt to the right in order to swing the axe on more of a level plane. This allows us to swing from the side into the tree. The golf swing is no different. It feels very much like an axe swing from the side.

I use that illustration to try to help you find a way to make the tilted spine to feel natural, because it is, in fact, a completely natural motion and body position.

Basically, we have shorter clubs and longer clubs. The shorter the shaft, the more upright the golf swing is, and the longer the shaft, the flatter the swing becomes.

With the longer clubs you stand farther from the golf ball than with the shorter clubs. However, your arms still rest on your chest and body the same place at the address position.

In other words, if you take a driver and a sand wedge and place the end of the grips together, your address position are the same. Your arms touch your body at the same position for both clubs, but the longer shaft of the driver places the golf ball farther away from you.

I only mention this because the average golfer stretches his or her arms farther from their body with the driver than with the sand wedge. This is not the correct thing to do. Learn to feel your arms and body set up the
same with all of the clubs, and allow the length of the shaft to determine how far to stand from the ball.

In order to make good solid golf shots with the long irons and fairway woods, once you are in the tilted position, swing the club back—turning the left shoulder to the snug position—and swing in a shallow angle.

As you do this, learn to feel the sole, or the bottom, of the golf club “skip” off of the turf. When you can skip the sole of the club off the ground RIGHT AT the golf ball, you are striking the golf ball quite solidly, and you will be hitting some wonderful golf shots.

This really is a very simple game. I have gone into a lot of detail in order to help you understand the things that are taking place during the golf swing. However, all we are really doing is striking a round ball with a flat paddle and applying spin.

Backward spin creates lift and flight on the golf ball, and side spin creates a curve on the golf ball. When you can apply both backward spin and the side spin you desire, you control your golf shots.

This isn’t rocket science. Remember, I’ve never taken a golf lesson in my life. I am self-taught. If I can do it, you certainly can, too.

All I had to go with was the simple understanding of how the spin affects the ball. I got this information from playing ping pong.

If you have to do so, go buy some ping pong balls and a paddle. Once you can spin the ball to make it rise and apply side spin for curving the ball, then try it with a golf club. Swing softly so you don’t break the ping pong balls.
Once you can feel and understand how the spin affects the ping pong ball—with a golf club—go to the driving range and try the same thing with golf balls. You will be pleasantly surprised at the results.

It won’t take long at all until you are making the golf balls curve in the direction you want. This is controlling your golf shots.

Now, all you need to do is to learn to become good at chipping, pitching, and putting, so you can get your scores down to a lower number. This is golf. It takes practice, and it takes patience.

Don’t let anyone tell you that this can be done in an afternoon, or “instantly.” It takes time. Be willing to make a challenge and a game out of the learning experience itself.

My goals were never to hit fairways and greens. That put too much pressure on me. All I wanted to learn to do was to be able to curve it in the general vicinity of my intended target area.

Once I could curve it left and right and get the ball to begin to curve in the general direction of the intended area, I started getting real serious about my short game.

As my short game become better and better, I noticed my scores were coming down. It wasn’t long straight drives that were making my scores better. It was my good short game.

If your could get it up and down EVERY TIME from inside thirty yards of the green, you would feel ABSOLUTELY NO PRESSURE whatsoever to hit greens in regulation.
If you got to the point where you never felt pressure to hit greens, you would then feel NO PRESSURE whatsoever to hit fairways, either.

Once the pressure is off of these two vital points, you will automatically begin to hit more fairways and more greens in regulation. However, it is the short game that sets all of this up for you.

A ten handicap player only averages three greens in regulation for eighteen holes. The best of the best touring professionals only average slightly over thirteen greens per round. Read that one again.

Thirteen of eighteen greens per round in regulation isn’t any great, magic number. It’s the up and down game that saves their hind ends and their scores.

The average amateur believes with all of his heart he will shoot lights out once he can hit it long and straight. I hate to be the one to tell you, but that just isn’t true. You will shoot lights out when you learn to get the ball in the hole quickly. That’s all short game talent.

The long game is fun and it helps, but the short game is ALWAYS the most important part, in my book. I know a young man who sells videos teaching you how to hit it a LONG, LONG way, and he says the drive is the key to it all.

I’ve won a ton of money from tour players who could hit it long and straight, but they couldn’t get their ball into the cup nearly as quickly as I could. I always put my money on the best short game players.
Tiger Woods is a great example here. This guy is a great player. He can’t hit a fairway to save his hind end, but he can get it up and down in short order. That’s what makes him such a great player.

The average golfer thinks Tiger is great because he can hit it so far. That just isn’t true. He is one of the best in the game right now at the short game. If it weren’t for his short game, he couldn’t even make a cut.

A great short game makes for a great player. Don’t you ever forget that one.

My dad never could hit his driver past two hundred yards. Then he would hit his five-wood to the green from one hundred and fifty yards—and make the putt.

When he was sixty-seven years old, he still played to a six handicap, and everyone on the golf course could hit it past him off the tee. He could chip and putt with the best of them. Watching him when I was growing up taught me a lot about the game. Trust me. It’s the short game that makes you into a player.

This has been fun. I hope you have gotten a lot out of this information. Go to the web site and look at some of the other aids we have for you.

Consider attending one of the schools we offer. Everyone goes away with a great big smile on their face, and most book reservations to return annually for a reminder how easy golf really is. All you need to become a better player is better information, and I can promise you get just that when you take advantage of any of the materials and schools offered.