

Perfect Shot Control - Darrell Klassen

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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.

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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.

CONTROLLING YOUR GOLF SHOTS

What does it mean to control your golf shots? I really should ask what it doesn't mean. There is a difference in those two questions. Let's address this difference before we ever get started into the good stuff of making it all happen.

We all want to be able to control our golf shots, but most of the time amateurs—well, professionals too—think controlling their golf shots means they should be able to hit the ball **EXACTLY** where they want it, **EVERY TIME** they swing the club.

Let me be the first to tell you that just isn't going to happen. If you have watched any of the golf tournaments on television, you have seen every one of the professionals in the trees, the sand, the weeds, and in the water hazards at one time or another.

Ball control is not hitting every shot exactly where you would like the ball to go. That is called "perfection." None of us is perfect in life, and none of us is ever going to be perfect in our golf.

Probably the most common thing golfers tell me is that they want to become more CONSISTENT. That sounds like a reasonable request. "So, what is your definition of consistency?" I ask them.

"I just want to be able to hit the golf ball the same each time I swing at it." After I stare at them for a few moments, I tell them that sounds like a great definition for "perfection."

Consistency is NOT hitting the golf ball the same every time. It's swinging the golf club the same way every time.

If you can learn how to swing the golf club the same way every time, you have a very good chance of being able to find your golf ball after every shot. However, you will not hit the golf ball the same way every time you swing the golf club.

Quite frequently I tell my golfers if they played only one hole on their course for one full week, month, or year, they would shoot the same score, or scores, over and over.

However, they would virtually NEVER play the hole the same any two times. It would always be different. It may be played a similar way a number of the times, but it would never be exactly the same any two times.

When I realized this several years ago, it was a marvelous help to my achieving some consistency. I realized I could play a golf hole consistently well, but I would not do it by hitting the golf ball the same every time.

Consistency is the art of being able to strike your golf ball in a manner which advances it SAFELY toward your intended target.

This is accomplished by learning to reproduce the same golf swing consistently, and strike the ground—that's what I said, THE GROUND—in the exact place, and at a consistent depth every time.

You should read that little paragraph over and over until it sinks deeply into your mind. I just gave you a huge clue to becoming a better golfer.

As you will see in this book, the art of making good golf shots is nothing more than striking the ground exactly where your golf ball rests every time you swing. The golf ball itself should be nothing more TO YOU than a white marker on the earth signifying to you where you are supposed to strike the ground.

When, you can do that on a CONSISTENT basis, you will always have the golf ball up and flying. Then there are only two things to add to that.

First, is to learn what it feels like to have your clubface in the proper position at impact—notice I didn't say SQUARE at impact. I just said in the proper position at impact.

Second, is to learn where to make the path of the swing travel. That is nothing more than learning how to intentionally strike the ball—in baseball terms—while swinging to (what feels like) the short stop or towards the second baseman.

It's all quite simple, and yet libraries have been filled with techniques you must memorize and try to learn. That, in my opinion, is crazy.

Golf is an easy game. In reality, it is a very simple game. No one had to teach you much about catching and throwing a ball. No one had to teach you very much about shooting a basketball through the hoop.

However, in both of those games, you had to take the time to do a bit of practicing in order to do it as well as you wanted. You knew what you wanted to accomplish, and you merely did it.

Golf is no different. WHEN YOU KNOW WHAT YOU ARE REALLY TRYING TO ACCOMPLISH, you just do it. My job, in this book and on the video, is to show you some very simple things in a way which easily—and I do mean EASILY—helps you understand what it is you want to do.

I have found over forty years of teaching that if I can help you to UNDERSTAND what you need to do, you can easily accomplish it.

All motor skills spring out of the subconscious mind. When you walk you don't have to think or focus on the mechanics of it all. You just walk.

When you swing a bat you don't think about the mechanics of it. You just swing it.

Golf can be the same way, if you put aside all of the things you have ever heard about the golf swing—in fact you should just flush all of that stuff down the toilet right now. It's practically worthless.

As I started to mention above, every golf instructor I have ever known or seen is so caught up in trying to teach you all of the minute little details about the technique. At the same time, they completely ignore the simple fact that you are merely attempting to get a little white ball into a gopher hole about three or four hundred yards away.

Bobby Jones, Sam Snead, Jimmy Demaret, Byron Nelson, and even the great Ben Hogan, in fact ALL of the old timers who played the tour and set records, didn't have golf coaches like we have today.

They just went out and started hitting golf balls and experimented with different things to see what kind of affect they would have on a golf ball. They weren't worried about technique. They just wanted to be able to control their shots.

That is exactly what I am going to teach you to do. When you can do that you will end up with a technically sound golf swing. Yet, I speak very little about the technique.

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I believe you are going to enjoy the information, and I know, beyond any shadow of a doubt, that it will change how you swing the club. It will help you to become your own golf coach, just like the great players of the past.

Let's get it started.

SHAPING YOUR GOLF SHOTS

What in the world do I mean by shaping your shots? When I say this, I refer to the ability to curve your golf ball left or right upon command.

This is true ball control. If you can shape your shots so they curve left or they curve right, when you want them to do so, you are in control of your golf game.

When a golfer comes to me and wants me to cure his slice, the first thing I say to him is, “I am going to teach you how to slice the golf ball.”

Can you guess what they ALL say to me? “I already know how to slice the ball. That’s all I ever do.” That’s a fair statement, isn’t it?

I understand they slice everything they hit, but they really don’t know HOW TO slice it. If they did, they would also know how NOT to slice it. They slice the golf ball, all right, but they don’t have a clue as to what makes the golf ball slice.

I have found through the years that if I can make them understand how to slice—or, in other words, what makes the golf ball curve to the right for right handed players—they can easily understand how not to make the ball slice.

Just as soon as I teach them what makes the golf ball curve to the right, they immediately stop curving them there. Slice fixed!!!

A golf ball cannot fly in a perfectly straight line. Well, it might accidentally do it once in a while, but **IT IS IMPOSSIBLE TO HIT A GOLF BALL STRAIGHT ON PURPOSE.**

Tiger Woods can’t even do it. Neither can Phil Mickelson. Then what makes you think you will ever be able to do it?

Every golfer in the world wants to know how to hit the golf ball straight, but it cannot be done by anyone. None of the touring professionals can do it; all of the amateurs think they should be able to do it.

We find that there is a great misnomer out there. What do we really mean by the term “straight”? What golfers really want to do is make their golf ball travel

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from point “A” to point “B.” In their minds, they think this means “straight.”

Because actual straight is physically impossible in pure physics, I want to show you how to fully understand how to shape your shots with a soft left to right curve or with a soft left to right curve.

In either case, if you can do that with some degree of consistency then you are in business and you have then become a more consistent golfer.

That is my goal for you, and I am totally confident I can show you how to accomplish it.

After all, golf’s an easy game.

CURING THE SLICE

Now it's time to put all of this into simple, practical sense and make it work. Remember what I just said about the straight shot. It doesn't exist. Therefore, I am first of all going to show you how to cure your slice—once and for all.

If “straight” doesn't exist, then neither does “square.” Can you accept that into your new way of thinking? In other words, you've always been told to keep your clubface square in order to hit it straight. So, if straight doesn't really exist, neither does square.

Therefore, we need to learn what the clubface is really designed to do with the golf ball. It is made to only apply different types of spin on the golf ball.

We use the clubface in order to apply slice spin and hook spin, and nothing else. That's correct. It is used for nothing other than applying hook and slice spin to your golf ball.

The first thing I am going to do is teach you HOW to slice your shots on purpose. That's correct. Again, I want you to know exactly how to slice your golf ball—when you want it to slice.

If you can understand how to slice the golf ball when you want it to slice, then you instantly have the ability to stop slicing **WHEN YOU DO NOT WANT IT TO SLICE.**

A golf ball must spin backwards in order to create flight. It works **EXACTLY** like a ping pong ball would work if you spin it the exact way you would a ping pong ball.

Backward spin creates lift and flight. Side spin to the right—in other words, clockwise spin—creates a right curve with a ping pong ball.

Spin does the exact thing to a golf ball. If you imagine your clubface as a flat paddle, you can apply side spin to a ping pong ball sitting on the ground causing it to slice.

Go out and purchase some ping pong balls and draw a stripe around them using a marking pen. This makes them look just like light little range balls.

Take the ping pong balls out into the yard on the grass and see if you can use your imagination to apply some slice spin on them.

Start with a seven iron. Do not swing hard enough to break the ping pong balls, just swing smoothly and see if you can figure out how to create a right curve, which would be a slice in golf.

In order to do this you must swing the clubface through the hitting area with the clubface slightly open. You may also pull the clubhead inward and as it passes the ping pong ball to add an extra bit of side spin.

Have some fun with this. Just spin the balls around the yard—or, if there's too much wind outside, you can do this in your family room. Please don't break anything. I do not want your spouse mad at me.

Go to some place around your house where there isn't much, or any, wind, and practice trying to spin the ping pong ball backwards in order to create lift.

When I speak of lift, I am talking about creating flight. Neither a ping pong ball nor a golf ball can fly without backward spin, so it is important to learn to spin it backwards.

Then start trying to add side spin. The first thing you know, you will be curving the ping pong ball left and right at will around your yard.

There is a great mental benefit to this exercise...you are not trying to hit any targets. You are merely experiencing the act of performing a simple task. There are no strings attached.

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If you have any problem with this exercise, go back to the store and purchase a ping pong paddle.

Now, once again, go somewhere where there isn't any wind, and learn how to curve the ball right and left. Also learn how to make the balls curve upward—rise, lift, or flight—and also make the drop, or dive, just as you would if you were playing a real game of ping pong on a table.

Notice that in order to make the ping pong ball drop after they cross over the table net, you must swing up and over, creating OVER SPIN.

The opposite of over spin is under—or backward—spin. Backward spin makes the ball rise and over spin makes the ball drop.

Now, let's apply this to our golf swing and shots. First of all, if you are trying to swing upward under your golf shots you have a difficult time getting the ball to fly. You generally top the ball, and can't seem to figure it all out.

In order to get “under” the golf ball, or ping pong ball, sitting on the grass, you are required to get the clubhead lower than the ball PRIOR to contact. This is what most of you are doing in your golf swing.

When the clubhead is lower than the ball prior to impact, the club is hitting the ground BEFORE it is striking the ball. That's the famous FAT shot.

Then, in order to keep from digging into the earth you are automatically raise up and this causes you to top the shots.

Dig and top. Dig and top. Then, top and dig. On goes the day of misery and you just can't seem to figure out why it always happens to you.

In order to apply backward spin, you must find a way to cause the clubhead and clubface to strike the ball in a slightly downward motion. I'll say that again. You must learn how to strike the ball in a slightly downward angle or motion of the club.

Stay with me here. If you are striking downward, your club is going to hit the earth!!! That is what we want it to do.

One of the most often asked questions I hear is, "Darrell, how do those pros hit the golf ball so far when they are taking those huge divots?" Have you heard or thought that one before? Probably so.

The answer is quite simple, they are making contact with the backward side of the golf ball **JUST PRIOR TO STRIKING THE GROUND.**

Let's continue with our thought here. If you are applying backward spin to a ping pong ball in the air, you are striking it with some type of a downward swing. Do you see that?

Now, put the ball on the ground and think only of creating backward spin. In order to make it happen you still must strike downward into the back of the golf, or ping pong ball.

If you strike downward, **YOU WILL HIT THE GROUND.** The main thing is to hit the ground just exactly as, or instantaneously after, you make contact with the golf ball.

Now, here is the reason why so many of you have a problem doing this. You are sweeping through your swing and shot using your arms.

No one can chop the earth without using their wrists. A chopping, or hammering, motion is not made with the arms. It can **ONLY BE MADE WITH THE WRISTS.**

Try it. Take a golf club and merely chop the earth squarely in front of your body—just as if you were chopping a log lying on the ground. **IT IS ONLY A WRIST MOTION.**

You cannot do it with your arms. It is not normal or natural. Only when we use our wrists in this chopping motion does it become natural to us.

This is probably the most difficult thing I attempt to do daily in life. I can hardly get the average golfer to use his or her wrists in the golf swing. However, there is absolutely no way known to mankind to hammer or chop without the use of the wrists. It just can't be done otherwise.

Take a look at photos 1 and 2 at the top of the back swing. Notice the difference in the wrist positions in the two. In one you see wrists prepared and ready to chop or hammer. In the other you see wrists that cannot chop or hammer.

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Photo 1—Wrists locked



Photo 2—Wrists ready to hammer

Which one of these photos gives you the feeling or opinion that a golf professional is swinging the club? That's correct, the one with the wrists cocked and ready to chop or hammer.

Here is a simple question for you. I don't ask these to talk down to you or to try to make you feel stupid. I don't ask them with the intent to make me look like a genius and you to look like a fool.

I ask these simple questions of you in order to talk you into looking at the golf swing in a different fashion than you have in the past.

I know, because I am a Certified Golf/Sports Psychology Instructor, that when I can get you to see a different picture, you will almost automatically start performing a different motion than you have tried to perform in the past.

NEW UNDERSTANDING CREATES NEW MOTION, and it does it with very little struggle.

YOUR THOUGHTS CREATE YOUR LIFE. In other words, you are the person right now that represents all of the thoughts in your life, up to this point.

That includes your golf swing. Like or not, you are swinging the golf club and striking your golf shots **EXACTLY IN THE MANNER YOU HAVE BEEN ABLE TO PERCEIVE THE GOLF SWING THUS FAR**.

You do not have a bad golf swing because you are stupid or because you are lacking any physical talent. You are swinging the golf club the way you do now because **THAT IS ALL YOU HAVE BEEN ABLE TO UNDERSTAND UP TO THIS POINT IN YOUR GOLFING CAREER.**

My number one task is to help you have a much better understanding of the golf swing. Then you will have very little trouble making the motion.

When I can break through to you in the proper manner, lights will suddenly go on in your mind. You will get one of those “ah-ha” moments where you suddenly understand a major point.

At that moment, and from there on, you will not fight to produce that portion of your golf swing. When two or three of those moments take place, you are off and running with your great new swing.

Once you can curve the ping pong ball left and right on command you are ready to go to the driving range and try it with a golf ball.

VERY IMPORTANT—BIGGIE: Do not aim for any targets when you first start doing this on the range. Just focus on curving the balls right and left in the exact same manner you curved them in your yard.

You will soon find a few simple things about this. When we close the clubface in order to hook a golf ball, there is less loft to the shot. Conversely, when we open the clubface a bit in order to slice it, we add loft to the shot.

We see a little rule-of-thumb here. Whenever I want to hit a pretty strong hook, I take less club than the shot requires. Rather than a five-iron, I might hit a six or a seven-iron.

Whenever I want to slice the golf ball, I take a longer club.

Opening the club for a slice turns a six-iron into a seven or eight iron, so I now need something more like a four or five iron in order to end up with the six- iron.

What a thrill!! All this time you had to accept whatever shot turned up when you swung the golf club. Now, you are able to make the golf ball curve left or right on command.

This is the first step in learning to control your golf shots. This is every player's strong desire, to be in control of his or her own destiny on the golf course.

Once you can hook or draw your shots and once you can fade or slice you shots you have become what is called a "shot maker."

Now, your next objective is to learn how to curve the ball in very small increments. Just curve it a bit to the right or left. This is the point in our instruction where you begin to really learn the finer points of controlling your shots.

This is the place where I finally allow you to become a bit more target oriented. We are now learning to curve the golf ball from right to left and from left to right and have it end up in the vicinity of our intended target.

Most of you call all of this “practice.” No me. I call it fooling around or playing around. Practice is work. If you want more work, stay at the office, because it pays better.

I call this “playing around” for the simple reason that it is no longer “work.” It’s just plain old FUN! If I am working at something, and if it’s not going very well, I become quite frustrated. MAD.

However, if I’m just playing around at something and experimenting with it, I never fail. If there is no goal, there is never failure.

That’s why when I do “practice” I approach it with an attitude of playing around and experimenting. That way I am free to try anything I wish and not become discouraged with ugly results.

The ugly results merely encourage me to try something else, to see what will work out better. It all becomes fun and relaxation. I used to stand on the practice range for hours and hours when I kept it fun and not work.

It’s all in the way you perceive the task that makes the big difference. We all need to hit a lot of golf balls in order to become a very accomplished player, so we might as well turn it into something FUN rather than a mere CHORE.

That’s why I tell my golfers that I haven’t practiced in YEARS! I truly haven’t, but I have played around quite a bit over years. And I’ve learned something important almost every time I play around.

It pays to horse around on the driving range. Now, don't get me wrong. This isn't a license to just screw around. It's permission to experiment. Experimentation is a great learning tool. Learn to use it to your advantage.

Now that you are curving the golf ball left and right upon command, you never have to hit a slice again. Before you step up to your golf shot, rehearse the feeling of a draw, and step to the ball and do it.

The other wonderful thing about all of this is when you do slice accidentally you know how to not do it again.

Golfers come from around the globe to see me for private instruction and for golf school. By the time they have been with me for a day or two and they slice a shot, I merely tell them, "Listen up. You are paying me a lot of money, so I'm going to tell you something very important. Don't do that any more."

They usually laugh, take a rehearsal swing, and strike the next shot exactly the way they intended to strike the first shot. Nothing more is said than, "Don't slice it any more."

They understand what makes this work, and they very rapidly become their own golf coach. In my opinion, this should be the true goal of every teacher.

Practice with your ping pong ball and then with the golf balls. You'll soon be curving the ball every way you desire. If you can slice the ball when you want to slice it, then you can also NOT slice it when you don't want to slice it.

CURING THE HOOK

As you can readily imagine, curing the hook is quite similar to curing the slice. However, there are some very subtle points that creep into the hook, which were never a concern in the slice.

When you can hook and draw the ball at will, and when you can slice and fade the golf ball at will, you are well on your way to absolute ball control.

Golfers everywhere, even out on tour, have the notion that once you have your golf swing dialed in you will never lose it or it will never change.

That just isn't how it works. All of us are in constant change. We don't wake up exactly the same every day, and thus we don't always do the exact same thing with our golf swing.

I relate it to driving an automobile down the road. You know where you are going. You know how to drive the car. Nonetheless, as you are driving, the car drifts slightly from one side to the other.

When this happens, you have one of two choices. You may sit there holding the wheel thinking, "I have this driving stuff dialed in, so what's wrong with this car?" If you think like that you are going to crash before too long.

Or you can gently and constantly make little adjustments necessary to keep the car safely on the road. This requires small, gentle turnings of the wheel to the left and the right. You just naturally do whatever is necessary to keep things safe, and to keep the car on the road.

Golf is quite similar. When I am drawing the golf ball, and my shots are staying in safe playing position, I just sit there and ride the train and have fun.

However, when that draw turns into a pull draw or a hook, I make the adjustment that is necessary for me to start applying a small fade to my shots. That puts me back into the fairway and keeps me on safe ground.

Before too long, I might begin to notice that the beautiful, soft fade I was hitting has turned into a soft slice. It is now fading more than I would like for it to.

At that point, I begin to work it back to the draw again. It's all very subtle, and I do not make adjustments

for EVERY shot that isn't quite what I intended. If I see that every tee shot is off a bit, then after about four or five holes of that, I decide I need to make an adjustment.

That is why I want you to know how to fade and how to draw the ball. You will always have to make small adjustments if you want to become consistent with your game.

Once again, consistency does not mean "the same thing all of the time." It means you are able to make the adjustments that help keep your ball in play, CONSISTENTLY.

Now, I mentioned a couple of subtle things other than pure ball spin that are a factor when we are hooking the golf ball.

First of all, let's differentiate between a hook and a pull hook. A hook is a shot that starts somewhat on line, or even a bit to the right of your target line, and then hooks past the target.

If your shot does this and hooks too much, you have a slight problem with your left hand grip. The left hand curves the ball and the right hand pushes and pulls the golf ball.

Ninety percent of the time, when you merely put too much hook spin on your golf shot, the left hand is turned too far over the top of the grip. This is called a strong grip, and yours is too strong.

Next is the pull hook. A pull hook is a shot that immediately upon impact is headed left of your target, and then it still had the audacity to hook even farther off line.

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Remember what I just stated. The left hand grip adjustments are for dialing in the curves of the golf ball. The right hand is adjusted on the grip to fine tune pushing and pulling your shots.

When you pull the golf ball, nearly every time, you are holding the golf club too much into the palm of right hand where your middle two fingers are.

Study photos 3 and 4, and take note of the difference in position of the middle two fingers on the right hand on the club.



Photo 3—Right hand too strong



Photo 4—Proper right hand grip

Several years ago, when I was at the Olympic Club in San Francisco, CA, to attend a required PGA Teaching seminar, one of the class leaders had brought his sixteen year old son for me to look at and to fix his golf swing.

There were three co-leaders of the three-day class. The way the PGA runs these classes is to bring three of the “Top-100” recognized instructors from the east coast to lead the teaching on the west coast, and visa versa.

This instructor stopped me on the first day of class and asked if I would take a look at his son before I went home. I gladly agreed to do so.

To make a long story short, his son was one of three volunteer students on the final day. One of the

leaders took approximately seventy PGA professionals to help a lady student.

Another took another seventy or so professionals to work with a three handicap student, and the last leader took the last seventy of us to work with this sixteen-year old young lad.

The boy was very strong and had a pretty fair golf swing. However, everything he hit for an hour-and-a-half was a snap hook. He did not hit even one golf ball anywhere near the middle of the driving range.

After the leader—remember a Top-100 teacher, as was the boy’s father—and as many of the seventy of us professionals tried to help had all had a turn, the lad still hit nothing but snap hooks.

Finally, here comes the boy’s father with his group and the other Top-100 teacher with his group of professionals, and that was when we learned this was the son of one of the Top-100 leaders.

He asked his son how he was doing, and the boy told him, “Not any better.” The father then asked if we all had an opportunity to help the boy, and the general consensus, in unison, was, “Yes.”

At that moment the Top-100 leader who was in charge of our group said, “But, if he will work on what I have shown him, he will be all right in a couple of weeks.”

That offended the daylights out of me. If I can’t fix you right now, I don’t belong on the lesson tee.

Then the father looked right at me and said, “Darrell, have you tried to help my son yet?” I answered that I hadn’t.

He then asked, in front of nearly two-hundred fifty golf professionals, “Can you help him?”

Why do these things happen to me? I boldly said, “Yes, I can help him.”

The father asked me to come up and see what I could do with his son. Now, remember this is a Top-100 teacher, and he obviously hadn’t been able to help his own son, so he brought him all the way to California for me to help him.

I’m telling you this story because we have been talking about the duck hook, and how the middle two fingers of the right hand play a role in the problem.

I walked up to the young man, with over two hundred pairs of eyes on me, and adjusted his right hand grip exactly the way I have shown you in the above photos.

I then stood up and asked the young man to hit a drive for me. KABOOM!!! He ripped it so hard and right down the middle of the range. That golf ball looked like it was on a frozen rope. I always tell you that straight doesn’t exist, but this one was as straight as an arrow and it was flat moving.

Suddenly, once again nearly two-hundred fifty pairs of eyes stare right at me. Two-hundred fifty-one, to be exact. The leader of our group wasn’t very happy to see someone step right up and fix the boy in his first swing.

As you can imagine, in our “politically correct,” kiss a lot of behind, world, this didn’t go over very well. It never does.

I’m just telling you I have fixed thousands of hooks in my lifetime, and I know what I’m talking about. I’m honestly not trying to boast to you. I want you to have confidence in what I’m telling you, and I want you to trust what I am telling you. I know what I’m talking about.

In summary, there are two major things to look for when you are hooking. The first is to check so see if the clubface is too closed in your hands. This is a case where the left hand is in too strong of a position on the golf club.

The second is to check to see how the right hand—especially the middle two fingers—has been placed on the golf club. If your hand is too far under, which puts the middle two fingers too much into the palm, the hook is about all you can hit.

In both cases, the hook is caused by a grip problem. When we take a grip on the golf club, which feels like we could just kill it, we usually are set up to start pulling the golf ball.

There is one other little point I must address before I close this chapter.

Almost every golf professional I have ever watched or visited with about the golf swing takes a slicer and has him or her turn the hands over through the hitting area **WITH THEIR RIGHT HAND.**

This is the kiss of death!! You will start drawing the golf ball for a while, and you will love your new shot pattern.

Then one day, you will begin to pull hook your ball, and you will NEVER be able to stop it. I have seen this thousands of times down through the years, because these dreadfully lost hookers come to me to see if I can fix them.

They all say the same thing, “I would give anything to have my old slice back. I at least knew where it was going most of the time, but this hook is the most miserable thing I’ve ever experienced in golf.”

In a good golf swing, the hands do not flip over, roll over, or turn over. They merely close a bit, and this closing of the clubhead makes us feel as though the club has flipped completely shut.

This is not actually the case, though. The clubhead is only rotating closed ten or twenty degrees during the down swing. This creates the illusion that the clubface is dead shut at the golf ball and that the hands are rolling over during the golf swing.

Remember, it is only an illusion. This is not what actually happens.

When the club is snapped and released with the left hand. That hand automatically stops rotating and passes the golf ball in the “hand shaking” position. In other words, when the left hand does the work, the hands do not flip over at all.

Perfect Shot Control

Purchase the DVD and the book I have on the “4 Simple Steps to Great Golf Shots.” In this video and book I cover the release quite well. Even golf professionals have commented on the depth of knowledge and information in those two items. Go get them, if you don’t already have them.

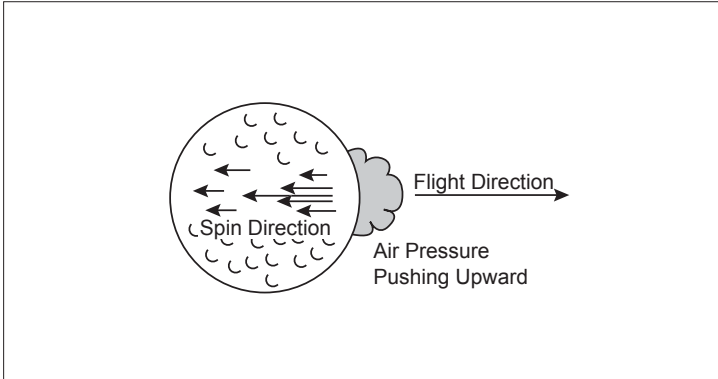
WHY STRAIGHT DOESN'T EXIST

Everyone wants to learn how to hit their shots “straight.” I mentioned this earlier, but I didn’t go into detail about it. In this short, little chapter I tell you why “straight” doesn’t exist in golf shots.

When you study Bernoulli’s Law in physics, you learn about how spin affects the golf ball. Basically, when we spin a golf ball backward, the dimples on the ball create a flow of air streaming around the golf ball—backwards.

Perfect Shot Control

This stream of air is vital to the flight of the golf ball. The air flow coming from the front of the golf ball, and flowing backward over the top of the ball, quite simply put, knocks gravity away from the top of the ball.



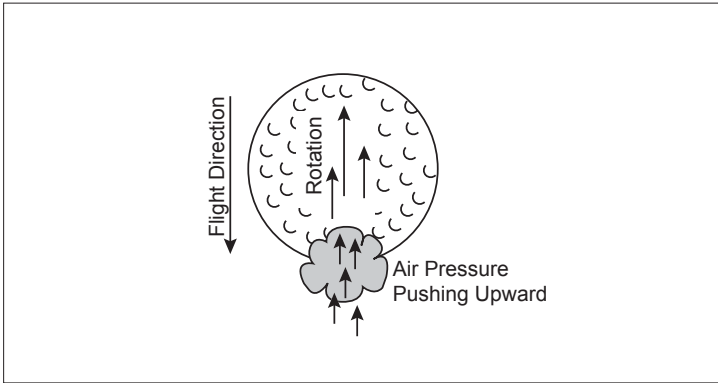
Drawing 1—How a golf ball flies looking down from above

Therefore, the golf ball does not have as much air pressure pushing downward on it.

At the same time, the air flowing from the back of the golf ball forward, underneath it, and because the golf ball is traveling forward through the air, is restricted from flowing freely on around the ball.

This resistance under the front of the golf ball creates more air pressure pushing upward under the ball than what is pushing downward on the top of the ball, and we have lift and flight.

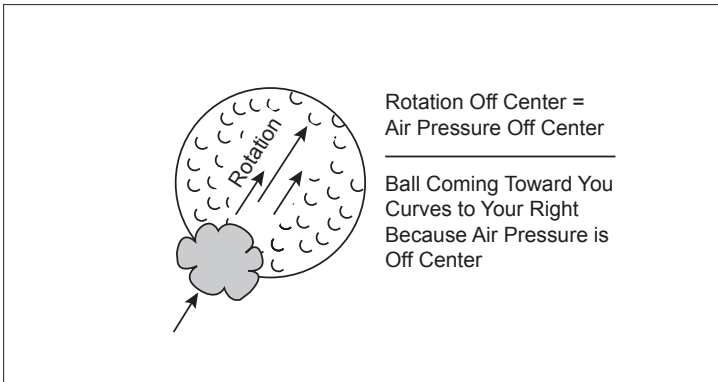
Perfect Shot Control



Drawing 2—How a golf ball flies looking up from below

In order for a golf ball to fly in a perfectly straight line, the backward spin must be perfectly vertical around the ball and the ball **MUST** fly perfectly on that line.

This would place the lift, or underneath pressure, perfectly under the exact middle of the golf ball.



Drawing 3—Golf ball with off center rotation causing a slice

Then if the ball is flying perfectly on that line, it would fly perfectly straight—except for any wind or breeze, which might be blowing at the time. Naturally, this breeze or wind would blow the golf ball off line.

First of all, no one has ever been born who could spin the golf ball perfectly vertically EVERY TIME THEY STRIKE IT. Secondly, the wind would blow the ball off line even if it were hit perfectly.

If you take a few minutes to think about all of that, you will come to the obvious conclusion that it is impossible to hit the golf ball exactly “straight.” So why try?

Another fallacy in golf instruction, and in golf thinking, is that the clubface guides the golf ball. That just isn't good physics. The golf ball is sent on a prescribed flight path, which is the same path that the weight of the clubhead is swung.

You may swing the club to third base, shortstop, second base, or to the second baseman. In so doing, whichever of these directions you choose to swing the golf club is the direction the golf ball begins its flight.

THE CLUBFACE IS MERELY USED TO CURVE THE GOLF BALL LEFT OR RIGHT.

That's correct, in pure physics, the golf ball is directed by the path that the weight of the clubhead is swung.

Therefore, if the clubface isn't directing the shot, then something else is. Once again, it is the direction that you swing the weight of the clubhead that determines the path the golf ball starts its flight.

If the path of the swing controls the direction, then the clubface must be there for some important reason. It is indeed. It is there in order to apply the left or right spin on the ball.

Now, fasten your seat belts. This one is just a bit of abstract type thinking. However it is absolutely the truth.

IF STRAIGHT DOESN'T EXIST, THEN SQUARE DOESN'T EXIST EITHER.

That gets everyone on the surface, but when you give it a bit of thought you have no choice but to agree with the statement.

The reason this is so important is, for the simple fact, that the effort used to keep the clubface “square” infuses tons of tension into your golf swing.

Think about that one and you will walk into some brand new insight. All of the really famous teachers on the TV tell you that tension is the destroyer of the golf swing. Yet, at the very same time, they almost knock you down trying to get you to “keep, or get, the clubface square to the target.”

I take issue with those things. If you know that tension is the destroyer of the golf swing, then why in the world would you be so hung up on trying to get us to do something in our golf swing that does nothing but build tension?

If tension does not destroy the golf swing, then it doesn't matter much what we do in the swing. But if you want me to do something that automatically puts a ton of tension into my swing you must be nuts!! I just refuse to do it. Period. End of discussion.

Perfect Shot Control

I hope this helps you. I go through this with every student who ever comes to see me. One of the most difficult things for me to do is to get the student to give up “straight” and “square.”

As soon as I get them over these two items, they are ready to start crushing the golf ball, and they almost automatically start hitting it consistently where they can easily find it.

Those are two awfully good things to have in your golf game—you hit it long and you keep it in play. I love it, and you will too.

HOW TO PRACTICE

Ok, Darrell, then how am I supposed to practice? My first impulse is to tell you not to practice another day in your life. That one also stumps everyone when they first hear it.

I really don't want you to "practice." I want you to go to the driving range with a basket of balls and start playing around with things and ideas.

I want you to experiment with the things I have discussed with you in these pages.

Psychologists have found we learn far more horsing around, just playing around, than we do “working” on something.

Work is tedious and work always has a goal. When we are “working” on something we put so much of our energy into it and we get so little in return.

However, when we play around, we expend far less energy and we are not anywhere so apt to become discouraged with our performance. After all, how can one become discouraged when there isn’t a huge goal staring them right in the eye?

When you are horsing around, you can attempt to hook a golf ball—without having a target. When you are horsing around, the same is true with slicing the golf ball. It really doesn’t matter.

The only thing that does matter is whether or not you can make the golf ball curve left and right upon command.

When you do not harness yourself with all of the pressure to perform, you do not care so much when you don’t get the task accomplished. You simply try it again.

If you can’t hook the golf ball on command, close the clubface in your hands until it finally does hook for you. The worst thing that can happen, when you are just fooling around, is that you might hook it too much.

However, if you do not have any goals, other than merely hooking it, it doesn’t matter at all if it hooks too much. You are simply trying to see for yourself what makes it hook.

If you close the clubface too much, and it hooks like crazy, you can look at the shot and shout and jump for joy. You learned that a closed clubface hooks the golf ball.

You didn't know that in the past, so you just learned something brand new to you. If you close it a lot, and it hooks a lot, wouldn't you think closing it less would hook it less?

Now you are starting to learn how to control your golf shots. That's all there is to it.

I was sitting in a physics class my senior year of high school, and the teacher began teaching us about Bernoulli's Law—how the air flows over the top of an airplane wing.

In the class, he made a very simple statement, "A golf ball works exactly like a ping pong ball." I won't bore you with how we got there, but it all had to do with the air flow around and airplane wing, and how spinning a ping pong ball or a golf ball caused the same thing to happen.

I went home after school, we lived on a farm, and began hitting golf balls out into the permanent pasture—where the cattle were grazing and feeding.

Luckily, I didn't hit any of the cows. However, I did learn, in one swing, how to hook a golf ball.

You see, I started playing when I was ten years of age, and all I could ever do was slice the golf ball. I didn't have a clue what made it hook. In fact, as you can remember from one of the earlier chapters, I didn't have a clue how to slice it either.

If I had known how to slice the golf ball on purpose, I would have been able to stop slicing. When I learned how to hook it, I also hit a few slices on purpose.

I knew right then and there that all I had to do was to practice some and I would soon be able to hook and slice the ball right where I wanted it to go.

I took that simple information and became a tour quality player. I didn't have golf lessons. I merely trained myself to curve the golf ball the way I wanted it to go.

The part that amazed me was the first time I saw my golf swing on an 8-mm movie projector. I had a great golf swing.

I've seen the same thing over and over with my students. If I keep it simple and teach them nothing but ball spin—how to curve the golf ball left or right upon command with the golf club—they always end up with a marvelous looking golf swing.

Just recently, I had a sixty-four old gentleman come to see me for a few lessons. He had played golf for over twenty years and he couldn't shoot lower than the mid to upper eighties.

After just a few sessions he was striking the golf ball quite consistently and curving it left and right at will. He then said to me, "I just wish I could smooth it out. It FEELS so jerky when I do this."

I took a video camera out to the golf course the next day and I filmed his golf swing. He was totally amazed how fluid it looked.

If you want to become a great golfer, and if you want to have a beautiful golf swing, just learn how to spin the golf ball to make it curve when and how you want it to do so. You will end up with a great golf swing.

Controlling your golf shots is not hitting it exactly where you want it to go. Controlling your golf shots is being able to simply and easily make the golf ball start to the right or left of your target and make it work its way back in, toward the target.

When you can do that, you are as good as any of the touring professionals. When you can do that, you can play good golf.

I believe this book contain the finest information known in golf to teach you how to become a better golfer. If you take this information and horse around with it, the first thing you know you will be hitting nice golf shots and be able to correct any mistake that might show up in your swing or game.

Never fix your missed shots. Keeping everything positive, merely step up to the next shot and show yourself what you meant to do when you hit the ugly one.

Happy golfing. Go to the website and take advantage of the other DVDs and books that are available for your growth.

And remember, “Golf’s an Easy Game.”