



Your Swing

Book Excerpt from *Play Golf Better Faster* By Kalliope Barlis

**“Everybody can see that my swing is homegrown. That means everybody has a chance to do it.”
Bubba Watson**

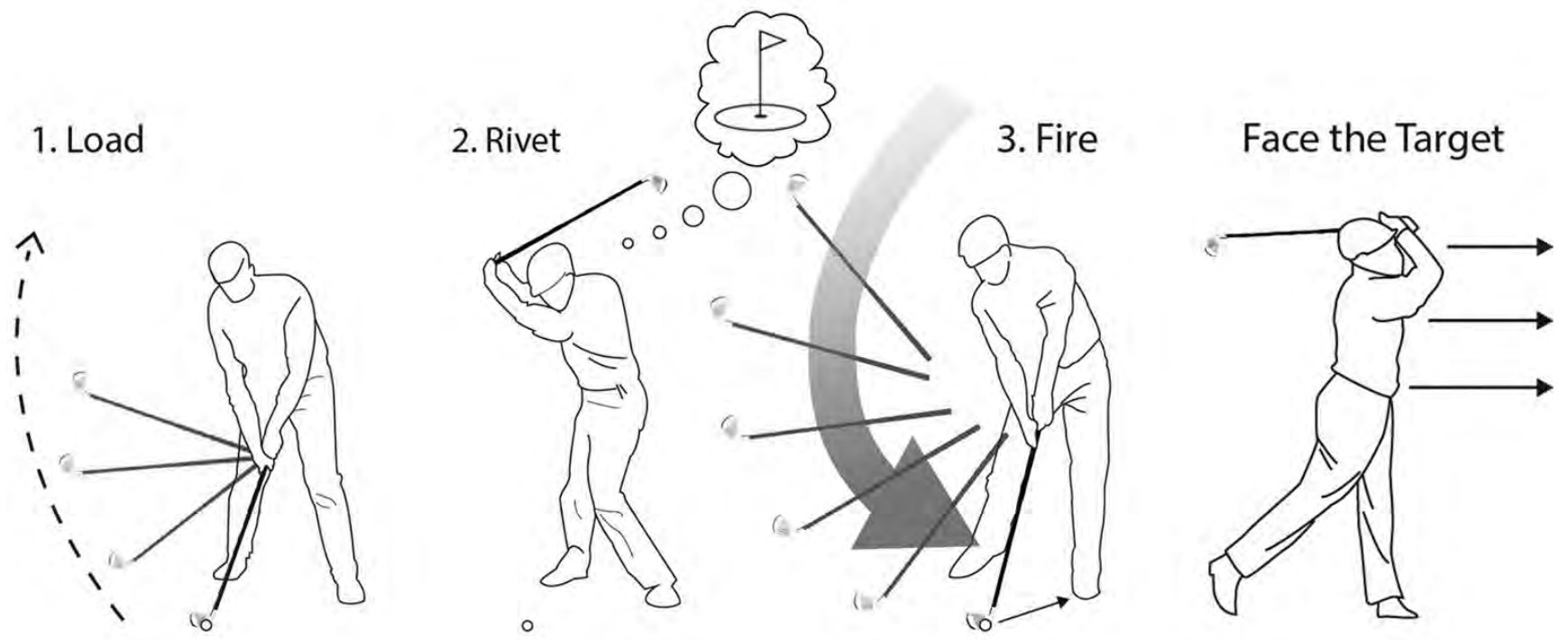
Develop a swing that promotes consistency while maintaining a healthy body. Moe’s swing is simply elegant for both. Choose a golfer whose swing you want to have. Golfers ask where the power is generated from into the swing. Everyone has answers. But, the truth is, your body works as a whole and

can- not be broken down into parts without losing functionality. Every part of the body moves as one unit during the swing. That one unit is your body that is influenced by your target. It’s a matter of keeping it in balance. More specifically, what really matters the most in your swing is what happens between the top of your swing, through the ball into the follow through, and your connectedness with the target.

Imagine a rubber band; you pull back the rubber band, hold it in a momentary pause to shift direction, then let go so that it fires forward. A slingshot does the same. You pull back the elastic band, pause, look at your target, release the band, and the projectile is thrust forward. Does it really matter here how you pulled back the elastic band? It’s your connection with the target before you let go the elastic that will make you land your tar- get.

Now, let’s apply a similar process to the swing.

In the ready position, you are balanced and centered. You begin the backswing. During the backswing you are collecting energy. When you get to the top of your backswing, pause and set your club where you maintain balance, full of power with the energy collected. If balance is lost, so is control of the club. Think, if you pull back too much on the rubber



band, it snaps. The same will happen to your balance if you go too far back in your back-swing. Instead, you know this hasn't happened because you remain powerfully balanced. While you are in the set position, an image of your target pops open in your brain. Rivet your attention to the center of your target. Your eyes, center of your chest and body center all face your target. Watch the ball as it lands your target.

Golfers can't see their target while golfing. In most other games the athlete is looking at their target. A soccer player aims for the goal, a tennis player aims for within the lines, and an archer aims toward the bull's eye, the center of a target. You as a golfer, rely on your image of the target in your brain because you are looking at the ball, not the target. Rivet your attention and have a vivid picture of your target in the set position of your swing. This way, your ability to land your target will become more frequent because you see the bull's eye before you swing forward. The clearer your image of the target is while feeling good about it, the more neurons in your brain will fire to engage your body to respond to your target. Look at the previous illustration once again.

Many golfers end up in a position that creates a C-shape in their upper body. Imagine what this looks like, because you will find that it puts strain on the back. The C-shape follow through will put strain on the spine, swing after swing after swing. Avoid doing this to save your back. Rather, end the follow through of your swing in an upright position. Imagine and feel how much more comfortable your back is in a straight, upright position. This type of repetitive motion will maintain the health of your spine over time.

Exercise
Having your Favorite Golf Swing

Part one
Saturating Your Senses

1. Choose a golfer whose golf swing you want to model.

2. Watch video footage of them until one of their swings resonates with the swing performance you want.

3. Play the video footage at regular speed, slow speed, and then regular speed again. Watch the general motion of the swing in regular speed, then notice the detailed movement in slow speed. Once again, play it at regular speed for the motion to flow again. Saturate your senses with their movement.

Part Two
Stepping Into Action

1. Stand in a position that allows you to walk forward a few feet. Stay in place for now.

2. Draw an imaginary circle of grass on the floor

in front of you.

3. Place the golfer inside the circle.

4. Imagine the golfer's swing motion; life size, colorful, and holo-graphic so that when you look at it from different angles, you can see what's going on and feel what they feel.

5. Watch them swing at regular speed, slow speed, then regular speed again.

6. Now, find the right angle of approach as you are stepping into their swing motion.

7. Sense how their talent merges into your own.

8. As you are looking through their eyes, see what they see. Feel the lightness of their body and hear the sound of the swing as you listen to the center of the club face strike through the center of the back of the ball.

9. Now, their swing synthesizes with your own. Their swing is yours now.

10. Now that you have a new ability, feel how you feel, see how you see through your own eyes, and hear the ball flight after you strike the center of the club face through the center of the back of the ball. Listen to the ball flight as the ball takes off like a rocket.

Redo the exercise. Except this time pay attention to how they perform their routine. How do they focus on their target, aim & align, get ready, set, go, swing, and follow through, watching the ball take flight.

I had the opportunity to do the "Stepping Into Action" exercise on the range where a famous number-one golfer practiced. I took it a step further. I knew it would be magical as I tuned into his swing as I stood in the same area as he did during practice. I gained 10 yards on each club that day, 20 with my driver.

Magical outcomes like this happen because the brain does not know the difference between what is thought, observed, or performed. They are all the same to the brain. It's a matter of doing it now. People hesitate to do things not because they have a fear of success or a fear of failure, but because they are afraid of their own power after achieving what they want and how good they will feel from it. Failure is when you stop yourself from even starting to do the right thing. But if you start and continue to do something that is right for you and you do the best you can, then you are successful no matter what.

"You are who you think you are."
Moe Norman

