



CLUBFOCUSED INSTRUCTION

Definition: Club-focused instruction the golfer directs their attention to the movements of the club and allow the subconscious to direct the muscles properly. This is the same way you learned how to use any tool. First understand how the tool works and your subconscious will make your body move to use the tool properly. (i.e. Toothbrush, saw, hammer)

Video click on photo



The hands are the only body part the touches the club. So therefore, we seem to focus only on the hands. Yes very important but the entire body swings the club. There is a sequence that creates this movement. The learning process trains the entire body from the brain to the feet.

Understanding this process and sequence makes a very consistent swing resulting in solid ball club contact .