

The Whippy

*TempoMaster*TM

Tips

and

Drills

by Dr. John N. Melvin, M.D.

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About The Whippy TempoMaster

- A violent change of direction from the backswing to the forward swing can bring the club head very close to your head. Do not allow the shaft to bend. A very abrupt cessation of the follow through could result in the club head striking the buttocks or even the head. This has not been reported, but the possibility exists.

- Do not allow friends or children to use this club unless they have been instructed in the proper technique of swinging The Whippy TempoMaster, and are being supervised. Do not lend this club to friends. It may come back broken.

- Do not use The Whippy TempoMaster if the shaft is warmer than ambient temperature. A club that has been left in a locked car should not be used until the shaft has been cooled. Cool the shaft of the club with ice or water.

- Never swing this or any other golf club in the direction of another person.

- The first time that balls are struck with The Whippy TempoMaster they will nearly always go severely right. Place yourself in a position so that there is no one to your immediate right. If you are at a driving range it is a good idea to take the position on the extreme right side of the driving range and aim towards the left side of the range. Of course, if you are left-handed, do just the opposite.

- Before striking balls with The Whippy TempoMaster inspect the entire shaft from the hosel to the handle for cracks. It is possible for the shaft to fail if severely flexed, or if there are severe toe and heel strikes. If there is evidence of shaft failure do not strike balls. Return it to The Whippy TempoMaster, Inc. for re-shafting. Do not allow strangers to hit The Whippy TempoMaster. Invariable they will attempt to hit it too hard with their hands, which will severely stress the shaft.

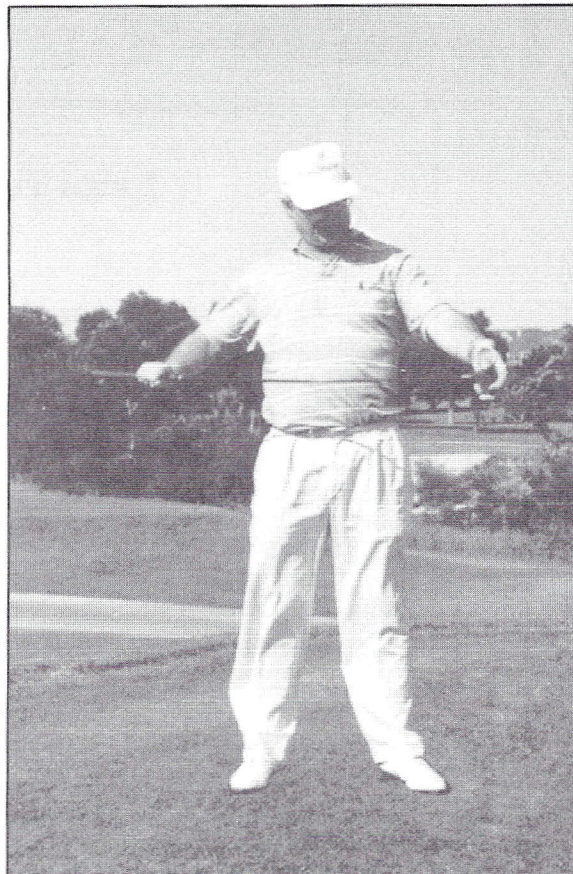
- When The Whippy TempoMaster is first used it is common to hear, or feel, a "crack" with the first few swings. This is part of the "breaking in process" and will stop after the joint between the shaft and handle flexes several times.

- If the creaking persists it can be stopped by applying a lubricant such as WD 40 or thin oil to the joint of the shaft and handle. Hold the club with the head in the air so as to allow the lubricant to penetrate the joint. Most of the time a liquid dish washing detergent will also work quite well.

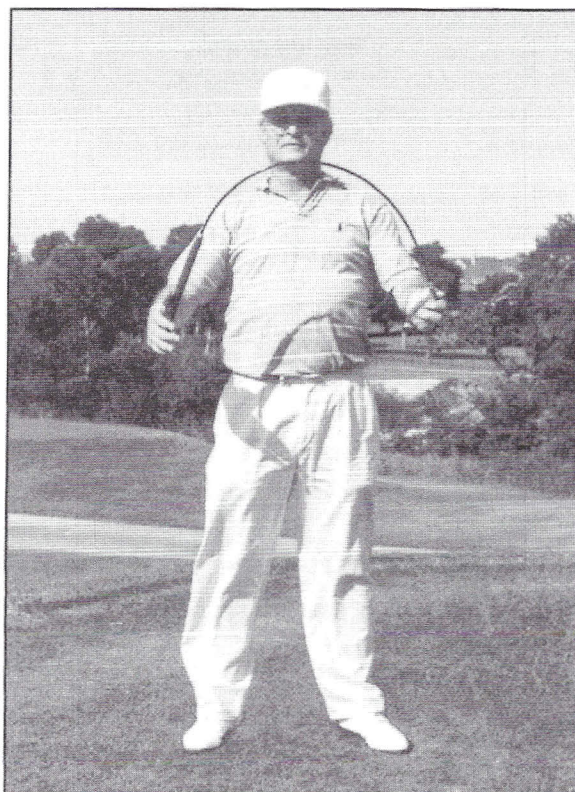
- The Whippy TempoMaster Shaft has two flex points: one that is obvious about five inches below the grip and the other not so obvious. There is a flex point in the handle approximately two inches above the junction of the shaft and handle. This flex point lies underneath the index finger and thumb of the right hand. This flex point should never be consciously felt when swinging The Whippy TempoMaster. If you feel the club flexing at this point, it is because you are being too aggressive with your hands at the top of the backswing. You are hitting! You are not swinging! If you ignore this flexing in the handle, it is possible that the shaft will break at this point. However, if it does break, return your club to TempoMaster for re-shafting, and quit hitting with your hands.



Do not swing The Whippy TempoMaster if the shaft is warmer than ambient temperature.



Do not twist the head on the shaft.



Do not bend the shaft.

What will The WhippyTempoMaster do for you?

- You will learn to relax your hands and arms and swing the club head with incredible speed and control, a swinging action that will repeat itself over and over again.
- The feel that you will develop is that of swinging the club head through the ball with the left side of the body being in total control.
- You will learn to strike the ball using the latissimus dorsi muscle, the large one that runs along the left side of the back.
- You will learn to swing it hard without using your hands or arms.
- You will learn to keep the left arm “connected” to your rib cage.
- You will become oblivious to what is happening with your hands.
- You will learn to transfer your weight from one side to the other correctly and smoothly with rhythm.
- You will learn to drive the ball really far, again and again.

Patience and Perseverance are the key words.

The TempoMaster will force you to “feel” the correct golf swing. You will learn this feel while you are striking golf balls.

If The Whippy TempoMaster feels strange, impossible, and crazy to you when you first pick it up then you are the one that it can really help. The more bizarre it feels, the more you will benefit from it. Do not view it as a gimmick or a toy. The really good players can strike a ball with The Whippy TempoMaster extremely well the first time they pick it up. Does this tell you something?

Most golfers see immediate improvement in their golf swing when they start using The Whippy TempoMaster. But the *real* rewards come in time. Remember this: Learning to swing The Whippy TempoMaster is not an overnight process. How long have you been grooving your present inefficient hitting action? It will take time and a lot of work with The Whippy TempoMaster to unlearn the wrong hitting action that you have been practicing for years and replace it with the correct swinging action. To maintain the correct swinging action will require work with The Whippy TempoMaster for as long as you play golf.

The correct swing thought to have when working with The Whippy TempoMaster is that the shaft is extremely fragile and that if it bends it will break. (It won't, but this is the swing thought you need to keep in mind.) Never place any stress on the shaft. Do not let it bend at any time.

Once you can feel the muscle movements of a correct application of power with The Whippy TempoMaster you can transfer these feels to your regular golf clubs. The inability to feel is the greatest barrier to learning the golf swing. Once you feel the correct muscle movements, you can begin to reproduce them. That is what The Whippy TempoMaster is all about, teaching the correct feels.

If you will dedicate yourself to performing the following drill with The Whippy TempoMaster, you will have laid a foundation you can build upon. When you reach the goals at the end of “Quick Start”, you will be a true swinger of the golf club, no longer an “over the top hitter”.

Quick Start

Put your feet together. Feet should be touching each other. Bend your knees slightly. Stand relaxed. Let your arms hang.

Now swing The Whippy TempoMaster back and forth and just feel the club head on the end of the shaft. Think of a child, swinging a rock or a bolt, tied to the end of a string. He has the feel of a natural golf swing. Now... do not swing hard. Relax your upper body and just swing it back and forth. Do not allow the shaft to bend on the take away, during the transition from the backswing to the forward swing, or on the follow-through. Treat the shaft as if it were very fragile and that if it were to bend it might break. The Whippy TempoMaster can withstand severe flexing before failure, but don't make it prove it.

Begin without a ball. Just start swinging with an easy, relaxed backswing that would propel the golf ball only 30 to 50 yards. Swing the club back and forth without stopping to address the imaginary ball. As you swing the club back maintain "limp wrists", and a relaxed grip pressure. On the take away the club head is the last thing to move and on the forward swing it is the last thing to get to the ball. Drag the club head back. The full wrist cock, which is passive, is the last thing that happens in the backswing. Now lengthen your swing and get a larger shoulder turn and as a result, a complete follow-through.

Watch yourself in a window or mirror. Swing The Whippy TempoMaster back and forth like a pendulum, do not stop your swinging action, stay relaxed. Grip pressure should be extremely light, only tight enough with the last three fingers of the left hand to keep the club from being pulled out of your hands. Limp Wrists! Just swing it back and forth.

Now move your feet apart while you are still swinging The Whippy TempoMaster. Do not stop your swinging pendulum motion. Feel your weight turn to the right leg on the backswing and then to the outside of the left foot on the forward swing. Relax your hands, especially the right hand. You should feel the club head pulling the grip out of your hand. It does not take much pressure to resist this force.

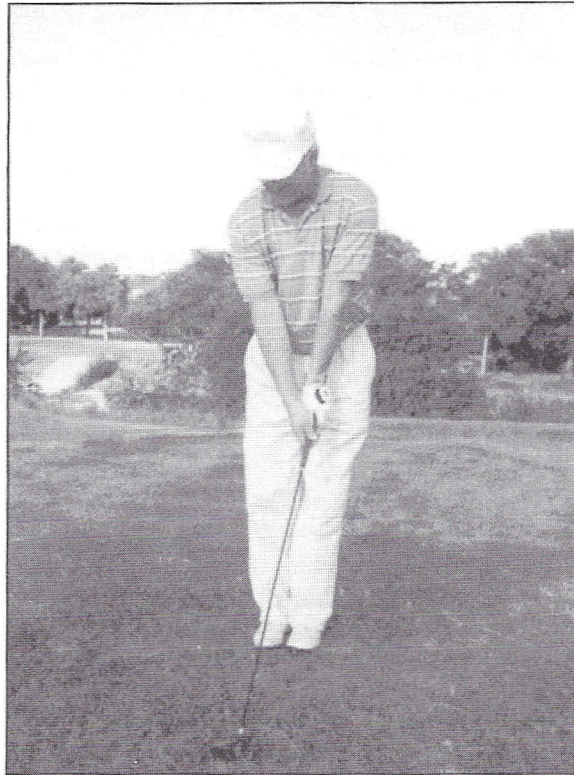
Keep swinging the club back and forth. Do not stop to address an imaginary ball. Just swing back and forth. Now try to look like Freddy Couples. Big smooth backswing, really slow forward swing, and then a really complete follow through. Belt buckle pointing at the target, right shoulder past the ball, hands high, and in total balance with most of your weight on the outside the left foot. You could stay there forever and be totally comfortable. Feel The Whippy TempoMaster pulling you to this high follow-through. The follow-through is the result of a good backswing and forward swing. It is not done for looks. It happens.

Keep swinging like this until you know you look like Freddy Couples. Watch yourself in a mirror or window. Do not try to hit balls with The Whippy TempoMaster until you can feel the club head and keep the shaft totally straight with no stress on it. Remember: If it Bends it Breaks!

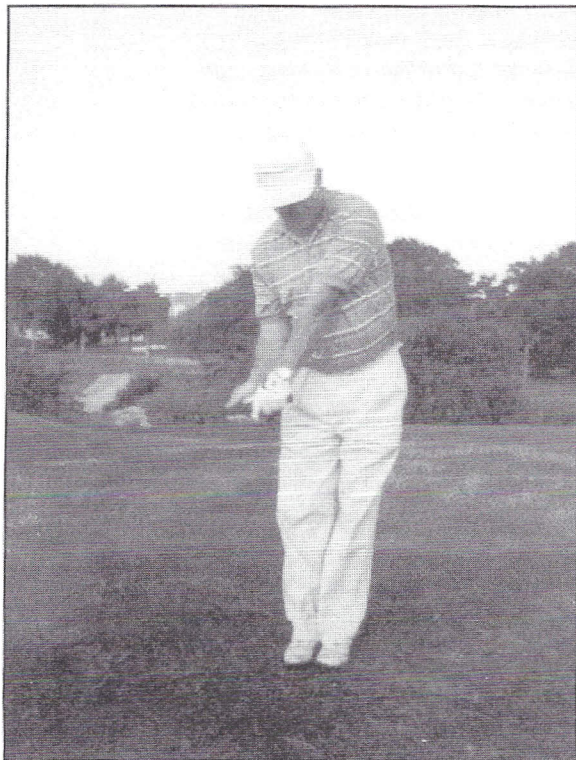
Once you can keep the shaft straight with an easy swing then start swinging more aggressively. Eventually you can probably swing just as hard as you possibly can with no stress on the shaft. The secret to not stressing the shaft is to maintain very light grip pressure. Just as you approach the imaginary ball, let your right hand come off the club. You will feel The Whippy TempoMaster pulling you to a very high and complete follow-through. After a short time you will instinctively take the right hand off the club because it will be more comfortable, and it will become apparent that you are achieving greater club head speed by taking the right hand off the club just prior to impact. Why practice by taking the right hand off

Feet Together Drill

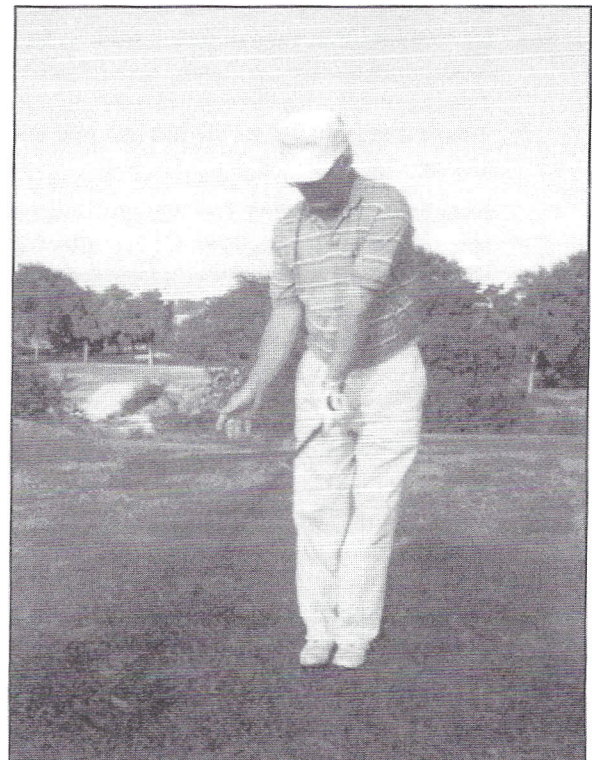
Practice without a ball until you can keep the shaft straight.



Stand upright with feet together, knees slightly bent.



Right hand off prior to impact.



Keep left arm connected to rib cage.

the club? In most golf hitting actions the right hand acts as a “brake” to decelerate the club head just before impact. If you experience a rather violent pulling action of the club on the left arm when you first start taking the right hand off the club then you know that you have been unconsciously attempting to control the club head through the hitting area with the right hand, and as a result have been decelerating the club head. As you take your right hand off the club be sure that you yield to the pulling of the club by turning your hips and shoulders to a high follow-through. The club should come to a gradual stop. If you resist this pulling by stopping your hands and arms abruptly, you will experience a whipping of the shaft as the club comes to a halt. This can be a very uncomfortable feeling and should be avoided as much as possible. Taking the right hand off the club before impact is a drill. I do not advocate playing in this manner.

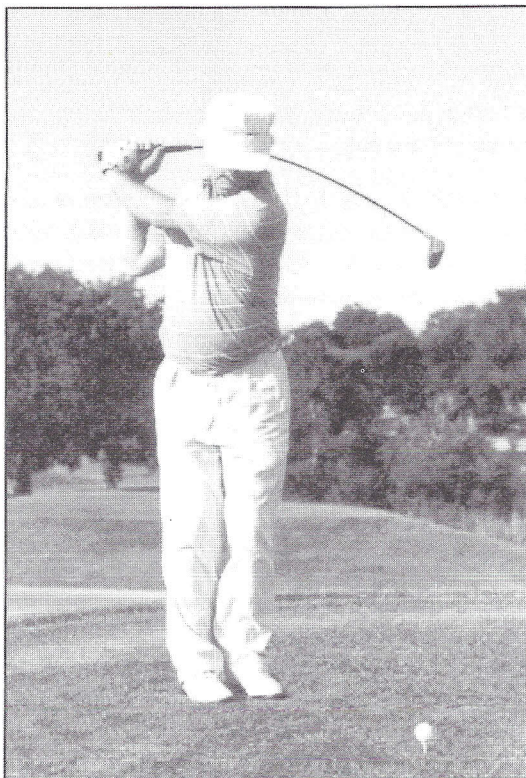
Now that you can feel the swinging of the club head, you are ready to begin hitting balls with The Whippy TempoMaster. You can start with any of The Whippy TempoMaster clubs. The driver swing is probably the easiest swing to learn because it is the flattest swing plane. The flat swing plane enables the golfer to stand more erect. Standing more upright makes it much easier to turn around your spine in balance, and turning is the name of the game. Of course the big draw back with using the driver is that nearly everyone wants to hit it 300 yards at the outset. If you can’t resist this macho temptation, the pitching wedge may be the best choice. You can see now why we make the four clubs.

I suggest that the first balls be struck with the ball on a tee, regardless of club choice. The feet should be together, knees slightly bent, using a very light grip pressure. The swing thought here is square, solid contact with the ball. Do not think distance. You should only try to hit these balls thirty to fifty yards. You want a low trajectory that starts to the right of the target and draws back onto the target line. Take the club back slowly with the left side, i.e., the left arm and shoulder. Do not pull it back with the right hand. Concentrate on a very smooth transition from the backswing to the forward swing. Do not bend the shaft. Do not “grab” the club with your hands at the top of the backswing. Just before contact with the ball, take the right hand off the club. Keep the left arm connected to the rib cage. Do not let the left arm pull away from the body during the follow-through.

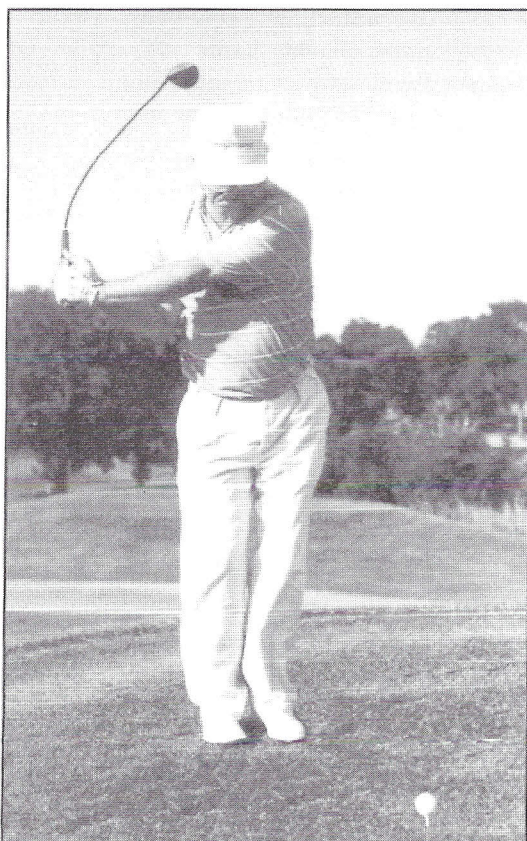
If all these “mechanical” instructions confuse you, or leave you cold, well, just relax and gently swing The Whippy TempoMaster. It will give you the same messages in a simple, physical way. Then hit ball after ball until you can hit every shot 50 yards with a slight draw. It might take you two or three days to accomplish this or it might take just a couple of hours. Nonetheless, unless you are a low handicap player, it is going to take a bunch of balls. Do not progress until you know you can hit every ball squarely thirty to fifty yards.

When you are making square consistent contact with this drill then, still keeping your feet together and knees bent, amplify the swing so that the balls are flying 80 to 100 yards. Once you can strike the ball with an easy swing you are on your way. As you achieve the desired flight pattern on every shot, try for slightly greater distance. When you get in trouble, and the shots start flying right again, then regress back to the easy swing and pay attention to the feel of The Whippy TempoMaster. Over a period of time you will be able to fly a ball 200 to 250 yards with your feet together, knees bent, and taking your right hand off the club just before impact.

Incorporate this drill into every practice session for the next several years. Do not bore yourself with it, but do it every day. Learning the golf swing is a lot like the fable of the rabbit and the tortoise. Steady slow persistence pays off. This drill can be especially rewarding when done in a confined area, like your backyard, with the pitching wedge. Not



Same Drill Striking a Ball



In this photo, there is too much bend in the shaft.



Maintain left arm connection. Allow hips and shoulders to turn as far as possible and still keep both feet on the ground.

only will this give you the feel of the left side leading through the ball, you will develop an uncanny feel and touch for the short game.

What will you most likely experience when you first start striking balls with The Whippy TempoMaster? I have never seen any golfer, whatever skill level, whose first shot did not go right, i.e., slice, some much worse than others. For the high handicapper or severe right sided hitter, the balls will go severely right. For the experienced player with a correct swing, the balls will only tail off at the end. Usually with these players only the first two or three balls will do this. After that, The Whippy TempoMaster has pointed out to them where they are applying inappropriate hand action and they correct it automatically. But, the natural progression is for most individuals to start with nearly every ball going right, i.e. slicing. As left sided control improves, the shots will fly further with less and less fade until they straighten out and then begin to draw.

If there is a secret to a good golf swing, it is left sided control. The left side must stay in front of the right side, which means you have to learn to be aggressive with the left side. You will reach a point where, when you think distance, you no longer consider hitting harder by adding the right hand, but rather, you swing with the left side as hard as you can. When I say left side I do not mean the left arm. I am talking about the entire left side of the body. The left arm stays in contact with the left rib cage.

I know what I just said here may be totally disregarded. If you are like every other person I have worked with you may say to yourself "Hell, I am beyond this sissy stuff, I am going to knock the crap out of this ball, and I surely do not want to give the impression that I am trying to improve my swing." If you do this, you will be wasting a whole lot of time and effort. You may learn the swinging action of The Whippy TempoMaster in a very short time if you progress as I suggested. If you do not start in this manner you may never accomplish it and you will throw The Whippy TempoMaster in the closet with all your other training aids.

If The Whippy TempoMaster does not fit your swing and is not doing you any good, it is because you are a hitter and have not spent enough time and practice with The Whippy TempoMaster. If you discard The Whippy TempoMaster early, you are destined to be a hitter until your last golf hit on this earth. This is what happens to most golfers. They never change their basic method of applying power to the golf ball. They "hit" the very first and the very last ball. If you want to have a life time of progressively improved, enjoyable golfing, do not spend hours on the practice range grooving this over the top, premature release, sickening, clunking, hitting action. Learn a correct, repeatable swing instead.

Understand that in order to learn to swing The Whippy TempoMaster it is going to take a lot of golf balls. Very few people understand how many. The ideal would be for you to put your regular clubs up until you can hit The Whippy TempoMaster driver 250 yards with a draw. For the high handicapper this might take several months. Yes, several months. So what? How long have you been grooving your present hitting action?

Avoid the practice pattern of most golfers when using training aids, i.e., miss hitting five or six balls with it and then going to their regular clubs. What could this possibly accomplish?

The Whippy TempoMaster is a tool that you should keep in your bag for as long as you play golf. You should use it every day. The pros do, why shouldn't you?

Here are your goals for this drill:

- Strike every ball solid 50 to 100 yards with a slight draw. I mean 90 out of 100.
- Same as above while taking your right hand off the club prior to impact.
- With the driver, be able to strike a ball that will fly 190 to 230 yards with feet together and taking the right hand off. Ball flight pattern should be straight, or with a slight draw.
- When you can do all of the above you are swinging the golf club, and have laid a foundation that you can truly build upon for as long as you play golf.

Where do you go from here? To the baseball drill and then to the full swing.

Baseball Drill

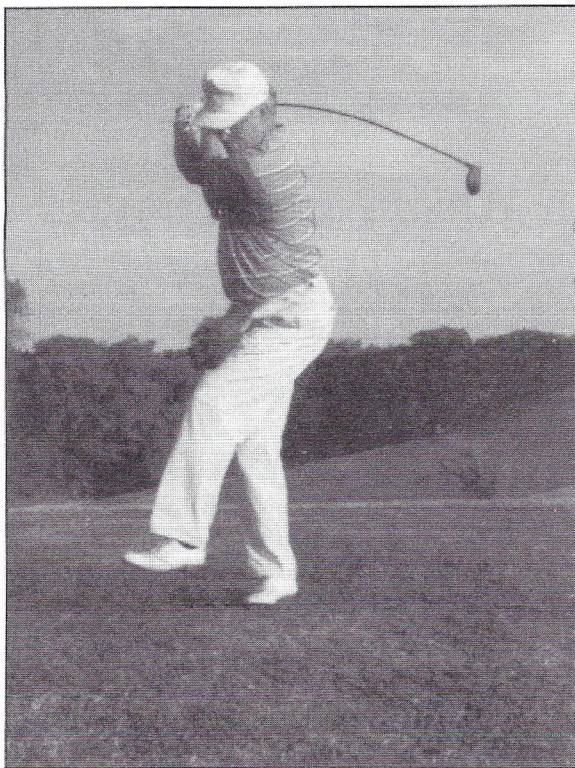
This is probably one of the best drills that one can do but, also one that very few people will even begin to attempt. The reason for not wanting to do it is that, at first, you will feel extremely clumsy and do some pretty weird things with the golf ball. However, virtually every really good player can strike a ball with this drill almost as well as they can in a normal fashion. You should incorporate this drill into your every day practice session, and you should stick with it until you can strike a ball as well with this drill, if not better, than you can with both feet on the ground.

Assume a normal stance. On the backswing pick up the left foot and bring the left knee to a point directly over the right foot, then left foot down, turn the left hip out of the way, strike the ball, and on the follow-through pick up the right foot. See pictures. Start by swinging smooth and easy. Do not hit golf balls until you can stay in balance without a ball. Do not attempt a full swing until you can make square contact consistently with a smooth easy swing.

It may take several hundred balls before you begin to make square contact so do not give up. It may take several thousand balls before you are able to strike a ball 230 to 270 yards so whatever you do, do not give up. Remember, persistence pays off.

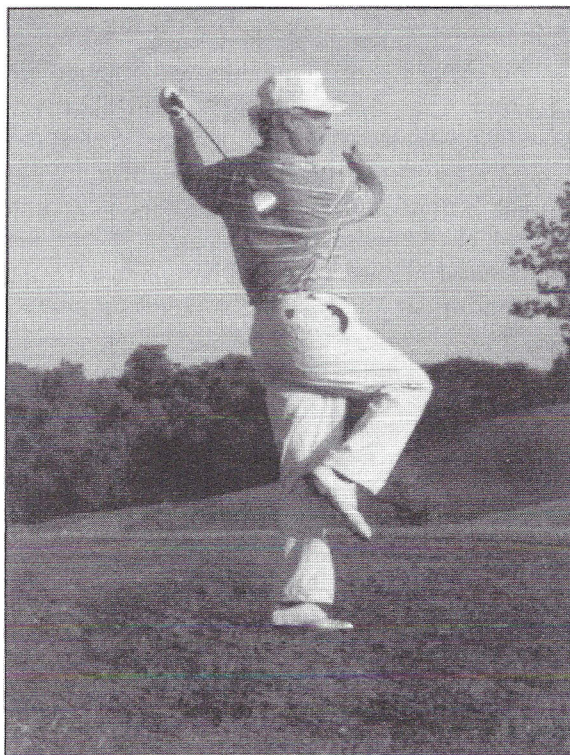
In all drills, focus on the left side. The feel in the left arm, left side of the back and left leg. Try to totally ignore what is happening on the right side. That action occurs automatically. What you are learning to do is to control the entire swing with the left side of the body so that the right side can apply the power with control. And it will, without you telling it to do so.

As your balance and coordination improves you can incorporate the “right hand off prior to impact” drill into the baseball drill. You will be able to do this and strike balls extremely well. This is an excellent drill to do if you want to impress someone.



Left Foot Off the Ground on the Backswing

Baseball Drill



Right foot off the Ground on the Follow-Through

The Full Swing With The Whippy TempoMaster

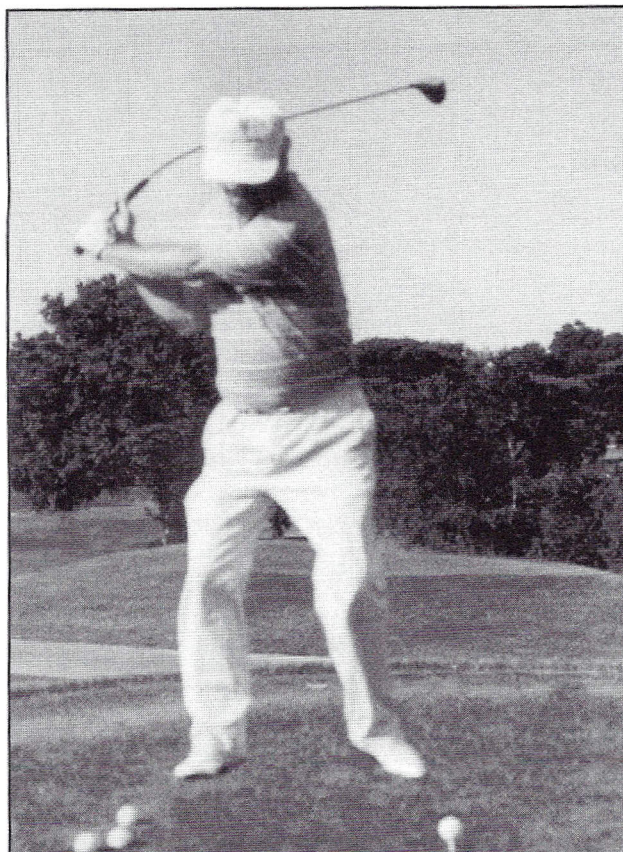
In the photos on the facing page the swing begins on the forward swing with the initial transfer of weight to the left side and a turning of the left hip. You will notice in the first picture that the shoulder turn is still intact as is the wrist cock, and the shaft of the club is close to the right shoulder.

In the second picture I am entering the hitting zone. As I do so, there are two swing keys that I think about. 1.) I like to keep the palm of the left hand facing the ground for as long as I can and, 2.) I think of sticking the butt of the club into the back of the ball. Both of these swing keys tend to delay the release of the hands. This release of the hands is a passive release and is a result of the centrifugal force which has been generated by the uncoiling of the hips and shoulders. With most good swings you should not be very conscious as to what is happening with your hands.

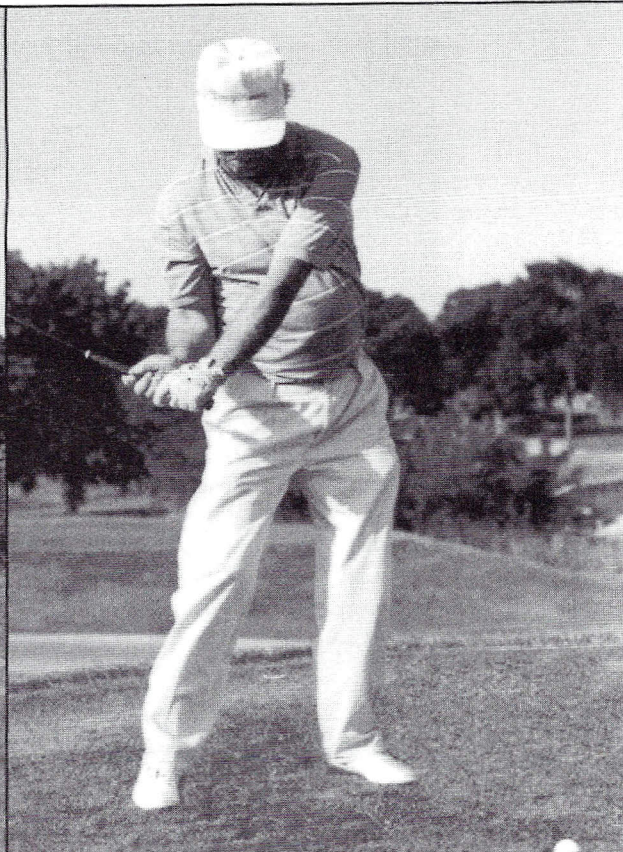
The third picture shows the ball on its way. Note how straight the shaft of the club is in all of these shots. The greater the centrifugal force that is applied to the club head the more rigid the shaft will become. There will always be a very slight bend in the shaft on the initiation of the backswing and during the transition from the backswing to the forward swing. However, the less bend the better. I have pictures of touring pros hitting this club where there is virtually no bend anywhere in the shaft at any time and the balls were flying 250 to 290 yards.

The follow-through is complete with the weight on the outside of the left foot and a very slight amount of weight on the toe of the right foot for balance. The right shoulder has passed the ball position and the belt buckle is pointing at the target. Again, notice that The Whippy TempoMaster shaft is still straight.

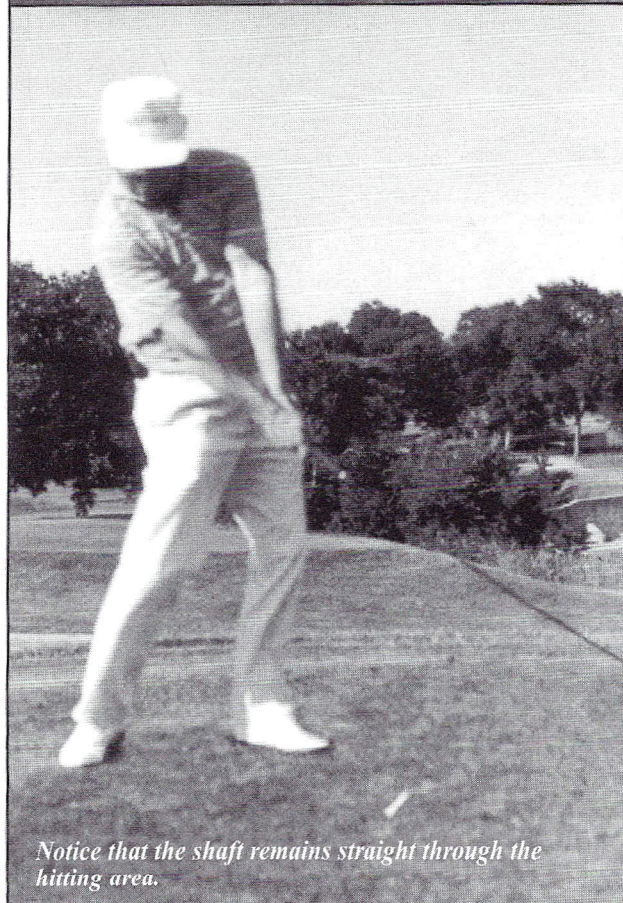
Be aggressive with the left side. The left side should move through the ball faster than the right. This is where almost all handicap golfers break down. They do not keep the left side in front of the right. If you want distance, focus on moving the left side, not just the left arm, but the entire left side of the body. Uppercut the ball with the back of the left hand, hard! Swing the back of the left hand with a vengeance. You use the same muscles as you would if you had a rope tied to a stake in the ground approximately 5 feet behind the ball, and you pull the stake out of the ground with the left hand. To do this requires a firm left leg with the left hip turned out of the way.



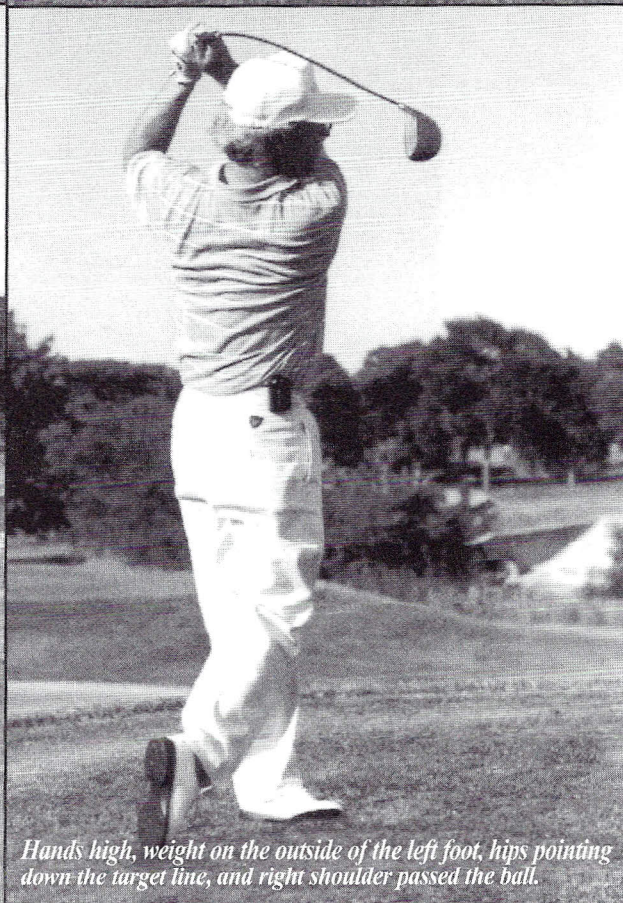
Initial move down builds tension in the lattismus dorsi muscle.



The butt of the club points to the back of the ball. The right elbow drops close to the right side.



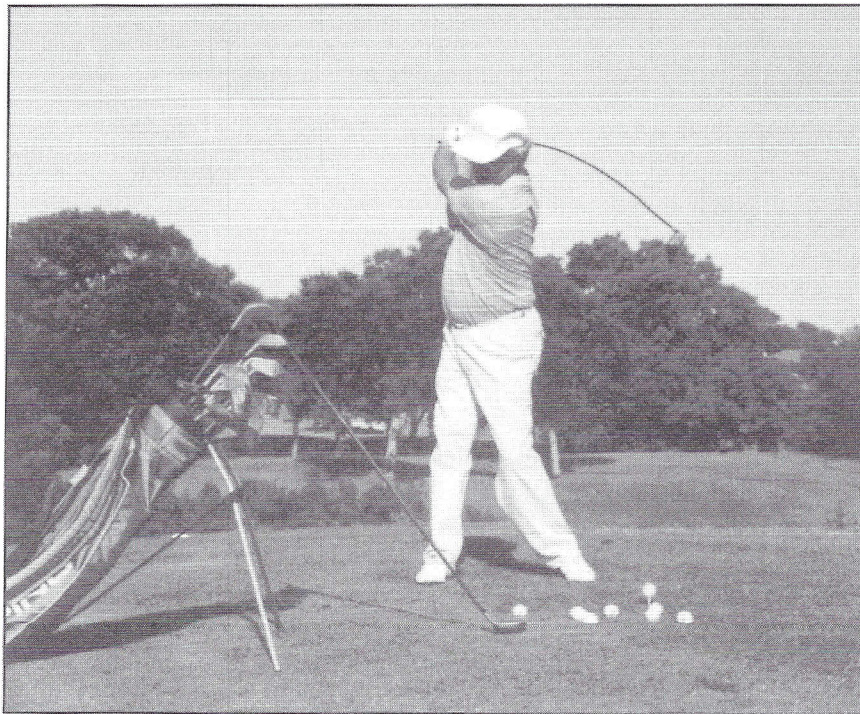
Notice that the shaft remains straight through the hitting area.



Hands high, weight on the outside of the left foot, hips pointing down the target line, and right shoulder passed the ball.



Find an environment where you will be able to concentrate. It is very difficult to do this on a crowded practice range.



Set your equipment so that you can easily and quickly switch from one club to the other.

Transferring to Regular Clubs

The most common scenario is for the student to work with The Whippy TempoMaster for 30 to 40 minutes and then say "lets see what this did for me" and pick up his regular driver. Invariably he will be very quick and violent with the stiff shafted club, and the immediate reaction is to discard The Whippy TempoMaster noticing that it has "messed up" his swing. But, how can you mess up something that you don't have? Face it, you are not going to change a hitting action acquired over 5 to 10 years to a swinging action in 30 minutes.

The reason that you hit your regular clubs poorly is that you are not concentrating on using the same swing Tempo and muscle feels as you did with The Whippy TempoMaster. You want it to be automatic. It will not be. The best way to convert the hitting action to a swinging action is to work with nothing but The Whippy TempoMaster for as long as it takes for you to be able to strike the ball with a draw with acceptable distance and consistency. Until you can do this, there is nothing to transfer.

When you can hit The Whippy TempoMaster well, go to the range and hide from everybody. Begin hitting The Whippy TempoMaster until you are hitting it well and then pick up your regular driver and concentrate that you are going to use the same swing as you did with The Whippy TempoMaster. Hit one ball with your regular driver then two with The Whippy TempoMaster, one with regular driver, and two with The Whippy TempoMaster until the two swings are identical.

It might take several sessions to accomplish this transfer. Once you do, you are well on your way to understanding your golf swing and what it will take to correct it when it goes awry.

Do not take a lot of time between shots. Stay in motion. Do not allow yourself time to forget the feel of The Whippy TempoMaster swing between shots. Have the two clubs standing up close so that you can quickly switch from one to the other without stooping or bending. It might also help to tee several balls so that you do not have to take time to tee up a ball between every swing.

I do not advocate your practicing by hitting balls as fast as you can. You need to practice the same way that you play. However, in this situation you need to develop feel and the best way to do this is to stay in motion at all times. Once you become static it is very difficult to initiate motion in a smooth manner. This is why most good players are always moving and never ground their clubs behind the ball and initiate their swing with a small forward press.

Do not think about any mechanics while you are making this transfer. Just swing the club through the ball in a comfortable manner. Forget distance. Think smoothness, and square, solid, ball contact.

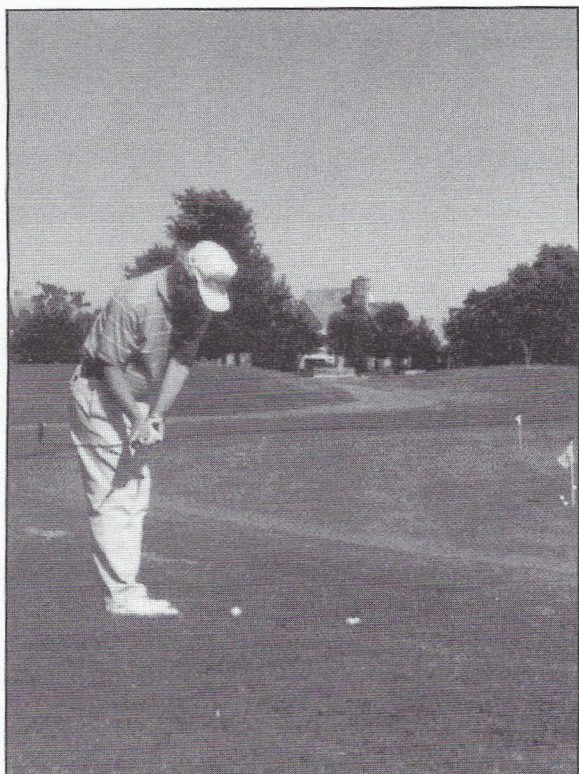
Pitching Wedge

You can have more fun with the pitching wedge than probably any other club. The neat thing about the pitching wedge is that you are not necessarily thinking distance when you are working with it. Another advantage is that you can work with the Pitching Wedge in a confined area such as the backyard and even indoors during inclement weather. Not having distance as the primary concern allows one to relax and swing the club head with the left side in control and feeling the club head swing through the shot.

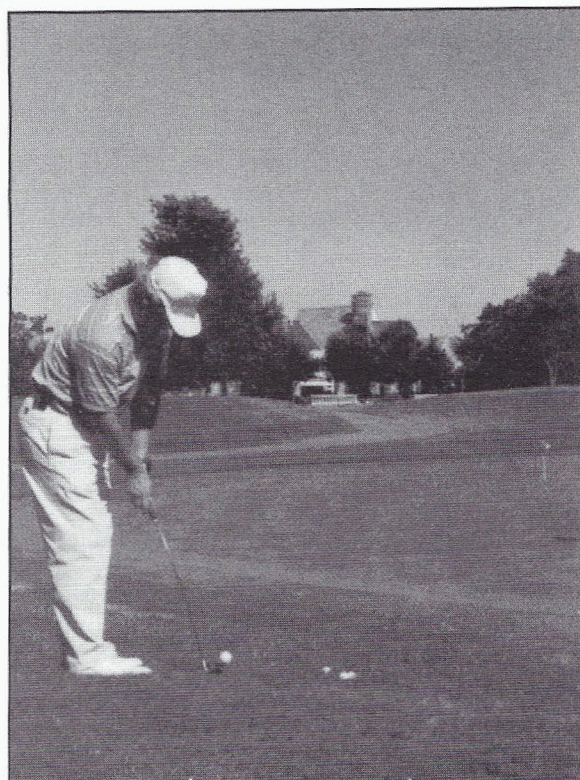
I encourage students to learn to hit the five-foot shot. Yes, the five-foot shot. Not the five-yard shot. The five-foot shot is a very difficult shot for most high handicap players because it requires the club head to do all of the work. It is very difficult to strike the ball cleanly and consistently with a right-hand jab.

The “right hand off” drill will develop feel for this shot very quickly. Use a target, such as a chipping net or an indoor putting green. Try to fly the ball directly into the hole. You will be amazed at how often you will be able to do this.

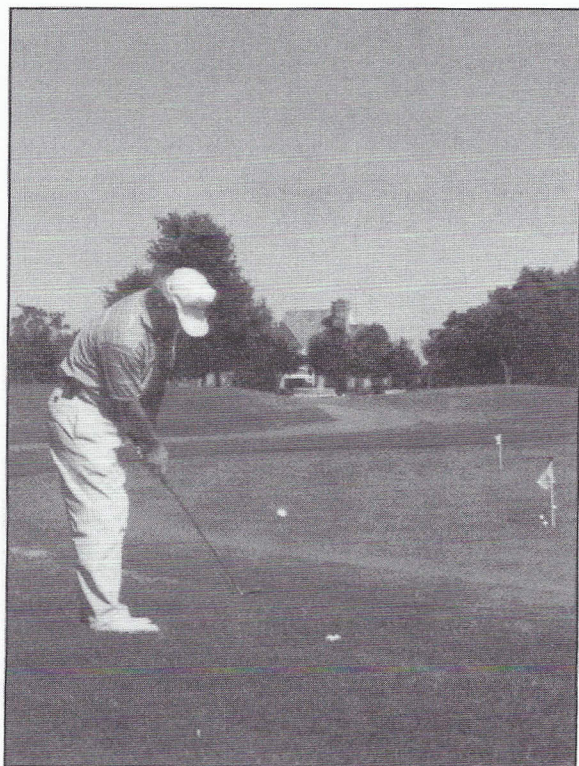
As you obtain the feel for this very short shot then progress to the longer shots but be sure you maintain the same left sided controlled swinging action. Most of the weight should be on the left foot, essentially the same as a putt. Any time you hit behind the ball it is because you did not transfer your weight to the left side. Swing through the ball, do not hit at it. The wedge is the ideal club to use to get the feel of swinging through the ball.



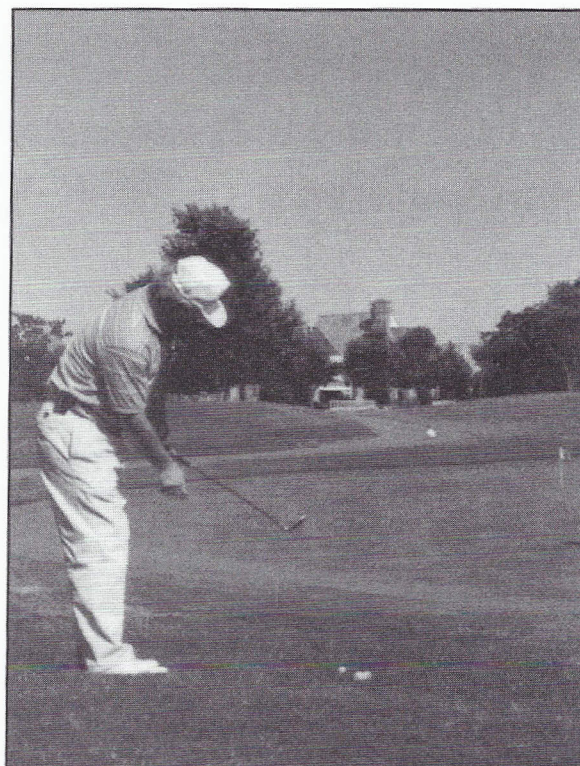
Smooth transition from backswing to forward swing



Right hand off prior to impact.



Lead through the shot with the left arm and shoulder.



Keep left arm connected to the rib cage.

Go to the chipping green and work on all of your shots around the green.

You can hit them all with The Whippy TempoMaster pitching wedge.

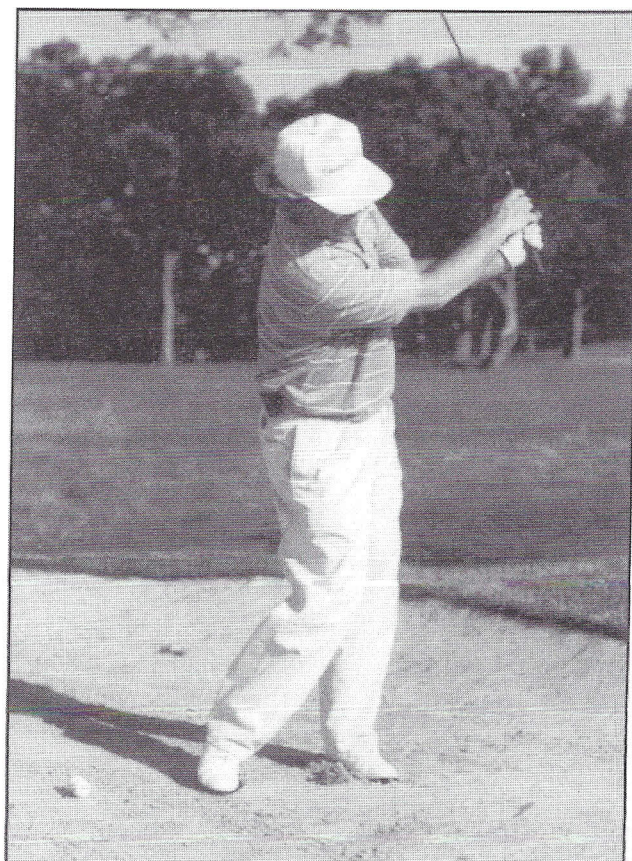
- The Flop Shot
- The Pitch Shot
- The Running Chip Shot
- The Knock Down Wedge
- The Cut Shot
- The Sand Shot

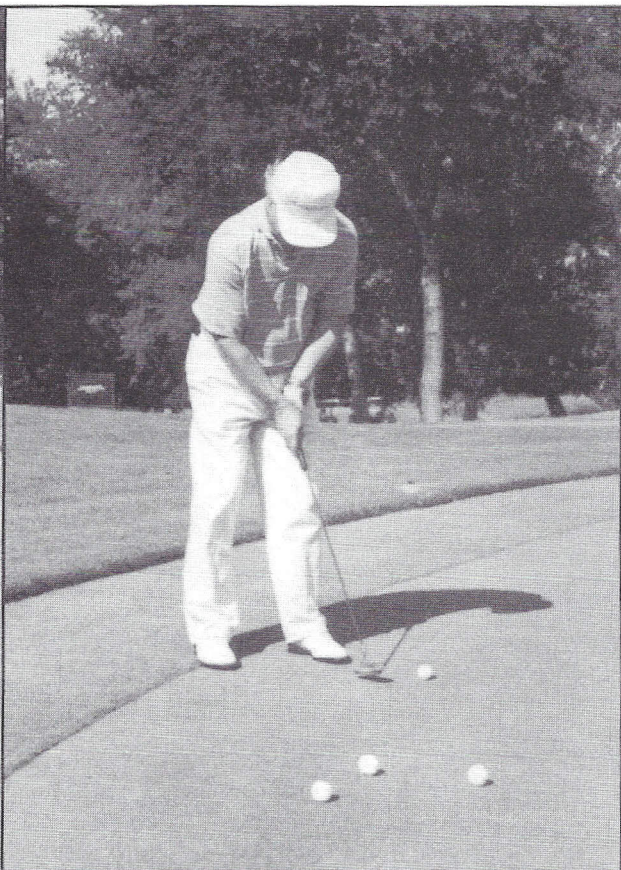
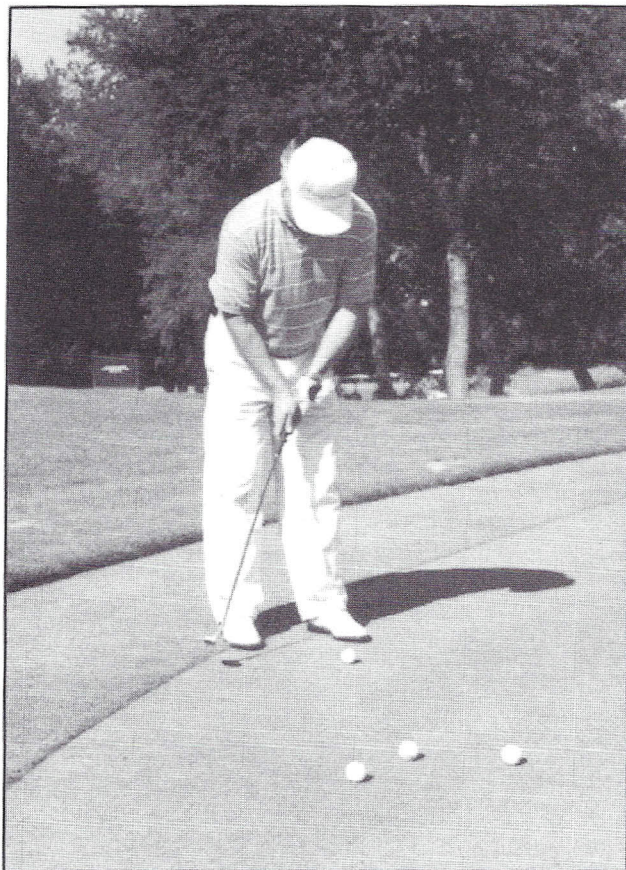
Whatever the shot, you can hit it with The Whippy TempoMaster.

Practicing out of the sand trap is a lot of fun. You will see action on the ball like you have never seen before. Just open the club face slightly and let it fly.

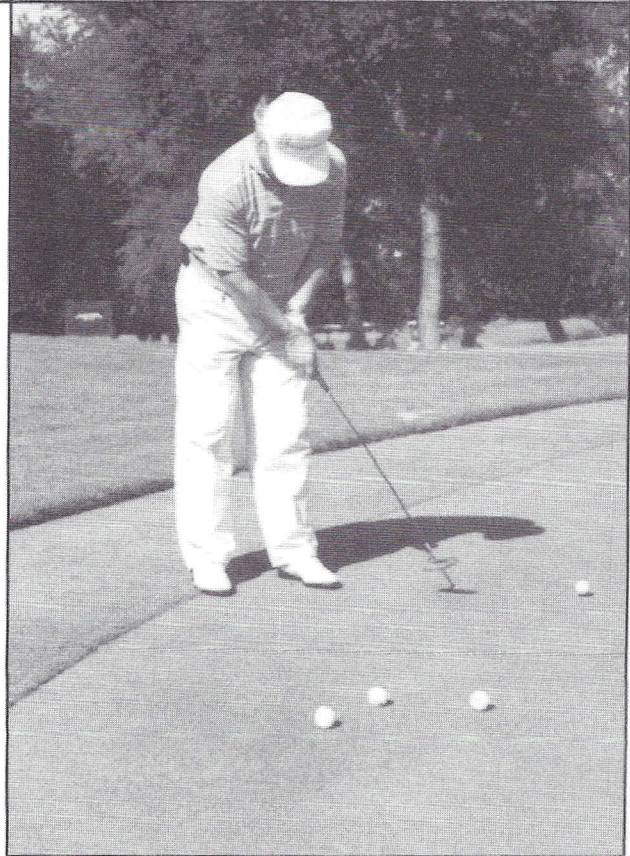


The Pitching Wedge is ideal for learning the sand game. Though this is a pitching wedge, opening the club face will allow the head to bounce as well or better than your regular sand wedge.





This putting stroke was made entirely with the hands and wrists in a pendulum fashion. Notice that the shaft remains straight throughout the entire stroke.



The Putter

The putter is probably the most popular TempoMaster Club used by the very good players, i.e., touring pros and teaching professionals. The reason is obvious. This is the scoring club. The same principles apply with the putter as the other clubs. The goal is to obtain a swinging pendulum action that does not have any jerky movements in the takeaway or in the transition from the backswing to the forward swing.

Use the putter in the same putting practice drills that you do with your regular putter. Practice all of the right and left breaking putts. Uphill and downhill. Long and short. In these drills do not allow the shaft to bend or distort. Try holding the club head off the putting surface at address. This will allow a smoother takeaway.

The putter will function properly no matter what your preferred putting style. Because you are not necessarily trying to obtain maximum club head speed one can putt from the center out with the shoulders which seems to be the preferred method of nearly all tour players. Or, one can putt with the hands in the manner which the late Bobby Jones putted.

Regardless of style, the goal of consistent and accurate putting is to obtain a smooth pendulum stroke with no herky jerky movements during the take away or the transition from the backswing to the forward swing. It is interesting that Bobby Jones putted mostly with his hands and wrists.

There is only one hard fast rule of really good putters, and that is, maintain a smooth pendulum stroke. The Whippy TempoMaster Putter can help you obtain that stroke.

MAINTENANCE

When do you quit working with The Whippy TempoMaster? Never. I start every practice session with it and so do many touring pros. I invented this thing and have hit thousands of golf balls with it over the past several years. I am still learning and improving my swing on a daily basis. I do my drills every day. When I am nervous and having tempo problems on the course, I will hit my tee shots with The Whippy TempoMaster using the baseball drill.

I had been trying to build a golf swing for years. I tried everything: gimmicks, training aids, mirrors, body bands, you name it. Yet I remained such a severe right sided hitter that I broke three ribs on my right side hitting so hard. On another swing I dislocated my left thumb.

My scores were in the high 80's and low to mid 90's, but six months after I made the prototype Whippy TempoMaster, and while working with a teaching professional who thoroughly understood the ideas involved, I scored a 69 on the King's course at Gleneagles country club in Plano, Texas. In those six months my handicap dropped from an eighteen to a two. Without The Whippy TempoMaster there is no way that I could ever have achieved this.

My success is not unique. I have hundreds of players who use The Whippy TempoMaster who have experienced almost unbelievable improvement in their game in a very short time.

One player whose best game was 105, after one session with The Whippy TempoMaster, shot an 86 the next day. Another with an 18 handicap worked with The Whippy TempoMaster for three weeks and then played in a tournament to win a spot in the Byron Nelson pro am. He shot a gross 76 to win the spot with a net 58. The testimonials go on and on.

The reason I give you these examples of success are to encourage you to use The Whippy TempoMaster and achieve similar results. How good can you get? It's up to you. By using The Whippy TempoMaster in a well thought out program you can develop an unbelievably, smooth, correct swing, one that will continually improve.

What is your goal? Is it to score really well? I bet that most people will say that is what they want to do, but I bet it really is not. One of the most dissatisfying rounds I ever had was a day that I shot even par 72. I "scraped it around" all day long and honestly did not hit a single shot square. The only way I scored was being adept on that day of getting up and down.

Some of the most satisfying rounds that I have had were those in which I did not score well, but struck the ball extremely well from tee to green. There is still not anything, more satisfying than striking a tee shot that flies 275 to 300 yards down the middle with a slight draw. To me, and I'll bet to you, that is the fun of the game, hitting shots well.

Scoring comes and goes. Many of us will never have the time to play enough golf to score like a pro. But, by learning to swing The Whippy TempoMaster and developing a golf swing with a true centrifugal method of applying power, we can at least learn to strike the ball well. And we can maintain this swing at home by hitting whiffle balls or just swinging the club on a daily basis while watching TV.

I hope that you will be able to avoid the temptation to dismiss The Whippy TempoMaster as a gimmick or a joke because it feels so strange and you have not been able to hit it well. If you cannot strike the ball well with The Whippy TempoMaster, it is because you have not achieved a true golf swing. A "hitter" can never strike a ball well with The Whippy TempoMaster.

You will probably see immediate improvement in how you strike the ball once you begin using The Whippy TempoMaster. But don't stop with that. It may take months or even years to convert your method of striking a golf ball to a true swinging type motion, but it can be done, and please do not give up on The Whippy TempoMaster. Several times I came close to giving up, but I did not, and I am so grateful that I didn't.

Unfortunately, some of the people who purchase The Whippy TempoMaster give up on it at a very early stage. Maybe it is because the learning process is too painful for them. Maybe it is because they are impatient. Maybe it is because The Whippy TempoMaster unmercifully points out the glaring deficiencies in their swings. It does not really matter. What I am trying to get across at this point is PLEASE, PLEASE, PLEASE, DO NOT GIVE UP on The Whippy TempoMaster. What do you have to lose?

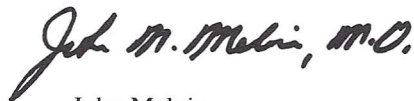
Is it worth it? Worth what? Is it worth having a swing that rivals touring pros? A swing one can take to the course with confidence? One you can always improve on because the FUNDAMENTAL SWING, THE FUNDAMENTALLY CORRECT METHOD OF APPLYING POWER, is there? YOU BET!

There is no way that I can express to you the satisfaction that you will have when you know that you will make square contact with nearly every shot. You do not mind knocking a ball over a green or missing it to the right or left if the shot was struck solid. It is so much fun to know that after nearly every tee shot the chance for a birdie still exists, and if you do not get this one, there will certainly be other chances before the round is over.

OK, So you may never be a pro golfer. I say, who cares? You still deserve to swing like one.

With The Whippy TempoMaster's help, you can.

Good luck.

A handwritten signature in black ink that reads "John M. Melvin, M.D." The signature is written in a cursive, flowing style.

John Melvin

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Appendix A

Most common Swing Faults:

Following are the most common swing faults that I see on a regular basis in those golfers who have a handicap of eight or greater. Even medium to low handicap players are inclined to make some or all these errors.

I list the following swing faults as a check list to use when things are not going well. I list them in the order that I think are most important, or the most likely to be the cause of a problem, understanding that this is wishful thinking, because one swing fault can be the precipitating factor in the creation of others. Extensive practice with The Whippy TempoMaster will help correct nearly all these problems.

1. **Hips do not turn.** Very few handicap golfers turn their hips. Most all of them slide them back and forth, and or, tilt them. This is where Bobby Jones looked for problems when he was not striking the ball well. This is why the baseball drill is so good. It teaches the golfer to “turn” his weight from one side to the other rather than “shifting” it back and forth. You can talk about swing planes, delayed releases, etc. but these cannot be accomplished if the lower body is not working correctly. You cannot turn the left hip too fast when initiating the forward swing. However, be sure that you transfer your weight to the left side before turning the hip otherwise you will be “spinning out” which is terminology for turning the left hip while leaving your weight on the right side. The initiation of the forward swing by the high handicap golfer is always with his hands. The reason for this is that he does not turn his weight to the right side. At the top of the backswing he is in a position that makes it impossible to initiate the forward swing by transferring weight to the left side and rotating the left hip. He invariably has a “reverse pivot,” i.e., most of his weight is on his left side at the top of the backswing and his head has moved toward the target. The head should never move toward the target during the backswing. It is better to have the head move 2 inches behind the ball than to have it move 1/4 inch toward the target.

2. **“Grabbing”** the club with the hands to initiate the forward swing. Virtually every high handicap golfer does this. They release the club head way before it enters the hitting zone. The Whippy TempoMaster will quickly point out this error. If you grab with your hands and pull, the shaft of The Whippy TempoMaster will flex violently. Remember if it bends it breaks.

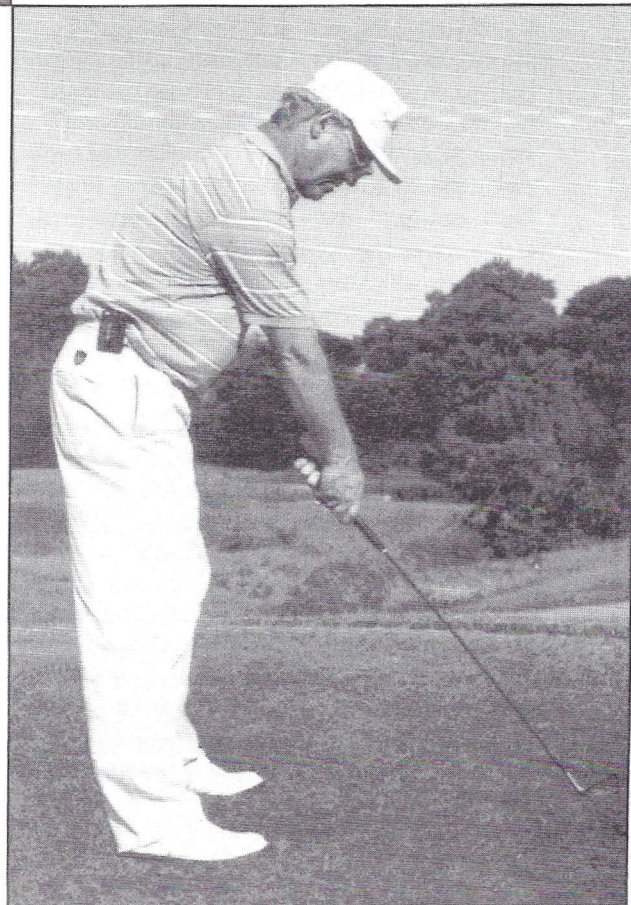
3. **No shoulder turn.** Most all handicap golfers never complete the backswing. This is Jack Nicklaus’ basic swing key under pressure. Complete the backswing and keep the hands quiet.

4. **Hitting with the right hand before impact.** All this does is decelerate the club head. Nearly all handicap golfers hit with the right hand. Hitting with the right hand with The Whippy TempoMaster will result in a slice. The more severe the hit the greater the slice. Byron Nelson says that “when he is swinging good he feels that his left side is moving so fast that the right side can never catch up to the left side.” The Whippy TempoMaster will teach you to become aggressive with the left side.



Shoulder turn not complete, no hip turn, weight is on the left leg, and the head has moved towards the target. This position at the top of the backswing is frequently caused by focusing too hard on keeping the head still. From this position the only way the forward swing can be initiated is to pull with the hands. It cannot be initiated by transferring weight to the left side and turning the left hip because the weight is already on the left side. The follow-through will be a mirror image of this backswing. The weight will be on the right side. This is the "fire and fall back position".

Reaching for the ball. From this position it is very difficult to turn the body around the spine. As a result the backswing plane will nearly always be too far to the inside and flat which tends to cause one to pull with the hands and cause a reverse loop outside the target line. This action results in a slice, pull, pull hook and pull slice.



5. Reaching for the Ball. The arms should hang comfortably from the shoulder sockets. By extending the hands away from the body you force a flat swing plane and place the wrists in a position so that they cannot release in the most efficient manner. Most all handicap golfers are guilty of this. It is very difficult to stand too close to the ball. Because most golfers reach for the ball they are not able to turn the left hip out of the way soon enough. With the hands close to the body it will become apparent how quickly the left hip needs to rotate out of the way so as to provide room for the hands in the hitting area. Reaching for the ball in the setup position makes it extremely difficult to turn the hips and stay in balance. The Whippy TempoMaster will discourage this setup position because it is difficult to initiate the swinging action on the backswing from this position.

6. Poor Ball Position. Most all handicap golfers play the ball too far back in the stance. The reason for this is that they are not turning their weight from one side to the other. With the ball played forward it becomes necessary to turn your weight to the left side on the forward swing to get to the ball. Remember though, do not slide your hips toward the target. Plant your weight on your left leg and turn that hip out of the way. The left hip should never move more than one to two inches toward the target.

7. Death grip on the club. There should never be any tension in the upper body above the left forearm. There should be absolutely no tension in the right side.

8. Poor Swing Plane. Most golfers attempt to correct their slice by taking the club back on a flat inside swing plane. Invariably the result is just the opposite of what is wanted. Usually what happens is a "reverse loop", i.e., the club head travels a path from inside the target line on the backswing to outside the target line on the forward swing. The correct down swing plane is a plane that is "inside" the backswing plane. I refer you to Ben Hogan's "Five Basic Lessons". Very few good golfers take the club back and swing it down on the same swing plane. Nearly every good swinger "loops" the club head at the top of the backswing. Lee Trevino's swing is a prime example of this move.

9. Poor Grip. I list this here because the grip is the most common initiator of bad swing moves but it is the last place that most golfers look. It is like the old saying "when all else fails, read the instructions." Most beginners and high handicap golfers grip the club with a very strong right-hand grip, i.e., the right hand is more to the side and underneath the club. This grip position almost guarantees that the golfer will hit with his hands. Make sure the right hand is more on top of the club with the "V" formed by the thumb and index finger



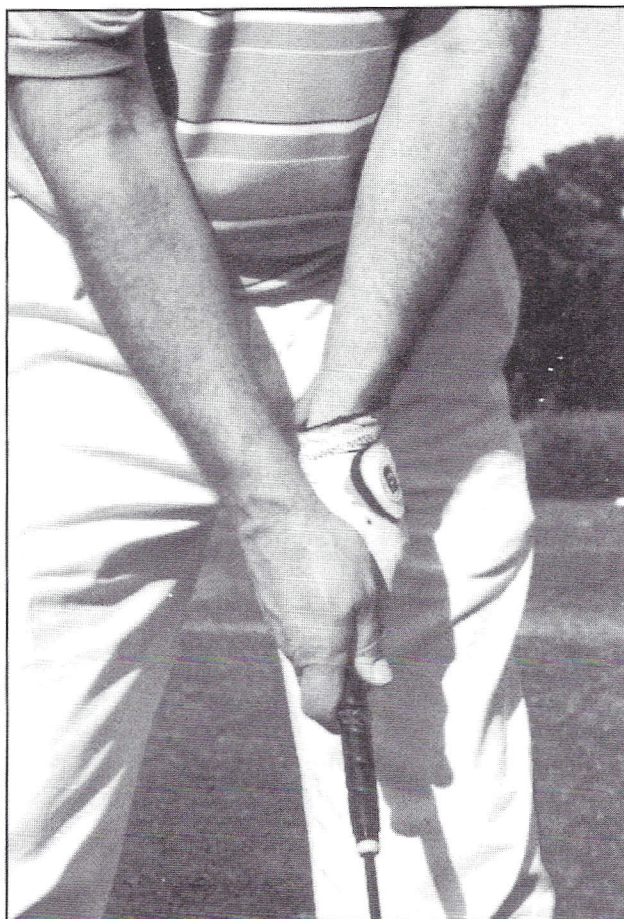
Incorrect, right hand is too far to the right with the club being gripped by the palm of the right hand instead of the fingers. The "V" is pointing to a point below the right shoulder.

pointing slightly right of the chin. For the handicap player the saying, "if the grip is comfortable, it is wrong" nearly always applies. The Whippy TempoMaster will definitely discourage incorrect hand position.

10. Setup position with the head down. i.e., the chin is very near to the chest. The head should be high enough so that the left shoulder can easily pass underneath the chin on the backswing. Not only should the head be held up, it should be turned away from the target prior to the initiation of the backswing. This will allow an additional 10 to 15 degrees of shoulder turn. This will also encourage the head to stay behind the ball through the hitting area. Jack Nicklaus turns his head away from the ball just prior to initiating his backswing.

11. Connection. Only the really good golfers keep their left arm connected. Connection means that the left arm remains in contact with the rib cage. The angle formed by the left arm and chest during the setup should not change throughout the swing. Place a towel or dollar bill in the left arm pit and strike balls without letting it drop. If it feels extremely awkward then you have much work to do. An individual with a good golf swing can do this without any problem at all. Another way to work on this is to hold a kid's soccer ball between the arms, at the elbow level, and hit "half-shots" with The Whippy TempoMaster pitching wedge, 5-iron, or driver. This may be more beneficial than using a belt to hold the arms in. When using a belt the golfer tends to fight it so that when the belt is removed the tendency is for the elbows to "fly" away from each other. By holding the basketball, the opposite occurs. When the ball is removed, the tendency is for the elbows to come closer together. Again, I refer you to Ben Hogan's "5-Basic lessons".

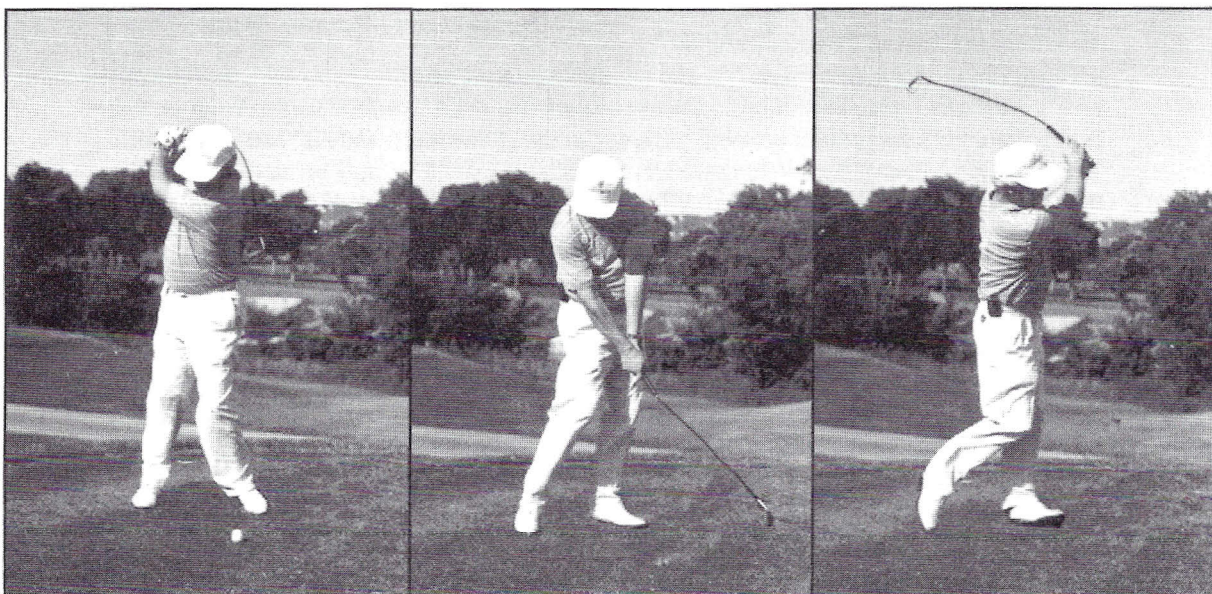
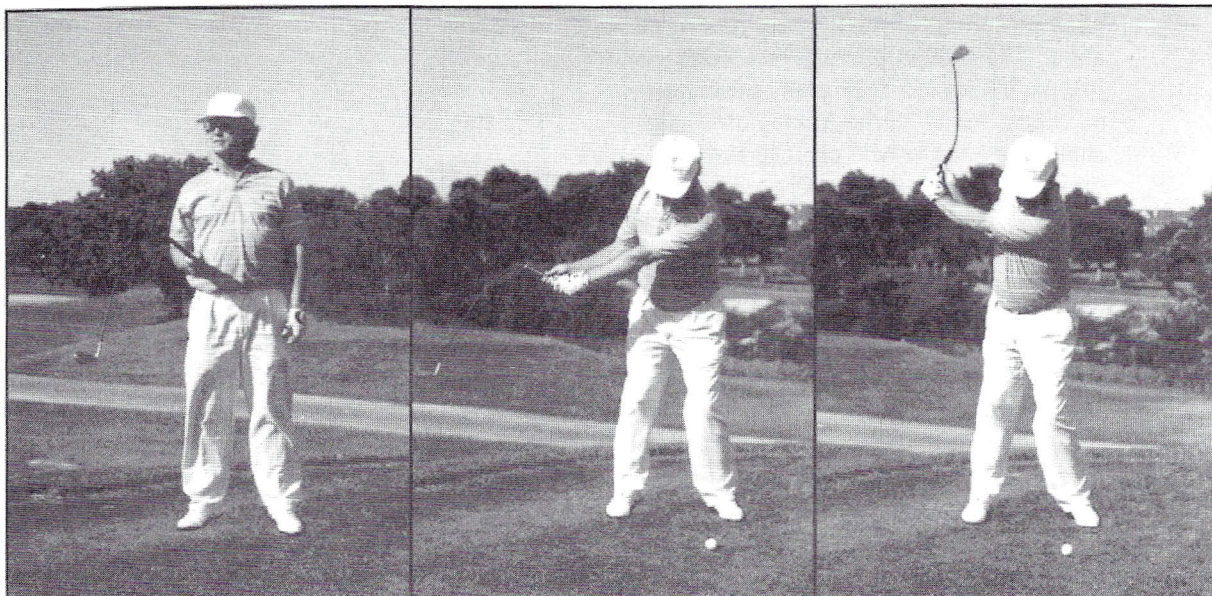
These, I think, are the most common mistakes made by the amateur golfer. The best approach to achieving a sound golf swing is to work with the Whippy TempoMaster concurrently while taking regular instructions from a PGA Professional. The money spent on a PGA professional to prevent wasted time and effort is money well spent. Most people can make more money but they cannot make more time. Everyone hears "good shot" from time to time but seldom, if ever, do they hear "good swing". You deserve to hear "good swing".



Correct. The right hand is more on top of the club with the "V" formed by the thumb and index finger pointing just slightly right of the chin. The club is gripped lightly in the fingers.

Appendix B

The Really Whippy, Whippy TempoMaster



This is a one of a kind club which demonstrates that no matter how flexible the shaft is, the shaft will be straight at impact as long as the club is swung centrifugally. The greater the force applied to the club head, the more rigid the shaft becomes. I can fly a ball 110 to 130 yards with this club.