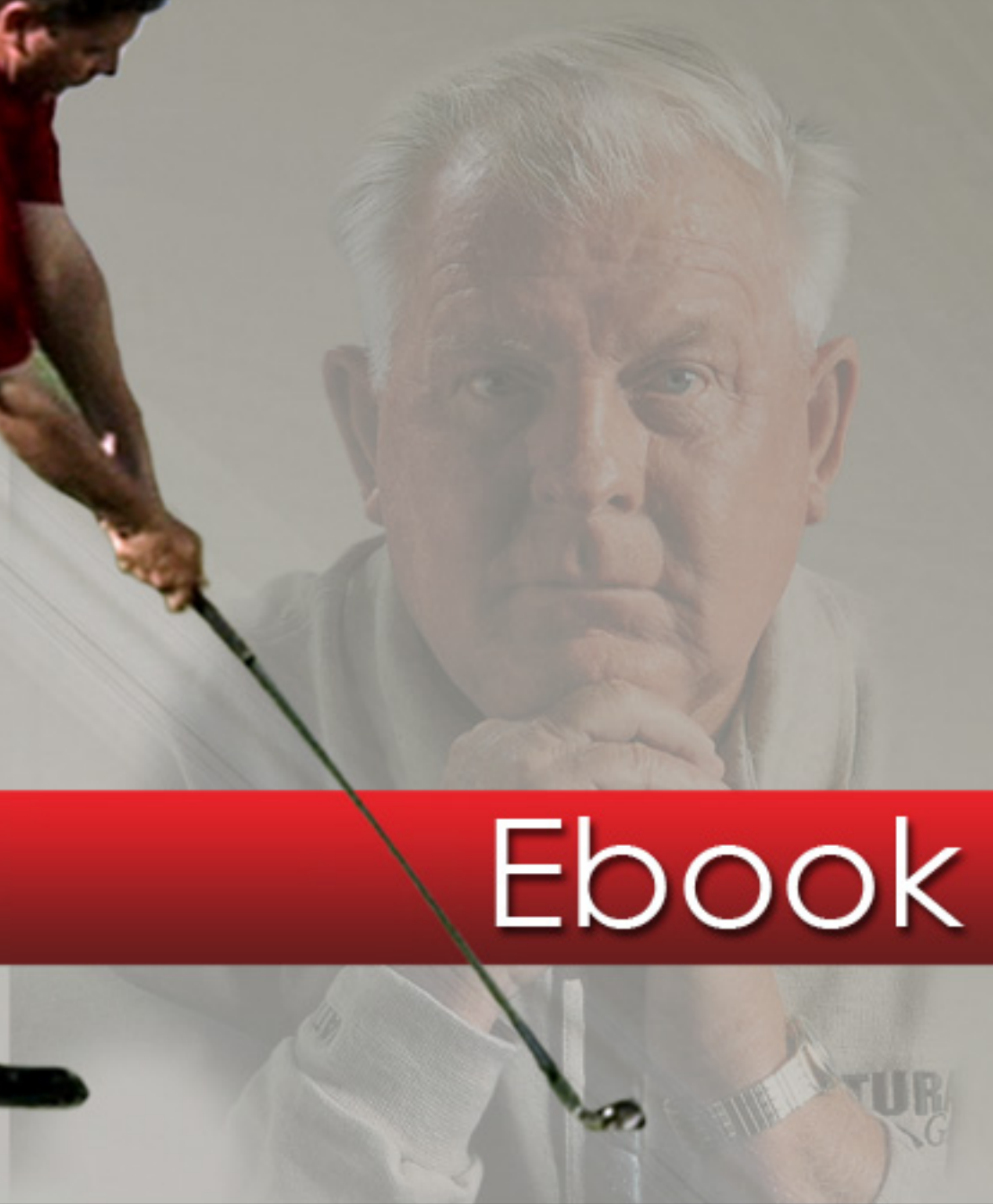


5 Steps

To a Moe Norman
Single Plane™
Golf Swing



Ebook

 **GRAVESGOLF** ACADEMY



Graves Golf Academy



5 Steps

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Hi, I'm Todd Graves, Co-founder of the Graves Golf Academy, the world's authority in teaching the single plane golf swing of Moe Norman.

Welcome to the Graves Golf Academy Five Steps to simplifying your golf swing.

These five steps are designed to introduce you to the steps necessary to update your current conventional golf swing to a simple, pain free Moe Norman single plane swing that could change your golf game forever.

Before we get into the first step, let's look at the basic concept.

The Basics

The first step in simplifying your golf swing, alleviating back pain and becoming a better ball striker is to understand the basic principle of the Moe Norman Single Plane Golf Swing.

The Single plane golf swing foundation begins at the grip and address position where the club is held in a way to align the club with the body. This club / body alignment simplifies the golf swing as it places the club on the same plane where the club will impact the golf ball.

Ultimately, this is the goal of a great Single Plane Golf swing – to start and impact on the same plane.

Moe Norman had sayings and terms, many relating to feelings, for many of the positions that created this simple Single Plane Golf Swing.

These “feelings” give us insight into the mechanical genius behind his golf swing.

Now let's look at Moe's feelings and take your first step.



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To a Moe Norman Single Plane™ Golf Swing

Step 1

The Arms and Golf Club Relationship

The First Step is to understand the Two-Line™ Arm Position of the Single Plane Golf Swing.

Line 1



Line 2



Hand Position / Rod and Claw

While most of you are taught to hang your arms below the shoulders at address (conventional golfers), Moe Norman aligned the arms and the club onto the impact plane.

Moe accomplished this by the proper lead hand and trail hand positions as well as the club shaft alignment to the body at address.

The beginning of your learning is to stand in front of a mirror with a 6 iron and convert your arm position from two planes to a Moe Norman single plane arm and club-shaft alignment.

To do this, begin by holding the grip of the golf club in the fingers of the lead hand and aligning the lead back of the lead hand aligned with the club face as the club is held in the fingers. Make sure the club face is beneath your nose and when you do this looking at the mirror from a Face on View, the club and arm form a line. This lead hand alignment Moe called the 'Rod'.

Now, bring the trail hand into the golf club making sure the "V" of the trail hand points to the trail shoulder. The trail arm will look a bit turned upward which Moe called "Sunny Side Up". Turn your body so that you can see the Down the line view, and hold the arms in a position where you can see the lead arm above the trail arm. You will see how the club aligns with the trail arm. Moe called this arm the trail arm position the CLAW.

The rod and the claw and the two-lines of the arms position form the a tilted triangle between the arms and golf club. This is the first step to your Single plane golf swing.

With a basic understanding of the Single Plane Golf Swing and the Two-Line Address Position, you are now ready to take step 2.



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To a Moe Norman Single Plane™ Golf Swing

Step 2

The Pivot Point™ and The Mid-Spine Intersect™

The second step in achieving the Moe Norman Single Plane Golf swing is to align the club with the body correctly. This is the beginning of the address position or what we call the AIM™ (alignment with the Intention of Moving) position.

Pivot Point™



Mid-Spine Intersect™



The AIM™ position is establishing the correct club relationship to the body.

Once again, looking into the mirror, form the two arms lines with Rod and Claw positions. After you form the two lines, with the club beneath your nose, looking at the face on view, locate the position directly above your lead hip joint, across from your belly button. This is the Pivot Point™. As you have your arms in the two line position, make sure the club handle points directly at the pivot point.

The second part of establishing the correct AIM™ position is to align the club with the correct part of the spine we call the Mid-Spine Intersect™ point. This mid spine intersect point establishes a simple and pain free alignment with the club and body.

To correctly align the club with the spine, once again look into the mirror. From a Down the line view, with the club aligned with the trail arm and pointing at the pivot point, make sure the club shaft points directly through the point just below the mid back, the point called the Mid-Spine Intersect™.

The Mid-Spine Intersect is where the club shaft planes with the spine forming the perfect biomechanical relationship between club and body.

Now that you have properly positioned the arms relationship to the body, you can widen your stance to where the inside of your feet are shoulder width. Turn the trail foot slightly outward toward the target.



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Step 3

The Arms Move The Golf Club

Now that you have developed a correct relationship between the body and the golf club with the Pivot Point and Mid-Spine Intersect points as well as established the ideal AIM starting position, it is now time to begin moving the golf club.

The Movement of the golf club away from the golf ball is the beginning of a great golf swing and club mechanics. The golf club begins and maintains a relationship to the Pivot Point in as the club moves away from the golf ball. This movement maintains the ideal relationship between the club and the body.

In this Video of Moe Norman, you can see relationship during the backswing where the club points toward the pivot point at the beginning and into the backswing. We call this movement the move-away.



The Move-Away

To move the club away correctly, you must move the triangle formed by the arms as you maintain the pivot point relationship.

To feel this movement, we have developed a training drill called the PVC (Pivot Point Connection) drill. The PVC drill helps you understand how to maintain the pivot point and club relationship into the backswing.

Pivot Point™



Mid-Spine Intersect™



To do the PVC drill, you will need a broom stick or piece of PVC pipe long enough so that you can grab the middle where the stick will extend through next to the pivot point (FO View) and Through the Mid-Spine Intersect (DTL) view.

From the Face on View, you will see how the lead arm and pipe form a straight line. You will see the end of the PVC directly underneath your nose.

From the DTL view, you will see this straight line through the mid spine intersect and the lead arm will be visible above the trail arm.

Once you are holding the PVC correctly, take your stance and turn the triangle together keeping the pipe touching the Pivot point area.



You must turn your trail hip and shoulders to begin this movement.

This is the beginning of the development of the Pivot Point and the beginning of the backswing. In the next segment we will complete the backswing and achieve Swing Plane.



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Step 4

Swing Plane - Backswing

In Step 1 and 2, you have positioned the golf club on the Single Plane by creating a relationship between the club, arms and body. In step 3, you learned to make the first movement as it relates to the Pivot Point of the backswing.

Now, let's look at Moe to learn how complete the Single Plane backswing.



As you can see, from the first move in step 3, there is very little hip rotation as the trail arm folds and the hands hinge upward. At the completion of the arm movement and hand hinge, the club has positioned itself on plane.

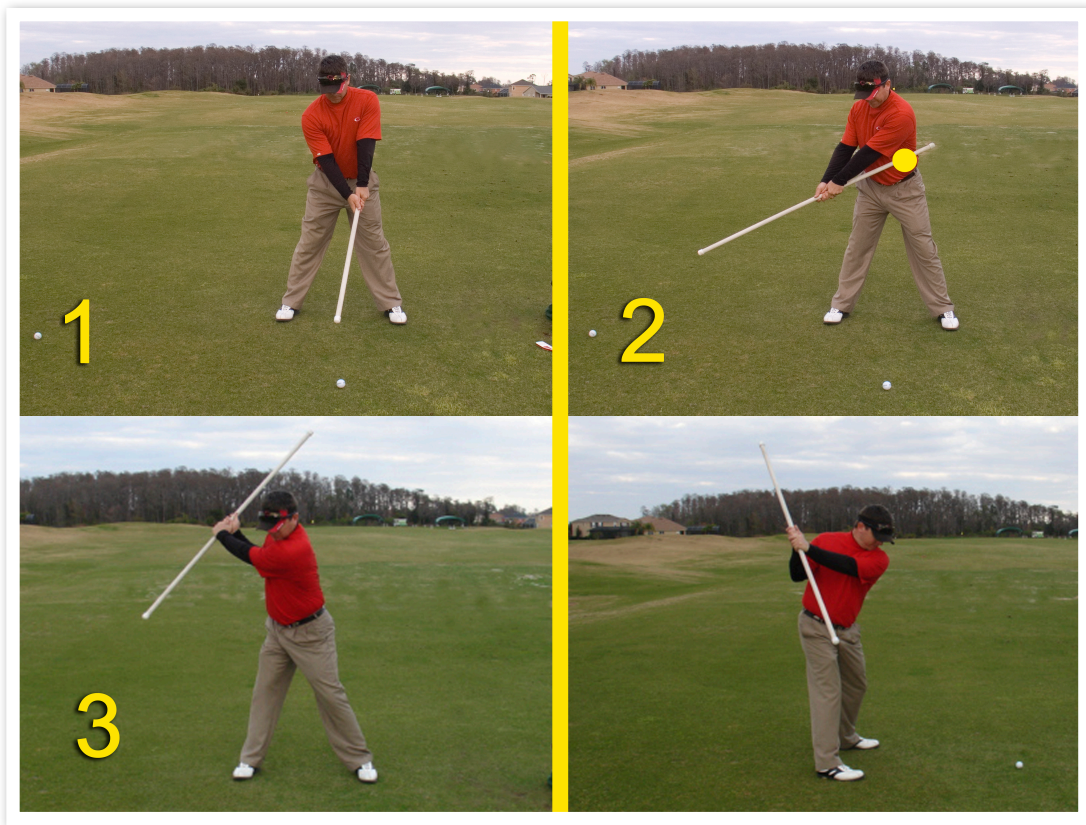
Training Swing Plane

You can train this position on plane by continuing the motion with the PVC. From the first position, move the hands upward to shoulder height.



This position is the Single Plane Backswing position.

The next step is to combine the first move and the backswing move using the PVC to move through the first move and then continue to the second move until the PVC points at the ground.



Train this movement continuously without stopping until you can blend them into one motion on to The Single Plane.



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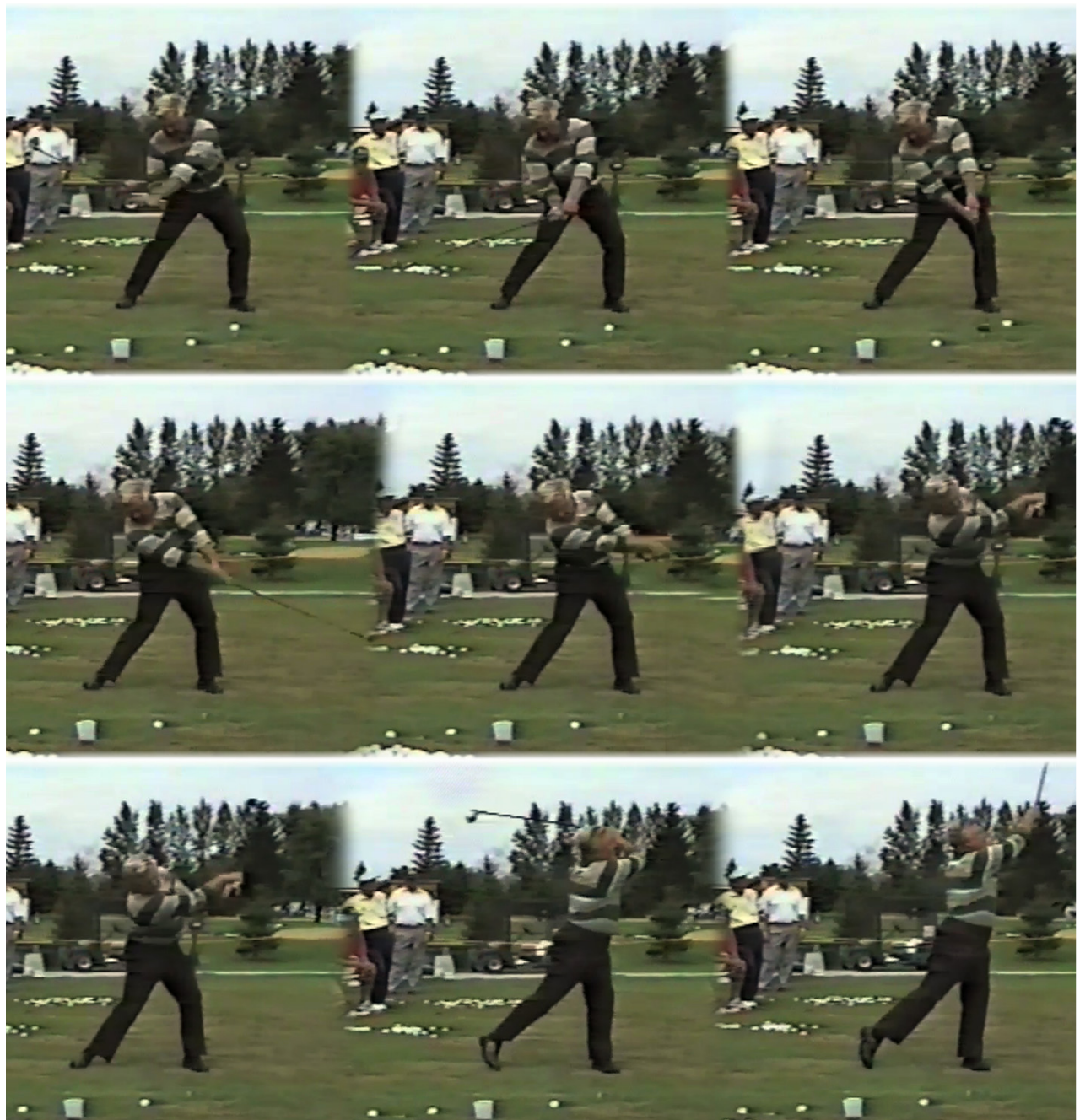
Step 5

The Moe Norman Single Plane Golf Swing

To this point, you have practiced the Single Plane Address Position, the club and body relationship and have learned to position the club on plane to the top of the backswing – Key steps in achieving simplicity, consistency and a more technically sound golf swing.

Lets take a look at Moe Norman's Single Plane Golf swing as it relates to the things you have learned.





From the address position, Moe has positioned his arms in the Two Lines setup where the lead arm and club shaft align and the trail arm and club-shaft align. Using a 6 iron where the feet are shoulder width, the club head is positioned beneath the nose while the handle points toward the Pivot Point™.

The first move in the back-swing, moves the club together with the pivot point maintaining the relationship as the hip turn.

From this initial position, the trail arm folds as the hands hinge moving the club upward on to swing plane.

The top of the backswing Swing plane position is represented by the angle of the golf club at the top of the backswing as well as the club-face position.

From this “On Plane” position, it is not time to learn how to move the club into and through impact.

The downswing consists of moving the hands and arms on plane as the body stabilizes the arm and hand movement. This movement is a learned and trained movement.

One way we learn and train this movement is by using a leverage bag. The leverage bag can help train arm and hand movement as well as delivery of the club into impact.

Using the Leverage Bag

Place the leverage bag directly in the middle of the stance with a 6 iron. Achieve the top of the back-swing On Plane position but before you get completely to the top of the backswing, begin arm movement forward.



Moe called this movement, “swinging down on the way back” or “transition”. As you transition your downswing, you will move your weight into the lead foot as you strike the bag.

At impact with the bag, make sure your trail arm is below the lead arm, your feet are on the ground and your weight is on the lead foot. Hold this impact for 3 seconds.

Repeat this transition to impact move 10 or 12 times.

Now, it is time to go to the Range

Striking a Golf Ball with the Single Plane Golf Swing

Now that you have learned the Single Plane Golf Swing and how to deliver the club into impact, it is time to put your Single Plane Golf Swing to work.

First, take a few practice swings with your new fundamentals making sure you have established the correct arm and hand positions described in the previous training sessions.

As you swing, you will also notice that you will release the golf club after impact. The release consists of an extension of the arms after impact and a follow through.

Waist to Shoulder Drill

Here is a drill to help you begin striking golf balls and learning solid contact with a release.

Using a 6 iron follow these rules:

RULE #1 Swing Easy allowing the arms to do the work as the body stabilizes.

RULE #2 Keep your feet on the ground as you learn this new arm movement and release.

RULE #3 Swing back only to waist high in the backswing.

Place a ball in the correct position. Take your Single Plane Address Position, take the club back to waist height and then to the lead shoulder. Swing back and through on the single plane with your feet on the ground LETTING THE BALL GET IN THE WAY of the club movement.



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Now you can finally discover how to hit shot after shot as far as the eye can see... and as straight as you can point... with the consistent control, explosive power and pinpoint accuracy everyone promises to show you... but no one else teaches!



BEST SELLING DVD

The Single Plane Solution + Bonuses

- ✓ The Single Plane Solution E-book – over 120 pages
- ✓ Slow Motion footage of Todd Graves swing from multiple angles with Driver and 6 iron
- ✓ Todd Graves Practice / Coaching Session
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