

5 steps to improving your golf swing that you can use immediately and probably haven't used before

By Cameron Strachan

Here are the 5 key steps that you can use right now to improve your golf swing.

1. **Grip:** The golf grip is a fundamental but it is not the most important thing. If you spend too much time thinking about your golf grip, then you're wasting your time.

The absolute main thing your grip needs to achieve is allowing you to swing with SPEED.

Speed makes playing good golf possible. It allows you to apply power to the back of the ball. Power makes the game more enjoyable and definitely strokes your ego.

And don't think I'm saying you need to swing the club with the speed of a golf professional. No way. You need to grip the club in a way that feels right to YOU.

So stop worrying about how many knuckles you can see, whether you use an overlapping or interlocking grip or how hard you hold the handle. Here are the only two things you need to worry about.

- a. Grip the club across the base of your trailing hand.
- b. Keep your hands close together

2. **Stance:** To be honest there's been way too much written about the stance. While it's true you need to stand squarely to the target, you don't need to be too preoccupied with being perfectly square. Your system is more than capable of making minor adjustments.

The main thing with your stance is to get comfortable. Comfort is the deciding factor and allows you to make a swing that feels good to you. I see too many golfers fidget and fumble while trying to set up to the ball in a way that's simply not possible for them. So get comfortable and get pointed roughly towards the target and your golf stance is fine.

3. **Use your hands:** Something that you've probably overlooked it that you're really good with your hands. In fact, you use your hands everyday in a variety of ways. You open doors, feed yourself and type on a keyboard. But many golfers forget about their hands (or are told to) and focus too much on their body.

So if you want to make your golf swing easier focus on your hands and let

your body follow. A body dominated swing might feel powerful but the chances are it's holding you back.

4. **Comfortable and relaxed backswing position:** It's not necessary to have a big backswing to hit the ball with power. Research has shown that plenty of power can be achieved with a short and comfortable backswing position. A good rule of thumb is a $\frac{3}{4}$ position.

Not only is this easier to do but it reduces the tension in your back and shoulders. It's a perfect win-win situation that can have an immediate positive affect on your game.

5. **Increase the length of your flat spot:** This is the golf swing secret that you're unlikely to hear anywhere else. Scientific research has shown that the better the player the longer his flat spot.

What is a flat spot? It's the length your clubface and clubhead travel along the target line through impact.

The longer the FSP the further and straighter you'll hit the ball. The FSP is the secret to hitting long and straight shots consistently towards the target. See image below.

How do you learn the FSP? This is where traditional instruction has failed you. First thing is that they are not teaching the FSP. They don't understand it. The second point is that even if they did understand it, traditional methods will not work. Why?

Because the club head is travelling so fast you can't feel what you're doing. You have no awareness of what the club face and club head are doing in this critical part of the swing. Traditional instruction works primarily by getting you to consciously become aware of what you're doing right and wrong, but this is not possible – especially during impact when the club is moving so quickly.

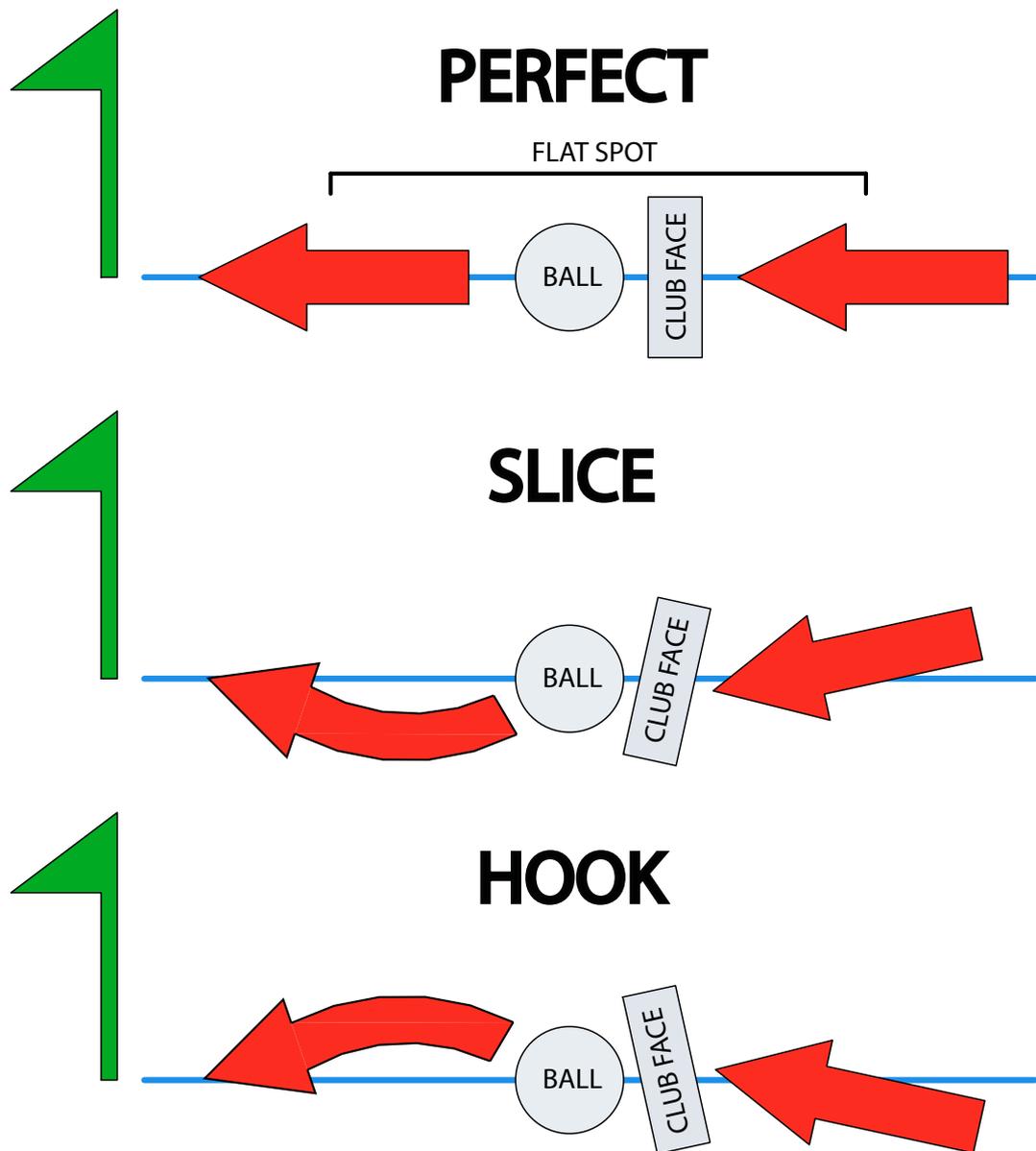
And here's the key point. If you get the FSP right, it doesn't matter what your golf swing looks like. You can have an ugly swing and still hit the ball consistently well time after time.

The FSP is the reason guys like Jim Furyk have ugly golf swings but still compete with the best players in the world.

But it gets better

The flat spot is the secret to improved timing. You now how really good players make the game look easy? Well the FSP is the reason. By having the club and clubface working together, it gives you more "time" to make the swing.

The Flat Spot Principle in more detail



The Flat Spot Principle is the scientific secret to a better golf swing

The Slice

The weak slice is caused by coming from outside to in. The only way to have any chance of finding the target is to keep the clubface open through impact. This motion is incredibly difficult to master and usually leads to an inconsistent golf game.

And because you're only brushing the back of the ball your game lacks power. Your swing may feel powerful but you'll continually be let down by an insipid banana ball.

The "over the top" move is notoriously difficult to correct because you are not getting feedback quickly enough. In most cases you don't know you have made a mistake until well after the shot has been made. And this is the reason why a slice is so difficult to correct.

The Hook

The hook shot can be really nasty. Although you may experience more power, the hook is almost impossible to control. The ball will start to the right and then swing sharply back to the left.

And then it gets worse. Because your swing is hard to control you start "steering" the swing. Once this happens fear and self-doubt kicks in and it's not long before your game is on a downward spiral.

The Perfect Golf Swing

The FSP gives you the perfect golf swing. When your club hits a flat spot you instantly receive a mechanical advantage. And it doesn't matter what the rest of your golf swing looks like, even ugly swings can achieve a better flat spot.

When the clubhead, clubface and target line all work together you instantly have the secret to the golf swing. The ball can only fly true and straight. The physics are working with you rather than against and this is the easiest way to unlocking your best golf swing. No more stuffing about with complicated technique or ineffective tips.

But there is one problem with the FSP. And that's it's hard to teach. You can't just think about it. You can't read about it. You need a shift in mindset to learn how to take advantage of it.

I've got the full story on the attached letter or at the website below.

Find out more by visiting: www.camsway.com/fsp or read the attached letter.