

# Guaranteed IMPROVEMENT

**III** HOW CAN I IMPROVE?" SHOULD NEVER BE THE FIRST question golfers ask when they are not happy with their game. A more fundamental question must be answered first: "How does anyone improve?" There is really only one way, for everyone, and it can guarantee improvement.

Playing by the rules can guarantee improvement. When golfers first think about rules, the USGA and its rule book may come to mind. While the USGA is responsible for the rules of the game, we can also say the LPMF is responsible for rules that govern repeatable swings, any force they create, and every ball flight produced. For over 500 years, all golf swings, both workable and unworkable, have been under the influence of the Laws and Principles of Motion and Force (LPMF).

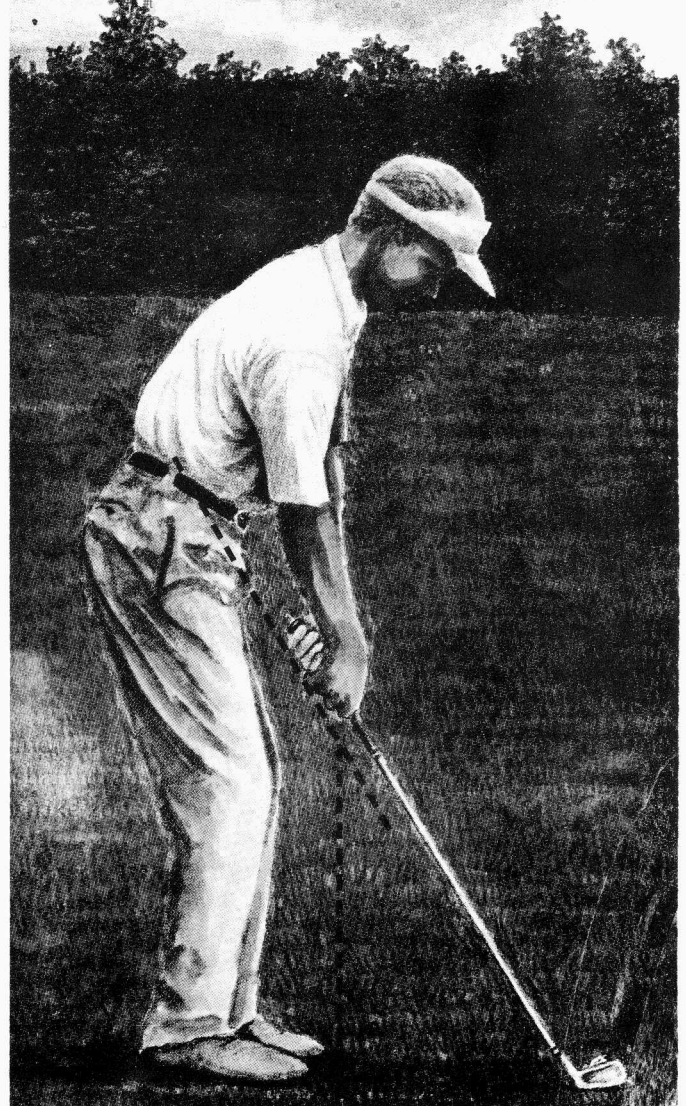
The answer to the question, "How can one improve?" is: "Exactly like everyone improves." LPMF clearly defines how ball flight can be improved. Nature knows no other possibilities. The only possible way to improve ball flight is by improving the alignment and application of force through impact.

Everything a golfer may do to improve (i.e. change grip, posture, alignment, sequence, tempo, mental approach, short game, new equipment, etc.) is done, or should be done, to improve the alignment and application of force through impact. Golf is a game where the best players create, align, and apply force on a particular line directed at a particular spot on the ball for the shot at hand. World-class golfers are following the rules of the LPMF when they are playing golf with predictable ball flight.

## A FEW SUGGESTIONS

Look at golf as a game of force, and perhaps some new and useful insights about workable and unworkable swing patterns will come to light. When many golfers think about improving their swing, their thoughts go directly from their golf swing to the ball flight, and they overlook two impor-

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tant elements: the alignment and application of force through impact. Improving these two elements is the only possible way to improve ball flight. (The sequence is: golf swing/ application of force, and ball flight-and many golfers overlook the application of force.)

The game has always been played with (1) a ball that

the clubhead, and the clubface, and all three influence ball flight. If you want to improve, become aware of the club/s three elements and how each influence ball flight.

*The Shaft:* When a club is placed behind the ball properly at address, the heart and soul of the golf swing is established. The shaft is now angled up from the ground



(Left) Applying on plane force at impact. (Right) Clubhead mass behind grip at impact.

is compressible, (2) a club that has a shaft coming up from the ground on a roof-like inclined angle and its grip end angled forward of the clubface, and (3) a field of play that always changes. When golfers become aware of these physical basics, that have been the foundation of the game for over 500 years (and how they effect ball flight), long-term learning soon follows. These physical basics of the game clearly define what players should do for the shot at hand, not "how-to lists." "How to" suggestions are poor learning tools when compared to awareness and self-discovery skills, the same skills that have helped mankind learn almost everything he knows.

**1. BALL:** Like all sports balls, golf balls can be compressed/ and when they are, they rebound off the clubface. Good golfers comply with LPMF as they create, use, and sustain force on a particular line through impact to compress the ball for the shot at hand. All straight, high or low, left to right, right to left ball flights are the result of an application and alignment of force through impact (Gust like billiards). Nature knows no other possibility. It helps anyone/s progress to see efficient swings compressing, and not moving balls.

**2. CLUBS:** Golf clubs have three elements: the shaft,

on an inclined angle, similar to a hockey stick. (All clubs are manufactured with inclined angles.) This angle is called the club/s lie angle and it may be the most important angle in golf.

Rules established by LPMF state the particular line that players should return the club shaft on through impact-is parallel to the lie angle that the shaft occupied at address (for most shots in a round of golf). Keep in mind the design angles of golf clubs define what players should do, not how-to lists.

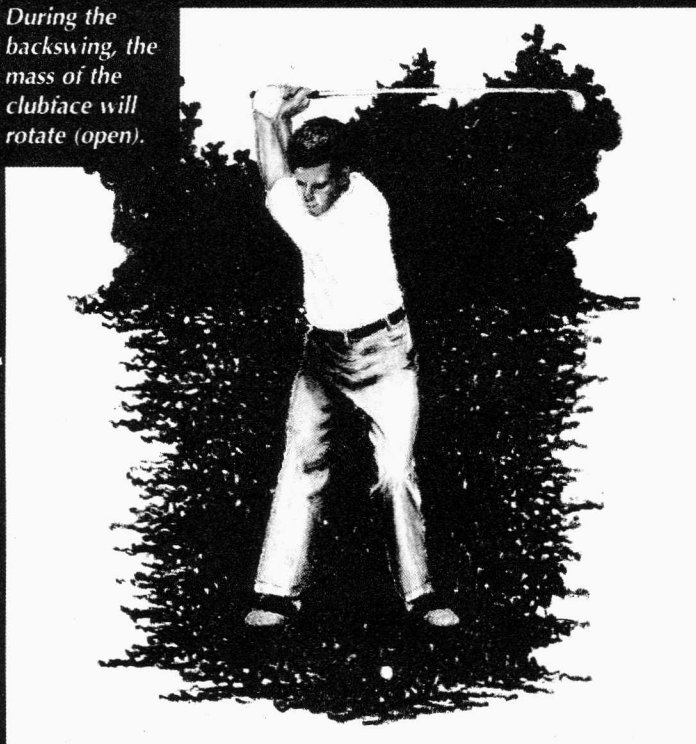
Efficient golf swings transport several sources of force parallel to the lie angle of the shaft through impact, including a player's hands, right forearm, right shoulder/ clubhead, and clubface. This alignment of force is required by both the designs of clubs and LPMF, for most shots in golf. By changing the impact alignment of the shaft, clubhead, or face, the alignment of force is also changed and a variety of ball flights can be produced, both workable and unworkable. I suggest focusing on where you want the shaft, clubhead, and face at impact. Focus on what to do, not how to do it.

*Clubhead:* When the club is placed behind the ball at address, clubhead mass is angled behind the grip. All

clubs are designed with a shaft that angles clubhead mass behind the grip. This alignment should be maintained through impact. When the mass of the clubhead passes the grip end before, during, or just after impact, it's a sign of a misapplication of force.

Note: Golf clubs are designed for impact alignments,

During the backswing, the mass of the clubface will rotate (open).



not address alignments. When the mass of the clubhead passes the player's grip, the club is no longer going through impact as it was designed to. When (1) the mass of the club passes the player's grip, or (2) the shaft is not parallel to its original lie angle through impact, you could say the club has been redesigned, and unworkable ball flights normally arrive.

**Clubface:** When placed behind the ball properly at address, the clubface has a built-in, loft angle and a straight-line leading edge at its bottom. First, it's useful to know the initial starting direction of ball flight is influenced more by the clubface than any other element in the swing according to studies done by True Temper and other experts. Learn to be aware of clubface alignment through impact—is it open, closed, or squaring.

Next, there is a rotational force available in every swing from a source many golfers may not be aware of. For a moment, let's visualize the golf shaft as square, not round. The shaft (for explanation purposes) now has a

front (target side) and a back; it also has a bottom (ground-side) and a top. Note all the mass of the clubface is down by the ground and on top of the shaft. (A shaft that is on an inclined angle.)

The rules of LPMF state that during the backswing the mass of the clubface will rotate (open), causing the face to be parallel to the lie angle of the shaft (or on plane). This rotation is a natural result of the clubface's center of mass trying to line up with the center of mass of the player's hands. During the downswing, the clubface rotates back to the left, closing after impact and becomes parallel to the plane established at address by the shaft's lie angle. This face rotation adds force through impact, and is a result of where the center of mass of the clubface is located.

3. **FIELDS OF PLAY:** When playing, balls can come to rest under several conditions that are not level, i.e., up and downhill, and also above or below one's feet. When golf balls fly, they either have sidespin, or they do not. The straight or no sidespin, ball flight normally comes off a level lie. On the other hand, when the ball is above your feet, it has right to left sidespin. A ball below your feet has left to right sidespin. A ball played off an uphill lie goes higher and shorter, and a ball played off a downhill lie goes lower and longer. The field of play complies to the Law and Principles of Motion and Force and influences ball flight. This cannot be overlooked and must be taken into consideration before you swing.

The only guaranteed way to improve ball flight is to improve the application and alignment of force through impact. Every golfer can improve by realizing the golf club was designed for impact alignments, and if you return the club through impact without redesigning it (i.e. shaft on plane, club mass behind grip) the alignment and application of force improves. 0

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