



The Hit: Part 9

The Full Swing / 1, 2, 3 Exercise

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FROM a stable stance and grip make a slow and smooth practice backswing and transition into a downswing.

This transition into the downswing has the hands and arms releasing downward and then outward towards the ball as the hips and shoulders respond to this "hands initiated" action.

The wrists fully uncock and the clubshaft moves fully into line with the left arm. Make sure the arms drop down close to the body as the wrists fully uncock (feel the gravity). Repeat this abbreviated practice swing two times. On the third practice swing make a full release of the clubhead through the ball to a complete and balanced finish.

Repeat this "3 practice swing set" several times before introducing the ball. When the ball is introduced hit the ball on the count of 3 after the first two abbreviated swings.

How to Complete the Full Swing / 1, 2, 3 Exercise

How you do this full swing exercise is almost as important as what you do in this key exercise. It is through this exercise where you finally discover a Natural Swing for yourself. There are 5 principles that you need to apply in order to ensure success with this exercise.

1. Keep Your Attention Out There

When you hit a ball and it does not go perfectly, the wrong thing to do is put your attention on yourself and get analytical and try and work out what went wrong. Keep your attention out there (on clubhead and ball – not hands, arms, or body) and just hit another shot and don't allow your attention to come off of what you are doing (hitting that ball) and back onto yourself. Providing you have been following the previous Croker Golf lessons and done the drills at each step it is now time to make that "leap of faith" and complete this exercise fully. The way out is not to 'figure out' what went wrong in any missed shot. The way out is to fire the clubhead to a complete finish over your left shoulder until it is a smooth unencumbered motion and put that same swing on a ball. You just step back

and fire some more practice swings in one attention span and then walk up to a ball and fire the clubhead the same way. Keep at it until the balls just start going well.

2. You have to be willing to Miss It to Hit It

In this exercise you have to be willing to miss the ball in order to learn to hit it solidly and with authority. If you are not willing to miss the ball you will get careful and manipulate the clubface around impact. When the Croker Golf basics are 'in' and this section describes how you work through this exercise, sooner rather than later the balls will just start going straight on their own.

But initially it requires you have this 'leap of faith' here. You have not seen this swing really work and this exercise does not benefit from any doubts, carefulness or lack of confidence you may have. Don't be positive about it. Don't be negative about it. Just keep throwing the clubhead and in the end, without any conscious manipulation, you won't believe your eyes at the incredible results.

Golfers typically slow down and analyse their mistakes. They start analysing their elbow position, turning their hip, etc... That is the exact opposite of the emphasis of this exercise - there is nothing to analyse on the way down

to that ball. There is no 'holding on to', there is only 'getting rid of'

3. Don't Change When the Result is Poor

Initially when you learned to ride a bike, you didn't get all analytical. Just by keeping at it, you got it naturally. The responsibility of this exercise is to get you 'riding the bike'. Get analytical about it and you will never make it. You are not going to analytically 'figure out' how to ride a bike, you are going to keep at it until it comes straight of its own accord. And it will. The same applies here:

Anatomy of Failure

1. Mistake
2. Doubt - attention on swing mechanics
3. 'Figure out' why and make some adjustment
4. Try again

Anatomy of Success

1. Mistake
2. Back up & fire the clubhead until you expect the next one to go well
3. Fire the clubhead through another ball to a complete finish.
4. Complete Every Shot

Every full shot should finish with you having fired the clubhead over your left shoulder and



you looking out over your right arm, watching the ball fly to the target. It may seem that the reason the shot didn't finish is that you didn't hit it well when in actual fact, the only successful viewpoint is just the opposite - the shot didn't go well because you didn't finish it!

5. Bullet Out of a Gun

You are firing the clubhead like a bullet out of a gun. Fire the clubhead (bullet) and keep your body (gun) stable and acting as a base to hit down, out, and away from.

Please visit our YouTube video demonstrating this exercise to gain further insight and certainty. ([URL link to be forwarded to Richard with the week](#))

Peter Croker has been a PGA member since 1971 and has given lessons with his Croker Golf System to professionals including Vijay Singh, Arnold Palmer, Rocco Mediate, Fred Funk, Olin Browne, and Bob Charles. Based at The Dunes Golf Links, he delivers schools, individual lessons, and has an "Online Lesson Program" - www.crokergolfsystem.com

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