

Chapter 6

Introduction – Swing Mechanics

“A machine that has fewer moving parts breaks down far less often than one that is complex.”

Golf Out of Control – Section 2 Introduction

We are now going to move into proper mechanical positions for your golf swing. Before you get too excited let me remind you of a theme that permeated the first section – RESULTS DO NOT MATTER. I know I know you're ready to hit some awesome golf shots. But, let me remind you again that you are in a process; not a quick fix gimmick. This process takes 40 full days. In about a six week period you will be hitting shots like you never dreamed of; but for now we are laying down some powerful foundational cement for that to happen.

Section two will take you through some drills and exercises that will help you to accomplish something that very few people have; a compensation free golf swing. The fact is that for every swing position that is away from proper fundamental positions you will have to compensate somewhere else. We will take each major position of swing, break it down and work on it independently. Recall the ground rule of SINGLENES OF PURPOSE? In each chapter the single purpose is whatever skill you're working on right then. It is not anything else, especially including how good or badly your shots are flying. Again, our number one challenge when trying to institute change into our golf swings (and more) is dwelling on the results that we want too soon. Please remember that you are in a process. Stay singly purposed and you will be miles ahead.

The foundational concept of this entire program is *Knowledge, Commitment and Trust*. In this section you will be given some very correct *knowledge* about each position of the swing. Most importantly you will be given some tools that will help you do the most important thing which is to *commit* to each concept long enough to gain the overall goal which is *trust*. When you get the point of trusting a proper golf swing then the entire thing is effortless for you. No thought, no struggle, no discomfort; just the grace, power and ease that we all admire in a great swing. Another word for commit is "DO". In other words don't just read through this section or just breeze through it quickly. ***Do it*** with true commitment and your gift at the end will be worth far more than any pain or discomfort that you had to deal with during this phase.

Life Out of Control – Section 2 Introduction

In this section of the golf lessons you will move past just standing still (setup) and begin to put things into motion. In the life section I cannot encourage enough that you see this section in the same way. Don't just read, understand and reflect on these truths; put these concepts into motion!

Again, the foundational concept of this entire program works around the change recipe of **Knowledge, Commitment and Trust**. Through God's word you will learn that we have very little to gain by just understanding what He wants us to do, we can only experience the life that He wants for us by doing what He asks us to do!

*Do not merely listen to the word, and so deceive yourselves. **Do what it says**. Anyone who listens to the word but **does not do what it says** is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, **and continues to do this**, not forgetting what he has heard, **but doing it**—he will be blessed in what he does.*

James 1:22-25

James makes it very clear that we are “to do” the word. If we never get beyond merely hearing the word then it's like the golfer who says “*oh yeah, that Golf Out of Control program, it doesn't really work*”. When asked you'll find that the person who says something like this has never actually **done** the program – they may have heard it, but they never **did it**. Do not let that be you. Today as you begin this section, vow to be a doer. Even if you experience some discomfort and immediate poor results; resolve to do it anyway. The blessings that will quickly or eventually shower down on you will make the minor discomforts that you may face at first seem absolutely meaningless in the end.