

Free report - Why traditional golf instruction ultimately fails for average golfers.

The difference between golf swing instruction PGA pros get and the golf swing instruction you get and how to fill in the gaps to play golf like the pros.

By Tracy Reed, Golf Biomechanic and Mental Game Specialist

There is one very important piece of the instruction puzzle missing from the golf instruction you have access to that causes 95% of golfers to become frustrated and give up on ever improving their golf game.

Once you know what that missing piece is, you be able to improve your golf swing and golf game with no limits and no going back to the frustrating days of trial, error and give up.

If you look at the cycle of frustration golfers go through with traditional golf instruction, you'll start to see what is missing. This is what most golfers I have talked to go through before they just give up on their golf games.

- You see PGA golfers on TV and they make it look easy to be successful at golf.
- Then you notice that they all have coaches who train them.
- You figure if it works for them it should work for you. You get information put out by the same instructors that teach the pros and it works for only a short time.
- You know that pros practice or play almost every day, so you put in more practice more but the results don't come
- You try another instructor's information and the cycle repeats.
- After a number of times through the cycle and a thinner wallet, you figure that all golf instruction is alike; you become discouraged, and decide to settle for the game you have, writing off instruction forever.

Sound familiar? If you're honest with yourself it probably will sound familiar.

What keeps you playing the game in spite of this frustration? Hope that comes from the one or two perfect shot you hit whenever you play. Hope that says you CAN do it because you just did.

And suddenly, the cycle above races through your mind and as it skids loudly toward the finish, it says, "DON'T get tangled up in the golf swing instruction cycle of frustration again!" After which you sigh and try to once again accept your golf game as it is.

But the frustration exists because you STILL know that you are capable of hitting a perfect shot because you HAVE done it. And if you only knew HOW that was able to happen, you could repeat the process for every shot.

Here's the missing piece of the puzzle causing all of the frustration:

The golf swing as it is traditionally taught IS NOT a process, which is why you cannot repeat your best shots.

To understand what I am saying here you have to know the three primary ingredients that make a process a process.

- Measurability - steps in the process can be measured to insure accuracy.
- Adjustability - you can adjust any one step of a process and see a measurable difference in the outcome
- Control – through the use of measurement and adjustment, you can control the outcome of the process.

Notice that each piece relies on the measurability of any part of the process? **This is the vital piece of the process that is missing from current golf instruction.**

To clear up this statement, I must define WHO is measuring the steps of the process if it is to improve your golf game.

The only person who should be measuring the steps of the golf swing/golf shot process is you because on the golf course, you don't have an instructor beside you telling you what you just did right or wrong. On the golf course there is only you and unless you can reliably measure your process, you have no chance of playing well consistently on the golf course.

Right now, if you're playing a game of golf and something goes wrong, can you pinpoint the problem and know for sure* you are correct?

And once you've pinpointed the problem can you fix it and know for sure* you are performing the correction properly?

*Many golfers tell me they can feel when they are performing a move correctly. Feel (sometimes known as muscle memory) usually works until the muscles of the body change state by warming up, cooling down, getting loose or stiffening up. Once the change in muscle state happens the signals (feel) the muscles send to the brain change and what was once a reliable feel "key" no longer works. Measurability must be consistent no matter what the conditions the process takes place in.

Traditional golf instruction does not give you any definitive way of measuring your movement, nor does it give you a way of correcting your mistakes so that YOU can stay in control of your own golf game.

Why do they do that? There are only two possible reasons and depending on who your instructor is, either one could be in play.

- They don't understand how to measure movement, so they can't teach you how to do it.

- They know that without this piece of the puzzle, you'll keep coming back for instruction.

In most cases, the first reason is the real reason it happens. Even the most expensive golf gurus in the business don't understand measurability. It's not because they aren't smart enough, it's because they don't have to know how to measure movement. If they did know and teach measurability, do you think PGA pros would constantly working on their golf swing? You may think they wouldn't, but actually no matter how much PGA pros know, the competition will always drive them to improve.

But here's the shocking truth...

The golf swing/golf shot IS a process that CAN be measured and adjusted to be successful.

Don't feel ripped off. It took me 10 years to discover that you could measure your own movement, and another 5 years to perfect the process.

The good news is that learning measurability for your golf swing is easier than learning the golf swing using traditional methods and as a bonus; the process makes your golf swing self-correcting once you have learned to use it reliably.

If measuring movement during the golf swing is so easy, why did it take so long to discover?

First of all, I was on my own. Since nobody in the industry was using internal measurement* I had to see if anyone had used it without fully realizing what they had done. Two golfers came to mind; Ben Hogan and Jack Nicklaus. Each had used a different type of internal measurement, but only hinted at what they did or how it worked in any of their published information.

*Internal measurement is measurement you use through self awareness. Almost all golf instructors use External Measurement in the form of video or attachment that shows an animation of your movement on a computer. Problem is, on the golf course, External Measurement of the golf swing doesn't do you any good because nobody is there with you to make the measurements. Internal measurement, on the other hand, will quickly help you to continually improve your golf game, once you understand how it works.

So what is this Internal Measurement that golfers can use to continually improve their golf swing and golf games?

Actually there are two different internal measurements you can use. This is one of the other factors that lengthened the time it took to discover them.

Ben Hogan used Bio-feedback to measure his movements, while Jack Nicklaus relied more on visual/mental control to control his movements. As I looked into both types of measurement, I found that the visual control was less reliable, so I started with Bio-feedback measurement to solve the age old problem of inconsistency in the golf swing.

The first thought that comes to mind when you think of Bio-feedback may be “muscle memory.” Traditional golf instruction teaches golfers to use “muscle memory” as their primary method of teaching golfers to repeat movement. But they’ve teaching it for years and golfers, even PGA Tour pros, still struggle with consistency.

To locate the real source of Ben Hogan’s secret of consistency, I had to go deeper. When I realized the real measurement and control method for movement, it was almost too simple to believe.

The easiest demonstration is to recall what happens when you trip over something as you walk. You automatically move your arms, legs, and body in an attempt to regain balance. At first, this demonstration doesn’t seem overly enlightening until you examine what is happening.

The primary goal of the brain that causes all of the sudden body movement when you trip is balance. Sure, you may think, “Of course, every golf instructor talks about balance.” But balance has a much deeper involvement in the golf swing than anyone ever mentions.

To try to simplify the whole balance issue, I’ll put it this way:

A body in movement MUST follow the laws of Dynamic balance which basically says this:

If you start movement from an out of balance position, the body will place a higher degree of focus on the task of re-balancing your body than it will place on the movement you are trying to make. The result will be that the movement you are intending will be sacrificed and modified for the higher purpose of re-balancing your body while in movement...

You have no choice in this matter.

BUT: If you start movement from a dynamically balanced position, your body will then fight to STAY in balance, which will assist your movement rather than hurting it.

So first, the key to consistency is to start in balance, but starting into dynamic balance from a statically balanced position isn’t enough because the rules for each balance position are different.

I solved this problem by creating a setup routine that will place any size golfer in the perfect stance for both position and power. This took the longest time because the routine had to adjust itself to fit golfers of all shapes and sizes. It took ten years to perfect, but since I finalized the routine, it hasn’t failed since.*

*Provided the golfer follows all steps properly. Omitting even one small step will nullify the whole routine.

But here’s the part that everyone else missed:

If you notice, in the interest of balance, when you trip, the brain takes immediate control over the muscles.

What I was trying to achieve in my research is to find a way to control my movement (and therefore muscles) for a high degree of accuracy.

I discovered that control doesn't come from the body's muscles; it comes from the brain's communication through the auto-balance system!

I knew then that if I could tie the golf swing to the balance system I might be able to measure and adjust movement.

From this discovery, it took ten years to work out the details, but I achieved the result I was looking for; measurability and control over the golf swing. I called my program Golf Swing Control.

And there were more amazing results that I didn't expect.

While teaching Golf Swing Control in person, I found that in most cases I didn't need to make swing technique corrections because as golfers learned how to use balance bio-feedback, their golf swing did 2 miraculous things:

- The golf swing adapted itself to fit the golfer's personal structure and build.
- The golf swing became self-correcting.

I didn't realize it, but I created a much bigger problem.

I realized I had solved one of the biggest causes of frustration for golfers over the last 100 or so years but because of the huge jump I had created in the evolution of golf swing instruction, golfers had a hard time understanding how it would work and shied away from trying Golf Swing Control.

And I still wasn't finished with the process...

I had been teaching a small contingent of local golf professionals who were playing extremely well, but still wanted more. They were still trying to shave a few more strokes off of their averages to win more tournaments and they turned to me for answers.

Once these professionals had mastered their golf swings, they still had issues with the mental game. This is where Jack Nicklaus' golf game came into the picture.

If you look at the Nicklaus golf swing biomechanically, it's not perfect. So why did Jack win so many tournaments? Because of his mental game. Jack Nicklaus was one of the best strategy golfers with some of the best focus in history.

Jack only gave us one paragraph as a clue to what went on in his mind, but now that I had uncovered the secrets to control, I also had the key to unlocking Jack's mystery. It's no secret that Nicklaus was an advocate of visualization, and just about every pro on the PGA Tour uses visualization but I found a link between control and visualization that made visualization so much more effective it is uncanny.

I created Bio-Visual Focus for low handicap and professional golfers.

Golfers who successfully complete Bio-Visual Focus training can hit any shot in the book accurately and with the correct distance...

With their eyes closed!

Another problem...

I took golf instruction that was already eons ahead of anything else on the market and propelled it even further ahead of the curve.

And that is why I wrote this special report.

I know that if you understood why traditional golf instruction has been failing for you or letting you down on the golf course, you would understand that my instruction is not really unique, but rather just a solution to the two biggest frustrations that golfers feel...

- Golf instruction that lets them down without notice.
- Inconsistency on the golf course.

So, if golf instruction has let you down, there is now a solution. This solution has been tested and proven by over 5000 golfers in 51 countries around the world and it is the only program of its type in the world.

If you are a low handicap golfer, you should be watching the videos and reading the information on <http://www.biovisualfocus.com>

If you are a mid handicap golfer or higher, go to <http://www.golfswingcontrol.com>

If you have questions about this report or the information on either website, email me at:

tareed59@gmail.com or call me at 239-227-7989. Email is preferred as it better fits into my hectic schedule.

Would you like to know how you can have access to a \$1000/day instructor for a whole month for less than the cost of 1 hour of his time?

If you are a 10 handicap golfer or less, check out <http://www.biovisualfocus.com>