

How to Liberate your swing!

Coach to the European Tour Pro Phil Golding and LET player Cassandra Kirkland.

Stéphane Bachoz has taught the Triangulaid method since 1994.

This method has been proven to provide fast results for beginners and advanced players.

The principle is simple: forget about technique so you can start to discover new sensations that reveal the natural swing that lies within you. “My goal is to help you to liberate your swing”



For the last twenty years I have taught golf. I found several recurring problems among amateur players: -

1. The Grip. Even though we align the clubface correctly at address, the golf swing orientates the clubface left at impact? Result: The ball goes left...or finally it ends up right after we consciously fight the problem with over compensation. Either way, we become confused and disillusioned because we cannot identify the source of the problem.

2. A lack of co-ordination between the arms and body which results in reduced power and timing which can be seen in the famous “chicken-wing” follow-through. In fact, it’s actually one of the consequences of a poor grip, the feeling that we need to control the impact and of course, a lack of relaxation.

3. Improper kinematic sequence which brings into play two issues: a backswing and downswing initiated by the club head which results in a lack of balance at the finish.

4. A chaotic and jerky rhythm with overly slow backswing and downswing.

5. An highly conscious desire to control the Swing towards the target line.

If you want to learn Golf in the shortest possible time or if you recognise any of these traits, then the following FlowMotion tuition summary will work for you.

Triangulaid method.

Bill Owens PGA invented the Triangulaid swing system in 1991. Today, thousands of people use this efficient method to learn golf and enjoy all the pleasures of this great Game.

The system has a double objective: Discover your natural swing and use golf to teach the lessons in life.

Here is a six-point summary of the method to accompany your lesson plan.

Grip the club correctly.

Use the your natural walking movement to co-ordinate the golf swing.

Know the importance of the finish.

Eliminating extraneous thoughts and movements.

Adopt the “walk-in” drill to develop Flow in your swing.

Use the Triangle system to redirect your ball flight toward the target.

The Grip

After more than twenty years of experience, I can say that 95% of amateur players could improve their grip! The most common fault occurs when we take our grip while the club head is on the floor. Unfortunately, this can create an error. In most cases it causes a clubface to be oriented left in the hands which means that even your perfect swing will send the ball to the left. Result: Forcing to control the uncontrollable, loss of distance, frustration and lack of confidence ... To learn



how to hold your club, I advise you to proceed according to the three steps outlined as follows:

Place the club head in front of your eyes with the leading edge perfectly vertical to the ground. Sometimes it is useful to use an upright feature such as the door frame column or flag pole. Place your left hand (*from above*) so that the back of the left



hand is parallel to the club face angle. A valid rule for every club between PW to 5 Iron. For full shots with the long irons, hybrids and woods, use the same grip for a 7 iron where 2/3 knuckles of the left hand are visible. The thumb is always on the right side of the grip. Now place your right hand so that the V formed by the thumb and index finger points towards your chin. Note how your right thumb is on the left side of the grip.

The swing...It's as simple as walking!

For many people, the golf swing is a highly technical and a complex movement.

In reality, it's just the same natural movement as walking!



Have you ever seen someone initiate their walk with the hands? Of course not! It's the same thing for the swing. Once we realise the arms are the last part of the body that needs to move, our swing will improve!

Note that we all walk differently. This means that there are as many different Swing types as there are walking styles! Fast or slow walkers; starting from the top or the bottom half of the body. To understand the analogy between walking and swinging a golf club I use two little plastic chains suspended from my shoulders while Walking. To demonstrate this concept, imagine that these plastic chains represent how my arms move....If I do not walk, they do not move. However, they start to move alone as my feet and the center of my body set off to walk. Magic? No, just logic. Now it becomes possible to make your Swing in the same way: start with the toes, through your body and finally with your arms and club head!



The Walking Swing



Stand upright with your club in the lower back and wrists loosely supported by the club. Free from any tension. Focus your eyes on a point in front of you.



Keeping your eyes straight ahead, let the toes of the left foot move first to initiate the movement. The Knees, hips and upper body will follow in the correct sequence.



Simply turn your body rhythmically back and forth. The right foot initiates the move...legs, hips and then upper body follows.



Note how the head also turns to the finish, not fixed on the ball! It follows the movement of the right foot. The movement ends with the body and eyes facing the target.

To learn this fundamental aspect, I recommend using an exercise that forms a key foundation of the TriangulAid method.

Here we stand upright and place a club in the lower back. The goal is to feel the feet and toes initiate the movement of the body. And just like walking, the other parts of our body will follow.

Repeat this movement several times until you finally transfer to the Finish position and hold this for 7 seconds with a balanced posture on the left leg (*for right-handers*). Try to be as relaxed as possible.

To optimise your coordination from one foot to the other, adjust the speed of the swing to be the same as your walking cadence; slower as for Ernie Els and Fred Couples or faster like Tiger Woods or Phil Mickelson. Ideally, until you appreciate this movement is more like a dance than a purely technical exercise.

Let Go! Trust Gravity and Momentum.



To illustrate how the Tiangulaid system works, I now used chains to explain how we can harness with the fundamental forces of Gravity and Momentum to allow the arms to swing the club without interference from conscious swing thoughts.

Let us see what happens now by connecting the club at the end of the chains. -

Position Address: the chains / arm are extended (*not tight*) by the weight of the club. -

At the top of the backswing:

Here, let your arms extend naturally by centrifugal force. You will note that the straight left arm is in fact an "optical illusion", the chain simply reacts to the forces of gravity and centrifugal force...and with our system our arms can work in the same way!



Start the Downswing: Let gravity to do its job by allowing the club to simply drop from the butt of the grip down the vertical axis. Now, as your body rotates from the toes towards the target, the combination of two forces acting down and then turn through to horizontal creates a totally Natural Swing.

Before Impact: Look, no club manipulation. Instead, what happens is we create a classic flowing swing action. We just let go and let the golf swing simply happen!

The Follow through: Lead with the rotation of the body. The Arms, just like the chains, extend naturally around the arc using centrifugal force. The Finish: The arms follow the arc around the body, the shaft finally comes to rest, fully relaxed.

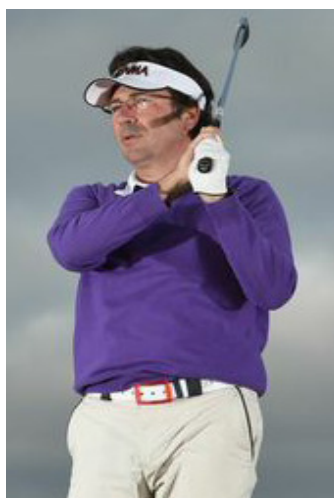
No Finish, no Future!



One aspect of our instruction is non-negotiable is the way we finish. The idea is to hold the finish position for seven seconds until the ball has completely come to rest.



The ball is at the top of its trajectory, the hands are above the left shoulder.



While the ball drops, so the club also descends gently. Your hand pressure remains constant.



Finally, the ball hits the floor as the club lands softly onto the left shoulder. "You have now become the ball!"

Here, the priority is to be balanced on the left leg (*for right-handers*) and relaxed, totally empty of any mental or physical tension. To master this process, I suggest you imagine **"you are the ball"**. The arms are raised when the ball reaches the apex of the trajectory and then back down as the ball descends back down towards the ground. Your finished position sees the club gently rest on the left shoulder at the same time as the ball hits the ground: **"I'm the ball!"** It's important to finish every shot the same way...even if you miss-hit the ball. Gradually, you will be more relaxed and engaged to the end. And, your shots will improve!

How to Eliminate Nerves in the Golf Swing!

The ball is the N°1 problem. Do not look at it. This will help you release your **Natural Swing**, without mental blocks. To break free of these constraints, I propose a simple exercise:

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Many players fail to realise their true potential because they are actively trying to hit the ball. Their mind is cluttered with techniques or Swing thoughts. **Swing without looking at the ball!**

In this exercise, we make the swing without looking at the ball!. You start by taking your normal set up, but this time you lift your head up and focus on a single point on the horizon. Priority for the Finish: Let the head follow the movement of the right foot towards the Simply relax your arms (*like the chains*), let gravity drop the club down from the top of the backswing, turn the body (*walking action*) to turn the club along the swing path, through impact and then hold your finish position..And, Voila!

Even the Tour Pros experience difficulty with this exercise, so please persist. After a few tries, you will start to sense the extremities; namely your feet and the club head.

To help you, remember that the toes initiate rotation of the body and try to coordinate the movement club head with your feet. Gradually, you will feel more comfortable, you will gain balance and become more relaxed and confident. Soon, you will be able to discover the full enjoyment of hitting **"Dream Golf Shots"** without any conscious effort!

FlowMotion Walking Drill



Bring it all together. Look at the ball, remain in Flow and swing using your natural walking rhythm. It's different for every For example, Padraig Harrington Tiger Woods walking and swinging pretty fast while Ernie Els walking and swinging rather slowly. This does not prevent these two champions to send their drives over 300 yards!

To help you find your ideal pace, I propose the « **walking drill** ». It consists in linking one or more steps at the same time you are swinging. The idea is to tune your Golf Swing to exactly the same rhythm as your walking speed. Fast or slow, the important point is to have a same speed between Backswing and Downswing. You do not walk with a slow pace and then another fast! ... The key to this exercise is not to hang arriving in address but leave the body weight shift from one foot to another position (*see pictures below*). The final position in balance, should also be held for 7 seconds. Parallel lines do not exist, the perspective created another optical illusion! On the course, to keep your Natural Swing, use a margin of error adapted to your level:



The Triangle...Aid

It is often said that for a full swing, a player must aim their body parallel to the target line. But, perspective can often play a trick with our perception; the result being that we actually set up with our body aligned to the right of the target!



When our set up is closed to the target, the player makes a swing with an outside-in path which is the main cause of a Slice. To break this vicious circle, I propose to use the concept of the **"Triangle"**.

The principle is simple; in order to avoid playing to the left (*for right-handers*) from the outside to the inside, align the lower body (*legs, knees and hips*) along a line oriented to the left of the target line (*the left side of the Triangle*) and the Club face aiming at the target.

Now, when we swing let the weight of the club head guide the natural inside-out path along the the right side of the Triangle. Note that the upper body (*shoulders and arms*) are aligned parallel to the ball-target line.

By playing this way, you will get a natural draw with a ball that starts from the right side of the target, then turn left, and very importantly, that will stay within the margin of error defined by your Triangle.

Ultimately, the idea is to gradually reduce the angle of the triangle to become more precise as with the Pros, a natural light draw.







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