

The **CLUB** is connected to the **HANDS**

HANDS + ARMS are connected to **MIND**

The **MIND** is the **GAME**.

SYT™ GOLF OVERVIEW

How this method differs from most conventional teaching methods.

Ernest Jones

Feel of a True Swing

SYT method uses a very simple **core** pre-swing thought process and visual image to “quiet the mind” helping you quickly unlock your hampered golf swing.

Just FEEL IT

A good golf swing can be learned more quickly by directing all our attention and mental focus to the single most important task-in-hand.

When we quiet the mind
THE SYMPHONY BEGINS

“FORGET ABOUT IT” During the 1.5 second swing cycle we keep our mind's <u>focal points</u> as simple as possible.	SYT™ Focal Points	OTHER Common Focal Points
Aiming Point	yes	yes
Target Line	yes	yes
Ball Line	yes	yes
BOTH ARMS + (HL)	yes	yes
ONE PIECE Takeaway	yes	yes
QUIET EYE Period	yes	yes
SWING PLANE awareness	no	yes
HIPS start Downswing	no	yes
RIGHT ELBOW awareness	no	yes
SPINE ANGLE awareness	no	yes
Keep LEFT ARM STRAIGHT	no	yes
ONE SIDE DOMINATES	no	yes

A basic golf swing can be mastered more quickly by narrowing your focus (shrinking your thinking) to the fewest possible mind-to-body connections.

Both ARMS, Handle Line and a mini Target Line become the golfer's main focal points. All other key body parts become secondary and serve to support a powerful connected golf swing.

SYT™ GOLF VIDEOS

GOLF SWING PREMISE

Essence of PUTTING

GOLF SWING Visuals

GOLF SWING Pathways

GOLF SWING Feelings

GOLF SWING Quiet Eye

GOLF SWING PLANES

Author's SPINE Angle

GOLF SWING PIVOT

HUMOROUS SIDE
of GOLF

SIMILARITIES

Golf Swing and
Baseball Swing

Gary Player quote

Bobby Jones quotes

Bobby Jones swing video

Sam Snead swing video

Hogan downswing swing clips

Hogan downswing video with grid

Hogan & McIlroy downswing video

Tiger Woods downswing swing clips

Public Golf Rules

My thoughts on how to simplify the rules of golf for public golfers. **PGR**

[The Symphony Begins](#)

- The Physics of a Golf Swing
- Rotation Line v Swing Plane
- Golf's Basic Grips
- Simple Physics of a SLICE
- Golf 's natural Rotation Line
- What if ? Hogan used Rotation Line
- What if ? Hogan used Hand Line
- Hand Line is the Club Face
- Byron Nelson "Hit it Straight"
- Club Head v Hands awareness
- Hands v Hips transition at Top
- Greater use of natural power
- SYT™ Putting Techniques

[Fore Inventors audition](#)[GOLF Channel](#)

My theme was called "[FORGET ABOUT IT](#)" presented a golfer with sticker tags on all the parts of his body he is taught to think about before / during his golf swing.

During this audition, I slowly removed the mental reminder tags down to the **essence** of what our mind must see, **feel**, and **do**.

[Author REMAX Competition](#)[Trent Scruggs REMAX swing](#)[Author's Swing video](#)[Son's Swing video](#)[Like Father Like Son](#)[Student Testimonial](#)[SYT™ GOLF METHOD](#)[Self - Learning Set](#)

1 [Instruction Video](#)

(in the works)

2 Mini Golf Book

3 Quick Ref. Card

4 Swing Template