FEEL is one of the most important factors in developing a solid, and all-around golf game. You can often hear television commentators describe tour professional golfers as having great “touch” or “feel” in their short game and putting. What they are talking about is how tour professionals have the ability to tune into their senses and vary their level of exertion, even though they are making the same basic motion. The professionals do this by establishing a connection with club head and a feel for the shot. All your energy must be focused on one moment. Eliminate distractions, let go of past shots, and center yourself. This will allow you to play your best golf.

- Darrin Gee  The Seven Principles of Golf

The complete putting swing (backward and forward) is created by the movement of the Hand Line (hands). The putter shaft and putter head follow in one piece. This motion automatically gets you to use a highly desirable pendulum-like stroke, helping to prevent tension by allowing your hands, arms, and upper torso to act as a single unit.

In order to build a good, consistent and dependable putting stroke, you must keep the wrists from becoming independent of the arms and putter. Everything needs to stay connected. The sole purpose of swinging the Hand Line is to make sure you maintain a smooth and repeatable stroke.

The wrists have no place in a putting stroke. It is very difficult to develop a putting stroke using your wrists. Wrist movement in the putting stroke adds loft at impact and inconsistency to your distance control. Use of Hand Line feel allows you to develop a putting touch for all distances.

The putter head stays close to the ground during the backswing. The length of the put will determine the length of the backswing i.e. a 30 foot uphill putt will have a longer backswing than a 10 foot putt. Relax, stay very connected in your swing and make a good putting stroke.
Make Every **Putt** a Straight Putt

**GRIP:** You want to lightly “feel” the **Hand Line** seam in your HANDS. For both simplicity and bio-mechanical reasons, SYT™ Golf suggests using a lighter version of your basic (**Hand Line**) grip.

**STANCE:** Your stance will be slightly narrower than other golf shots. Your feet should be no wider than your hips. Most professional golfers align their feet squarely to the target line. Your stance should also be close enough to the ball so that you can produce a stroke which is primarily straight back and straight thru **Rotation Line**.

**BALL POSITION:** Position (**Rotation Line**) beneath the ball - between the center of your stance and left foot instep. This allows the **Hand Line** (putter club face) to return squarely thru **Rotation Line** toward the selected target point - promoting good follow-through.

**STROKE:** Your goal is to return your **Hand Line** thru the **Rotation Line**. Think of a sweeping pendulum stroke - except very short or delicate down hill putts. Make sure your **Hand Line** accelerates thru the **Rotation Line** (squarely to target line) toward intended target point. Proper acceleration through the **Rotation Line** should result in your backswing stroke rarely longer than your forward putting stroke.

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Bobby Jones I employ the same grip from tee to green. I drive, play the irons, pitch, and chip holding the club in the same way.

(Bobby Jones did alter his grip for putting.)

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SYT™ Golf Method recommends using the same grip for all golf shots – including putting and chipping. The simplest way to view the putting or chipping stroke is that they are just like any other stroke in the game.
Many beginning golfers as well as veteran golfers waste strokes on and around the green. Poor chips and putts missing easy 2 and 3 footers can become very frustrating during a round of golf. There are many golf books published just on the subject of PUTTING. Many golf professionals do use a different grip for PUTTING. To keep it simple, SYT™ Golf proposes using the same grip and core swing thought process for putting, chipping, and full swing golf shots.

Putting and chipping does add another dimension for your MIND to ponder – the target point. Target point awareness is defined as a specific spot on the green, where if a straight putt is hit towards, the ball will go into the cup. This SYT™ Golf chapter discusses PUTTING in detail. However, the basic core principles of Hand Line awareness apply to CHIPPING and PITCH shots.
Target Point awareness

Think of any target game you have ever played before, such as pool or darts, throwing a baseball or football, or shooting a basketball. All of these sporting activities share a basic fundamental requirement. They require you to select a target point. Target point awareness is a specific spot — blade of grass, on the green to where if a straight putt is struck, the ball will go into the hole.

First you must calculate and visualize the probable roll path of the ball (amount of break in the putt) - you will also see the highest point along the arc of the putt. This point is called the APEX of curved path. Now draw a chalk line from the ball straight through the apex point to your target point. This visualized spot called the selected target point provides both direction and a sense of distance.

The simplest example of selecting a specific target point - is for a straight putt. You would find a spot directly behind the cup. For a slightly breaking putt, your target point might be right or left edge of the cup. If a putt breaks 6 inches right-to-left, your target point will be exactly 6 inches to the right of cup. Longer putts that breaks several feet, your target point may be 2 feet or more to right or left of the cup. Target point awareness in both putting and chipping works because it gives you a sense of distance, and how hard the putt or chip must be struck.
Make Every Putt a Straight Putt

The latest version of SYT™ Golf Method - and its core swing thought process will prove equally successful on the putting green, as it does for your full swing golf shots.

SYT™ GOLF - JF Jaeger
First, determine the slope, speed, and break in the putt. Then pick a very specific target point, such as a spot 4 inches to right of cup for a Right-to-Left breaking putt. Then visualize a mini (RL) Rotation Line beneath the ball square to the intended path of the putting stroke. Focus on your HL returning straight thru RL with the target point in mind. Remember, both putting and chipping does add an additional dimension for your MIND to ponder – the INTENDED target point.

You can use the same SYT™ Golf swing thought in your putting and chipping. Trust your swing thought - the same core principles of profound Hand Line awareness and Rotation Line awareness are present in putting, chipping, and full golf swing shots.

1 - Start by practicing 2 to 3 foot straight putts.
2 - Next practice 5 to 10 foot straight putts.
3 - Then practice 20 foot putts and longer to get feel for speed.

Finish your putting stroke with Hand Line (the putter face) extended toward the target point on the green where you want the ball to land. The PUTTING stroke is a simple accelerating pendulum stroke where the forward swing is often longer than the backswing and rarely shorter. Equal in importance to producing a smooth putting stroke is the continued mental focus on your selected target point. The mental image of simply making a straight putt will greatly help you control the length of your swing. Often, a same length backswing and forward swing makes for a fine pendulum putting stroke.

SYT™ GOLF METHOD – asks you to go on a mini-vacation between shots, relax, anything offering a mental break. Then focus on each shot and really stay in the moment. Aim the clubface and your Hand Line, then align your body, check your target point one more time, repeat your swing thought, then go for it.

“On the putting green, however, the player’s chief concern just before he begins his stroke is to align the face of his club exactly. Hit the putt as well as you can and do not worry over the outcome to spoil the putt. It is nothing new or original to say that golf is played one stroke at a time. But it took me many years to realize it.”

- Bobby Jones  Secrets of the Master