**A BETTER GOLF SWING**

THE TRUTH ABOUT THE

PERFECT GOLF SWING

HOW YOU CAN IMPROVE YOUR GOLF SWING WITHOUT DESTROYING YOUR GAME AND INTRODUCING GOLF’S MOST IMPORTANT FUNDAMENTAL

By Cameron Strachan, Melbourne, Australia, October, 2012

The Truth About The Perfect Golf Swing • email support: info@golfonic.com • www.GolfOnic.com

Introduction

If you don’t have time to read the entire report here’s a snapshot of the story...

There is a better and simpler way of swinging the golf club. You can hit the ball further and with greater consistency while reducing the stress and strain on your body. Unfortunately, most of what you’re being told to do goes against your natural instincts and makes learning a better swing impossible. But there is a better way and it’s *almost* foolproof...

In the rest of this document I’m going to give you the full story. What you’re about to read comes after 20 years research into the game, including a major biomechanical study into the golf swing and over 500,000 words written about the improvement process.

Some of what you’re going to read will sound counter-intuitive and “against the grain”. Other information will sound logical and nothing more than common sense.

Experience tells me that you’ll ignore this advice. You may already assume you’re doing a lot of what you read but the chances are you’re not. The point here is simple:

If you apply what you’re about to learn you will make a breakthrough.

- You will hit better shots

- You’ll simplify your swing

- Golf will feel easier

- You’ll have a great score

- You’ll feel more confidence

- You’ll unlock your real potential

- You’ll play more consistently

- You’ll reduce the stress and strain placed on your body

Reading the information is only the first step. Read everything. Think about it. Sleep on it. But at some point you’re going to need to step outside with a golf club and apply what you’ve learned. This is the only way. There really are no magic pills when it comes to the improvement process. It can be slow and at times painful. But no matter how long it takes, you’ll do it far more quickly than the alternative. Typical instruction often sets you up to fail and is a never ending journey of frustration and poor scores.

If you have any questions please forward them to gol"elpdesk@gmail.com or visit the main website, www.GolfGooroo.com

One final point: All sorts of people in all corners of the world play golf. For ease of writing, this report is written for a right-handed male player. Just to confuse matters, I happen to be left handed, and have included some images of me. Please forgive any confusion.

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The Science of Golf

Understanding the golf swing was important to me. Prior to getting involved in a biomechanical study of the swing, I really had no idea about what constituted good swing mechanics. But the issue got worse because there was so much conflicting advice pertaining to the swing;

• Some coaches were saying power comes from the big muscles while others were telling me to hit with the hands.

• Some coaches were saying to swing on an upright swing plane, yet others were saying to swing flatter.

• Some were saying to swing the club while others were saying to HIT the ball.

• I got told to swing with the hips while some pros were telling me to swing with the shoulders.

It was all really confusing and despite taking lots of lessons I was none the wiser. My golf hadn’t improved in years and I was past the point of frustration. I was fed up and wanted some definitive answers.

So it’s fair to say the opportunity to get involved in science was a timely one. My mission was to find the real answers to the most efficient swing possible and then use that information to improve my own game. It was a selfish mission as helping others wasn’t on the radar at this time. My love of coaching would come a little later.

Here are just a few of the questions I had for the scientific team;

• What is the best grip to use?

• Where does power come from?

• How do I start the club away correctly?

• What is the ideal swing plane?

• How can I hit the ball further?

• Is there a better way to start the club down?

• Are there any scientific secrets of the swing?

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3 Key Scientific Swing Principles

Below are three scientific principles that you can use on your game right away. I have included photographs to better highlight the principles and aid the learning experience. It’s important to mention again that some practice will probably be required to integrate what you’re learning - reading alone is very rarely enough.

Also, the information below is the translated version of the data. This is NOT the scientific research but the “golf speak” version. In almost all cases it’s impossible for students to learn from complicated data, it needs to be presented in a useable form. This is that form.

The Grip

Learning how to hold onto the club can be a difficult thing to master. There are many pieces of advice to choose from and deciding on the right one is not always easy. The scientific data identified two key areas that are most important. Get these two concepts correct and you can forget about the rest;

• Choose a grip that allows you to swing the golf club with speed. This should be your greatest priority.

• Choose a grip style that YOU find comfortable – not what someone else says is right.

Find a method of holding the club that satisfies the above principles and you’ll do just fine. It cold be the Vardon grip, the interlocking grip or some variation. But choose one that suits you.

The best way to swing the club quickly is to place the club across the palm of your right hand and at the base of the fingers. This is the biomechanically ideal position for you to get the most speed. How to achieve this specifically is up to you - the best coaching will lead you in the correct direction, but will not stifle you with extremely specific set of instructions.

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From here, if you place your hands as close together as possible you’ll be well on your way. The Vardon grip is popular because it naturally gets the hands close together. But the interlocking, and even baseball grip, is a perfectly viable option. Choose the grip style that best suits you and you won’t have any issue. Best results are achieved when you don’t spend lots of time worrying about the grip but follow your gut and choose something that feels good to you.

A bonus grip idea

If your grip style or the actual makeup of your grip doesn’t feel quite right, then consider thickening the width of your golf grips. Chunky grips may just give you the advantage you’re looking for. There is no definitive reason why thicker grips “feel” better for golfers but we suspect that the larger grips are in line with other implements that we move quickly; hammers, tennis rackets and even baseball bats or use thicker handles than golf clubs. But beware, once you choose a thicker handle you can never go back.

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The Swing

Have you ever been stuck under a tree with a restricted backswing, then been surprised at how far you’ve hit the ball? Or maybe you’ve taken a smooth swipe at the ball from the middle of the fairway and been totally flabbergasted as you watch the ball sail well over the green. This kind of thing happens all the time and represents the scientific secret to a better golf swing. Here’s the story ...

With a restricted backswing you are forced to swing your arms. And it’s your arms that provide the speed (not your body) to power the golf ball. Consider this,

Imagine you want to punch somebody hard, but the only proviso is you must keep your arm straight. Try it. You can’t apply any power, right?

If you keep your arm straight you have no means to generate any speed. At best you can get about 8km per hour of clubhead speed - and this comes if you slide and lunge your body like a madman. In any case, it’s not enough speed to hit the golf ball any distance worth talking about.

A swing that resembles the straight-arm punch means you are never able to produce a swing that gives you great power and distance. But this unfortunately, is how most golfers play.

The Secret To Hitting The Most Powerful Drives Of Your Life

The secret to nailing every single drive off the tee is in the arms! The arms are the major power source in the golf swing. Your body acts as a support mechanism with the arms (especially the upper right arm) providing the majority of power.

If, however, you’ve been taught that your body is the main power source, you will always struggle to play consistently. This is why the quickest and easiest and most consistent way to get more power from your drives is to use your arms. Go ahead and try it next time you’re out on the range. You’ll be surprised by the EASY distance you generate.

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Here are some swing concepts you can use next time you’re at the range. The goal here is to make your swing simpler, yet vastly more effective.

- Use a shorter backswing. It was found that when golfers relaxed and attempted a shorter backswing they actually INCREASED the length of their swing. This could help explain why golfers can report better results when they swing easier and take a three-quarter length swing.

- Allow a bending of your left arm. This not only reduces strain and makes the swing easier to perform, you’ll also give yourself a mechanical advantage. A slight bending of your left arm at the top of the swing reduces the moment of inertia and allows you to start the club down more quickly. This will allow your swing to have more speed at the ball.

- Don’t wind your body like a spring. Turning your body tight or as far as you can is not the right thing to do. This is sometimes referred to X factoring. You should strive for a relaxed and comfortable swing – not one that causes you pain or is difficult to do.

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Two bonus drills to learning a better golf swing

If you’ve come this far you’ll no doubt want to incorporate this simpler swing into your game. Here are two fabulous training drills that will give you the correct feel for the ideal golf swing.

Throw the club:

The golf swing is essentially a throwing motion. If you can throw a ball then you have the necessary talent to swing the golf club correctly. One of the best drills is to throw the club towards the target. Be safe and use old clubs, but a thrown club closely mimics the perfect swing.

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Sit down:

Modern instruction tends to place a large emphasis on the big muscles. This typically results in overturning and a golf swing that gets too complex. If you can learn to minimise the amount of body (notice I said minimise? You do not want to remove your body completely, it needs to move, but only in response to the hands and arms) your golf swing will be more powerful and simple.

Sit on a stool and swing away - you’ll instantly get the feel for the correct motion. Your hands and arms can FIRE through the ball with the body a happy follower. This is actually a really powerful, but simple, motion that will surprise at how far your can strike the ball.

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The Most Important Golf Fundamental You’ve Likely Never Heard Of

You probably haven’t heard of the *Flat Spot Principle*. It happens to be the most crucial part of any swing - separating average players from good ones and is the scientific secret why the best players are so consistent (and make the game look so easy!)

So what is the FSP?

It’s the length your clubface and clubhead travel along the target line through impact. The longer the FSP the further and straighter you’ll hit the ball. The FSP is the secret to hitting longer and straighter shots consistently towards the target. It’s also the reason why good players make the game look so easy.

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Learning the FSP

This is where traditional instruction has failed you. First thing – I’m pretty certain you’re not being taught the FSP. It’s not understood by the majority of the golf instruction world. The second point is even if it was understood, traditional methods on learning it will not work.

Why?

Because the clubhead is traveling so fast you can’t feel what you’re doing. You have no awareness of what the clubface and clubhead are doing in this critical part of the swing. Traditional instruction works primarily by getting you to consciously become aware of what you’re doing right and wrong. From here you’re expected to make swings thinking about that part of your swing. But this is not possible when it comes to the FSP because the club is moving so quickly. It’s beyond the ability of any human (unless you’re super gifted).

And here’s the key point. The FSP isn’t concerned with how pretty your golf swing is – it has nothing to do with it. If you get the FSP right, it doesn’t matter what your golf swing looks like. You can have an ugly swing and still hit the ball consistently well time after time. So spending hours working on your backswing plane, address position and grip will probably have little impact on you achieving the FSP.

The FSP is the reason guys like Jim Furyk have “ugly” golf swings but still compete with the best players in the world.

And it gets better.

The flat spot is the secret to improved timing. You know how really good players make the game look easy? Well the FSP is the reason. By having the clubhead and clubface working together, it gives you more “time” to make the swing. It’s another mechanical advantage that

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makes the game significantly easier. The FSP gives you the inner confidence you can hit the ball hard and still find the target. When you achieve a flat spot in your swing you’ll start to swing the club with more confidence.

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Using the FSP to Cure a Slice, Hook or Mis-hits

The Slice

The weak slice is caused by coming from outside to in. The only way to have any chance of finding the target is to keep the clubface open through impact. This motion is incredibly difficult to master and usually leads to an inconsistent golf game.

And because you’re only brushing the back of the ball your game lacks power. Your swing may feel powerful but you’ll continually be let down by an insipid banana ball.

The “over the top” move is notoriously difficult to correct because you are not getting feedback quickly enough. In most cases you don’t know you have made a mistake until well after the shot has been made. And this is the reason why a slice is so difficult to correct.

You have no confidence in your swing and the harder you try, the weaker you hit the ball and the further it slices.

The Hook

The hook shot can be really nasty. Although you may experience more power, the hook is almost impossible to control. The ball will start to the right and then swing sharply back to the left.

The hook is hard to control because the clubface is closing abruptly through impact. Some days you’ll be on and on other days you can be miles off. Your game is most likely inconsistent and you’re frustrated to the point of hating the game. And you’re frustrated because some days you can play exceptionally well - but your bad days are so far apart from your good that there’s no logical explanation.

And then it gets worse. Because your swing is hard to control you start “steering” the swing. This is when you’re not giving the shot your full attention and you start making weak passes at the ball. Once this happens fear and self‐doubt kicks in and it’s not long before your game is on By Cameron Strachan The Truth About The Perfect Golf Swing

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a downward spiral. You may even experience the swing yips and golf becomes 4 hours of torture rather than a fun game.

Miss-hits

Do you miss-hit often? Then you’re not delivering the middle of the clubface to the back of the ball. It’s a simple explanation but that’s really all there is to it.

With the FSP you gain a mechanical and mental advantage because the sweet-spot is being presented to the back of the ball. Shanks, duffs, blocks and tops are not possible.

In all poor shots, the clubface and clubhead are rarely working together (if at all). If you can increase the length of your flat spot then you’ll see and immediate improvement in your ball flight. Once this happens your confidence and consistency improves and you’ll be shooting better scores which ultimately leads to greater enjoyment. From here learning and improvement are the natural byproduct.

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The Perfect Golf Swing

The FSP gives you the perfect golf swing. When your club hits a flat spot you instantly receive a mechanical advantage. And it doesn’t matter what the rest of your golf swing looks like, even ugly swings can achieve a better flat spot.

Please read carefully: The FSP isn’t about making you swing like Rory or Tiger. It’s about finding YOUR better swing. The FSP will reduce the severity of your slice (or hook) and make you a more consistent player. But it’s not about copying golfers, it’s about making you the best golfer YOU can be by making your golf swing better for your talent/commitment and experience.

When the clubhead, clubface and target line all work together you instantly have the secret to the golf swing. The physics are working with you rather than against, and this is the easiest way to unlocking your best golf swing. No more stuffing about with complicated technique or ineffective tips. No longer do you need to think of 487 rules, if you can improve your flat spot, you will become a better player.

But there is a problem.

There is one problem with the FSP. And that is it’s hard to teach (this goes for most other swing principles too). You can’t just think about it. You can’t read about. You need a shift in mindset to learn how to take advantage of it.

The only way you’re going to learn how to achieve the FSP is to force your body and brain to adopt a new pattern. And the only way to do that is with an objective based training tool. Simply thinking about what it is you’re trying to do is not enough – everything is happening too quickly to provide any decent feedback.

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Sidenote: And this is why it has been traditionally hard for you to improve your game. There is little feedback so you’re forced to guess what the mistake actually is. Wouldn’t it be good if you didn’t have to guess and if your golf swing could improve all by itself. It’s now possible.

How to learn the Flat Spot Principle

Ok, so learning to fix your swing is hard, there’s probably no surprise there. But there is a way and the key thing here is to get instant feedback. And by “instant” I really do mean right away.

The problem with a lot of golf instruction, is you’re not getting correct feedback instantly.

- You get told you did something incorrectly after you hit the ball. This is too late. - You see a video of your swing after you’ve hit the ball. Way too late.

- You see the ball flight and assume you made a mistake. You then make some corrections. Not ideal.

But when you receive feedback instantaneously, learning/improvement/success becomes so much easier. Check this out.

The Golfonic Swing Trainer

This is the only device in the world that has been specifically designed to help you achieve the FSP. It forces you to learn it by giving your system no other option. If you make a bad swing you strike a sponge – and this my friends is instant feedback. You’ll know right away something was amiss and you’ll make the necessary adjustments.

On the next pages I’m going to take you through the key phases of the swing and highlight the reasons why my Swing Trainer is the best device for learning a better golf swing. No bull.

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The set-up

There’s nothing too exciting here but you’re forced to have a square alignment. It’s impossible to be too open or square when your club is resting inside the trainer. It also helps with ball position and the correct posture (stand too far or close and you’ll start hitting sponges - not good).

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The backswing

When you start the swing correctly you maximise the chances of hitting a great shot. The image below shows a good backswing - because the sponges haven’t been struck you know you’re on track.

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Bad backswing #1

Sometimes things don’t always go to plan. In this swing the club has been drawn too far on the inside. Your pro will tell you this is not a good thing to do - unfortunately you never really know when you’re doing it. With the swing trainer you’ll know instantly. And it’s instant feedback that makes learning so much more easier.

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Bad backswing #2

Oops. This is a bit of a shocker of a takeaway. If you do this for too long you’ll never play anywhere near decently. Luckily, with the Swing Trainer your senses will get a shock when you whack the sponge. Your learning system won’t put up with this for long and you’ll naturally find a better backswing path.

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A nice swing

Success! When you start the club back correctly you greatly increase the chances of making a successful swing. Sometimes when you’re a little out early, you’ll be a long way off late. Thankfully, there’s now a way to improve your backswing without a lot of fuss or effort. There’s less guesswork and this will greatly reduce learning time. Golf improvement has just gotten a lot simpler.

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Downswing move

Yuck! Does this swing look familiar? If you suffer from a slice you’ll be familiar with this position. It’s the dreaded “over the top” move and is the cause for a big slice. Sometimes you’ll get a huge pull to the left, but the cause is the same.

Guess what’s going to happen next?

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Thump!

You guessed it. If you swing over the top you’re going to hit at least two sponges. The beauty of this is that you are once again receiving instant feedback. The second you strike a sponge you know you’ve made a mistake. And because you know which sponge(s) you’ve hit the correction is simpler. There’s no guessing or making up stories. You know right away what the cause of the problem is.

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Perfection comes next!

Are you getting all of this? Can you see how this tool works? Can you understand how effective it is in helping you learn a better swing?

You see, it’s not enough to be told WHAT to do. Words are not always enough. We need to actually force our bodies to do what is right. And if we get off track we need an instant reminder that something was amiss. And the key word here is INSTANT. It’s not good enough to view a swing on a video a few minutes later. It’s too late if your coach TELLS you that you made a mistake. You need to know right away. Like the instant you do it. With the swing trainer you get instant feedback.

A very important point that needs your full attention

By this stage you’re probably agreeing that instant feedback is a good thing. You may also be wondering about those huge swing contraptions that have wires and hoops that guide your club from start to finish - are these any good?

Nope. Not one bit. And the reason they’re no good is they aren’t allowing you to LEARN a swing. They are unnaturally guiding the club - and this is not how we learn to make a motion. If the club is resting on something then you are getting exercise, not golf improvement.

With the swing trainer your entire learning system is being forced to achieve the objective of swinging the club from start to finish through the foam gates. There is nothing for the club to rest on so YOU have to initiate and make the motion. You’re learning. You’re learning the correct path the club must take. A good swing is being hardwired into your brain. You’re being challenged each step of the way.

When you get off track then WHACK! You get an instant reminder that there was something wrong. And because a lot of the learning process takes place at the subconscious level, improvement will happen without you having to think about it. It will just happen. There’s a

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lot less conscious thought and worry about what you’re doing right or wrong. There’s less energy being used. Golf really has gotten simpler.

I should also add that continually replacing the sponges does become a big pain in the \*^%$. So if nothing else you’ll want to avoid hitting them to bypass the inconvenience of resetting them.

And when you do make a swing without hitting the sponges some wonderful things happen all by themselves. You’ve made a really good swing all by yourself.

Another important point

You’re also learning a continuous and flowing motion. This is important because while it may seem logical to practice just your backswing (or some other swing part) this is not always ideal. Research has shown when you practice part of your technique you perform this “part practice” completely differently from the real deal. Read: the technique isn’t even close.

You are far better off learning the swing as a complete motion. This complete swing is what you need to take to the golf course. Learning bits and pieces of the swing, and then feeling you’ll be able to put them back together again is not possible.

It’s time for a change. You should seriously consider moving away from learning a segment of the swing at a time and focus on a free flowing, natural and complete swing from today onwards.

Let’s take a look at two critical key areas of the perfect swing. Get these right and you’re guaranteed better shots right away.

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Downswing move

With the objective of, “swing the club between the gates without touching the sponges” your learning system is going to work. It’s going to do a whole lot of positive things and most of this will be without your input (it’s automatic).

Just for starters you’re are not going to want to slide, lunge or perform some stupid move back to the ball. Doing so will result in a sponge being struck. Your downswing will remain balanced and in control. Nice.

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Here’s the shot from behind.

See how the clubhead is behind the hands? This is the “classic late hit” position and is the exact position every good player gets in (go on, check). It’s also considered to be “on plane” and from here you get longer and straighter shots. With the Swing Trainer this position is all but guaranteed. How can I be so sure? Because you’re human and learning is normal for you. No human alive can possibly use this device and NOT improve. It’s simple. There’s no complicated mathematics or swing theories to concern yourself with. You have ONE simple objective and achieving this leads to perfection. You can and will get better.

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Imapct

This is the moment of truth. If you get this right then you’re well on you way to playing better golf. And each time you make a successful pass though the Swing Trainer you know you’ve done well.

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And it doesn’t matter how you grip or stand. Ultimately it doesn’t matter how you swing, as long as you can get the club between the gates you’ll have a perfect swing. How good is that? You can focus less on all those crazy things you have been thinking about in the past and focus your attention on ONE simple objective – “get the club between the gates”.

All this leads to achieving The Flat Spot Principle. The FSP puts less sidespin on the ball and pure backspin. All this equals longer and straighter shots. You’ll have way more control and the ball will find the target by default. If you’re thinking this is how the best players are able to make the game look so easy, then you’d be correct.

They have the confidence to swing freely because they know the ball is going to find the target. The harder they swing the further the ball goes. Achieving the FSP is the biggest secret in golf and it’s virtually never spoken of.

If playing better golf is important to you or you’re simply fed up with inconsistent golf, then start working on your FSP today, you’ll never look back.

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The Flat Spot Principle

Let’s look at the crucial phase of the swing in more detail. For you to achieve the FSP you must increase the time your clubface and clubhead are traveling along the target line. If your golf is not as consistent as you’d like it to be then I can almost guarantee you have no (or a very small) flat spot. A longer flat spot MUST give you straighter shots. Straighter shots also gives you more distance (because the ball isn’t spinning off into the trees or water).

If fixing your swing is important to you then you MUST take the FSP seriously. It’s almost the only swing principle you need because if you get this part of your swing right, the rest of your swing is almost irrelevant. Do you really care if you have some funky move in your golf swing but can keep delivering the clubface squarely to the back of the ball?

Below is one last image for you to look at. I’ve reversed my swing to a right-handed version to give the vast majority of right handed players a better view. Notice how square the clubface is at impact (the ball is only going one place) and even after impact the club is still relatively square – there is no major closing of the clubface (like many golfers have). This is the secret of longer and straighter shots and really can only be learned with a training device the forces you to learn it. Please don’t misunderstand the word “force” in this instance.

There is no pain associated with using this training device. The force bit comes into play when you hit a sponge. You are being forced to learn and make corrections to your technique because By Cameron Strachan The Truth About The Perfect Golf Swing

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you’re getting an immediate jolt. You know instantly that your swing was amiss and requires correction. There’s no guessing or confusion. And the best part? Most of this learning will happen at the instinctive level. You won’t be killing brain cells trying to figure out what your did wrong. It’s accelerated learning and it’s all built in when you use an objective based training tool.

The above photo is of me at impact and just after (an actual shot taken with a high speed camera). I’m a left-handed player but have reversed the images for the vast majority. Again, notice how square the clubface is after impact.

Maybe you’re super talented and can go away and think about the FSP and integrate it into your game. Chances are “thinking” alone won’t help. I haven’t meet any golfer who is able to do it. Everything is moving too quickly during impact for you to get any meaningful feedback – you are going to need some help. This is where the Golfonic Swing Trainer steps in.

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Most Important Section of Entire Document

This information is not about turning you into a robot and somehow magically giving you the perfect swing. The perfect swing is a myth. What this information is about, and when used in conjunction with the Golfonic Swing Trainer, is to get you closer to a swing that’s fit for you. Your swing. And if I can be so bold, “the perfect swing for you”.

This isn’t a contest to say my golf swing model is the best, and so and so uses it and I’ve won X number of tournaments. I don’t care about that. Most of this kind of talk is rubbish anyway. But if you can learn a better swing for you, starting today then it’s all good. When a golfer can learn to swing with confidence and leave fear behind, really good things do happen.

So it’s less about the mythical perfect swing and more about giving you the confidence to swing without fear of the consequences. To give you enough information to know you’re on the right track so you can leave all the rest alone. Taking 43 swing thoughts to the golf course is no fun. It’s boring and ultimately exhausting. There is a better way.

Learn to swing the club through the sponges consistently and you’ll have discovered a golf swing that is good enough for YOU to play great golf. From here I’m hoping this will give you a boost in confidence to take this swing to the golf course and repeat. Play the game. The golf swing is not the entire game, it’s only a part of it. And the more you’re able to enjoy the fresh air, the green grass and the feeling of a nicely struck shot, you’ll realise that the swing (and the technique that goes with it) is only a very tiny part.

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Why this tool can improve your golf game

1 It’s an objective based learning tool. There’s nothing complicated to do or remember. If you can swing the club between the sponges your swing will improve. Period.

2 You’re forced to learn a better swing. Some swing trainers physically guide the club into the correct positions – this isn’t helping you. With the Golfonic Swing Trainer there is nothing touching your club – you are actually learning the correct swing all by yourself. This ensures changes are long lasting and permanent. Changes are hardwired into your brain.

3 You get instant feedback. Each time you make a bad pass at the ball you’ll know about it. From here corrections are a million (yes, a million) times easier.

4 It will help you cure your slice, hook and even a shank.

5 If you’re able to swing the club between the sponges (you will absolutely be able to do this because it’s a relatively simple objective) you’ll develop a better swing. It possibly can’t get any easier than this.

6 All parts of your swing will improve naturally. You won’t slide or lunge (because you’ll hit a sponge). You won’t spin out (because you’ll hit a sponge). You won’t over rotate your forearms (because you’ll hit a sponge). You won’t cast or throw the club from the top (because you’ll hit a sponge). You’ll get into a better top of backswing position (because it makes it easier to avoid hitting sponges). It really is this simple.

7 It helps you learn a better free flowing golf swing – you’re not focused on a single part of the swing (like the backswing) – you’re learning a continuous full and free flowing motion. You’ll see improved timing and rhythm as a result.

8 You’ll learn to hit the sweet spot more of the time. This gives you better accuracy and more power. And one more thing – CONSISTENCY

9 It’s fun. Way better than doing boring mirror drills or most other of those golf drills you’ve read in the magazines or seen on the Golf Channel.

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10 Easily adjusts for different levels. There’s super easy level (for beginners) but also a really hard setting for serious golfers. (adjust the sponge starting position).

11 It allows you to improve on your natural swing. It works with what you’ve got, rather than trying to turn you into a robot. This might be its greatest asset. There’s no point in trying to get you to do things your body wasn’t designed to do. It’s also not trying to get you to be like Tiger or any other superstar. It makes the most of what you’ve got.

12 It’s so simple. I know many will think it all sounds too easy and too good to be true. It would have been easy to make this a complicated manual and included all of the scientific data - but I know from experience none of this would have helped. It really does work and I’ve worked hard to take all of the science and make it as simple as possible.

What next?

Well, I’d really like you to purchase a swing trainer. If you’re keen you can call me on 0403 372 261 right away and place your order. But before you do I’d like to give you one more little task to prove to you the accuracy of the information presented here.

Go and find any golf magazine and look at the pictures of the golf stars. Then look for the FSP in action. Check out their angle of attack, look at their clubface and study the position of the clubhead before and after impact. Any good player achieves the FSP and is the reason why they are able to play so well.

If you’re able, compare the pro’s flat spot with yours or any other “regular” golfer. The difference is usually obvious and if you’re able to enhance your FSP you’ll see an instant improvement in your golf game.

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Some more information

The base of the swing trainer is made from a lightweight but super strong plastic. It has been designed to withstand golf club impact and will not shatter.

The foam blocks are made from a high density foam which is incredibly strong. The blocks will not damage your club or surrounds, but I do recommend that you be careful when swinging inside or around family members. Usual safety protocol needs to apply.

The unit can be used by left and right handed players and there are four levels. You should start at the easy level and progress through to the more difficult ones. When you can swing the club through the foam gates at the PGA Tour level without touching them, your swing is grooved and you’ll be hitting some very nice shots.

We have also included the Drive Launcher with this package. As the name suggests this device is for use with your driver. The same principles apply - swing the club through the gate without touching the foam block and you’ll be doing nicely. Some points of interest for the Drive Launcher,

• Encourages a longer flat spot

• Encourages maximum launch angle with the least amount of backswing

• Encourages you to tee the ball high for maximum carry distance (just like the pros are able to do)

• Works with all modern day drivers

• Works for both left and right handers

• Gives you a consistent driver swing

• Helps eliminate the over the top move and inconsistent strikes

• Gives you a longer and straighter shots from the tee

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Check out some images of the Drive Launcher in action. The images show the approach to the ball (Imaginary ball. You don’t hit balls with this device) and then just after. You can see the shallow angle of approach (perfect) and the club sliding through the gate. If a ball was teed up it would be met with a square clubface and the sweet spot. From here the ball is only going to do one thing.

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Perfection! The club has achieved the FSP and the ball would have been struck with no sidespin and limited backspin. This results in a drive that will carry further and then roll a good distance upon landing.

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Who is it for?

It’s ideal for any golfer who wants to learn an effective swing. The Swing Trainer makes it easy for you to learn the correct sequence of the swing without getting bogged down with complicated swing details. It also quickly gives you the right “feel” for good and bad swings. This improves learning time rapidly.

The Swing Trainer has been built around the principles of science and biomechanics and will give you an immediate advantage, both physically and mentally.

Here’s what it will teach you;

Set Up: You’ll instinctively adopt a square stance - no more alignment issues.

Takeaway: Once the club negotiates the sponges on the way back you’ll naturally be on the correct swing plane. From here the golf swing becomes infinitely more simple and easier.

Top of backswing: I have found that golfers naturally adopt a shorter and more comfortable backswing position because this aids in avoiding the sponges on the through swing. A shorter backswing position has been proven to be easier on the body without limiting distance.

The downswing: This is where the Swing Trainer does its best work. A common problem on the way down is for many golfers to spin out. Spinning is a byproduct of “big muscle” theory and is the cause of the sliceball.

In the past you’ve had no way of knowing your mistake (only to see the ball slice away or be pulled way to the left). With the Swing Trainer you get instant feedback when you strike a sponge. And the beauty of your learning system is it will only put up with the sponge strike for a little while - it gets annoying to reset the sponges so it will naturally adjust your swing so it approaches the ball on the correct path.

Timing: Have you ever wondered why the best players make the game look so easy? When they achieve the FSP they get the feeling they have more time to hit the ball. The harder they swing the further the ball goes without any loss of accuracy. It’s a powerful feeling that until now has been almost impossible to teach.

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Power: And finally you’ll learn the secret to apply maximum power to the ball. You’ll start hitting the ball solidly and on the sweet spot. All this gives you extra distance without wasting effort. It’s a pure mechanical advantage that comes when the laws of science are on your side.

In the past when you’ve tried to hit the ball harder you’ve had to stress and strain every joint and muscle in your body. Worse, hitting harder usually results in the ball going further into the trees. With the Swing Trainer you’re going to learn a better swing, with sound biomechanics so you’ll swing with more confidence and see the ball flying further and straighter.

Is the Swing Trainer for you?

Over the years I have spoken to many golfers who want to improve their golf swing. Most are looking for a simple solution - they don’t have time to fuss about with complicated swing changes or fancy new techniques. Golfers also tend not be interested in spending long hours on the practice fairway or rebuilding their game from scratch.

If this sounds like you then my Swing Trainer is ideal. It cuts through the garbage of mainstream instruction and allows you to learn a better golf swing without having to think about hundreds of swing thoughts and other technical garbage. For example,

If you slice the ball chances are you have an open stance and come over the top of the ball. You have a flat spot that either really small or non existent. You may hit the odd good shot but chances are you regularly hit a weak banana ball to the right.

The Swing Trainer will get you squared up immediately. It is really hard to have an open stance and swing through the foam gate. Instantly, you are sending a different message to your brain - it is starting to learn a better swing right away.

This one little correction then sets up a chain reaction of better moves. Your grip will probably change for the better, your backswing will be on an improved plane and you’ll reach a more powerful and natural top of backswing position. Perhaps for the first time you’ll start to feel (and learn) what it is like to approach the ball correctly - you’ll be balanced and be tapping into your natural power supply. Your swing is getting better because it has to - your learning system will do everything in its power to achieve the objective (which is to swing through the foam gates).

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The rest of your golf swing takes care of itself. The clubhead and clubface will be moving along the target line in harmony and the ball can only do one thing - fly true to the target. In time you’ll have the confidence (and enthusiasm) to swing harder and witness what *your* ideal swing can do for you.

With my Swing Trainer the process is clear ...

If you can swing the club through the gates without touching them your golf swing will improve. This simple objective makes the golf swing easier to achieve and your learning system is more than capable of achieving it. From here more power, accuracy and consistency is assured.

I’m not sure golf swing improvement can be made any simpler than this.

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Nothing tells you what to do

*As a beginner to golf (started 18 Months ago aged 64) I have been searching the literature extensively and golf coaches for a method that teaches the basic golf swing.*

*Whilst coaches may give good advice, you have to no mechanical system for practicing the advice. Nothing keeps you on track and in a few hours you forget or get confused over what was said.*

*Until this Swing Trainer I found nothing - it’s a& advice and theory of what to do but nothing that taught you how to do it.*

*The bri&iance and simplicity of Cameron’s Swing Trainer is that you teach yourself what to do - you work out what your muscle system has to do in order to swing along the correct plane which I believe wi& then create an automatic natural swing. It’s like your car driving analogy - once you have some basic feel of what to do you start doing it automatica&y. i.e. once you know where the brake pedal is, you don’t need to keep searching for it.*

*The best part was that I can feel the difference between a good and bad swing instantly. I don’t have to over think - my mind is clear and I keep getting better.*

*I sincerely believe if I had the Swing Trainer 18 months ago I would have picked up the basic swing immediately.*

*Cameron should get a patent on this!*

*Kind regards,*

Iain Edwards, Sydney, NSW

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Get yours now

If you’d like to get your own Swing Trainer and the associated goodies that come with it then here’s how to order.

The easiest way is to order online via our secure shopping cart. (click here) You can place your order 24 hours a day, 7 days per week.

You can call me directly on 0403 372 261 (business hours only). Be sure to have your credit card and address details handy.

Email: Send an email to gol"elpdesk@gmail.com with your name and phone number and me or a member of my team will call you back. Be sure to tell us a time that’s convenient to call.

Direct Debit: Please email gol"elpdesk@gmail.com for full details

Cost: $149 (inclusive of GST and Shipping - Australia only) If you’re outside of Australia you’ll need to contact me for shipping costs. Sorry about the inconvenience here but shipping rates vary enormously depending on your location.

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Frequently Asked Questions

How does it work? The Swing Trainer is what I call an objective based training tool. This means you have one simple objective to complete with each swing. When you achieve this, you naturally execute a better and more reliable swing. And because you get instant feedback on all errors, your learning time is cut in half.

Does it work for left handers? Yes, works for all golfers of all abilities.

Does the swing trainer work with my driver? No, but this package includes The Drive Launcher which works perfectly for your driver swing.

Can I hit balls from the Swing Trainer? It’s not recommended. A mistake many make is trying to do too much with their practice. The idea is to focus 100% on working on your swing - not hitting balls. The hitting of balls is usually a distraction. For best results use the Swing Trainer for a few minutes then hit balls from outside of device.

Why does it work better than other training aides? Because it’s the only device that focuses primarily on developing a longer flat spot. It also speeds up the learning time because you are encouraged to make a complete swing each time. Finally, the Swing Trainer is simple to use and makes golf improvement no harder than throwing a ball or riding a bike.

How can I order? Please place your order by calling 0403 372 261 during biz hours or visiting this secure link, (insert here). We accept orders via EFT and credit card.

Is there a guarantee? Yes. All of our products come with a no fluff guarantee. This means you can use the product and consume the content and give it your best shot. If you don’t feel the products have helped your golf then let us know and we’ll happily refund your purchase.

Are these products safe to use at home? Yes. In fact, they have been designed to work on your game from the home or office. This is a brilliant learning environment, free from distractions. Naturally, proper user guidelines apply.

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About Cameron Strachan

The first thing you should know is that I was once a self-confessed golf hack. Despite long hours of practice, tonnes of lessons and weekly golf games I couldn’t work this golf thing out.

I was pathetic. I would throw clubs, get mad and generally make an idiot out of myself. The game definitely got the better of me.

But I’m stubborn, with a strong desire to prove people wrong. And I was lucky enough to make one significant discovery.

*Golf is no harder to learn than any other ski&*.

Walking, talking, riding a bike, throwing a ball. You get the idea.

This one little realisation changed my game for the better. At the same time it unearthed a terrible problem in the mainstream golf world. Most of what you’re being told to do isn’t working.

When I stopped listening to all the so called experts my game got better. At my peak I had one of the lowest handicaps in Australia (plus 3) and I achieved this without playing full-time or daily practice sessions. I did all this by playing/practicing no more than the typical golfer and working full-time. Best of all I achieved a deep satisfaction that only comes when you can truly trust you game.

Some of what I’ve achieved;

• Developed a consistent and realiable game by ignoring traditional methods • Played to a plus 3 handicap (hovers around +1)

• Multiple Club Champion and Captain of golf team

• Helped 1000’s of golfers from around the world improve their game

• Taught Aaron Baddeley his “look and shoot” putting technique

• Spoke at the International Society of Biomechanics in Sport Conference

• Written over 500,000 words on the golf improvement process and have one of the most popular golf instruction websites

• Shot a par round within a few months of starting the game, then lost the plot. This setback was the catalyst for digging deep into the learning process

• Created history by winning the last seven holes to win an important match 1 up For my full story visit my personal golf website, www,GolfGooRoo.com

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