

Symple Putting

by Simple Golf LLC

Videos

To view the videos in this ebook you'll need the Quicktime viewer from Apple. It is available as a free download at <http://www.apple.com/quicktime/win.html>

Most of the video clips are 3 to 4 megabytes. The dialup version of the video clips are somewhat smaller at 1 to 2 megabytes.

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Introduction to the Symple Putting Method

The Symple Putting Method is the most effective way to become a good putter immediately. If you are a 'bad putter' converting to Symple Putting will better your score right away.

Symple Putting Introduction Video

<http://www.simplegolf.com/sympleputting/Intro.mov>

[http://www.simplegolf.com/sympleputting/Intro\(dialup\).mov](http://www.simplegolf.com/sympleputting/Intro(dialup).mov)

Let's analyze how important putting is. Research tells us that putting is 43 % of your strokes on the golf course. **Regardless of your handicap - 43% of your swings are with a putter! The chance to improve this part of your game should be of the highest priority.**

Symple Putting is an amazing new method of putting a golf ball. It is truly simple and it gives you a much more consistent, repeatable stroke which makes you a better more confident putter from every distance.

The hinge method of striking an object itself is scientifically proven. If you could putt with a swinging door or a closing a gate on a hinge those motions would make the same stroke or path every time. When you make the same stroke everytime you are able to hit the ball exactly where you aim every time.

The extremely repeatable hinge type stroke of Symple Putting has many advantages.

1. You will be able to have a consistent stroke bringing the clubface back to square every time hitting the ball where you aim it. We have done extensive testing and golfers have made 30, 40 or more putts in a row from many different distances ranging from 3 feet to 20 feet.
2. It is much more effective than conventional putting, belly putting or any other method because you have less moving parts which means less room for error or improper strokes. No more moving head, shoulders, hips which lead to pulls or pushes and many missed putts.
3. It allows you to anchor your hands onto your leg which eliminates nervous movements from causing the dreaded 'yips'.
4. It will help you become a better speed putter because your aim or direction will be corrected and you can focus on speed for all different length putts.

We are very excited to be able to help everyone enjoy golf more and score better. Here is some more research that will enlighten you about your putting prowess. Regardless of your handicap you can shoot par on the greens for your level of play, that is why we ask you to chart or track your putts per round as a Symple Swinger.

Putting Goals - Here are the statistics for all levels of golfers - so find which group you are in and set your goal to get better using Symple Putting.

- **If you have a handicap that is a 30 or higher** (par 72 course and score average is 102 = a 30 handicap) you are having more than 43 putts per round. Goal is to get to 36 putts or better per round (2 putts per green = 36 putts).
- **If you are a 20 to 29 handicap** (par 72 course and scores average between 92 and 101) you want to get to 34 putts or better per round as your goal.
- **If you are a 10 to 19 handicap** (scores average between 82 and 91) you want to get to 32 putts or better per round as your goal.
- **If you are a 0 to 9 handicap** (scores average between 72 and 81) you want to get to 30 putts or better per round as your goal.

Symple Putting Demo Video

<http://www.simplegolf.com/sympleputting/PuttingDemo.mov>

[http://www.simplegolf.com/sympleputting/PuttingDemo\(dialup\).mov](http://www.simplegolf.com/sympleputting/PuttingDemo(dialup).mov)

The Common Faults that cause bad putting strokes

Putting is difficult because it is such an exact stroke. Unlike most other golf swings which allow for many yards of error - fairways are 30 yards or more wide, greens are usually fairly large and allow for many feet of error, the hole is only about 4 inches wide. When on the green getting the ball close or in the hole is often the hardest thing to do because any error of an improper stroke is magnified significantly. The "hole" is the smallest target in golf. If we were to ask you to tape a pencil to your putter and putt 50 balls on a large sheet of paper how many lines would you have after 50 strokes? Tough question to answer but we did this test and the result is if you are not a very good putter you will have at least 30 or 40 lines. Symple Putting will reduce your lines down to just a few because you will have created a repeatable pendulum like stroke almost covering the same line every time.

Some bad strokes are outside in resulting in a pull to the left for a right handed player. Some are inside out resulting in a push. Some strokes result in club face open at contact pushing a putt off line to the right and vice versa with club face closed and a pull to the left. A significant number of golfers (especially people older golfers) experience the 'yips' which is a golfing term that means your nerves are no longer steady - your hands or wrists get too quick and break down the putting stroke completely. This mental and physical problem has led to many world class tour players having to give up the game on the professional level as it makes them helpless with putts of 2 feet or more. Imagine how many weekend golfers have experienced this problem. Ask any golfer if he knows anybody who had the yips and most will have many horror stories to tell.

The Symple Putting Method greatly reduces putting stroke error. After learning Symple Putting you will greatly reduce the potential for error by having less moving parts of the body, just like Symple Swing. Restricting extraneous movement is a good thing whether you are trying to hit a long straight drive, a straight seven iron to the green and especially a 10 foot putt for birdie or par. So lets start learning how to Symple Putt.

Symple Putting Faults Video

<http://www.simplegolf.com/sympleputting/Faults.mov>

[http://www.simplegolf.com/sympleputting/Faults\(dialup\).mov](http://www.simplegolf.com/sympleputting/Faults(dialup).mov)

Grip and Hinge

First you can use any conventional grip that feels comfortable. You can use regular overlap, regular interlock or even baseball. The only grip which does not work for Symple Putting is 'left hand low' (for right handers). The Symple Putting Method is front hand or left hand dominated stroke (for right handed golfers).

The **hinge** and related hand positions are the most important fundamental of Symple Putting. Take your front hand - left hand for right handed golfers - and place the (little finger) **side** of your left hand on your left thigh creating a hinge point on which you anchor your grip. **THE PRESSURE PUSHING DOWN FROM YOUR HAND TO YOUR LEG IS FIRM AND STRONG. You want your left hand to be firmly pressed against your leg creating a solid strong hinge point.** Practice this by placing your left hand on your thigh and with out a club press firmly into your leg and rotate your left hand back and forth. See video for example.

Symple Putting Grip & Hinge Video

[http://www.simplegolf.com/sympleputting/Grip&Hinge\(dialup\).mov](http://www.simplegolf.com/sympleputting/Grip&Hinge(dialup).mov)

<http://www.simplegolf.com/sympleputting/Grip&Hinge.mov>

You do have a choice to make one of two different types of hinging hand movements while hinged to your leg. If you rotate your hand/wrist back and forth this will create a slight arc of a stroke, see video - golfer does this method in video. If you wish to have a straight back and straight through stroke do not rotate hand/wrist but only break wrist back and forth only moving hand which will make putter head/stroke go straight back and straight through. This feels like a true pendulum motion. Either one is equally successful so decide which is easier for you after short trial period.

Keep both elbows in, again reducing moving parts.

Posture and Stance

Posture is the matter of comfort while putting. This means you need to find a posture which is comfortable for you to practice and putt with whether in your home/office, on the practice green or on the course. Try to keep your back as straight as possible as this will lessen any potential pain in your lower back from bending over and putting pressure on those lower back muscles. Posture will also be determined by where you prefer your left hand hinge position. Do you like to stand up taller (having a longer putter - 37 inches or so), which puts your left hand hinge on the upper left thigh? Do you prefer normal bending at the waist which puts left hand hinge on the middle thigh? Do you prefer to be more bent at the waist - left hand hinge will be only slightly above the knee which you can almost rest both forearms and elbows on your upper thighs? Again this can vary slightly because of personal preference depending on where you want your hand hinge position to be.

Stance is conventional in the sense that you want to line up with your feet parallel to target line. Shoulders also parallel to target line. Head will be slightly behind the ball - directly over the target line extended. Once you are comfortable with this stance you might want to drop your back foot (right foot for right handers) an inch or so. This allows the arc stroke putters a little more room to complete their back swings on a long putt.

Again head still. Shoulders still. Knees still. No movement of any kind except with the hands. Elbows in against hips/thighs depending on bend at the waist.

Symple Putting Posture Video

<http://www.simplegolf.com/sympleputting/Posture.mov>

[http://www.simplegolf.com/sympleputting/Posture\(dialup\).mov](http://www.simplegolf.com/sympleputting/Posture(dialup).mov)

Ball Position

Ball Position is dictated by the hinge point of your hands. Your left hand hinge is positioned on your left leg. The putter positioned straight down from the hands (perpendicular to the target line) making the ball position to be directly below your hands, a few inches straight out from your left foot. (Make sure you do not have the ball in the middle of your stance as like conventional putting as this will make your club face be open at address and open during the stroke pushing the ball to the right.)

Also be aware of how you can actually adjust how the putter sits on the ground (flat versus toe up) by adjusting how close to the ball you stand. We would like to have the putter flat meaning the 'toe end' is not up in the air so to speak. This is predicated on how far away the you have the ball from your front foot. When you do change how close to the ball you stand you will often have to change your grip position a little by moving your hands either up or down a bit on the grip or on your leg.

Your head should be over the ball or close to it, right above your target line extended back.

Symple Putting Ball Position Video

<http://www.simplegolf.com/sympleputting/BallPosition.mov>

[http://www.simplegolf.com/sympleputting/BallPosition\(dialup\).mov](http://www.simplegolf.com/sympleputting/BallPosition(dialup).mov)

Stroke

Symple Putting Stroke Video

<http://www.simplegolf.com/sympleputting/Stroke.mov>

[http://www.simplegolf.com/sympleputting/Stroke\(dialup\).mov](http://www.simplegolf.com/sympleputting/Stroke(dialup).mov)

The repeatable stroke of Symple Putting is the key to hitting the ball consistently where you aim. Start this stroke by placing your left hand on the centerline of your thigh (not on the outside of your thigh, not on the inside of your thigh) . The positioning of your left hand on your thigh (high or low) relates to posture preference. If your putting stance posture is one that you like to stand up tall then your hand position will be on the upper thigh and if you like to bend over more then your hand position will be down close to your knee. The center point relates to the hand position either right on top (middle of leg) or slightly on the inside, either is correct as long as you maintain firm contact pressing your hand into your leg establishing THE HINGE POINT.

Now before you even pick up your putter, practice your hinge stroke by moving your left hand back and forth. You have a choice to make as to the move or stroke you like. Get used to either the left hand/wrist/forearm “rotating stroke” back and forth or just “wrist break stroke”. With either you KEEP THE HAND PRESSED INTO YOUR THIGH. These two slightly different hand movements are again personal preference. The 'wrist rotation' method makes your stroke and club face move in a slight arc. The 'wrist break' method makes your stroke and club face move straight back and straight through. We find no significant advantage with either, both accomplish the same purpose and that is to make the club face come back to square every time.

Now take your putter and with your left hand establish a strong firm hinge on your left thigh. Put your right hand on your putter and take some practice strokes making the club travel along the same path every time. **The firmness of your hinge is the key to a repeatable stroke bringing the club face back to square every time.**

Make sure your elbows are tucked in near your sides or resting on top of your legs/hips. One advantage of this stroke is there are no moving parts other than your hands and wrists. Try closing your eyes and repeating this stroke. You should feel your shoulders remain still, that your weight is not shifting, that your knees are still, that your head is very still. Only hands moving with a solid firm hinge

We have not talked about the right hand much. The right hand (for a right handed golfer) is not a dominant power source. The left hand hinge moving back and forth provide the power in the stroke, the right hand can help a little but the less power generated the better. A light grip with the right hand is preferred.

The length of putting stroke dictated by how far away and how fast, etc. the greens are. We would like you to always start close to the hole when you practice. Learn the value of hitting or putting the ball straight first. Start with 3 footers, over and over again. Gain confidence in the firm hinge and keeping your body still. Always accelerate through the ball. This stroke will allow you to putt with confidence as you will be able to eliminate all pushes, pulls and yips. Because you will have the aim or direction of the putt taken care of by the hinge stroke, concentrate on the speed of your putt. Controlling your speed is the key to becoming a great

putter, with your club face hitting the ball where you aim concentrate on getting the ball to the hole.

There has been some recent testing by Golf Magazine that indicates putting while looking at the hole is 28% more effective than the usual way of putting while looking at the ball. We are in the process of doing some testing with this but our initial test indicate this method may have offer some increased distance control for Symple Putting.

Again recently published facts about putting are 43% of your strokes on the golf course are putts and half of all putts are inside of 6 feet! So become automatic from 6 feet and in. Symple Putting will make you a good putter because your stroke is the same every time, because you know where your ball is going you will learn to read greens better and have the confidence to putt well.

Keep your hinge firm and bring the club face back to square on contact making the ball go where you aim it. Then concentrate on speed and if you have read the break correctly you will be amazed at how many putts start going in, even from 15, 20, 25 feet or more.

It's not unusual for an opponent to concede a one or two footer. However you'll know you've really proven yourself as a Symple Putter when your opponents start conceding 3 footers, 4 footers and even 5 footers or more to you

Stroke for Long Putts

The stoke for long putts is the same. Stay firm with your hinge and keep your body quiet as you take the club back and through. Practice to learn the length of your stoke for long putts. Much like a pendulum back and forth, make your stoke go equal distance back ward as forward.

Symple Putting Long Putting Video

<http://www.simplegolf.com/sympleputting/LongPutting.mov>

[http://www.simplegolf.com/sympleputting/LongPutting\(dialup\).mov](http://www.simplegolf.com/sympleputting/LongPutting(dialup).mov)

Review

1. Establish a firm hinge with your left hand, on the mid point or just slightly inside of thigh.
2. Grip the putter firmly with the left hand, with elbows in.
3. Ball Position is opposite the hinge point on your front leg, a few inches straight out from your big toe, not in the middle of your stance.
4. The putter should be flat at address, not toe up.
5. Have a comfortable posture, eyes over the target line. Stance (feet) even (back foot can drop back slightly for comfort).
6. Stroke is one of slight arc caused by wrist/hand rotating or straight back and through caused by wrist breaking back and forth.
7. Make sure only moving parts are hands and wrists, rest of body locked down.
8. You will hit it where you aim so get speed correct.
9. Practice starting always from 3 to 4 ft., working backwards to long putts.
10. Track how many putts per round you have to set goal of 30 or less.

Symple Putting Conclusion Video

<http://www.simplegolf.com/sympleputting/Conclusion.mov>

[http://www.simplegolf.com/sympleputting/Conclusion\(dialup\).mov](http://www.simplegolf.com/sympleputting/Conclusion(dialup).mov)

If you'd rather download the videos to your computer

It may be easier to download the videos to your computer and view them there. We have put all the video links on one web page for you. Just right click on the link and choose "Save As" and you'll be able to save the video files to your computer

<http://sympleputting.com/vids.html>

Additional Info

Upright Stance

If you want to stand up more (a more upright stance) you might need to put an extension onto your shaft to make it a couple of inches longer. A local clubmaker can easily do that for you. (See your yellow pages for listings of clubmakers in your area)

Feedback

Please let us know at <support@sympleputting.com> how Symple Putting has helped your golf game. We are continuing to try and grow the game of golf and the more information you provide us with the more we can better help everyone enjoy the game of golf.

If you have any questions please contact us at <support@sympleputting.com>