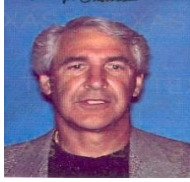


Newsletter for May 5th, 2024



Bob Marlow - PGA Golf Professional

“Cameron Young’s Power Keys.”

Setup, Grip, Posture & Balance, Take-away, Backswing, Downswing

I can help you accomplish these proper movements in person or remotely with V1 Plus Software.

In Person Lessons: I video your techniques and send you an email summary of each lesson, plus a V1Plus Software analysis with audio and video of your lessons. My Instructor Name in V1Plus is, Marlow’s Golf School.

Remote Lessons: If you have V1 Plus Software on your PC or cellphone, preferably on your PC, **with your cellphone**, you can video your swing, pitching and putting and download them to V1 Plus and send the videos to me and I can analyze them and in return, send you my analysis and recommended changes as well as aspects that are already very good. **It is my understanding V1 Plus is now free!**

My website for additional information and lesson rates is <http://bobmarlowpga.com/instruction>

Grip: At address, make the shaft perpendicular to your body FOV, (face-on-view) which creates a cupped left wrists and soft left hand and from a DLV, (down-line view) arch the right wrist so the right hands feels soft . This way you can grip the club on a 5 to 6 on a Scale of 1 to 10 as Butch Harmon says, a firm grip, yet have free wrists during your swing.

Posture and Balance: Look at any video of Tiger Woods swing on Utube in a down line view (DLV) and you will see: He has a slight knee flex, he is bent over from his hip sockets, his upper back is softly rounded, his arms are angled down and in, and his right wrist has a slight arch in it. Looks just like 90% of PGA Tour and LPGA Tour Pros.

Setup: To setup properly to a golf shot your spine should tilt to the right some.

Take-away: Keep the club head outside of your hands with no manipulation for about 3 to 4 feet of club head motion while making **your left knee move out and back to the right some towards the target line.** This creates the flexibility in your swing so you can make a very athletic back and through swing.

Rest of the Backswing: In the second portion of your backswing, pronate the left arm, (rotate it to the right), this puts the shaft in the proper swing plane and tends to make the back of the left hand flat in-line with the back of the left forearm, depending on your left hand grip at address, on the strong side is most ideal, rotated to the right some. The club shaft will appear layed-off, verses parallel or across the target line at the top of your backswing.

Next Coming Down and Forward and through the ball: The left knee should move laterally to the left separating from the right leg, just as Sam Sneed, Tiger Woods, Ben Hogan, and Cameron Young. Nail it just like they all did. **Left knee movement in the backswing and forward swing is the most important movement in the golf swing and the key to distance and accuracy.**

Here is the link, remember the left knee is the key. <https://youtu.be/hwQgDKyaF2A> Watch the whole video.

I can teach you how to: “Make Your Golf Swing” in 1 hour and gain much distance and consistency. These feels, also work well in short pitch shots around the green with certain modifications.

Putting: I can teach you everything you need to know about Tiger Woods putting stroke in minutes.