



5 Keys BLAST Introduction

Step 1: BALANCE

Let me tell you about athletic balance. It means being in a _____. You want to be aware you have a balance point higher up in your body. We think of our center of gravity as being a couple of inches above our _____ and a couple inches in from your _____. When we are doing athletics we must position our center of mass over the balls of our feet. That is your _____.

It's very important to learn this, because balance is the foundation of every thing you will be doing in this program. I would estimate 90 percent of my students when they first come to me they are too far out over their toes.

If I were to ask most people to get into their normal address position and jump, they are usually leaning forward and wind up hopping. What you need to do is to get into a good athletic position where you are ready and balanced; and your _____ of _____ is right over the _____ of your _____. That way when you are in your address position, ready to hit a golf ball and hop, you would hop straight _____ and come down still in balance. When I bend from the waist, my back is hunched and it brings my center of gravity forward. My axis of rotation is at an _____, and I am going to finish my swing in an unbalanced position. You are going to work on a number of drills that will highlight for you a good athletic balanced position.

Step 2: LEVERAGE

Let me explain to you what I mean by leverage. What you are going to find is that leverage is not only one of the most important factors to power, but being a good consistent ball striker as well. I describe the leverage position as the _____ of the ball of your _____. From here to are able to maximize your leverage and make the best use of your big muscles throughout the swing. More specifically this is where you _____ during the swing. It's critical during the swing that you maintain that leverage position throughout impact. Once you're past _____ you can release that leverage position.

I try to keep my _____ right over the ball of my right foot during the back swing. Too many of my golfers let their knee float outside their



right foot. Or even worse let their knee float _____. From this position it is virtually impossible to generate any lower-body leverage. If you maintain your leverage position you are going to have _____.

So number one behind Leverage position is understand that your leverage point is inside the ball of your _____. At the top of your backswing you want to have all of your weight, all of your power, stored and _____ right over the top of the ball of that foot.

The second position I work on, that I stack over my right foot is my _____. On my backswing my hips are going to rotate. I am a big believer to allow my hips to move a little bit more freely. When I make my turn, I think of stacking my knee first over the ball of my foot then stacking my hip on top of my knee.

Step 3: ARC

Let's talk about the third key to distance: SWING ARC. It's the "A" of BLAST. The idea of widening out your swing arc is based on _____. It's a simple equation! The further you can get your clubhead away from your _____ - your spine - the faster your clubhead will travel.

So the third thing you will be working on is learning how to _____. As I keep my left arm straight, it helps me pull my left shoulder under and give me good core rotation on the way back. Now conversely, I see people starting the club back by _____. I'm going to lose all that clubhead speed coming down through the ball. The second place where people shorten their backswing is by bending their _____. One of the swing thoughts I keep in my mind is to keep my clubhead as far away from my _____ as possible. (10:31)

Step 4: SPEED

This is the fourth key to generating more distance. It's all about SPEED, the "S" in BLAST. To speed, I am referring to _____ speed. The hips are the engine to speed. The faster you can get your hips to face toward your _____, the faster your club is going to move. When I make my swing I want to get my hips turned on the way back. Then my goal - when I am in the leveraged position - is to get my hips to my target as fast as possible.



By focusing on getting your hips to the target you will have a lot of benefits to your swing. Once you get into a good lag position by moving just your _____, it will bring your hand in the correct position with lots of lag left in your swing. In other words, your hands will be ahead of the club. You will not have _____ too early. (11:37)

Step 5: TARGET

This is the fifth key to generating distance. It's all about TARGET EXTENSION. Far too many people have, what I call, a _____. All they are thinking about when they are at address is getting the club to the top of their swing and accelerating their club down to the _____. All that's going to do is spend your lag a little bit too early.

To increase your clubhead speed, have a _____. Think about extending your club out to the target, and let the ball get in the way. I want both arms extended right after impact. After impact is when I extend out toward my target. When I'm doing my drills, I think about getting my _____ extended to my target as far out as possible. You've got to finish your swing. Extend out toward the target! Two things you want to avoid is having a _____ when you are pulling your left arm up; and the last thing you want to avoid is _____ through, and allowing your left wrist to break down as you come through, because you are not going to get any target extension. Work on your target extension and it will really help with your speed through the ball. (14:43)