



Welcome to The 5 Keys To Distance!

Welcome to the Five Keys to Distance training program. In this video I'm going to give you a real quick overview of the whole course. The _____ of this course is on you getting more distance. Particularly with your driver! But the distance concepts are going to work with every club in your bag. That's because they are _____ not a _____.

With a methodology approach there is only one way to execute and you have to figure how to _____ to that method. As you learn to incorporate the concepts into your swing you are going to start hitting every club in your bag a lot longer. The first element you are going to work on is _____.

Balance is a concept not a _____. This program will show you various drills related to balance and the drills will help you figure out how you can best develop an athletically balanced swing.

My goal is to help you become your own best coach. I can't be there with you. This course is the next best thing. I'm going to walk you through step-by-step each element of the swing that contributes to distance. Here is how the course is organized. The core of the program is centered on the _____ that highlight the specific elements of the swing that contribute to distance. These five elements make up the acronym that you've seen before **BLAST**. That stands for

- **B** _____
- **L** _____
- **A** _____
- **S** _____
- **T** _____

Each of these swing elements has its own module. Each module contains an introduction, you get the core concepts, it's got specific drills; and I even have bonus videos. Plus in each video you will find a downloadable sample practice plan just for that swing element and that module. (02:27)

The idea is to work through each module in _____ starting with BALANCE. Each successive module builds on all of the earlier modules Watch the videos, read the book and then start using them out on the range. As a rule I think you are going to progress a lot more effectively if you focus



on _____ module at a time until you reach a minimum _____ .
In addition to the five core swing modules there is an Advanced module and then a Bonus module. That means you are going to get seven modules in all. The Advanced module has separate videos that introduce concepts designed to help you practice more effectively and learn faster. You will also find a few videos in there that will help you take your skills to the course. The ultimate goal is to help you play better and shoot lower scores. (03:23)

Some of the videos in the Advanced module you will want to watch as soon as you finish watching the BALANCE module (for Gold students). Particularly the effective practice video and the learning process video. They are really going to help your practice sessions in the beginning. They are going to make you a lot more efficient. I'll see you down the fairway.