

## **Rocgolf**

*Rocgolf began in Australia in March 1997 and has now opened it's European headquarters in The Netherlands. Rocgolf offers everything that has to do with golf: the Rocsolid Golf Technique, a full range of high-quality golf clubs, golf bags, clothing plus it's range of products are continually growing.*

*The 'Roc' in the name 'Rocgolf' refers to the mythical bird that is the symbol for power and freedom. It is also known as the Phoenix, the bird that symbolizes the sun that dies at the end of each day and rises again from it's own ashes at the dawn of the new day.*

*Rocgolf was established by a group of golf professionals and other golf fanatics with the view to offer people more enjoyment from their golf. Rocgolf is innovative in it's vision, freedom and simplicity. The Australian golf professional, Mike Roberts developed the Rocsolid Golf Technique from his experience as a teacher over many years. The Rocsolid Golf Technique aims to teach more freedom through knowledge that makes the game more enjoyable. There are no new techniques or complicated rules, just a number of fundamentals, basic principles that will create more balance and rhythm in your golf swings and you can fall back on these fundamentals at any time, it's that simple.*

*More and more people are discovering the beauty in golf. Rocgolf wants to contribute to the joy that it can bring to everyone.*



# **Rocgolf**

[www.rocgolf.com](http://www.rocgolf.com)

## **The Rocsolid Golf Technique**

This golf lesson series is designed around 6 Chapters whereby you will learn to play and enjoy the game better, no matter at what stage you are at. The possibility that your golf swings can become better requires an understanding of those other natural forces within the game of golf such as: control, touch, rhythm, timing, power etc. These forces play a major part in the success that you can achieve through learning a good swing technique and that's what this DVD is all about.

This golf lesson series essentially teaches 3 things:

- a) you must have a good grip,
- b) you must be aimed correctly towards the target and
- c) you must make a good take-away.

These three parts occur before you hit the ball and therefore can become part of your 'preflight' routine. Your golf swing will respond to the way you prepare yourself but if your grip or your aiming are not as good as they could be then it follows that your golf-swing may not be so good either.

The technique outlined in this golf lesson series is the same as that used by the tournament professionals. The actual hitting of the golf ball doesn't take that much time at all, perhaps 3 seconds but the preparation of the grip and the alignment towards the target takes longer and therefore they reflect the success of the shot. The skill of the tournament players to play in 4 day events depends on their ability to maintain an even rhythm, time the ball well and be sensitive to the golf course and to their own golf swings, particularly with their chipping and putting. Good golfers practise their technique in order to be in step with those other abstract forces that makes the game of golf so great.

This golf lesson series is designed to inform. Knowledge gives you the power and confidence to play better. Teachers don't make golfers, people make golfers. Once armed with the knowledge about the technique that is outlined in this Rocsolid lesson program then the challenge to make change becomes easier - that's the real challenge, the ability to make change.

## Overview of the lesson Program

### 1) Grip

In the first session you will learn 3 principals that are included within a good grip:

- a) Control – grip the club firmly in your fingers .
- b) Touch – all good shots require good touch including the driver, the wedge and the putter.
- c) Rhythm – repeating shots happen best when your rhythm is good.

### 2) Aim (set-up)

This very important lesson establishes the direction your ball will go. If your aiming isn't right at the address position then you don't give yourself the best opportunity to hit the golf ball to the target. The shape of your swing path begins with a good address position.

There are 2 goals to be achieved in this lesson:

- a) Aim the club-face to the target and then set your body at right angles to the clubface.
- b) Place the ball in the correct position to suit the club you are playing.

### 3) Take-away

The beginning of your swing is called the 'take-away' and it will respond to the way you have aimed your body to the target. It will also respond to the way you have gripped your club. To create a repeating golf swing then you must begin the club along the right path during the take-away and this path should be parallel to your feet.

There are two goals to be achieved in this lesson:

- a) Begin your take-away by turning with your shoulders, arms, hands and the club in one coordinated unit. This is also known as the 'one piece take-away.'
- b) Begin your swing without any wrist action in order to create a 'big' swing-circle and when your arms are approximately shoulder high then begin to cock your wrists.

### 4) The 'hit' - Chipping and short shots

There are 3 exercises to be learned in this session. In the previous lesson we concentrated on the back swing. In this lesson we will concentrate on the follow through position. The emphasis in this lesson will also include getting the ball into the air with a proper hand action through the impact zone.

### 5) Putting

I believe that your putting style should complement the way you play all your other shots during a round of golf. There is only one goal to be achieved:

To get the ball to 'roll' which encourages it to 'lag' up to the front of the hole.

### 6) Other shots, bunkers, side-hill lies etc.

Not all shots are played from an 'ideal' flat lie so you will need to be creative when a particular shot demands it. There will be times when you must adjust your grip for a special shot or you may have to change your stance if you are in a bunker or under trees etc. This is the creative aspect within a game of golf.

### 7) What now?

Good practice makes a good golfer. Some issues outlined in this golf lesson series will probably feel uncomfortable in the beginning. Don't let this hold you back! A good technique is the basics of your golf. Give it a chance and you will see you will enjoy the game better.

## Lesson 1

### The Grip Philosophy

There are 3 principals to be achieved in this session.

#### 1 Control:

The golf grip is the thinnest grip of all sports grips, yet golf is a game that hits the ball furthest. A tennis racquet, table tennis racquet, a pool queue, etc. all have thicker grips so the golf grip is designed to be held in your fingers and not in the palm of your hand as is done with other sports grips. Our fingers are enormously strong and in fact we carry our shopping, our brief cases and everything else in our fingers so they are very strong. A firm finger grip will give you the best control of the golf club.

#### 2 Touch:

Simply, touch is one of our senses along with hearing, smelling, tasting etc. When you grip the club firmly in your fingers then the inside pads of your hands where you are very sensitive, will also give you a sense of the club-head. This is very important because you need to 'feel' the correct position of the club head at the top of your back-swing.

Our sense of touch also tells us how hard or soft to hit a particular shot. Our eyes tell us where the target is in the 3 dimensional world but distance is 'felt' through our sense of touch. Our eyes don't feel, nor do our ears, nor does our nose etc therefore the feeling we have for distance is felt through our sense of 'touch.' The 'feeling' is not an emotion - it is one of our 5 senses.

#### 3 Rhythm:

I believe that we are more rhythmical through our legs than through our torso. If we look at skaters, footballers, dancers etc., we can see that it is their legs that are doing most of the work and this activity is also very important with golf. The way we grip our golf club dictates whether or not it will be our torso or our legs that will do most of the hitting. If you grip the golf club more in the palms of your hands then you will use more of your torso and shoulder muscles but the ball won't go so far because our bodies move slower than our arms. If you grip the club in your fingers then your torso will be softer allowing your legs and your arms to drive harder through the ball giving you better rhythm and better length.

#### Summary:

If you grip the clubs in your fingers you will achieve:

- 1) A better sense of the club-head.
- 2) A better sense of the target for all shots.
- 4) A better control of the club because it won't 'flop' around in your hands. Remember, our fingers are very strong.
- 3) Better length with a good rhythmical swing.

### The mechanics of the grip for right-hand players

#### The Left hand:



Place the club in your left hand so that the grip crosses the inside of your hand diagonally. Because the golf grip is the thinnest of all sports grips it is designed to sit in your fingers. When you close the fingers of your left hand make sure that the heel of your hand sits above the grip.

When you look down on your own hand, you should see 2 knuckles of the back of your left hand and the 'V' which is created between your left thumb and your forefinger will point towards your right shoulder. In fact if you completely open your left hand then the





back of it should be facing the target, and this is correct. Make sure that the thumb and forefinger are similar in height - left pict. This is called 'playing with a short thumb' whereas pict right shows a long thumb which means that the index finger and thumb are a long way apart. When we feel fabric then we feel it between our thumb and index finger so it follows then that we will have a better feel of the golf club if the grip sits between our thumb and forefinger. This is called playing with 'a short thumb' and it is correct.

One more thing, keep the butt end of the club about 2 cm above your closed left hand - ie. don't let the butt end of your club sit down into the palm of your left hand. The reason for this is because the 12 mm difference between each club in your set of clubs establishes the correct distance that each club will cause the ball to fly. If you let the handle of the club sit into the palm of your left hand then you will affect the distance that the ball will fly (according to the particular club you are holding). Each 12 mm difference between the length of each iron golf club, represents about 10 meters difference in length that the ball will travel.

### The Right Hand:



These 2 pictures of the grip show how the right hand is supporting the left hand - it sits behind the left hand guiding it along the swing-line path toward the target.

We right handed players tend to do our hitting with our right side which is ok providing that our right side also supports our left side otherwise we may become to 'open' at the impact zone causing the ball to pull hook to the left (for right hand players) or cause the ball to slice.

The centre of your swing is your left shoulder so your right shoulder must not 'steel' the center of your swing and move it to your right shoulder. The way you grip your golf club establishes your swing plane. This will become more evident when we study both the set-up and the take-away lessons (forward).



I suggest you overlap the little finger of your right hand over the index finger of your left hand (pict left). This type of grip is known as the standard 'Vardon' style. (Harry Vardon 1870 - 1939 was a British professional golfer who made this 'overlapping' grip famous)

## Lesson 2

### The aim - the set-up

There are two goals to be achieved in the address position:

- 1 Begin by aiming your club-face to the target and then build your body around it.
- 2 Place the ball in the right position according to the club you are playing.

Of course, this is obvious and yet, rarely achieved. Most golfers are not aimed correctly at the target which makes shot-making very difficult. If by chance a golfer is aimed correctly at the target but the ball is not in the best position for a particular shot then again, the shot-making can be difficult. Most of the faults that occur in the golf swing can begin right here - you must make absolutely sure that your set-up position is correct otherwise you cannot improve because your golf swing which is a 'mirror' of your address position will be inconsistent.

- 1 Aim your club-face toward the target.
- 2 Set your feet square to the club - be careful not to move the club-face otherwise the target



is changing every time that you move the club. The target will be 'mirrored' through the club face. The bottom line of the club-head is called the 'leading' edge and it will point to the middle of your feet for short irons and then move 25 mm further toward your left foot for the middle irons and then another 25 mm further again for the long irons and lastly the woods will be positioned off your left heel (top pict left). It is the club-face that 'tells' you where the ball is in between your feet. The ball will be slightly further ahead of the club-face.

3 Set your shoulders square to your feet and hips. You must lower your right shoulder because your right hand is lower than your left hand on the grip hence your right shoulder must be lower than your left shoulder (top pict left).

Again, set your shoulders square to your feet. Make sure that you don't come around with your right shoulder as you put your right hand on the grip because then your shoulders will not be parallel with your feet - remember, first you found the target through your feet and the club-face therefore you must set your shoulders parallel to you feet. You will need to lean your torso to the right to achieve this position. This may feel a bit strange in the beginning but if your right shoulder is lower than your left then your head will also lean slightly to the right. This angle that your head is leaning will affect your natural 'horizon' line but it is correct for a two handed sport such as golf.

4 While the head of your golf club is in between your feet, the shaft of the golf club should be in line with your left arm so that the shaft and your left arm form one line towards your left shoulder which is the center of your swing plane (see top pict). This line of the shaft and the left arm will result in your hands being slightly ahead of the club face and this is correct. If you are wearing a watch then your watch will be slightly ahead of the club head. This is true for all the clubs in your bag. Our left arm is our leading arm (for right handed players).

Try to keep your arms at a reasonable distance away from your hips at the address position otherwise you will tend to swing more with your body and less with your arms (see pict left). A good golf swing happens when your arms are 'free' from your body. A golf swing

is essentially done with your arms and the task of your body is to compliment this action with power.

### Lesson 3

#### The take-away.

The first movement of the back swing is the most important because it dictates the shape and the path that your swing will take.

There are 2 principals to be achieved in this lesson:

- 1 Begin the take away by including your shoulders, your arms and the golf club in one coordinated unit.
- 2 Cock your wrists above your shoulders.

In the take-away your shoulders, arms, hands and the club should all move together in one co-ordinated unit. While your torso is beginning to make the turn let your left knee come



across and point to a position just behind the ball. Your left heel can rise up off the ground about 2 cm in a rolling motion to assist this knee action.

Make sure that your hips are not going sideways while you are turning in the back swing. When you reach the 'half way point' in the back-swing (see pict right) your shoulders should have turned approximately 90 degrees from your address position and your back will be facing the target, your weight is predominately on your right side and your club will be straight out creating a 'big' circle in your take-away. In other words don't cock your wrists at the beginning of your swing until after you have made a 'wide' take-away.

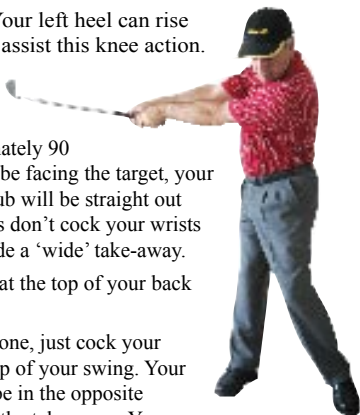
Let your left shoulder point downward toward the ball at the top of your back swing in order to stay on plane and to see the ball.

The next movement in the swing is a relatively simple one, just cock your wrists so that the club is resting on your hands at the top of your swing. Your thumbs will now be underneath the grip. They should be in the opposite position from where they were at the half way point in the take-away. Your arms will rise higher when you cock your wrists but be careful not to over-swing with your arms or your shoulders otherwise your down swing will be different for the other clubs in your golf set. Try to keep your left arm straight because it is the radius of your swing and therefore it should remain constant.

The down swing will start with a downward pulling action with your arms while your weight transfers onto your left side. Try not to swing around your body with your right shoulder in the down-swing (for right-handed players) but keep your right shoulder working under your left arm and your chin. In other words, your right hand can do all the work as long as it takes your left side with it. If your right shoulder comes around too early in the downswing then you will create a swing-ark that comes across the target line and you may create a 'slicing' shot, ie. the ball will spin to the right plus it will lack authority and distance.

The pictures below show the follow-through position to be similar to the back swing - the club will be straight out facing the target in the follow through position, your thumbs will again be on top of the club and your weight will

move fully onto your left leg. Because of the enormous momentum created in the down-swing, let your arms flow freely into a nice high follow through. The swing arc of a golf swing should be wide. The wider your swing arc is, the more consistent you will be with all your other clubs.



**Summary:** Try to cock your wrists above your shoulders on both sides of your swing in order to create a large circle.

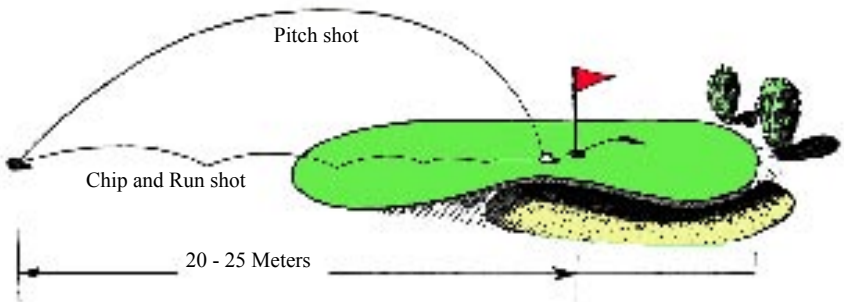
## Lesson 4

### Short shots - Chipping and pitching

Up until this point in this lesson series, I have only talked about a full golf swing that is played between the tee and the green. There are many other shorter golf shots that you will need to play well if you are going to lower your handicap. If you take three or four shots to get close to the green and then take another 3 or 4 shots to get the ball into the hole then your score will be high indeed so I suggest that you give equal attention (or even more attention) to this very important part of your game as you do with your full shots.

There are 2 ways in which you can approach the green if you are (say) within 20-25 meters of the hole.

- 1 You can either choose to chip and run the ball up to the hole or,
- 2 You can pitch the ball high into the air with sufficient back-spin so that when the ball lands near to the hole it will stop quickly.



#### Chipping:

If there are no obstacles between you and the flag, such as bunkers or trees and the ground is relatively flat then chip and run the ball to the flag-stick. Use a 5, 6, or 7 iron depending on the particular shot. Hit the ball low to an area which you consider to be the right spot for that particular shot. Keep your wrists reasonably stiff throughout this action - much the same as you would a putting stroke.

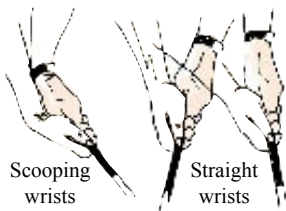


#### Pitching:

Any shot that leaves a 'pitch' indentation of the ball in the putting surface of the green is a 'pitch-ed shot.' The pitch mark must be repaired by the player responsible. The pitched ball has greater backspin than a chipped shot causing the ball to stop quickly upon landing on the putting surface. A pitched shot is more difficult to play consistently well over shorter distances because of the greater accuracy required to land the ball on a specific spot, whereas the chipped shot lands short to a broader landing area and is designed to run on to the flag.

However, if there is an obstacle between you and the flag then you have no option but to play the ball high into the air to avoid the trouble. If you want to hit the ball high then use a wedge or sand-wedge and if necessary you can also open up the club face.

The mechanics for both of these shots is essentially the same. The left wrist (for right hand players) is straight at address and therefore should remain



Scooping wrists

Straight wrists

straight throughout the shot. Don't swing the club under the ball to scoop it into the air (see pict left) but rather let the ball go 'backward' up the club-face as you swing through to the target. All short shots in golf are mainly played with your arms and hands so while you keep your wrists firm, allow your arms to swing freely through the ball.

If you are wearing a watch then it will be in front of the ball at the address position. Keep your watch leading ahead of the club-head through the hitting zone and you will have much better success.

## Lesson 5

### Putting

There is 1 goal to be achieved in this putting session:

1 To get the ball to roll

A 'hit' ball is different from a 'rolling' ball. A 'hit' ball will 'take-off' quickly from the putter's face and will generally stop quickly whereas a rolling ball has 'top spin' and will continue to 'lag' up to the front of the hole and then drop in. Aiming is very important but because distance is 'felt' it can be more difficult to control the length of a putt so you must learn to 'hit through the ball.' Hitting through the ball needs to be experienced and comes from practise. The principal of hitting 'through' the ball as opposed to hitting 'at' the ball also applies to every other golf shot that you will play during a round of golf.



Reverse overlapping grip

**Grip:** I suggest that you use the 'reverse overlap' grip (pict left) where the index finger of your left hand (for right handed players) overlaps the fingers of your right hand. This extension of your left index finger over your left hand helps to keep both your wrists straight. Don't 'scoop' with your wrists during your putting stroke (Pict right). Most tournament players use this grip however you can also use the standard 'Vardon' grip that you use for all your other clubs.



Scooping wrists

**The set-up:** The ball can be a little further forward than the center of your feet. Your knees can be slightly bent, your head is over the ball and your eye-line will be looking at the top of the ball (pict left). Try to avoid being too 'military' in your approach to all golf shots but particularly putting - don't be too stiff - talk to the ball...



**The stroke:** Let your arms swing in a pendulum style and let your hands cross your hips or your 'fly.' In the picture above right, you can see that the hands are staying at the 'fly' position and this is wrong because the wrists are 'scooping.' You must keep your hips and legs very still during the whole stroke but your shoulders can 'rock' slightly as your arms swing through the ball. Your back swing will be shorter than your follow through - remember, it is the longer follow through that helps to produce the 'top-spin' required for consistent length that the ball will travel to the hole.



Successful putting begins with having the right ‘feeling’ for the length of a putt. If your putting is accurate but the ball finishes to long past the hole (or short) then the chances are you will miss the return putt making it a three putt green. In a round of golf, 36 putts have been allocated on the scorecard for putting. In order to lower your handicap (score) it is very important that you learn to ‘roll’ the ball so that you are 2 putting, not 3 putting.

I suggest that putting is where you could begin your disciplines toward a good practise routine. The way you putt will reflect the way you play your golf in terms of ‘hitting through’ the ball but also how you learn to control your own body to compliment a good golf swing. When you putt a ball up to the ‘front’ of the hole on the putting green then you can apply this same attitude to the rest of your golf shots by hitting the ball up to the front of the target. Remember, it is always easier to hit ‘past’ the hole in putting, in fact that is the easiest thing to do but this

same idea of hitting ‘past’ the hole also applies to all those other shots that you will hit during a round of golf. Hitting past the target is a ‘no talent’ shot. It’s much harder to keep the ball ‘in play’ the same as when we try to keep a tennis ball inside the back line on a tennis court. The hole in golf is like the back line in tennis. Of course there are shots that you will need to play that are beyond the distance you can hit the ball but I’m mostly referring to playing your ‘short’ irons, chipping and putting. It’s an attitude.



*Check our website [www.rocgolf.com](http://www.rocgolf.com) for more information about our products. If you have any questions about the content of our DVD or booklet don't hesitate to mail us at: [info@rocgolf.com](mailto:info@rocgolf.com)*