

LEARN TOUCH GOLF GUIDE



Principles of
Learning and Practice Strategy

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INTRODUCTION

HOW TO USE THIS GUIDE

Touch Golf is a program that is based on the approach to learning employed by the grand masters of the game. These great golfers knew and believed in the reliability and value of their feel. They may not have known the brain science underpinning their method, but they didn't need to. They believed in their hands/touch to swing the club. This gave them enormous creativity, enabling them to solve any problem they might encounter in a game of golf. Why were they able to play the game at the highest level? Because the first cousin of touch is confidence. Touch and confidence are practically twins. So their extraordinary touch generated tons of confidence. And we all know there is a direct correlation between a golfer's confidence and their ability to perform at their level best. Learn Touch Golf has gone a step further than the master players and teachers. Learn Touch Golf has gleaned insights from brain science learning research and embedded them into its program. This program provides a strategy that teaches a golfer how to learn independently, both physically and cognitively. How to practice and think to optimize their performance. This comprehensive program creates a platform for a golfer to reap the fruits of their efforts. As the truth about golf is revealed, touch golfers discover the beauty of self awareness, humility, and joy every single day.

PRINCIPLES OF LEARNING

Purpose-Feel-Trust Plus Flow-Path-
Timing = Positive Potential

Learning is all about brain change.

Two Rules in Learning to Change the Brain for
Movement

1. You must move extremely slowly to change a movement habit.
2. You must first exaggerate and then modulate the new movement.

In Learn Touch Golf, learn the movements from the exercises to improve your swing, as well as practice how to think and respond in a manner that makes your brain change beneficially.

Attitude: Attitude; The Master Key to Improvement

- Attitude plays a major role in determining your progress. Adopt a curious attitude rather than making negative judgments. There is no room for discouragement in touch learning. Your attitude