

# 1. Impact Drill



This gets you performing the Modern Hip movement through the Impact zone

With the Correct Hip action and timing, the Swing Governor™ will **slide out** as shown, making a popping sound.★

Note: With an incorrect Hip Action, the Swing Governor™ will get stuck between your legs

This drill, which **takes 1-2 sec**, is harder than it looks and needs perseverance and patience. However once you master this move you will not only uncover one of **golf's secrets**, but you will wonder why it was so difficult in the first place.

Front View



Step 1



Step 2



Step 3



Step 4



Step 5

Front View

Place on Hands hips

Pull up and around with your left hand

Push down and around with your right hand

Continue to rotate the hips

Hips should be 40 Degrees open

Swing Governor

Level & Spring half compressed

Rear end starts to Slide out

Continues to slide

Completely out

Hanging by the Strap

Behind View

Ensure your hips & knees are square

Try to keep your right heel on the ground

Keep knees inside Toeline through steps 3-4-5

Rear knee moves towards the front Knee

Knees still within the toeline

Behind View

