

Arnie's regular swing produced the epitome of a powerful draw. It was not easy for him to go the opposite way. I suspect that it would have taken a major change of thinking for him to learn to consistently slice across the ball. Exactly what we're talking about here, only in reverse.

BUILDING CONFIDENCE

On the functional side, there was one specific activity which greatly strengthened the belief that I could indeed change my swing. Anytime, anywhere, I could pick up a golf club and move it along the proper inside-out path on the downswing by doing it *in slow motion* (To the best of my knowledge, there is nothing preventing anyone else from doing the same.).

Once I could do it in slow motion, surely I could do it with a smooth, three-quarter length practice swing; then an easy three-quarter swing with a ball; after that, a full-length practice swing, and so on.

Another approach, which I came upon later, involved *starting very short* (as in chipping), and slowly extending the swing length as I gained confidence. We'll explore this complementary method down the road.

With this slow motion activity, I began to build the confidence and the belief that I *did* have the capacity to make a good swing. I may have only done it at a tenth of my normal speed. *But I could do it.* And so can you!

At this point, early in my journey, I did not realize that had I hit upon an excellent training method to eliminate my slice. Ah ... but such things are eventually revealed to an open mind, as I will describe shortly. Let's take a look now at how my physical change-over began to take place.





STEP TWO: *When Change Comes Knocking, Recognize and Welcome It*

Picture me, if you will, standing on the practice tee after a horrible round. Sweat was pouring off my face as I fired off slice after slice with my driver. I was giving it everything I had, trying to make corrections. Little progress, however, was evident.

One of my good friends, Jack, happened to saunter by. Jack could tell that I was completely fed up. I vented my frustration on him. After watching me hit a few more, he said, “Rick, why don’t you forget all this other stuff and just think about turning your back to the hole.” Huh? I thought I was already turning back as much as I could!

Jack’s tip turned out to be the centerpiece of the mechanical swing puzzle which I then assembled over the next few months. Although it wasn’t the first time I had heard this tip, it was the first time I could *feel* a difference in my golf swing. How come?

The reason was subtle, yet clear. All my life I had been *trying* to stop my slice (outside-in approach). For a few brief moments that afternoon, I felt a different way. Instead of attempting to force more turn with my left shoulder in an effort to avoid the slice motion on the way down, I took his advice literally and *turned my back to the target*. It meant **letting go** and venturing into what felt like unknown territory.

What a different feeling! The coin had been flipped and I was seeing the reverse side. Jack’s advice meant something because **I welcomed it without limitation**. It happened because I was open and ready for change.

