The Putting-Revolution

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Hi There, Anthony here.

I hope you learned a few things from reading “Ray’s Story.” We are going to take these “learning’s” further in this report.

This report and accompanying email-lesson-series is designed to help you putt better. In essence, it will show you where to place your focus when you putt... because every putt – whether holed or missed, **is a product of what you have focused on**.

Common excuses “pedalled” by golfers include: “the green not breaking” or “the greens being slow” or simply – bad luck. These are just excuses, the outcome of every putt falls 100% on your shoulders, not some external factor.

“The path to improvement is realising your mistakes, adjusting, and then trying again.”

If you jump from one new putter to the next or from one tip to another or you listen to what many of your playing partners say during a round of golf, your putting will not improve.

We want on-going improvement, not “praying” that some “magic-key or putter” will permanently make you a better putter; it can’t, doesn’t and it won’t work.
Technique: Paralysis by Analysis and The Putting-Revolution

What I hear and see out on the course (and especially on the practice-putting-green) when I play each week is players putting a heavy focus on “the stroke.”

“Focusing on the stroke inhibits your feel and any chance of getting into the zone.”

Trying to control your stroke – make a pretty stroke or a focus on your hands in the stroke is the left side of your brain working. The left side controls logic, it does the numbers, it helps you get to the 1st tee on time, it nags you to do some practice. I’m a big fan of rational thought – at the correct time.

Where does “action and movement” spring from? It’s born in the right side of your brain; the creative, athletic, ancient side. So, if you try and “control your stroke” and think about “technical aspects” when you should be feeling and reacting, you are literally “short circuiting” the message from the action-starting right side of your brain – down to your arms and hands. Not a wise move if you want to putt and score as well as possible.
I have had many rounds where my putts have totalled in the low to mid 20’s. One year ago I made 7 from 9 putts from an average of 18 feet in 9 holes (11 putts for nine holes and 6-under par) and I can tell you... in this – and in other great “putting-rounds” I have experienced, I never thought about my stroke or what my hands or putter-face were doing during each putt.

I write and talk about this day and the putting-system that produces this type of putting in: The Truth About Putting E-Book and Videos.

“The stroke becomes contrived and unnatural if you think about making a perfect stroke; this is the same with any skill.”

The best musicians do not focus on what their hands are doing; they get lost in the music and its rhythm.

I would guess that you sign your name, brush your teeth, drive a car, ride a bike, and cut your steak without really thinking about it; you perform these tasks naturally, efficiently and subconsciously.

If you can putt without any real conscious energy placed on controlling the stroke after lining up and committing to your line, you will give yourself the best possible chance of making the putt.
“A History of The Putting-Revolution”

Now, there have always been good putters, although in the old days (pre-1960’s) putting was not respected much. The greens were slower and putting was simply not valued as highly as the ability to hit long shots well.

So was the “Putting-Revolution” due to better greens and a smoother more pendulum-stroke like the players today demonstrate?

No not at all. Bobby Locke, Jack Nicklaus, Garry Player and Arnold Palmer all putted with wristy strokes from bent over postures, and they were all great putters.

Putting and the mind’s role in putting were not “talked about” years ago. Come the 1990’s and hardworking P.G.A Tour players looked for an edge and turned to sports psychologists to help them out.

The result for the player’s that invested their time (and money) in this was The Putting-Revolution.

Through a better understanding of how human beings best respond to targets, players were now starting to get back to a “beginners mind,” – which is generally free of technical static.
Look at the hunter lining up his prey...

... He lines up his prey and then fires at his target. He does not think about how his elbow and wrist are cocking or how straight his shoulder is rolling over, he is focused on releasing the spear at the target.

Players using “The Putting-Revolution” were no longer using technical thoughts when over the ball and instead started focusing on the things that matter – which is:

1. **Reading the putt properly** (pre-putt)
2. **Following a specific repeatable routine**
3. **Putting without delay**

Okay, let’s look into these points and discuss why they are the key to putting well all the time and most importantly – under pressure.

When I started following these principles above when I was a young Professional Trainee in the late 90’s my putting went nuts; I developed a systematic routine (I did the same movements before each putt).

It was as if I had been given “the way” to putt; putts started going in from everywhere. I have refined the process as the
years have passed but the principles have not changed much at all.

**Note:** A new putter or grip may work well for a round or two but I’m talking about raising your level of average putting way up for good – and accessing “The Zone frequently.” This is permanent improvement.

The changes I made were incorporated after reading books by Doctor Bob Rotella – the great Sports and Golf psychologist. In his book “Golf Is a Game of Confidence” he tells the story (among others) of Brad Faxon and how he shot the lowest final round score in the U.S.P.G.A Championship at the time – a 63 – to make the U.S. Ryder Cup (Faxon won the best putter title on the U.S. Tour several times).

Brad’s problem was that he wanted to make the team desperately. In order to post the best possible score; he couldn’t let himself think about the outcome of each putt.

Thinking of a score or possible outcome takes the players mind off the task at hand which is focusing on the three keys in The Putting Revolution that I just mentioned – which are:

A. Reading the green properly

B. Being focused on going through the physical and mental routine and then...

C. Reacting to the target freely

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We get away from the present – which is focusing on these tasks and it is a constant battle to get back to doing these simple tasks over and over. If you start thinking about making birdies or pars or if you are on track to break your handicap, give yourself a talking to, because if you think like that your mind is getting off the task at hand.

**Get back to the present and carry out the simple tasks.** If you do this, a good score will take care of itself.

**Back to Brad... in essence he was picking his line and speed and then reacting to that line without delay.** During his round he was constantly battling to get back to these simple tasks and not think about possible scores and making the Ryder Cup Team. By focusing on the simple things like reading the putts and reacting to the target athletically, he set himself up to shoot a great score.

**Phil Mickelson** was a pretty ordinary short-putter for the five or six years prior to him winning his majors. I noticed a speedy more “aim-and-fire putting routine” when he started winning majors. I suspect Dave Pelz (short game coach) helped him out with this change to a better, refined routine.

Tiger is another one that has the same physical routine throughout his career (he takes two looks at the target and two practice swings).
Want more?

Thought so...I have included three amazing putting stories below that will help you further; **click on the links to read them online.**

**Story 1.** You don't need to aim at the hole to have 24 putts for 18 holes (Player: Joan. Handicap: 20); rather, you need to focus on "the things that matter" when it comes to making putts (explained in the story above).

**Story 2.** Learn how a change in focus took 19 handicapper Ray, from 3 putts on his front-9, to 7 one-putts in his final 10 holes

**Story 3.** He was 8 under par through 13 holes...Learn how this golfer went – and how you can go – 8 to 10 shots better than your handicap. (3 key tips explained)

Well, that’s it for now. I hope you have gained some value from this guide. Turn this information into great putting out on the course; practice and focus on the things I have written about in this guide and in the stories above and your putting will improve greatly.
Cheers,

Anthony

P.S. If you want more info, if you want to dig deeper into the vault for ongoing learning/improvement, go here: The Truth About Putting