The Putting Revolution

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Truths & Lies about putting

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.”

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.

“The History of the Putting-Revolution”

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, a few hardworking P.G.A Tour
players were looking for an edge; they turned to sports-psychologists to help them out.

The result for the player’s that invested their time (and money), was a 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, they 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 practising these principles as 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.

**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

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 athleticism, 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 practise swings).
Lessons from Club-Golfers who have dropped 2-5 shots of the average putt/round and gone as low as 24 putts for 18 holes

The Truth About Putting website has been providing golf/putting improvement information for 2 years. And now, with a fast growing number of golfers enrolling in the course, I’m receiving a large number of amazing, insightful, putting-success-stories from club-golfers all around the World.

I have included a few of their stories in the following pages. As you will see, their successes are based around the principles covered in this report. Look out for the “putting-improvement-nuggets” that can be found in each story. Think about how you could perhaps copy and apply some of the changes they have made, to your putting.
The Truth About Putting – In Action: You Don’t Need to Aim the Putter-face at The Hole to Have 24 Putts for 18 Holes

There are plenty of club golfers out there with not-so-perfect strokes, and there are excellent pros on P.G.A. Tours around the World and through the history of the game with "loopy or not so perfect strokes".

I experienced a classic example of this in person last Monday.

I gave a lesson to Joan, who had previously purchased The Truth About Putting System and had success implementing some aspects into her game.

Joan was in the same city as me (then, I was in Sydney, Australia), so, instead of exchanging emails, we exchanged words in person. I gave her a playing lesson.

We started on the putting green. She had many doubts about her technique – as people had "critiqued" her "different looking style" in the past. This had dented her confidence.

As mentioned, Joan's technique, specifically her alignment and stroke, where not textbook; however, she did posses a few essential elements that all very good putters have.
Many golf instructors and most club-golfers who saw Joan putting would have told her what was wrong with what they saw (aesthetics), which was:

1. She aimed the putter-face way right, along with her foot alignment

2. She pulled across the ball (because she was aiming right)

Joan has been playing for 8 years and I was not going to tear apart her putting stroke and set-up and consequently, destroy her putting, I have seen this happen. Contrary to popular opinion, a straight-back straight-through stroke is not at the top of the list when it comes to making putts. There are other more crucial elements that are the keys to staying – or becoming – an excellent putter.

What did I instruct her to do?

I stuck to the Truth About Putting principles which are:

- Read
- Routine
- React
- Review
Read (R-1): Joan wasn't reading all her putts from behind the ball (do this on the putting green too).

Routine (R-2): she needed the discipline of going through her "reading routine" each time – from behind the putt (she needed to do here homework before each putt; this takes effort; like with most things in life, if you put the effort in, you get rewarded)

React (R-3): over the ball she didn't take too much time, which is good

Review (R-4): could improve on her discipline to review 1, 2, and 3 after each putt (again, this takes discipline to be introspective after the hole has been played...you give an honest review, and then set about applying what was learned to upcoming putts/holes/rounds)

Joan is a good putter from inside 15 feet; she made some nice putts out on the course. She has a little work to do on the long putts. Simply, practising long putts on the putting green will help her “feel”; this applies to all of us.

Was I a bad coach for not changing her alignment and stroke?

Whenever she went through her routine and had an "intention" of where the putt should go at the correct speed, the ball went in. This is what I worked “on” with her.
The ball went in because she aimed the putt well with her eye and secondly, she had excellent tempo to her putting stroke. Excellent tempo is a result of the correct reading, reaction, and free-flowing stroke, and, WAY more important than whether your putter-blade goes back on a straight path.

**Her mind – her focus – was ORIENTATED towards the target.** By focusing on "the things that matter", she is NOT focused on useless technical mind-babble that is the downfall of so many well intended golfers.

**Also, the correct tempo** means the club-face opens and closes at the correct speed. If someone is nervy on a short-putt and slows the putter down on the way through, this happens:

1. The ball doesn't have the speed to stay on the intended line
2. The blade and the stroke is "corrupted"; it doesn't close at the right speed

It doesn't matter how neat your stroke looks, or how ugly it is, join good tempo up with the correct line and ball-speed and there is only one place the ball will be ending up, underground!

**Continued...**
A month or so later, her email to me...

Re: Hi Joan, Putting Lesson About Feel, Eyes and Lines On Putters

Joan joanweine@bigpond.com via thetruthaboutputting.com

Sep 22

Images are not displayed. Display images below - Always display images from joanweine@bigpond.com

Thanks Anthony,

I have some good news about my golf. I have won the 2013 Club Championship all due to my good putting. I won by 20 strokes over 3 rounds.

We had our final round on Thursday and I must tell you I had 24 Putts! Which is the best I have ever had. 10 Putts on the 1st nine and 14 on the 2nd nine.

It’s all due to The Truth About Putting.

My son Grant in Shanghai is so impressed he wants to sign up with you. Could you send me something and I will email it to him to get on board.

Once again many thanks.

Cheers Joan

Joan Wein.

Truth About Putting Tribe Member Ian Has Gone From Shooting In The Nineties To Shooting In The Seventies In 12 Weeks!

After “surfing the net” for “get-better-at-golf information,” Ian came across The Truth About Putting home page. The message on the page (remember the photo of the Hunter) rang home. Ian had played plenty of sport and darts in particular. He took the fire-at-the-target darts mentality to the greens” (like old Ray did). Wise move Ian.

“I managed to break 80 for the first time last Easter weekend. For that I thank you. My poor sad mates want to know what kinda performance enhancing drugs I’m on. Do I share this information with them; no hope in hell is that happening!”
Michael, had the dreaded “putting-yips”...he's handicap “blew out”, and he was beginning to hate golf. Then, fortunately, he found The Truth About Putting...it saved his golf game

Michael had purchased: 4 putters, fat putting-grips, and had tried countless different holds on the club...he had even tried putting left handed (he is right handed).

He got worse, blowing out from a 10 handicap to 13 (he was shooting in the high 80's). He started to hate the game. Fortunately, he found The Truth About Putting. He stopped looking for a quick-fix in new putters, grips and styles, and instead, worked on a **system** that he could follow every time he putted.

And MOST IMPORTANTLY, he used an honest review of each missed-putt (as part 4 of the 4-step system).

Michael changed he's mindset (as taught in T.A.P) from blaming "luck, the green and other excuses", to focusing on the 4-R's of putting. He's mindset and putting matured, and naturally, the results followed.

*Michael's full story in his words is over at the bottom of the success stories page.*
8-handicapper, Texan, Larry, went from an average 34 putts/rd to 30.5 (measured over 3 months). He’s putting better and shooting lower scores

[Anthony: Look and see how Larry did it – in his words, below]

“The new information and the reminders each week [email lessons] to practice the putting routine is a key element to success. The putting routine has become a habit now, along with mapping a spot or spots on the putting surface to make your stroke to the hole. When I would catch myself not doing this, the results weren’t very good. When I do my routine, the results are usually very good. The mindset now is that I should make every putt inside of 20 feet and that I will always have a tap in on any length putt if it doesn’t go in the hole. I don’t ever think now that the putt is not going in. What a different thinking from 4 months ago. Thank you again Anthony for all your help. You really have something with “The Truth About Putting.”

My sincere gratitude and thanks.

Larry Pearson”

[You can read more detailed updates from Larry, over at success stories page, here]
Conclusion: How good can your putting get?

I have outlined to you the “things that matter” when it comes to putting well – The 4-R’s. And, you have learned through the success stories, how club-golfers like yourself (with handicaps varying from scratch up to the 30’s), have applied these principles to take many shots off their average putts/round, – and in some rounds – achieve World class 23-25 putts/round performances.

How is this possible for a regular club-golfer to scale such heights?

**Putting requires no strength or a high level of coordination**, so, its wide open for anyone who knows and applies The Truth About Putting System/Principles, to get very good at it.

Now, go apply this information to your putting out on the golf course. Practise and focus on the things I have explained in this report and in “Ray’s story” (see below), and your putting will improve greatly.

Continued...
I will be back in a few days via email, with a lesson on what all great putters use as their secret weapon for consistent 27-29 putts/round putting.

If you would like to dig deeper, now, and learn more via The Truth About Putting Video-library, eBook, and weekly lessons, you can enrol here. I look forward to hearing how you progress.

Speak to you soon,

Anthony Procopis

The Truth About Putting

P.S. Ray’s story: depending on where you signed up, you would have received it via email yesterday, or tomorrow.