

SINGLE PLANE SOLUTION

Secrets of Moe Norman...
The World's Greatest Ball Striker.



BONUS

Short Game Solution
With Tim Graves

GRAVES GOLF ACADEMY

Single Plane Solution

Secrets of Moe Norman

by
Todd Graves

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Instructions

The ULFT™ Method

Dear Reader,

This Ebook is designed as a supplement to the Single Plane Solution (SPS) Instructional DVD and is based on the GGA Training System of ULFT™, an acronym for Understand, Learn, Feel and Train.

To get the most benefit from this DVD / Ebook package, please review all of the material at least one time completely through by reading the entire Ebook and watching the DVD. This will give you an **Understanding** of the information.

Some chapters are supplied with a “play button”. When the text above the button is clicked, it will take you to the reference video for that particular chapter. This will help you **Learn** this particular move or position.



Then, whether in your house or on the golf course, by swinging a golf club and actively practicing the positions of each section, as well as by using the training products and drills you can **Feel** and **Train** the movements of the Single Plane Golf Swing.

Practicing perfectly is the only way to change and achieve great results. The ULFT™ training system is your ultimate process of learning. Don't just do it, do it right!

Believe and practice well,


Todd Graves

Foreword

In all walks of life, there are dreamers and there are doers. Dreamers fantasize about the impossible, while doers roll up their sleeves and go to work. Rarely do both qualities meet in one person, which is what makes Todd Graves both an anomaly and a uniquely gifted person.

After meeting a man he would call his mentor, Todd dreamt of mastering Moe Norman's "way" of golf – the technical side, mental side, and the spiritual side – then formulated a plan to share Moe's way with others. The resulting Graves Golf Academy took flight on imagination, but required years of sweat to make manifest.

Todd might have rested on his laurels, but his restless vision and entrepreneurial nature propel him ever forward. I recently had the privilege of reading a manuscript Todd authored chronicling the deeper aspects of his mentor/pupil relationship with the iconic Moe. It is a fascinating read that pays homage to one of golf's most misunderstood artists, while simultaneously providing the avid golf student with rich nuggets of practical advice.

As a screenwriter, I know that there are certain core characteristics of any worthy protagonist. One is the willingness to answer The Call. Another is an Obsession to attain the Goal. And perhaps most importantly, the character has to embody the Ability to go to the End of the Line. I'm not planning on writing a movie about Todd just yet, but I will continue to relish his remarkable march forward and admire his story.

Barry Morrow

Barry Morrow is the author of the Emmy Awarding winning story of "Bill," and he received an Oscar for co-writing the screenplay for "Rain Man" and is currently producing "Dance the Green" – The Moe Norman Story.

Introduction

Twenty-five years ago, my high school geometry teacher winced when I turned in my homework. To his dismay, my pages weren't filled with solutions to complex problems or intricate equations; they were scribbled with curvy lines of people playing golf. I would even sketch miniature stick figures on the corner of each page of my book in various golf swing positions and then flick them backward to see the tiny stick men swing.

When I muse over my childhood, I see that golf has always been my sanctuary. In the crazy world, golf was where I escaped the confusions of life. Today, as an adult and a human being searching for meaning I often ponder the importance of playing golf and hitting a little white ball around a field. From the non-golfing observer, it seems so meaningless.

There are obviously more important things. Turn on the television or radio and listen. It won't take long to see that we live in confusing and stressful times of economic down turns, societal improprieties, political conflicts and corruption. Personally, I can handle only so much of it emotionally and eventually have to escape to my childhood refuge of golf and ball-striking.

I once heard a friend say that "a bad round of golf is always better than a good day at the office" - a sure sign that others, not just me, find refuge in golf.

When you look at golf from this point of view, it shows that there is something deeper going on here; something below the facade of a ball rolling into a hole.

A broader perspective shows that life is full of moments, one after the other. It is how we experience these moments



that fulfills our lives and gives us joy. I believe that, whether it be playing golf at Pebble Beach or watching the sun set on a sandy beach, we are using this time to experience something deeply below the oceanic troubles of our thoughts. We play golf to explore the depth of our seas and find what lies below the surface with freedom, grace and peace.

The irony is that rounds of golf, on the surface, are often not peaceful blue oceans and scorecards are not always piña-coladas. But no matter how good or bad we play, we still find golf to be a great way to spend time. It seems that golf is all about our moments and my mentor Moe Norman's life was an example this.

I am often asked about why he, after just twelve tournaments, quit playing the PGA Tour. And while I was not alive during that period of Moe's life, one particular conversation with Moe might give you insight and forever answer this question.

A few months before Moe died, I met him for dinner at a steakhouse in Kitchener, just a few miles from the retirement home where he was living. I hadn't seen him in months and as usual, he had arrived early and was waiting in the lobby, sitting in a large high-back chair.

As I tumbled through the revolving doors of the restaurant, Moe was staring at a handful of wrinkled papers. When I entered he didn't look up – he continued to gaze down at the papers, obviously wanting me to ask about them. So I entertained him, "What do you have there Moe", I asked.

"A secret" Moe said. "I got it from a ghost".

"A ghost, who was the ghost?" I asked incredulously.

"Just a guy who came out of no-where. He told me a secret" – Moe answered.



“Well, what’s the secret”, I asked.

“Oooh, wouldn’t you like to know” Moe teased in his distinctive sing-song voice.

I teased him back “I sure would Moe, I didn’t come all the way to Canada to eat dinner with you. You still got things to tell me and I need to know.”

Moe smirked and handed me one of the papers from his crumpled handful. The paper was a copy with four words scratched directly in the middle of the page:

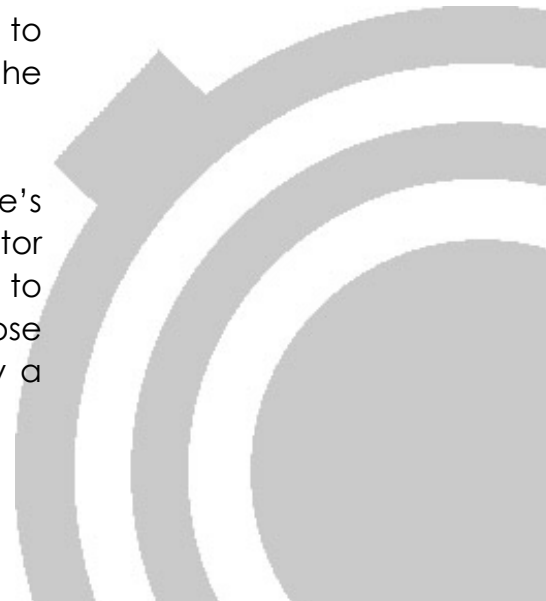
Golf From Your Heart

This night would be the last time I would have dinner with Moe who died two months later. Of all of my moments with him, this one in particular confirmed that, although he was so very misunderstood, he was an extremely deep spiritual soul. To Moe, golf was about having fun. It was about playing and joy – things that come from the heart.

So when confronted on the PGA Tour by his peers and adversaries, Moe felt threatened and pressured to fit in. The PGA Tour was the ultimate paradox for Moe; there he was thrust into the spotlight, unable to fit into the game that he had spent his entire life using to avoid fitting in.

When most of us leave the office we escape to golf. At this time in Moe’s life on the PGA Tour, golf had become Moe’s office and when desperate and defeated he had nowhere to escape. Moe could no longer find joy in his moments so he quit.

I think there is an invaluable lesson for all of us in Moe’s story. For me, while my pedigree shows my Father as a Doctor and Mother a Master Educator, I could have chosen to research cancer or help NASA find another planet. But I chose to stay on earth and tell Moe’s story to help people enjoy a



game called golf because, while there are possibly more important things going on in the world, there is nothing more important than our moments.

This Single Plane Solution is dedicated to you, the golfer who, like me, finds refuge in golf but wants to play better and get more joy in each single and incredibly important *Moment*.



"I've never seen a good golfer with a bad short game - and I've never seen a bad golfer with a good one"

-Tim Graves

Chapter 1

What Makes a Golfer

If you invited one hundred recreational golfers to a dinner party, the evening would hardly be complete if someone didn't ask you about your handicap. Handicap has become the standard measure for golfers to compare themselves to each other as well as rate their skills and improvement.

If the only people you invited to the dinner party were twenty handicappers, it should be hard to tell them apart on the golf course yet, the handicapping system, accurate in some averaging respects, does very little to represent the actual skill levels of your golfing dinner guests.

The reason handicap is not a great indicator of skill is due to the fact that golf is a multi-faceted game. While the basic idea is to hit a small white ball into a slightly larger hole in as few strokes as possible, professional and highly skilled golfers have learned at some point that becoming a good golfer is much more involved than just their handicap.

On the other hand, if you were invited to a cocktail party full of highly skilled and professional golfers, you would hear conversations about the intricate details of the game. Questions such as “How’s your driving”, “What’s going on with your putting” , “How is your short game” or even “What are your stats for the year?” Professional golfers never ask each other their handicaps. Why? It’s not that professional golfers shouldn’t have handicaps, it’s because handicaps don’t tell the whole story. Handicaps, when profiling a golfer, are incomplete.

Good golfers understand that there are many skills to learn and things to understand in order to navigate a golf course and in the end, hole the ball in the least amount of strokes possible. So what is it the professionals know and do that your dinner guests do not?





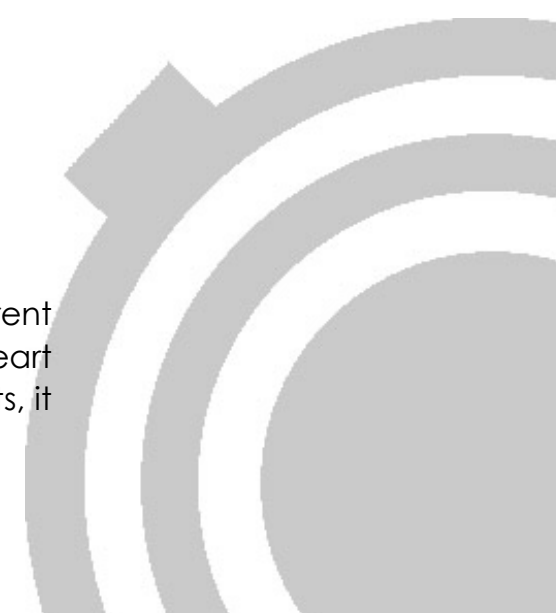
Chapter 2

The Seven Principles

Great golfers have knowingly (or unknowingly) mastered numerous skills, which encompass what they call “their game”. I identify these skills as the Seven Principles of Golf™. These skills include:

- 1) Ball Striking
- 2) Wedge Game / Short Game
- 3) Putting
- 4) Club Fitting / Knowing your equipment
- 5) Course Management
- 6) Practice
- 7) The Mental Game

The Seven Principles of Golf (*SPoG*), distinctively different than a handicap, is the bony hard skeleton and the heart beat of every golfer. By breaking golf down into these parts, it



becomes easy to dissect each individual golfer's game down to their basic skill levels.

By using the *SPoG* as a guide to developing your own game, you can now look at each principle as healthy and strong or fragile and weak. And just as any weak link in your body gives rise to disease and ill health the same is true for unhealthy parts of your game. Whether you are a beginning golfer or a professional golfer, you must build fundamental skills in each of the *SPoG* as well as keep each of these elements healthy and fit. The goal is to build fundamental strengths in your game and keep it healthy by using the *SPoG*, not your handicap, as the thermometer.

Furthermore, when it comes to the many parts of the game, skilled and professional golfers understand that there are certain fundamental “definites” in each of the seven principles. An example of a “definite” in the short game would be that the hands must be ahead of the ball at impact or in putting, the face must be square to the intended target line.

Not only do I believe that there are “definites” regarding all of the principles in the *SPoG*, I also believe that there are easy and “simple” ways to achieve each one of them.

The goal of any aspiring golfer, skilled or unskilled, should be to find and master all of these “definites”. The intention of this book is to help you develop the fundamental “definites” regarding Principle 1: Ball Striking, and to help you learn them in the easiest way possible. To start this journey, let's further investigate the meaning of simple.

(To find out more information about the [Seven Principles of Golf Improvement](#), visit Moenormangolf.com.)





Chapter 3

Confusing Skill with Simplicity

When you watch professional golfers strike a golf ball 280 yards perfectly straight you would probably describe the swing as graceful, fluid or even effortless. Similar to watching an airplane accelerate to 10,000 feet in less than five minutes, you might say “it looks so powerful and easy”.

But taking a deeper look at the mechanics of an airplane or a professional golfer you find that there are multiple layers of complexity. An airplane looks like plastics, aluminum and paint until you crawl into the cockpit and see that there are engines, flaps, landing gear and electronic instruments to control all of it. Just like an airplane, a golf swing is made of numerous parts and intricate movements. It is all of the parts working together, in conjunction and in sync with each other in a perfect harmony that gives the appearance of simplicity.

This appearance in many respects is deceiving. When it comes to a golf swing, I have never met any decent ball-striker that hasn't gone through a developmental process sometimes



taking years. This developmental period is an important place to investigate by asking “How do good players become good”?

Unfortunately most beginners are introduced to golf by an invitation from a friend and a trip to the driving range. They grab a set of clubs from a relative’s garage and start by making swing motions, hitting balls without any direction or instruction. This method of learning is akin to dumping out a jigsaw puzzle on the table and, without a picture for guidance, trying to piece the puzzle together. Comparable to a jigsaw puzzle, the golf swing is perplexing and even the best golfers in the game have worked very hard in an attempt to solve it.

Ben Hogan, known for his ball-striking ability, and his methodical record keeping, documented his learning process. At various times in his life he would make a change in his swing and attempt to use the changes in a tournament. He thought that if the change didn’t hold up under pressure, it had to be incorrect. Even Moe Norman, the greatest ball-striker to ever play the game, said that it took him five years to find his swing, to finally “get it”. And it is the “getting it” that we are all after.

Consider these facts:

Fact 1: The average male golf scores 97 and it has been this way for over 50 years.

Fact 2: The average scratch (even par) golfer achieves this skill level in three years or less and this constitutes fewer than 1% of all golfers.

While it would oversimplify these statistics to say that the difference between the average 97 shooting golfer and the scratch golfer is practice habits, it would seem that there is definitely something to be said for how each of these golfers learns and develops their skills. The average golfer has obviously found ball-striking to be difficult while the scratch golfer has somehow developed some competent ball-striking



skills.

Now contemplate this sobering fact:

Current statistics show that most golfers have reached their lifetime golfing potential within 3 years of playing the game.

Does this mean that if you are average and have played golf for three years or more that you are destined to play at your current level forever? Does this mean that no matter what you do, you can never improve?

I suggest that the difference between you and the scratch golfer is that, whether because of poor practice habits, poor instruction or other factors, you have found golf, particularly ball-striking to be difficult for only two physical reasons.

- 1) You are improperly trained due to bad practice habits and poor instruction or
- 2) The current methods and teaching of the golf swing are so complex that you have never been able to competently put complex movements of the swing together.

But there is also a psychological reason for your ball striking incompetence – the perception that since golf looks like an easy game that learning a golf swing is.

I can't count how many times physically fit, intelligent and healthy students have complained that, while they were great at other sports such as football, tennis and baseball that hitting a golf ball has always eluded them.

This is because most amateur golfers confuse skill with simplicity by thinking that because the golf ball is sitting still it should be easy to hit and does not require planning, learning

"Your quest to find a simple golf swing is not about discovering a swing that you don't have to train and practice. On the contrary, finding a simple golf swing is about discovering a way to make an complex task easier to practice and learn."

Todd Graves



and training.

The fact of the matter is that all good golf swings are complicated movements that have been learned, practiced and trained. What you see in good swings is where the sequence of movements are working together fluently and, even though the intricacy is still there, it is complex but no longer complicated.

Your quest to find a simple golf swing is not about discovering a swing that you don't have to train and practice. On the contrary, finding a simple golf swing is about discovering a way to make a complex task easier to practice and learn. Therefore, when you do train and practice, you make it less complicated thereby shortcutting the time it takes to move from an average 97 shooter to "getting it". And to get it, you must make it simple.



Chapter 4

Searching for Simple

The fact is that you can “get it” without taking the long path that I took. Instead, learn from my experiences.

I will never forget arriving at Hank Haney’s practice range in McKinney Texas in 1993 after returning from a tour qualifying event for the Ben Hogan Tour (now the Nationwide Tour) in Corpus Christi, Texas.

I had just finished three rounds on a golf course where the ground was so hard, that when hitting iron shots, the club would hardly penetrate the soil. The problem wasn’t the golf course; it was my golf swing. After three years of rebuilding it with Hank, I could no longer take a divot and the hard ground in Corpus Christi accentuated the problem to the point where I could no longer get the ball airborne.

This wasn’t the first time I had struggled with my golf swing. As a matter of fact, over the years, sometimes hitting over 1000 balls a day, I had learned to accept the struggle and frustration. It had become an everyday occurrence. To steal a phrase from the late Walter Conkrite, I began to think

“that’s the way it is”.

Looking back, I am not sure exactly what it was but something changed in Corpus Christi. It was the breaking point for me. I’d had enough of the struggle and knew this was the end of my golf career - either find an easier way or quit.

There isn’t a golfer alive who hasn’t seen or heard someone talking about a way to make the game easier. This fact alone infers that the game is difficult. There are so many variables, and elements that compared to other sports, golf might be the most difficult game to play.

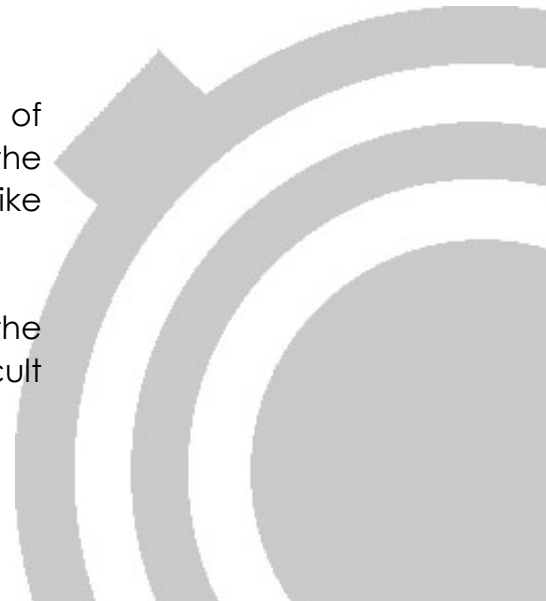
Since the beginning of formalized golf instruction, there has been a never-ending quest by golf instructors and players to find a swing or swing tip that would make striking the ball easier, even to make it simple.

But what does simple mean?

Casual observation gives the illusion that there are multiple ways to hit a golf ball. The PGA Tour players have been displaying this for years. Fred Couples, for example, relaxes his shoulders and reaches for the ball at address and takes the club slowly outward and upward in the backswing and then loops the club back inside onto the downswing. On the contrary, Aaron Baddeley, considered more of a modern swinger, rigidly hangs the arms more straight down below the shoulders at address where the club can move straight back in the backswing then directly down in the downswing.

Couples and Baddeley are just two out of hundreds of great golfers. With so much diversity in swing techniques of the great players, finding an easier way to hit a golf ball is like deciphering a secret biblical code.

The PGA Tour players, while successful at playing the game, are so diverse in their swing techniques that it is difficult



to narrow down the variables that make them good ball strikers. And to make things even more confusing, because they are players and not teachers, few of them can tell you how they do what they do. They just seem to magically and effortlessly do it.

Yet even with so little knowledge about their swings, one thing is certain, good players, no matter if their backswings travel in, up or around, they find a way to find their path to long straight golf shots by arriving at the correct place at the moment they contact the ball; the place in the swing we call impact. The intention of all golfers and teachers of golf should be to find a simple way to get to this magical place.

What will finding simple do?

If you consider all of the elements and variables in every round of golf such as wind, terrain and different types of grasses not to mention the possibility of rain, competition and other distractions, it is a mystery that anyone is able to hit even one Single good shot. Finding a simple solution to make ball-striking easier has multiple not so obvious benefits including:

- 1) Better bad shots
- 2) Reducing pain and injury
- 3) Decreasing frustration
- 4) More consistency

Better Bad Shots

It has often been said that in a round of golf that you are only as good as your bad shots. And no matter how good you are you will never be perfect. Therefore, golf is a “*game of misses*” where not all shots in a round are struck perfectly.

Ben Hogan once said that he would only hit a handful of shots he considered good in any one round. This means that a majority of shots during a round, are not perfect or “mis-hits” where the “mis-hit” driver, while not as long as a perfectly



struck shot, still finds the fairway and the “mis-hit” iron shot still lands on the green although not very close to the hole.

To be able to “mis-hit” the ball well, you must have great technique. Though it sounds a bit like an oxymoron, good “mis-hits” are a sign that the club is moving correctly into impact and another benefit of finding a simple way.

Reducing pain and Injury

It is not uncommon to hear about golfers in pain. Even Rory McIlroy, one of the best player in the world, has been sidelined with back pain and injuries throughout his career.

As a matter of fact, back injuries are commonplace on the PGA Tour and even more common for the average untrained golfer. It is estimated that four out of five golfers, regardless of skill level, will suffer low-back pain at some point in their golfing lives.

The most common injury site in male professional golfers is the lower back, followed by the lead wrist and shoulder. Another problem area for amateurs is the elbow, which is more common for women than men.

In recreational golfers, the reason for pain and injury can be attributed to a few factors including; sporadic play, poor swing mechanics or poor physical fitness. Yet, no matter the reason, any way to reduce stress on the back, joints and body is another reason to find an easier and pain free way.

Decrease in Frustration

Frustration is the result of not getting a desired result. This is commonplace in the game of golf where the average score is 97. The occasional golf shot hit squarely on the face gives rise to a hopeful future but it is often followed by a defeating mis-hit. The fact of the matter is that most golfers are not getting all that they want from the game.



Anyone who plays golf knows how frustrating it can be. Finding an easier way to play the game would reduce the frustration and help you get more enjoyment from the game.

Consistency

When I interview students about the reasons they attend our golf schools, inevitably they all desire to be more consistent. Similar to the discussion about good mis-hits, consistency comes from good swing mechanics where even a bad golf swing still hits the ball relatively well.

Consistency in ball striking is not just a product of practice but rather a byproduct of practicing the “definites” that make up all really good golf swings. Subsequently, finding a way to achieve these “definites” in the most humanly efficient way possible is a sure sign of simple.

Finding a simple solution to ball striking and alleviating all of the associated problems will transform your golf game and, as a result, help you enjoy the game like never before. To better understand my definition of simple, we will begin by looking at the basic mechanical elements of ball striking.





Chapter 5

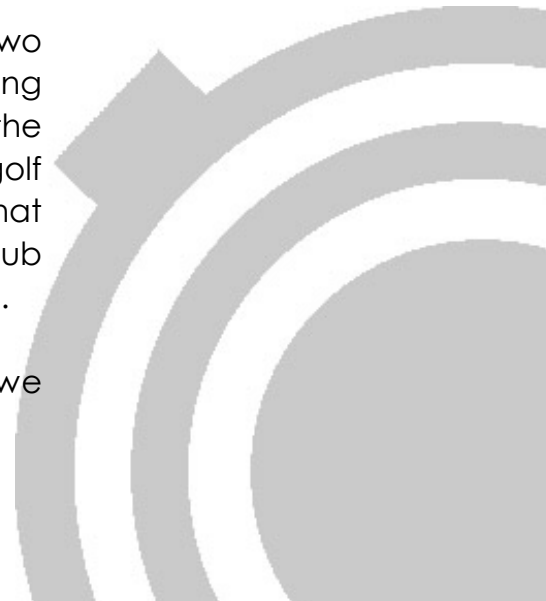
Task, Tool, Machine

Golf ball striking, in my opinion is nothing more than what I call “Task-Tool-Machine” where you have a task of getting a ball to go straight and long distances, a golf club (tool) built for this task and a machine to accomplish it - your body.

The desired outcome of the tool and machine is to impart the proper launch, speed and spin (backspin) on a golf ball making it fly high, long and straight as well as command it to turn when desired.

The Task-Tool-Machine scenario allows us to eliminate two variables for the intention of finding simplicity whereby making two assumptions. First, we assume that we want to strike the golf ball long and straight. Second, we assume that the golf clubs are, or will be, optimally fit to our bodies, presuming that by finding optimal body movement, we can have a club manufacturer design and build tools that will fit the machine.

Fitting the club to the body (machine) after we



determine the movement contradicts most of the golf industry where, in most instances, golf club fitting is the “art” of prescribing compensating equipment to faulty working bodies.

It is no mystery why the golf instruction and equipment industry is one of quick fixes recommending new shafts, head designs and components to compensate for the problematic swings being taught. With adjustable weights, lofts, shafts and face angles, the golf club building industry is only getting more adept at finding ways to market the variances in their equipment to offset and compensate for the differences in personal techniques. Shouldn't there be a way to minimize these variables? To do this we must direct our focus to the task and the machine, not the tool.

One Swing Fits All – an objective look at the golf swing

Because we are all individuals of different sizes and shapes it would seem that the golf swing would be a result of our individuality. But the golf swing is hardly a personality contest. Fundamentally and anatomically we are, for the most part, all the same.

The goal of great ball striking therefore is to minimize the individual variables and break the swing down into primary fundamental positions that are “key” elements to great ball striking. These “keys” are evident in all great swings, no matter who your parents were or what size and shape you are.

If you look at the PGA Tour, you will find countless variations in almost every aspect of the golf swing except one: *Impact*. While there are still slight variations in the impact positions of tour players, so many common traits makes impact the **best** and possibly **only** place to begin looking at the swing under the microscope for the definition of simple.

From the front view, here are the common characteristics of



impact:

- Lead arm straight in line with club
- Head behind golf ball
- Spine slightly tilted away from target
- Trail Shoulder lower than lead shoulder
- Hands ahead of golf ball



Is there an impact position where both upper body and lower body are used in the most efficient, pain free and effective way?

If so, what is the "perfect" impact position?



The common characteristics from the down the line view are:

- The Shoulders are square or slightly open
- The Hips are rotated open
- Trail arm is bent



As you can see, when relating to the most common positions at impact, they are mostly related to the upper body. So what about the lower body?

It is the position(s) of the lower body where you see most of the variation. They include:

- Lead foot flat or rolled



- Lead foot turned or not turned at address
- Lead leg straight or bent
- Trail leg bent or straight
- Trail foot flat on ground, turned or lifted
- Hips rotated various degrees
- Knees bent or straight

It is the various arrangements of the lower body at impact that gives us insight into what must be considered when looking to simplify the golf swing. Is there an easier or better way to use the lower body?

Impact shows the effectiveness and efficiency of the machine where you see the results of the upper body and lower body movement. In many respects, impact shows us the result of what happened prior to it.

Is there an impact position where both upper body and lower body are used in the most efficient, pain free and effective way? If so, what is the “perfect” impact position?



"There is no similarity between golf and putting; they are two different games one played in the air, and the other on the ground."

- Ben Hogan

Chapter 6

Perfect Impact

Often called "the moment of truth", impact is where the golf ball separates and leaves the club face. Therefore, discovering an ideal impact position would directly lead us to the movement that created it and ultimately to my definition of a simple golf swing. Therefore,

Simplifying the golf swing is nothing more than learning a way to consistently achieve a perfect impact position.

To completely understand what would be considered a perfect impact position, it is important to look at how the club is related to the body at impact, find the common denominators of this point and then move the swing backwards to find a starting position and subsequent movements that will help simplify getting there.

The club shaft at impact

During the golf swing, force is being applied to the handle

where the weighted club head is being moved in a circular path around the body. When this occurs, the club will attempt to align with the arms.

From the Down the Line view, the club aligns with the trail arm forming a line with the club-shaft and forearm. Extending this line shows that the “plane” of the club at impact will point through mid-back.

This mid-back or “mid-spine intersect™” is a critical point in the golf swing as it shows that there *IS* a relationship between the club shaft, arms and spine. This is the plane of the golf club.



The Club and Body Relationship

From the Down the Line view it, the handle of the club or plane, points through the mid-back or “mid-spine”. From the face on view, points through an area just above the lead hip, on the lead side of the body.

This point, which I call the “Pivot Point™”, is the sacrosanct club / body relationship. When looking at impact from the face-on perspective, you can see that the handle of the golf club points through this point as it aligns with the lead

arm.

These two points, the mid-spine intersect™ and the Pivot Point™™ are impregnable points of great ball strikers and the goal of any great golf swing is to find a way to achieve this ideal club position, pointing through both the mid-back and Pivot Point™ – what we call- perfect impact.

The shaft plane of the mid-spine intersection and Pivot Point™ clearly show that there is a relationship between the upper body and lower body.

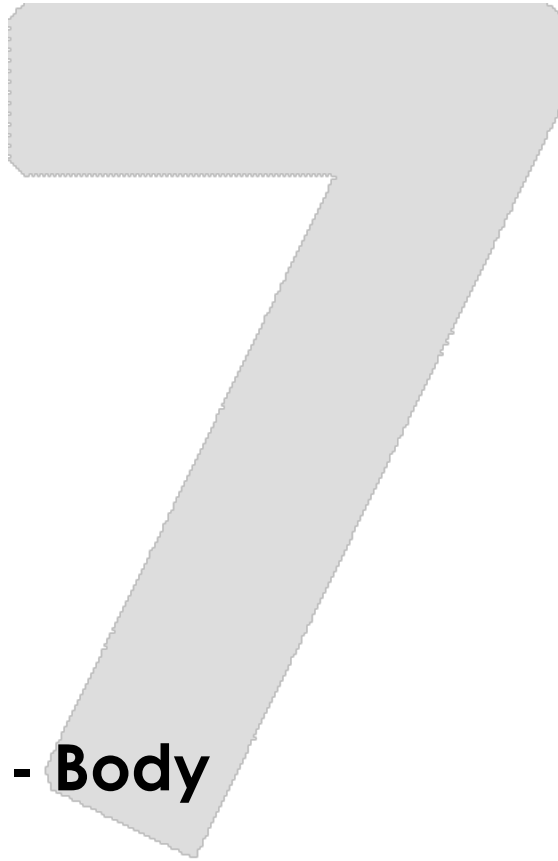
It is this spine-club relationship that will forever change the way you perceive the golf swing. It is this intersection point – the mid-spine intersect / Pivot Point™ – that I consider one of Moe's concealed secrets. It is also this point that is the foundation of my definition of Simple:

A simple swing is defined by what occurs before and after impact, where a simple golf swing establishes, from the beginning, an ideal club / body relationship that uses the least amount of effort to achieve the perfect impact position.

Simple is using the parts of the body, the machine, in a way that reduces movement, stress and complication from the start of the swing to the finish.

A good place to start learning a simple swing is by understanding the machine and its parts.





Chapter 7

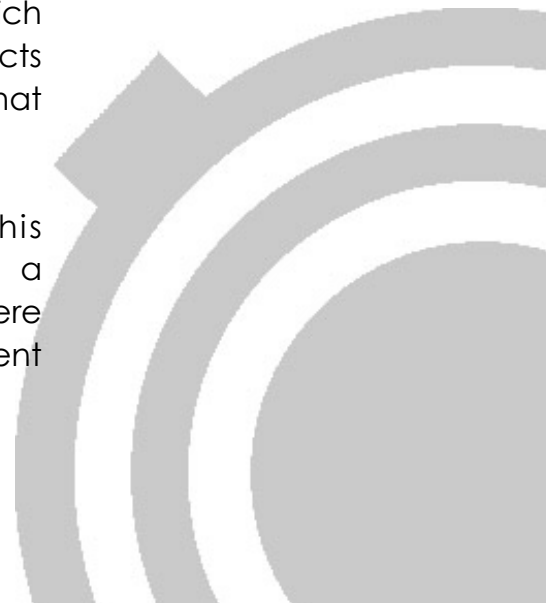
The Machine - Body

An uncomplicated look at the human body - the machine - divides it into two parts; the upper and lower body.

The upper body consists of the arms, hands, shoulders, head, and torso, which includes the spine. The lower body includes the hips, legs, knees, ankles and feet. The upper and lower body come together where the spine connects in the middle at the pelvis or hips.

During the swing, the upper body is attached to the golf club with the hands which connects to the arms which connect to the shoulders and so on. The lower body contacts the ground starting at the feet which connect to the legs that join at the hips.

Looking at the golf swing movement from this perspective, you can begin to see that the body is a mechanism with many parts having various functions where the upper body controls the speed, direction and movement



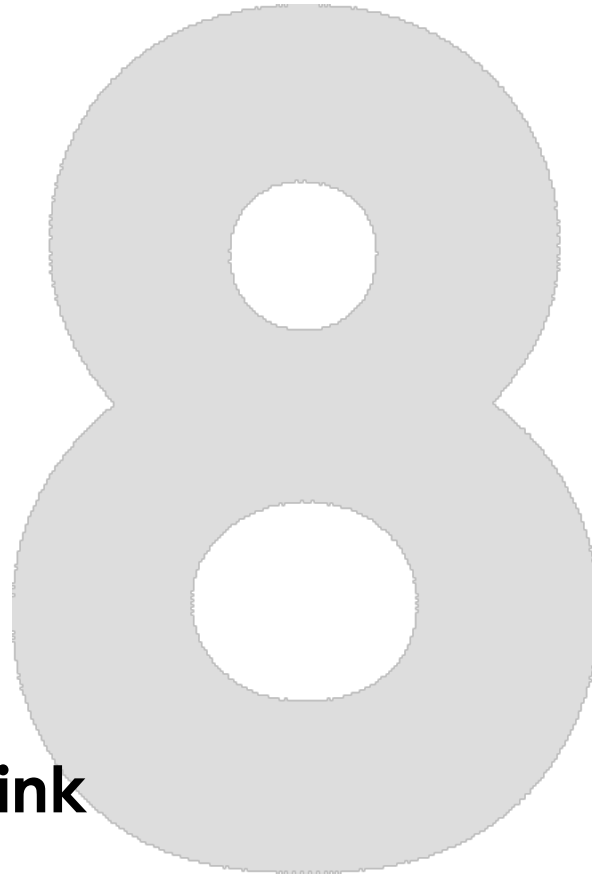
of the club while the lower body, connected to the ground, controls the stability, speed, direction and movement of the hips and lower spine.

The golf swing is an upper body movement supported by the lower body where the lower body acts as a platform for stability.

To be more specific, the back swing is a hands and arms initiated movement supported by the lower body while the downswing is an upper body movement initiated and supported by the lower body.

One can see how the positioning and sequencing of the lower and upper body become immensely important due to the fact that, while they both have very different functions, they directly affect each other's movement during the swing. This is due to the connection between them, or the kinetic link.

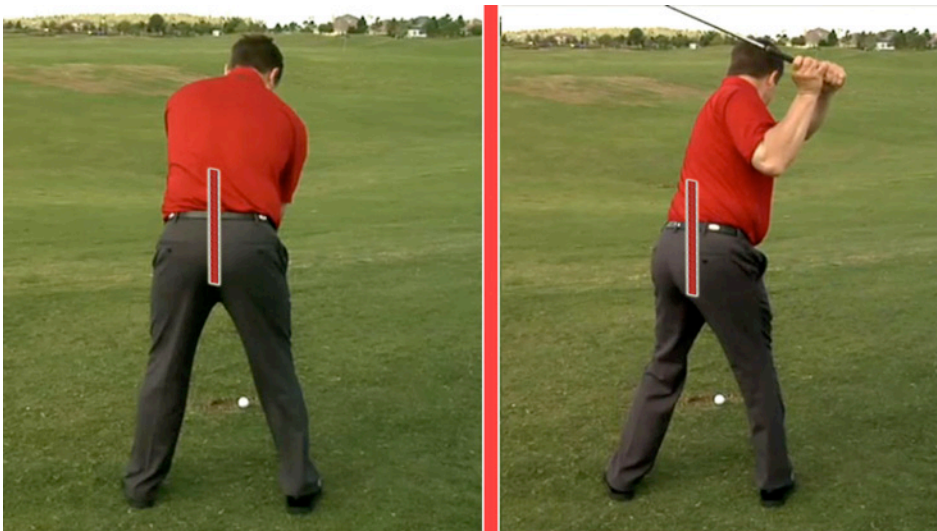




Chapter 8

The Kinetic Link

The kinetic link, is a critical nexus where the upper body and lower body become inter-related and it is at this point where they affect each other's movement. This is because the lower body, specifically at the hips, controls the lower spine, which affects the upper torso movement where the shoulders, arms, and club are connected.



Because of this connection, the lower body movement directly affects what is possible, or not possible, with the upper body. The lower body is the foundation of your golf swing, and like the underpinning of your house, you must configure your lower body to allow for a perfect impact of the upper body, just as you would build your homes framework to support the roof.

It is at the beginning of the conventional or “traditional” golf swing where the arrangement of the upper body and lower body complicates reaching a perfect impact position. I call this fundamental, structural flaw “*The One Mistake*”.





Chapter 9

The One Mistake

What I consider a conventional golf swing is any swing that starts where the golf club is in a position or “plane” other than the mid spine point or impact plane. We consider these swings two plane golf swings due to the simple fact that the arms and club are on two separate lines at address creating an angle between them when hanging below the



Conventional Golf Swing Address Position where arms are below the shoulders causing two planes.

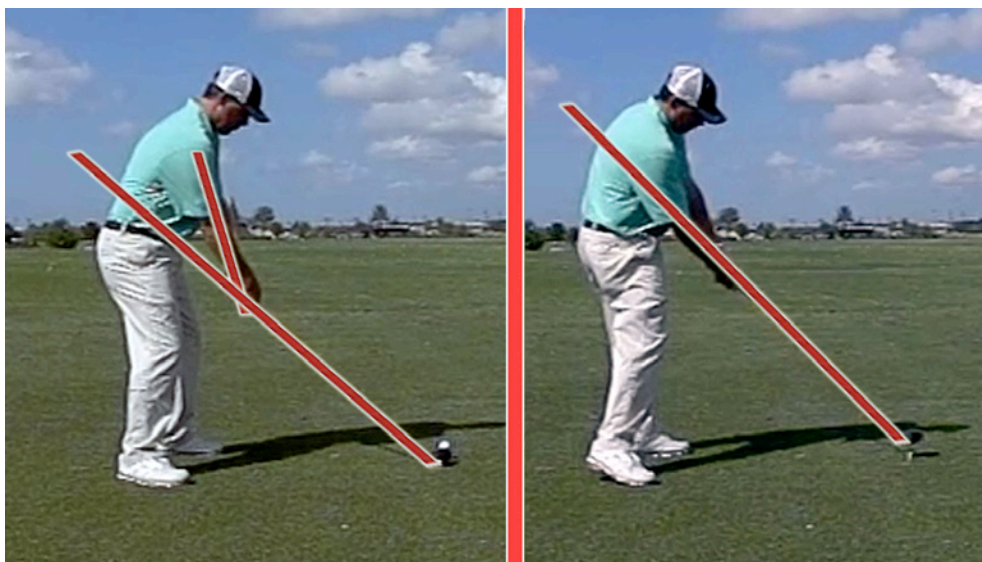


shoulders.

This “arms below the shoulders” address position, a tenet of modern golf instruction, where the club plane intersects a point below the mid spine intersection point, is what I consider the fundamental flaw that overcomplicates ball striking by confounding impact. I call it “the one mistake”.

The “one mistake” complicates the task of striking a golf ball, leads to frustration, and promotes injury by forcing undue stress on the back, ultimately causing pain.

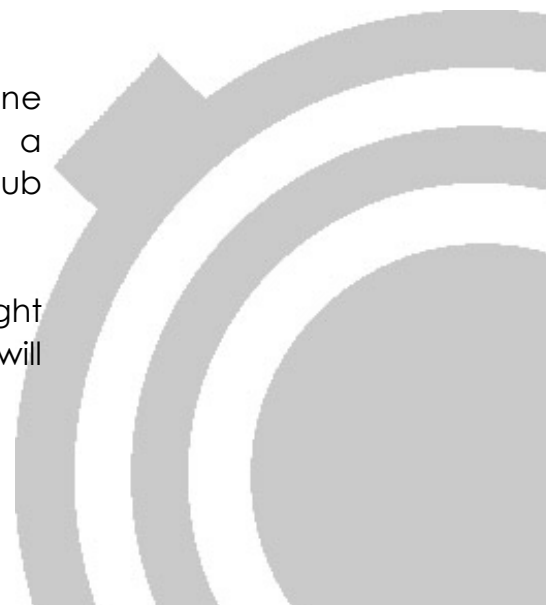
Lets take a look at the “One Mistake” and a few of its problems.



Over-complication

When conventional golf methods teach the “One Mistake”, the two-plane address position causes a biomechanical problem. Due to the forces on the golf club when swung, the club will align with the arms at impact.

The reason is that the arm position, hanging straight down, places the club shaft on a plane lower than where it will



“plane” at impact. The problem is the task of striking a ball from this position forces the body to move backward and upward during the swing.

The mistake of hanging the arms below the shoulders, causes the two plane golfer to have a spatial problem where he is positioned too close to the ball to allow the club and arm to naturally align at impact. Therefore, he compensates for this naturally occurring alignment by straightening his legs and moving upward with his upper body and back.

Stress on Lower Back

Due to the “one mistake”, and the inevitable upward, backward and rotational movement of the spine to correct the spatial problem, stress is placed on the back and lower spine.

One form of this stress is called compression where the upper body presses downward on the lifting lower body. Another is a sprain where the twisting of the lower body and resistance of the upper body causes tension between the two, resulting in strained or pulled muscles.

With stresses, sprains and tension throughout the conventionally taught golf swing, it is normal for anyone learning it to compensate and have difficulty working through these complicated moves without some pain and discomfort.

Because of this spatial problem caused by the “one mistake”, history, and thousands of golf instruction books and methods, has confounded striking a golf ball, subsequently, conditioning us to believe that the golf swing is difficult.

Luckily for those of us who love golf and ball-striking, there is an easier way – the Single Plane Golf Swing.



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Chapter 10

Finding Simple: The Single Plane Solution

As discussed earlier, most golf swings start where the hands are straight down, directly below the shoulders. This creates two lines, the arms and the hands on one line and the club on another. These are the two planes of the traditional golf swing.

This two plane starting position, however, is not where these golf swings reach impact where the motion of the swing moves the club to the higher position forcing an upward displacement of the back.

This upward and backward movement is difficult to repeat, maintain and many times even painful and is possibly the reason that striking a golf ball has been so difficult to so many people for so many years.



The Single Plane Golf Swing solves the two-plane problem with one simple concept - start the golf club at address on the same plane that you will ultimately impact on.

The Single Plane Golf swing solves the back pain problem by creating a more accommodating spatial relationship between the club and body. In other words, you stand at address in a way that allows the club to impact without the need to lift and stress the body to reach impact.

As a matter of fact, by correctly addressing and impacting on the Single Plane, the body, by using the legs, can make a much safer *downward* movement eliminating unnecessary stresses on the back.

Because of the essential difference in the starting position, the Single Plane golf swing is not just another traditional golf swing method because at its nucleus, it is based on science and biomechanics; validated by common sense and the greatest ball-striker the golf world has ever known – Moe Norman.

By starting on the same plane as at impact, all of the two



plane problems can be solved. There is less stress on the back, less unnecessary body movement and less pain. The result of the Single Plane is repeatability, consistency, less frustration, better golf shots and a much easier way to play golf.

It was Moe himself who described his golf swing as “having less moving parts”. And once you discover and learn how to swing the club on a Single Plane- Like Moe, you will also understand why it is the “Solution” to improving your ball striking.

Before I teach you the Single Plane Golf Swing, let me tell you about the of greatest ball-striker in the world – the mastermind of the Single Plane Golf Swing – Moe Norman.



"Moe is the greatest ball striker the golf world has ever known....now it is time that the golf world gets to know him".

-Todd Graves

Chapter 11

Moe Norman

There has never been a more colorful character in golf than Moe Norman. His legendary accuracy and prolific tournament record are renowned throughout the world. Among his many victories are two Canadian Amateurs, two CPGA Championships and five CPGA Senior Championships along with multiple victories in the Ontario, Manitoba and Saskatchewan Opens. Though his idiosyncrasies kept Norman from enjoying a PGA Tour career, he returned to Canada where his ball-striking ability and love of the game earned him a place in the hearts of all Canadian golfers

Moe Norman was a Canadian legend and a man revered by golf professionals, touring and teaching, all over the world for his uncanny ability to hit a golf ball straight every time. **Moe's golf swing** was called many things during his lifetime, "weird, unorthodox, different" , but his genius for striking a golf ball could never be denied.

Lee Trevino said of Moe, *"When you talk about Moe Norman you are talking about a legend. And I'm talking*

about a living legend. Because the public doesn't know Moe Norman. But you ask any golf professional whether you are an Australian or whether you are in the U.S. or whether you are in Great Britain, and you say that's the Canadian guy that hits it so damn good and I say that's him. He's a legend with the professionals....I think that if someone would have taken Moe under their wing and I think if they would have taken Moe and said, look we are going to play here, and don't be afraid there is no telling what Moe Norman would have won. I think he would have won the U.S. Open, I think he would have won all the tournaments around the world. I mean he is that good and he is still that good....I think the guy's a genius when it comes to playing the game of golf."

Moe developed his 'unique' swing over 5+ years of trial and error starting at the age of 15, and enjoyed much success as both an amateur and professional golfer. With 17 holes in one, three scores of 59, four scores of 61, and over 30 course records during his career, Moe dominated Canadian golf through the mid 20th century.

An unnaturally shy man, Moe shunned public appearances and speaking. His shyness only disappeared while he held a golf club in his hands. During tournaments, Moe would hit drivers off of 6" tees, soda bottles, and play par 4 holes 'backward', hitting a wedge off the tee and a driver onto the green and still make par or better. During a brief stint on the U.S. PGA tour, these antics earned Moe a 'dressing down' by some members of the tour, and he left to never play in the U.S. competitively again.

Moe's accuracy with a golf ball earned him a meager living until 1995. During one of his clinics, Moe hit over 1,500 drives in a little over 7 hours, all of which were within 15 yards of one another. It was this accuracy that eventually earned Moe the respect and notoriety that true genius deserves.

In January 1995, Titleist decided to pay Moe \$5,000 per month for nothing more than his unique contribution to the



game of golf. Moe passed away September 4, 2004 at the age of 74, with hundreds coming to Kitchener, Ontario, Canada to pay their respects to the legend.

The Tour Players Recognized Moe Norman as the Best

Moe's genius with a golf club was seen by thousands, if not hundreds of thousands, throughout his lifetime. He often hit balls at the Canadian Open for the touring professionals when the tournament was in town.



When asked "Who's the best golfer you've ever seen?" in a September 2004 USA Today interview, Vijay Singh answered, "Moe Norman. I've hit balls with him lots of times. He was incredible. Whatever he said he could do, he could do. If you talk to Lee Trevino and other greats of the game they'll tell you how good he was. He could talk it, and he could do it. God gives people little gifts, and Moe had a gift for golf."

After his win at the season ending 2004 Target World Challenge, Tiger Wood's commented, "Only two players have ever truly owned their swings - Moe Norman and Ben Hogan," Woods said. "I want to own mine. That's where the satisfaction comes from".

As one of the most colorful characters to ever play the game, there are hundreds of stories about Moe Norman.

One day in the 1950s, Moe and Ben Hogan were on the practice tee together at a pro tournament when a spectator asked Hogan to take a look at Moe. Hogan believed any ball hit dead straight was an accident. After each of the first six balls he watched Moe hit Hogan said, "Accident." After

watching Moe hit several more Hogan said, "Just keep hitting those accidents, kid."

Moe Norman was a true philosopher of the game.

"What's the longest walk in golf? It's from the practice tee to the first tee. I don't care if it's 10 yards. It's the longest walk in golf. Winners take their swing with them. Losers don't." Moe said.

Sam Snead and Lee Trevino have openly said Moe was the best striker of a golf ball in the game. Ken Venturi coined the nickname "Pipeline Moe" in describing Moe's infallible accuracy. He said, "Because Moe is kind of eccentric, he never got the credit he deserved or played the kind of golf he was capable of. . . But he could do anything. Hell, I'd give Moe three strokes a side just to watch him hit the ball."

Moe understood his genius golf swing and he often related his **technique** with feelings and perceptions.

"Every time I hit a shot, I feel like I am shaking hands with the flag stick." – Moe Norman

His skills were unparalleled.

Moe once played an exhibition match with Sam Snead in Toronto in 1969. On a par-4, a creek crossed the fairway about 240 yards from the tee. Snead warned Moe that he couldn't clear the creek with a driver. "Not trying to," Moe said. "I'm playing for the bridge." Snead's shot landed safely on the near side of the creek. Norman's drive landed short, and rolled over the bridge to the other side.

Moe often commented on his greatness.

"It takes hard work, you have to want it" Moe said. Later in Moe's life, Moe understood this success.

"It's not what the world gives you, but what you can give it. I'm lucky. I can give the world talent. I can explain it and show it to people. That's what I love doing. I just love it."

Lee Trevino said of Moe, "I don't know of any player, ever, who could strike a golf ball like Moe Norman, as far as hitting it solid, knowing where it is going and knowing what he wants to do with the ball. **Moe Norman** is a genius when it comes to playing the game of golf."

In the late 1950s Moe won dozens of amateur tournaments in Canada, including the Canadian Amateur two years in a row. After 1979, Moe won seven straight Canadian PGA senior championships, tied for fifth in the eighth, and won the ninth. So how did Moe do it?



12

Chapter 12

Digging It Out Of The Dirt

Before driving ranges, most pros shagged their own balls. Shagging meant hitting balls from one end of a field, walking to the other side and hitting them back. Shagging golf balls is tougher than just standing on a driving range, it requires endurance and most of all - accuracy.

From the age of 14 to 19, Moe Norman shagged over one million golf balls, sometimes hitting over one thousand balls a day, most of them in a 225 yard field at Rockway Golf club in Kitchener, Ontario Canada.

The firm ground at Rockway would tear at Moe's hands causing them to crack and bleed. But like welding two pieces of steel the cuts healed stronger than they were before. And when they did, the fields at Rockway had forged the most powerful and accurate golf swings that ever struck a golf ball.

Forty years later, when he explained his swing to me, I could not hear the sounds of hammering metal in his voice. Instead, Moe talked about effortless, ease, and simplicity.

He described his swing as having less moving parts and a motion that reduced stress on his body. Today, I am thankful to him for his hard work and passionate dedication. But it makes one wonder, what really happened in those fields at Rockway?

In my experience as a player, ball-striking is an acquaintance between the golfer and his golf club where the flight of the golf ball gives you an idea of the intimacy of their relationship. And what happened to Moe at Rockway was what happens to all great ball strikers swinging the golf club over a million times. He had learned to move the correct parts of his body at the exact time necessary into their ideal places. Moe learned the positions of the golf swing forming an unbreakable bond between his body and a golf club.

When asked about it, Moe would agree by saying, "Its' poetry in motion. No strain, no struggle. Its effortless. Easy. Now, my swing balances me".

There is no question that hard work in the form of "trial and error" played a significant role in how Moe developed his effortless golf swing he called "The Feeling of Greatness". It seems ironic that it takes hard work to make something easy but I can assure you when I met Moe in 1994 at a clinic in Chicago, I was determined to find out what he knew. My intention was to shortcut Moe's hard work.

This is where instruction, including this book, can make a significant difference in your ball striking improvement. By understanding Moe's swing, modeling it and working smartly, you can avoid the "trial and error" process that Moe went through at Rockway and keep your hands from bleeding – or at least not as much.

To learn more about Moe Norman please visit his commemorative site <http://www.moenorman.org>.

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"I employ the least moving parts"

-Moe Norman

Chapter 13

The Golf Swing of Moe Norman

There are two basic angles in which to study the amazingly simple and precise golf swing of Moe Norman; the down-the-target-line view (DTL) and the face-on view (FO). By understanding the elements of Moe's swing from these views, you will begin to grasp the important fundamentals as well as see the genius of the greatest ball-striker to ever lay hands on a golf club.

Address (DTL)

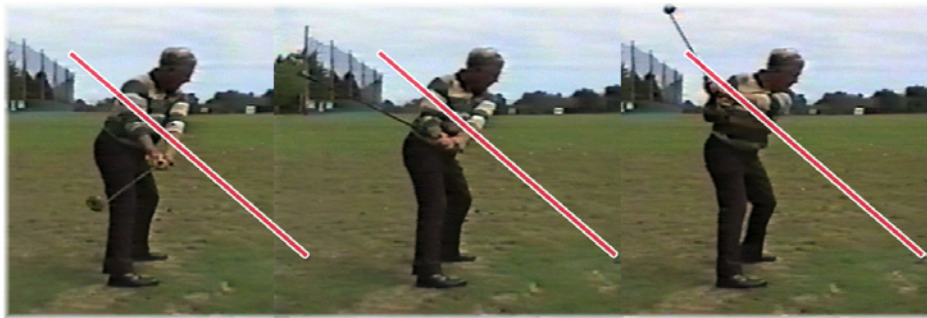
From this angle, you can see the Single Plane line established at address which runs from the club head up shaft, through the trail arm and through mid back. The lead arm is visible above the trail arm; the shoulders appear slightly closed to the feet line as the legs are straight with a slight bend from the waist.



Backswing (DTL)

The move into the backswing shows the rotation of the hips and shoulders as the club moves inward under the Single Plane line. From there, the trail arm folds and hands hinge as the club moves upward passing a point parallel to the Single Plane line.

Backswing on plane



The hands continue to move upward to the top of the swing where the club is on plane. At the top, the lead arm is across the shoulders and the club-face is square to the back of the lead hand and arm.

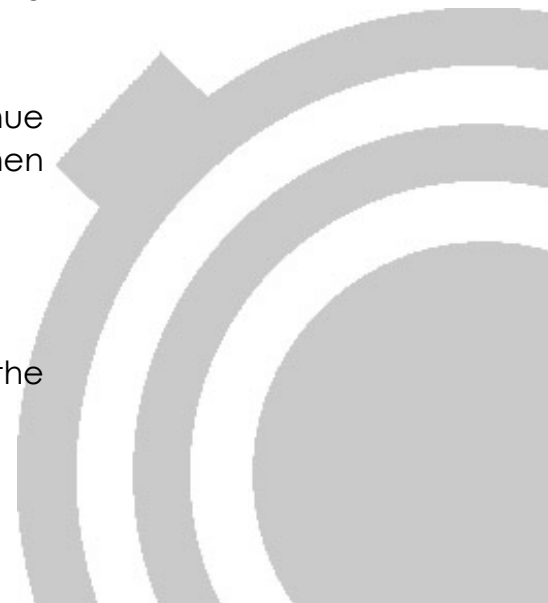
Downswing (DTL)

The lower body starts the movement in the downswing where the hands follow beginning their movement onto the Single Plane into the downswing.

As the hands move down the plane, the hips continue their rotation as the club moves beneath the plane line then back to the original Single Plane line at impact.

Impact (DTL)

At impact, the hips are slightly open, the feet are on the



ground, the trail arm is flexed and beneath the lead arm and the shoulders are square.

Release / Finish (DTL)

From there, as the club releases, the feet remain on the ground. The arms extend as the club moves through the shoulders, parallel to the Single Plane line into the finish where the right foot lifts into a balanced finish.

Address (FO) / Pivot Point™ Discovery

When studying the face-on-view of the Moe Norman Single Plane Golf Swing you can see the perfect geometry of the club, arms and body from the starting position where there is a straight line at address from the club head to the inside of the lead shoulder.



At this beginning position, the club is square and placed behind the ball a few inches and the shoulders are tilted where the right shoulder is lower than the left shoulder.

In my opinion, one of the secrets of Moe's incredible ability, is the relationship between the handle of the club and a point above the lead hip I call the Pivot Point™.

Backswing (FO)

I named this point due to the fact as the hips turn and arms and hands move the club away, you can see how the



THE Single Plane Solution

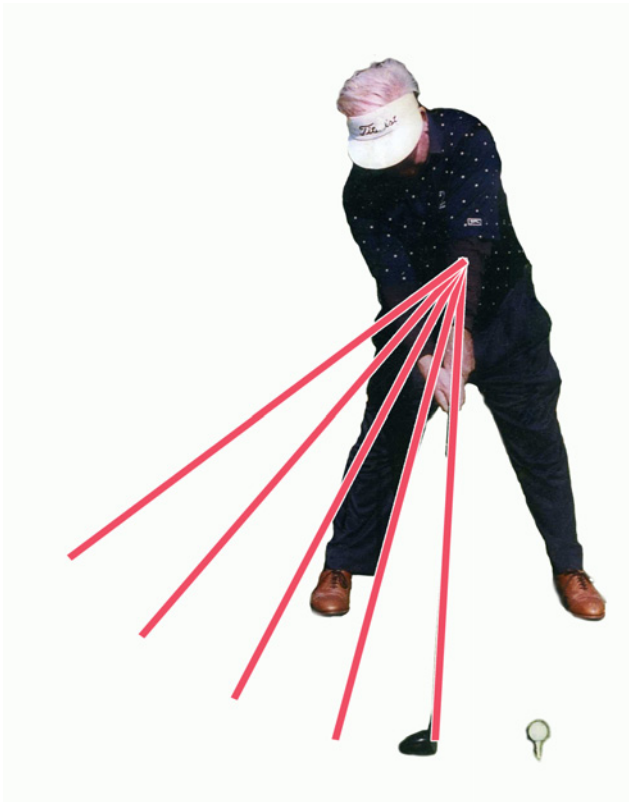
The first move in to the backswing



The second move in to the backswing



The Pivot Point™



handle remains pointing this position from address into the first half of the backswing. In my observation, the handle “pivots” around this point.

From this point, the trail arm folds and the hands hinge as they move the club up to a leverage angle at the top of the backswing. The spine tilt has remained and the lead knee has moved inward toward the trail knee due to hip rotation.

Downswing (FO)

Starting at the lead knee, the lower body starts the downswing and the hips begin to re-rotate as the hands and arms move down while the club remains leveraged.

Hitting position to Impact (FO)

At about midpoint in the downswing, the hands begin to un-hinge and the club moves into impact where the trail arm is bent, lead arm is straight and the club is once again pointing at the Pivot Point™. The feet have remained on the ground, the left knee is bent and the hips are slightly open.

The downswing move



Release / Finish (FO)

From impact, both arms release where the trail arm straightens as the lead arm folds as the shoulders follow the

arms, the hips rotate into the lead leg.

From the extension and release, the right foot lifts as the weight is completed into the lead foot, the head has moved forward into a balanced finish position.

The beginning of Moe's swing, the Single Plane Address, is where you see the genius and straightforwardness of the Single Plane Golf swing. Now lets take a look at why this position makes the swing so simple.

Moe at Impact



The Moe Norman Single Plane Address Position

In a proper Single Plane setup or address position, the club will align with a point just above the hip called the Pivot Point™. The Pivot Point™ is where the club and body start their relationship. This place or reference point on the body is maintained and referenced throughout the entire backswing even though the hands will hinge.

As the club moves into the backswing, it maintains a reference to the Pivot Point™. In the downswing, this will be the same point that it relates to at impact. This point is the club's relationship to the body and can be referenced at any time and anywhere during the golf swing.

From the down the line view at address, the club goes through the Pivot Point™ and through the mid back. This is the swing plane and will be the foundation of the Single Plane swing.

The Pivot Point™ exemplifies the simplicity of Moe's swing motion, showing that throughout the golf swing, at every point, he could return the club exactly back to re-alignment of the club and lead arm at impact with the least amount of unnecessary movement. By keeping the Pivot Point™ relationship, impact can be achieved with maximum efficiency and consistency.

Understanding the Pivot Point™ will help you recognize and feel the movement of the golf club from address through the backswing all the way into impact.. [\(See more about what made Moe great here\)](#)

learn-ing | 'lərnɪ NG |

noun

the acquisition of knowledge or skills through experience, practice or study, or by being taught:

Chapter 14

The Seven Positions and Movements of the Single Plane

As with learning any skill, it is important to break the necessary movements into pieces, learn these pieces and then put them together into a fluid, unbroken motion.

To efficiently and effectively learn and train Moe's swing, we have broken the Single Plane golf swing down into various positions and movements that, when learned and sequenced, form the ideal movement of the golf club from address to and through perfect impact.

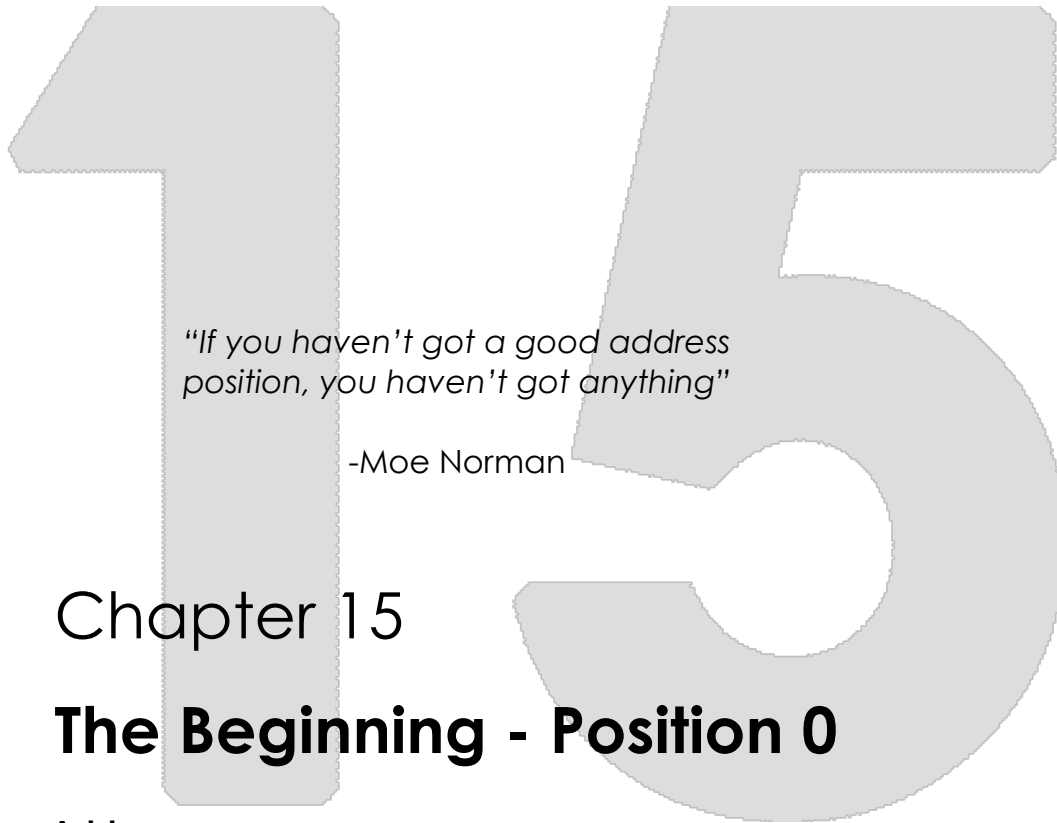
These Seven positions and movements include:

- Position 0 – the starting position or address
- Move to Position 1 – the first move of the backswing
- Move to Position 2 – the top of the backswing
- Move to Position 3 – midpoint downswing or leveraged hitting position
- Move to Position 4 – Impact
- Move to Position 5 – the Release
- Move to Position 6 – the Finish.

To start learning the Single Plane golf swing – the solution to the “one mistake” is to understand and achieve the seven positions, in order, with the ultimate goal of putting all of these positions together into one sequenced movement – resulting in a perfect Single Plane Golf Swing.

The Single Plane starts at the Position 0, the address position.





Chapter 15

The Beginning - Position 0

Address

The address position is where the club and body relationship begins and is the beginning of biomechanical perfection. Once mastered, the address, position 0, establishes the foundation and simplifies the entire Single Plane Golf Swing motion.

Position "0" starts with the grip or hold on the golf club and continues into the entire address position.

The Grip - Lead Hand

How you hold the golf club directly affects your entire swing motion due to the fact that your hands, especially your lead hand, have a direct relationship to the club face angle at impact. This direct relationship is due to the fact that ideally, the lead arm will naturally align with the club at impact.



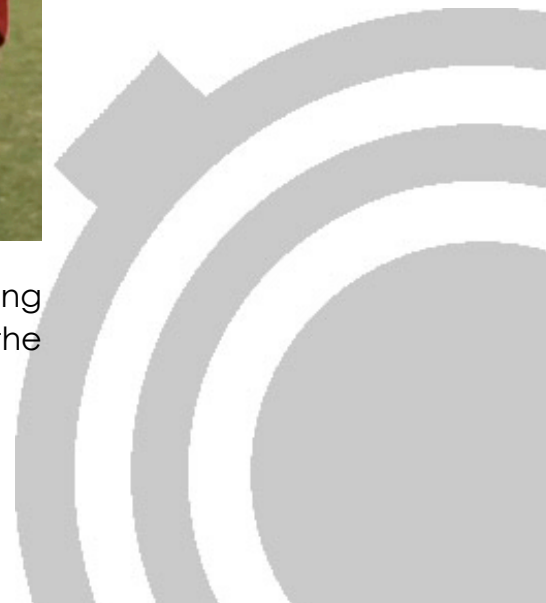
Position 0 – Single Plane Address Position



There are two primary functions of the lead hand during the golf swing. The first is to make sure the club face is aligned with the back of the hand. The second is that the club is held in such a way that you are able to form an angle we call a leverage angle.



To do this, you must hold the club into the fingers pulling it up into the heel pad where your thumb rests slightly to the



side of the center of the grip forming an open space between it and the index finger.

You must make sure your fingers are held closely together under the club pulling it into the heel pad. This is where the pressure is felt in the lead hand. By creating this space between the thumb and index finger and holding the fingers close together, the back of the hand will align to the target.

(Caution: If the grip is too big or too small, it might be difficult to achieve this lead hand position).

Trail Hand

The trail hand is considered a speed producer. While it can affect club face angle, the trail hand position promotes a folding of the trail arm and acts as a lever to produce maximum speed during the swing.



I recommend placing the lead hand on the club first aligning the “Rod”, then wrap the trail hand palm on top of the lead thumb until the only feeling you have is the “trigger point” in the trail hand. This is the pressure point of the hand



and the longest lever you can form between this point and the wrist.

When the hands are placed on the club correctly, they unify into the correct rotations that allow for perfect hand action and club and club face motion during the golf swing.

With the hands unified, you can establish a perfect Single Plane address position where, from a down the line view, you will notice the alignment of the club shaft and trail arm continues through the middle of the back.

Single Plane alignment is a function of correct arm position and shoulder tilt where the legs are straight but not locked. The trail arm is directly in line with the club shaft and towards the ball. The lead arm is visible above the trail arm where the lead shoulder is in front of the trail shoulder.

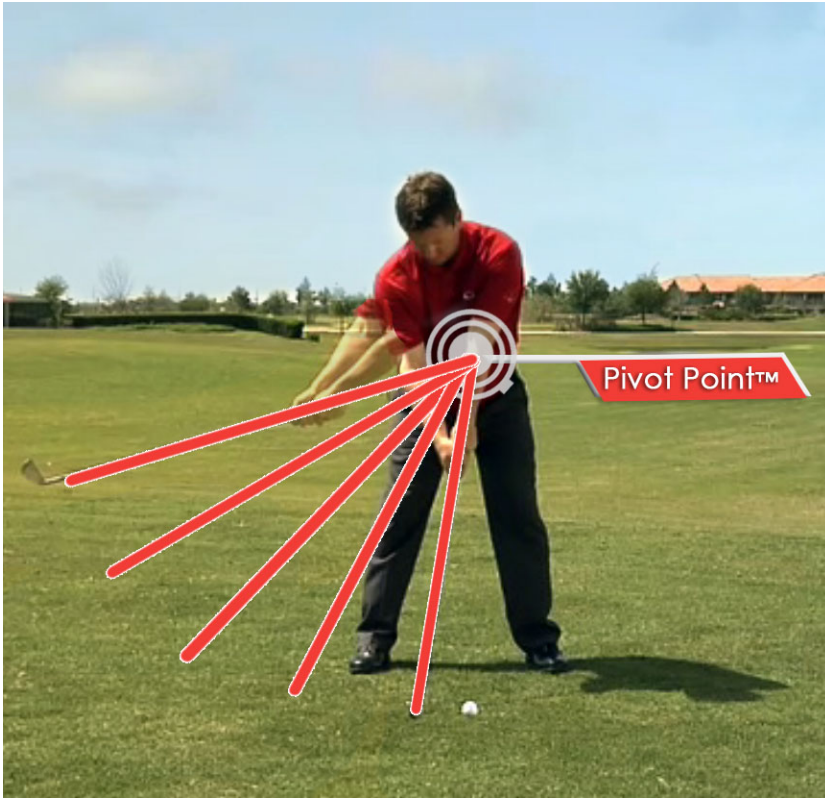
From the face on view, the lead arm and club shaft align where the club head is centered beneath the nose forming a line from the club shaft to the lead shoulder.

You'll notice how the lead shoulder is higher than the trail shoulder. The trail arm is slightly bent and beneath the lead arm where when both hands are on the golf club. There is a triangle formed between the shoulders and the arms we call the tilted triangle. The feet are shoulder width or wider, the trail foot is straight out and the lead foot is turned approximately 15 degrees toward the target.

By holding the club correctly and aligning the arms into the Single Plane address position, you have established a relationship of the club to the body. This relationship is critical as you learn all of the movements of the Single Plane Golf Swing all of which will relate to the "Pivot Point™".



The Pivot Point™

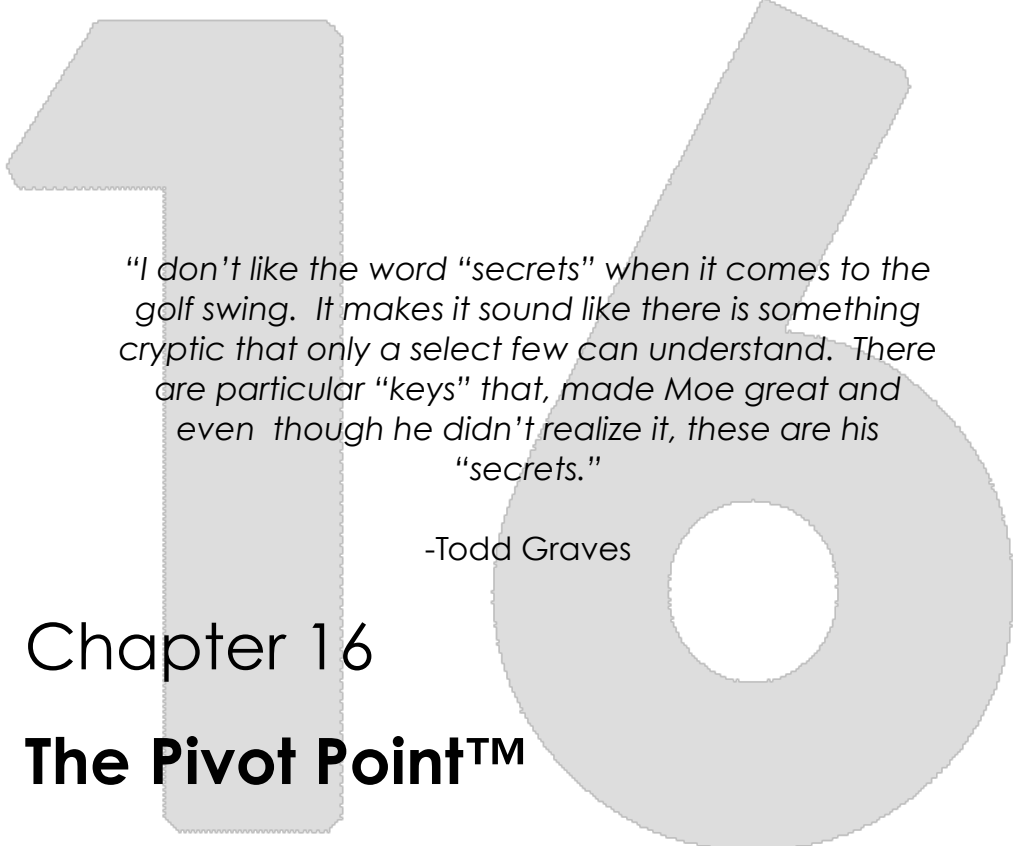


[Click Here for
Video of
Position 0](#)



The Mid-Spine Intersection





"I don't like the word "secrets" when it comes to the golf swing. It makes it sound like there is something cryptic that only a select few can understand. There are particular "keys" that, made Moe great and even though he didn't realize it, these are his "secrets."

-Todd Graves

Chapter 16

The Pivot Point™

In a Single Plane setup or address position, the club will align with a point just above the hip called the Pivot Point™. The Pivot Point™ is important as it is maintained and referenced throughout the swing.

By drawing lines on the shaft as the club moves into the backswing, the golf club keeps a reference to the Pivot Point™. (see picture on previous page). This is the same point that it points to at impact and is the club's relationship to the body which can be referenced at any time and anywhere in the golf swing.

From the down-the-line view, the club goes through the Pivot Point™ and through the mid back (mid-spine intersect™). This is the swing plane and will be the foundation of the Single Plane swing where the club starts at address and impacts the ball. (see picture on previous page)

Understanding the Pivot Point™ will help you understand

the movement of the golf club from the backswing to impact and help you understand the placement of the ball, one of Moe Norman's secrets to great ball striking.

Ball Placement vs. Club Placement

One of the most unique aspects of a the Single Plane Golf swing is the difference between the club placement and the ball placement where the club placement is relative to the Pivot Point™ at address and the ball placement is relative to the Pivot Point™ at impact.

Since the bottom of the golf swing is directly related to the lead arm position Moe called “ The Rod” the bottom of the swing is interconnected to where the lead shoulder and arm align. Therefore, impact and the alignment of the arm to the Pivot Point™ and lead shoulder determine the placement of the ball at the bottom of the swing.

I often talked to Moe about the importance of ball position with every length of club. In his intuitive and simple understanding he said, “I never move the ball, it stays in the same place”.

No matter what club, with the exception of the driver, Moe eliminated the need to move the golf balls position relative to his lead foot. He did this by placing the ball five inches inside his lead heel and then adjusted the stance width relative to the club length. In every instance, with every club, Moe maintained the club position pointing at the Pivot Point™.

Moe's claim that his ball position never changed was correct. However, further examination of the dynamics of Moe's golf swing showed that keeping the ball in the same position relative to his lead foot was a simple way to consistently locate the bottom of the swing arc. But the ball does actually move more forward – as the clubs change in length. So how does this occur?



What Moe intuitively adjusted was the stance width and when you change the stance width, you move the lead shoulder. For example, if you widen your stance, the shoulder moves backwards relative to the balls position and conversely, if you narrow your stance, the shoulder moves forward. The widening and narrowing of the stance effectively moves the golf ball back and forward – relative to the lead shoulder.

With an understanding of the address position and ball position, the Pivot Point™ becomes the perfect reference point as you begin to understand the movement of the golf club as it relates to the body from address to impact.

Now that you understand the address position and how to correctly hold the club, let's go learn position one, the first movement of the backswing. ([See Moe hit balls here.](#))

Address Position Checkpoints

- Alignment / Ball Position / Stance Width
- Grip Position: Rod Line and Mid-Spine Intersect™ Line
- Handle Pointing at Pivot Point™ / Through Mid-Spine
- Legs Straight but Not Locked
- Lead Foot Turned Out
- Shoulder Alignment to Right of Target
- Spine Tilt

(Best Way to Check: Mirror or Video)



17

Chapter 17

First Move Position 0 to 1

The first move of the golf swing begins from the Single Plane address position as the upper and lower body move in sequence. This movement starts as the tilted triangle (formed by the shoulders, hands, and arms), along with the hips, turn as a unit to move the club into the backswing. The handle of the club continues to point at the Pivot Point™ during this move.

From the down the line view, the hips turn as the arms move inward, moving the club under the Single Plane line. To achieve the first position and maintain the Pivot Point™ relationship, the hips must turn where the club moves with the turn.

Movement of the triangle with the proper movement of the hips will connect the club to the Pivot Point™ and maintain the connection into the movement of the backswing.



Position 1 – The First Move



It is important to remember that the hips turn into the backswing around a stable trail knee. This allows the proper critical inward movement of the club. Now lets go look at the rest of the backswing to position 2.

[Click Here for
Video of
Position 0 to 1](#)



18

Chapter 18

Backswing Position 1 to 2

From position 1 the swing continues as the hips are still rotating around a flexed and stable trail knee. The hands hinge and arms move slightly upward into the backswing to the top of the backswing, Position 2.

From a down the line view, the hands hinge the club upward as the trail arm folds to the top of the backswing. Notice how the trail forearm is parallel to the back, the lead arm is straight and the club face angle is the same as the back of the lead hand.

At position 2, the club and club face are on plane. The trail arm is folded and lead arm is straight and across the shoulder line. The hips and shoulders are rotated, the feet are flat on the ground, the lead knee is moved inward due to hip rotation and the trail knee is slightly bent.

From a face on view, you can see that the handle of the golf club moves up as the hands hinge forming an angle between the shaft and arm. The angle is called a leverage

angle where the lead hand and the back of the lead arm align. The shoulders have remained tilted and the lead arm is straight.

Position 2- Top of the Backswing



When I asked Moe about his backswing, he described it as “in and up – never around”. Moe was describing position 1 and position 2 Now, lets go put everything together to learn the entire Single Plane backswing.

[Click Here for
Video of
Position 1 to 2](#)



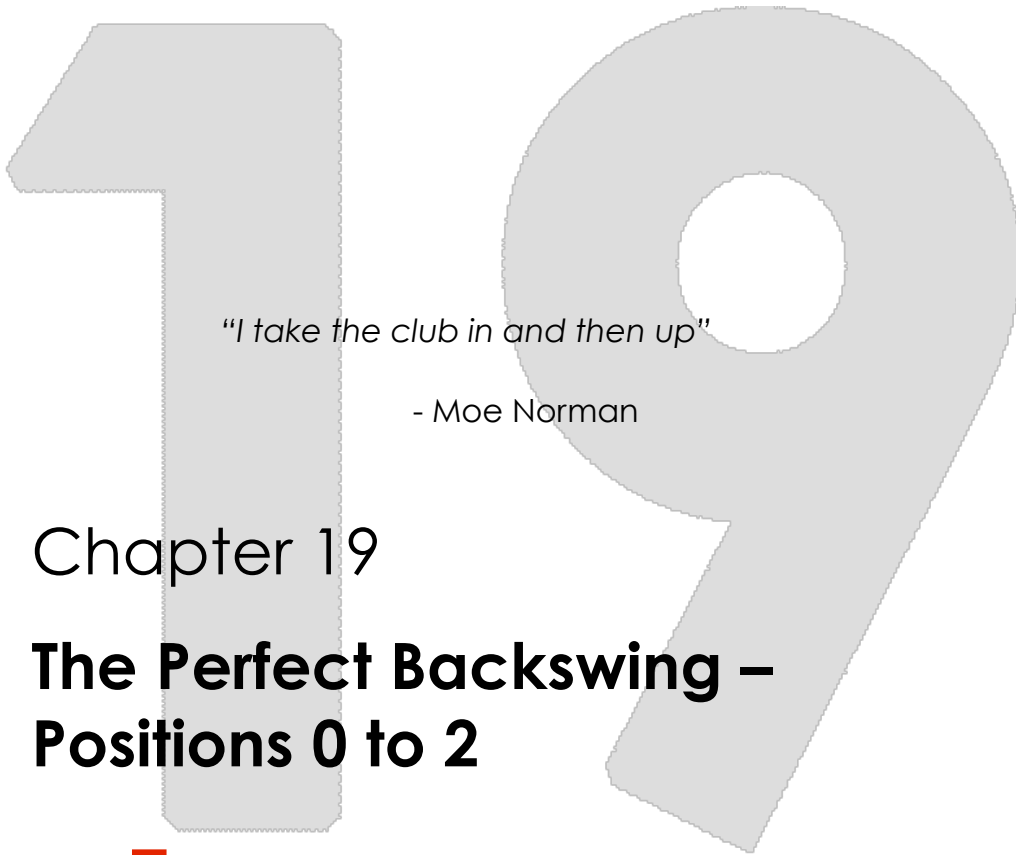
THE Single Plane Solution

Position 2- Address to Top of Backswing



Position 2- Address to Top of Backswing





"I take the club in and then up"

- Moe Norman

Chapter 19

The Perfect Backswing – Positions 0 to 2

From a down the line view, the club moves inside and under the swing plane line due to hip rotation through position 1. From there, the hands hinge up as the trail arm folds to the leverage angle at the top of the backswing. This upward movement from position 1 to position 2 along with the club pointing at the Pivot Point™, moves the club to the top of the swing.

You can see from the front view, the triangle formed by the arms and shoulders begins to move as the hips begin to turn and move the club into the backswing. The relationship of the club to the Pivot Point™ remains constant. Midway through the backswing, the hands work together forming a leverage angle between the lead arm and club-shaft which moves to the top of the swing.

At the top of the backswing, the wrists should be fully leveraged, and the back of the lead hand is in line with the forearm from both face-on and DTL perspectives. The body tilt is maintained throughout the motion.



It is important to remember that a perfect golf swing is a function of biomechanics where the entire backswing motion stabilized around the trail knee – where initially the knee flexes, the hips rotate and the club moves onto the backswing plane. Once you fully understand the positions and the entire backswing motion, you can learn the Single Plane downswing.

[*Click Here for
Video of
The Backswing*](#)



20

"I play into my legs"
-Moe Norman

Chapter 20

The Downswing Position 2 to 3

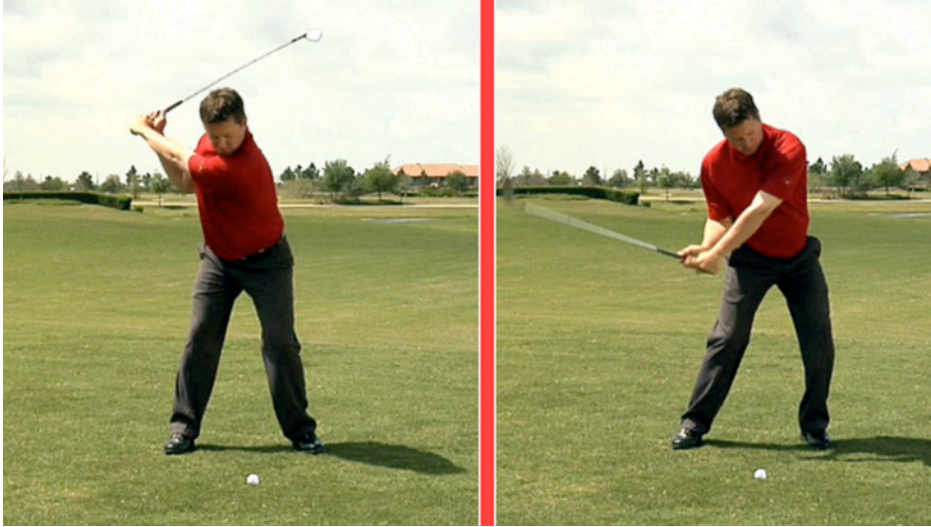
The downswing is the motion, from position 2 at the top of the backswing to position 3 toward the ball, moving the hands on the plane established at the starting position.

From the top of the backswing, you can see the movement of the golf club into the downswing, which Moe called the vertical drop. The vertical drop is a result of the proper rotation into the backswing where the re-rotation of the hips allows the arms and hands to move down the plane line.

As the hands move down the plane, the club maintains its leverage angle into position 3 - the midpoint of the downswing or leveraged hitting position.

The leveraged hitting position or position 3, shows how the body is situated for the strike of the golf ball where the feet are flat on the ground, the lead knee has flexed and the trail elbow has moved in front of the trail hip, the trail hand is hinged and the club has maintained it's leverage angle with the lead arm.

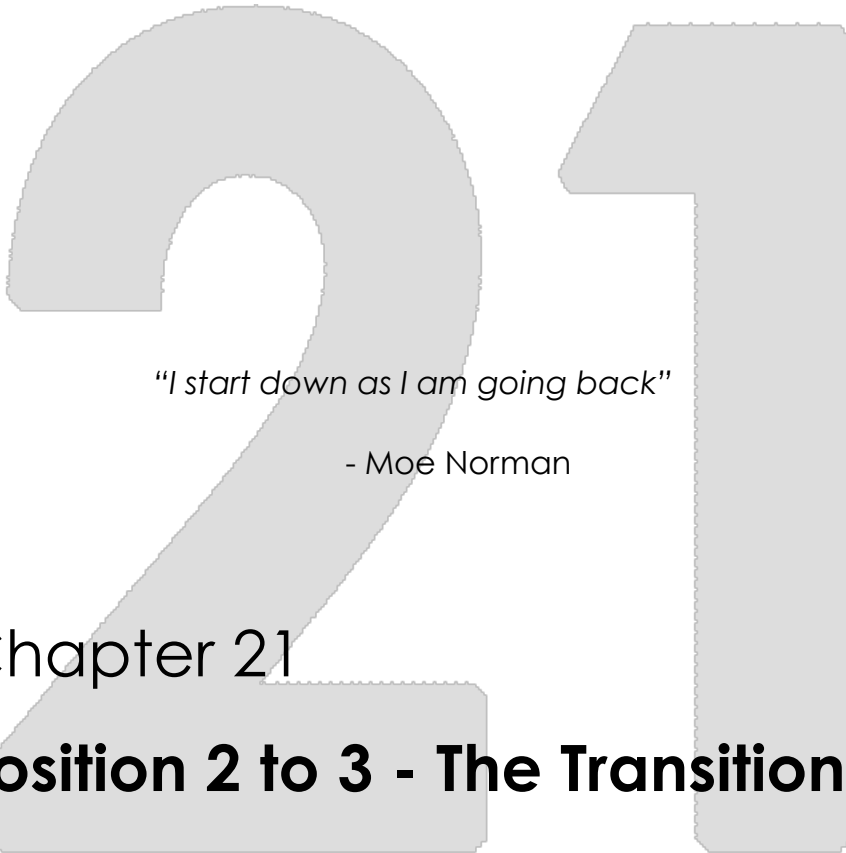
Position 2 to 3 – lower body has moved due to rotation



But before we go any further into learning the downswing, you must understand one of the most important aspects of the downswing – how it starts. Moe said, “My first move is down, everything down to the ball”. So lets go learn the transition from backswing to downswing.

[Click Here for
Video of
Position 2 to 3](#)





"I start down as I am going back"

- Moe Norman

Chapter 21

Position 2 to 3 - The Transition

This continuation or blending of backswing to downswing, called the transition, occurs when you change direction of the golf club from away from the golf ball toward the golf ball.

To understand transition, it is important to understand one of the purposes of the arm movement in the golf swing is to produce speed. Speed is a result of correct arm and hand movement when the body, during this movement, stabilizes in anticipation of this arm and hand movement.

Moe described the transition in his golf swing; "As I swing back I am coming down" calling the movement of the club a "vertical drop". His description explains how the golf swing movement is dynamic where club does not just stop at the top of the backswing. Looking at the back from a back view explains how the transition occurs.

During the backswing, the hips turn until the top of the



The backswing hip rotation



backswing where the hips and shoulders have fully turned away from the ball. During this move, the lower portion of the back is moved forward toward the target.

By the time the hips have fully turned and the lower back is moved forward, the downswing begins and the lead hip moves and begins to re-rotate. The first move down is by turning the hips. The shoulders and arms then follow.

The Transition – lower body moves before arms start down



Position 2 to 3 – lower body has moved due to rotation



This re-rotation of the hips from a forward lower-back position allows the transition of the arms movement to drop the right shoulder onto the ideal plane. This is what Moe called “the vertical drop”.

To transition the club correctly, body position, club position, lower body rotation and arm movement are all important to achieve a Single Plane downswing. But one of the secrets to a powerful transition is learning the disconnection of the lower body from the upper body.

[Click Here for
Video of
The Transition](#)



Chapter 22

The Upper and Lower Body

In order for the body and club to maintain their Single Plane relationship throughout the golf swing, you must disconnect the upper body and lower body by rotating the hips before the arms start the downswing.

This is the sequence of the upper body and lower body or the “transition” of the backswing and downswing where the lower body moves forward before the upper body does allowing the club to move correctly onto the plane in the downswing.

When the sequence occurs as a result of the proper rotation of the hips, the lower back has actually moved forward at the onset of the downswing. This forward movement allows the right shoulder to move downward and the hands and club will move on the Single Plane into the downswing.

The Lower Body Rotation – right hip moves toward ball from top



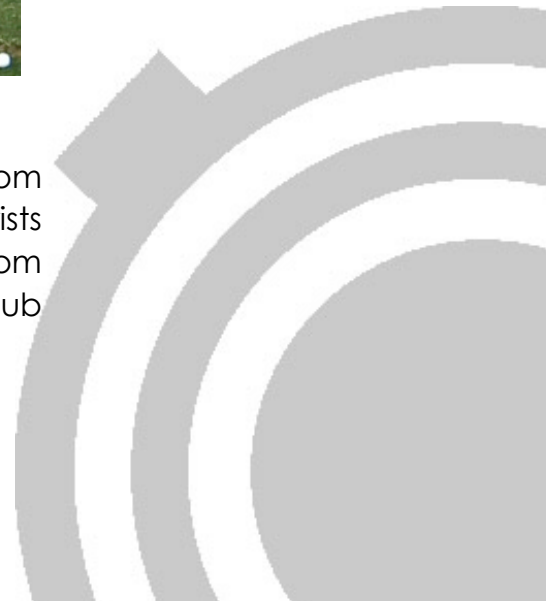
[Click Here for
Video of Upper Body
and
Lower Body](#)



The backswing hip rotation



When the proper transition occurs, toward the bottom half of the downswing the leverage angle is set as the wrists begins to release, creating speed for the strike. It is from position 3 – the leveraged hitting position - where the club moves into Position 4 - impact.



23

Chapter 23

Position 3 to 4

From Position 3 where the leverage angle has been maintained, the trail arm begins to unfold and wrists begin to release the leverage. The trail arm begins to straighten as the lead arm, through the unhinging of the wrist, rotates back toward its “square” start position. The head remains still. Both feet stay flat on the ground. The right hip has turned inward as the weight is stabilizing and transferring to the lead foot and the lead knee.

From the Face on View, The Single Plane golfer will accomplish these positions we call perfect impact:

- The head remains positioned. Feet are flat on the ground.
- Lead knee is slightly flexed.
- Weight has shifted toward the instep of the lead foot.
- Trail arm slightly bent.
- Lead arm is straight.
- Back of lead hand is facing the target.

Impact Position - Driver (Down-the-Line View)



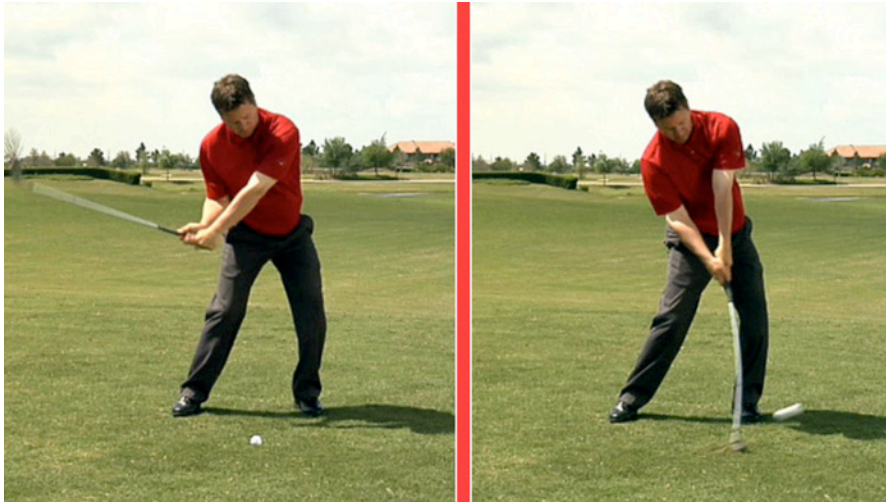
Impact Position - Face-on-View



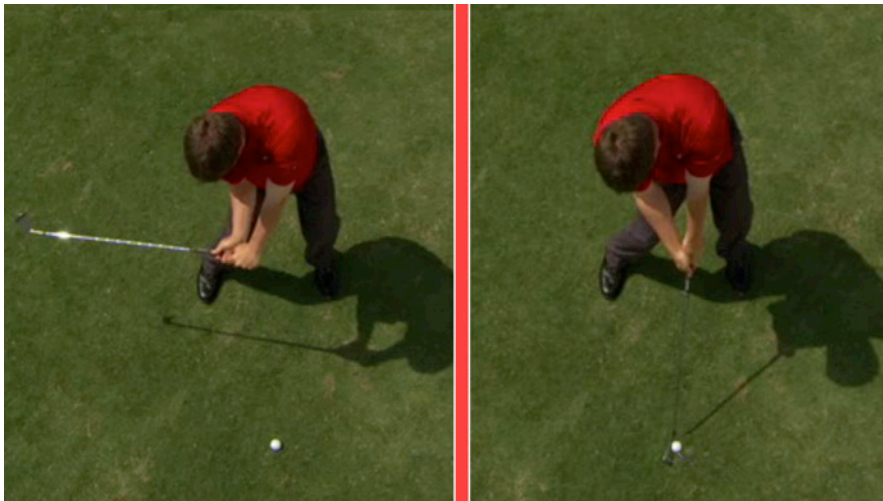
Shoulders are parallel to target line.

- Hips are slightly open compared to the shoulders.
- Club returns to point at the Pivot Point™™.

Position 3 to Position 4 (Impact)



Top View of Position 3 to Impact



It is the address position where you establish the Pivot Point™ and mid-spine intersect where the backswing and downswing



– what Moe considered the energy and containment of the golf swing - leads to the ideal strike or perfect impact.

Impact is where you see the culmination of your work – where the feet are on the ground, trail arm is bent, lead arm aligns with club shaft where you return the club to the Single Plane. You must put all of this together to achieve a perfect downswing.

[Click Here for
Video of
Position 3 to 4](#)



24

Chapter 24

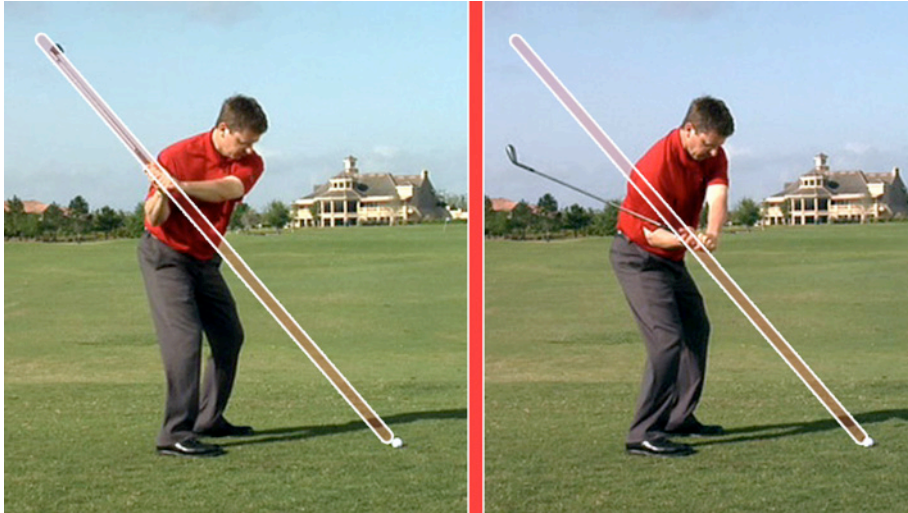
The Perfect Downswing – Position 2 to 4 (impact)

The downswing consists of an initiation of the lower body starting with the lead knee, just before you reach the top of the backswing where the arms and hands follow moving the trail shoulder, hands and club onto the Single Plane.

By starting the downswing with the lead knee and lead hip, the body begins to rotate into the downswing and the knees flex which stabilizes the lower body. The arms and hands follow. As the arms and hands follow, the right shoulder moves down.

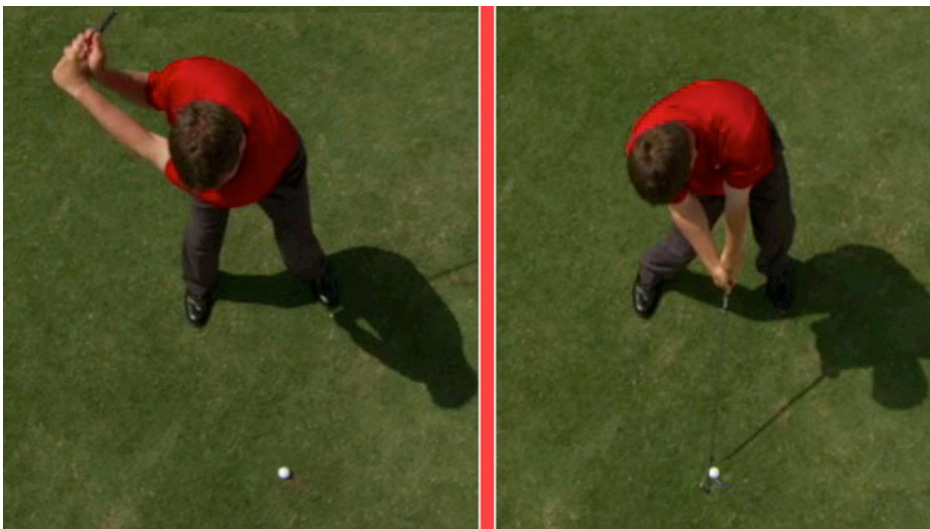
You will see that the hands continue down the plane line without unhinging and at the midpoint in of the downswing, just before position 3, the club shaft is back on the plane line. Then further down, the hands move down the plane line where the club actually moves slightly under the plane showing an inside path of the club head. You will notice how the hips are now square to the target line at position 3.

Top View of how the club moves on the plane and then under it into the downswing.



From this position the lead hip stabilizes as the trail hip rotates inward and the trail arm unfolds. The hands unhinge and the club returns to the plane at impact where the trail arm is bent, the lead arm is slightly visible above the trail arm. The shoulders are parallel to the target while the right hip is

Top View of Position 3 to Impact



The Lower Body Rotation – right hip moves toward ball from top



The hips rotate into the downswing to move spine forward so the right elbow and shoulder can move down



slightly open and both feet are flat on the ground.

In the downswing, you can see how the lower body begins to rotate and start its movement forward as the hands are still moving back. The hands, leveraged, begin to move into the downswing where the leverage angle moves without unhinging. The lower body continues to rotate as the hands move to return the club to align with the lead arm and Pivot Point™ at impact.

From perfect impact you can release the club through



and past the impact Position 4 to a position 5 where the trail arm is straight and parallel to the ground. Here is what happens after impact a position Moe described as “swinging through the target”.

[*Click Here for
Video of
The Perfect Downswing*](#)



25

Chapter 25

The Through Swing/Release Position 4 to 5

Releasing the golf club shows how the trail arm extends as the trail foot stays on the ground as the hips continue to rotate into a flexed lead knee position. With the feet on the ground, and the trail hip rotated inward, The club face has rotated back to the plane as the club extends down the target line.

These positions characterize the through swing/release :

- Lead arm is beginning to fold at the elbow joint.
- Trail arm has full straightened.
- The club face has returned to swing plane
- Head is still and the trail knee has moved below it.
- Both feet are flat on the ground.
- Lead knee is flexed and stable.
- Shoulders are slightly open.
- Hips are open.

From Position 4 (Impact) to Position 5



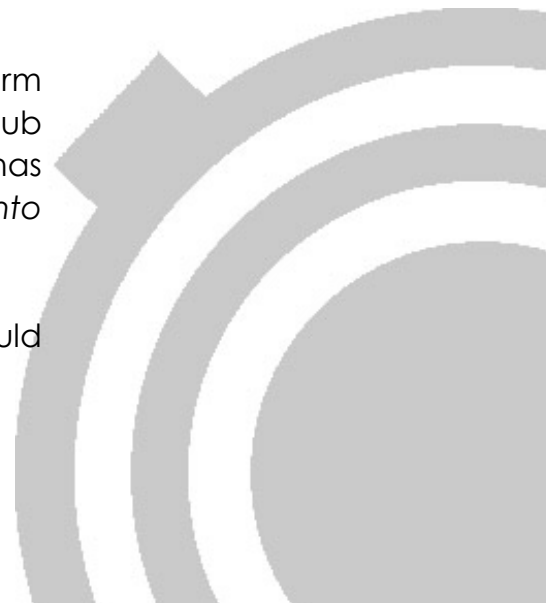
[Click Here for
Video of
Position 4 to 5](#)

The Release Position 5



The release exemplifies the power stored in the trail arm as the arm extends in line with the golf club where the club becomes an extension of the arm. The body and weight has stabilized into the lead knee where Moe would say “I play into my legs”.

Now lets go learn the position where Moe felt he could “Pull the Flag”, the finish position.



26

Chapter 26

The Finish Position 5 to 6

The finish reflects the results of the entire swing motion. A balanced finish is a result of a successful Single Plane Golf Swing.

These positions characterize the finish position:

- Weight on the lead leg.
- Rear foot lifted onto toe.
- End in a balanced standing position, chest facing the target.
- Hands are above the lead shoulder
- Club is balanced, relaxed and supported by arms and hands.



After the Release Finish (Position 6)



The ideal finish position shows how the rotation of the body completes the weight shift into the lead leg. The trail foot lifts off of the ground and the club and body are held in a balanced and finished position.

[*Click Here for
Video of
The Finish Position 5 to 6*](#)



Moe in his signature finish



27

"Try smarter - not harder"
-Moe Norman

Chapter 27

Work Smart

I will never forget a memory of when I was fifteen, skinny as a fence post in a brown wool sweater swinging a driver and asking my father to stand in the rain and take pictures of my golf swing with his old Kodak camera.

It was during the British Open. God how I loved the British Open tournament! Bugs Bunny and the Road Runner would have to wait if I could get up at 9:00 on a Saturday morning and watch Tom Watson, my hero, negotiate the riveted bunkers of St. Andrews.

On this particular morning, I decided that I needed pictures of my golf swing so that I could compare it to Mr. Watson, the best player in the world at the time.

He was on the cover of the latest issue of Golf Digest, which I kept firmly tucked in the side pocket of my golf bag. I thought that if I can copy his swing, I would be able to one day play in the British Open just like him.

I still have those wonderful pictures and by looking at them today I realized that this was the beginning of my search for a great golf swing. A search which started with one of the most well known players of the game, Tom Watson and thirteen years later, ended with one of the least known, Moe Norman.

When it came to golf, the only thing these two professional golfers had in common was the number of letters in their names.

In the years between Tom and Moe, I searched to find the secrets to great ball striking. Here is what I learned.

- 1) Ball-Striking and golf scoring (playing) are different
- 2) Great golf swings have certain characteristics or “*definites*”
- 3) These “*definites*” – cannot be ignored
- 4) There is an easy way to achieve these “*definites*” and a hard way

But the most important thing I learned in all of these years;

A great golf swing is acquired. It is not a gift.

Ironically, I learned this lesson the very first day I met Moe Norman. (Moe had a way of getting to the point.) I had anticipated the questions I would ask him when I finally had a chance to meet him. It was September 1994 at a clinic in Chicago, Illinois. After he finished hitting balls for a crowd of about 50 people, I approached him and asked my first question: “How did you learn to do that?”

“Hard work, you gotta work” he said.

The problem, I thought, is that I had been working hard, ever since I was 15. And I still didn't have it. What could possibly be different between Moe's idea of work and mine?



Since that day in Chicago, with the help of Moe, I finally learned what he meant. My work, before Moe, was to go the driving range with 200 golf balls and hit aimlessly. This type of practice was like trying to run on ice. The more you try and the faster you move your legs, the more difficult it becomes. You fall down so many times, you get beaten and bruised not to mention frustrated.

Moe taught me that to learn his golf swing was the same as learning to run on ice, to start by moving slowly, gain some momentum, keep my balance and gradually I could start running faster. He taught me to be smart and that if I was, I would get it.

To learn the golf swing, Moe taught me that I had to slow down, get my balance and start learning from the beginning. And once I could walk I would gain enough momentum to build a golf swing.

But I still had to work.



"Everyone wants a short cut to getting better - Training Aids ARE a short cut!"

- Tim Graves

Chapter 28

Practicing with Training Aids

Could there be anything more important than practicing correctly?

In an article in the New York Times by Dan Coyle, "How to Grow a Super Athlete", Dan interviewed a famous Russian Tennis coach. When he asked her what is the worst thing you can do to an athlete learning new fundamentals, she said the worst thing you could do was have the athlete, while learning fundamentals, do it wrong – **one time**.

This comment should make your heart skip a beat, I know mine did.

The reason is that when you practice, you are learning. This means that your brain is connecting to the feelings you are getting and if you are getting incorrect feelings, guess what – **you are still learning them**.

Dan Coyle recently published a book titled “The Talent Code”. When talking with him, I asked him about learning and the importance of ideal practice – what he called Deep Practice. He said that his research included interviews with a number of neurologists and they had commented about learning any skill. Here is Dan’s comment:

“A neurologist once told me that the first few swings in any sport were like sled tracks on a snowy hill. From that point on, the sled tends to go in those same tracks, making them deeper and deeper each time. So the question becomes, what’s the best way to “set new tracks”?”

When you are building your Single Plane Golf Swing, you are on your way to setting new tracks. You are doing this by modeling Moe and learning the ideal positions. What could be more important than making sure that when you practice, the tracks you set are the correct ones? This is the purpose of training aids. As a matter of fact, there are only two functions of training aids:

- 1) To ensure ideal and perfect Single Plane practice**
- 2) To help you get a feeling of a perfect Single Plane Swing**

When you train the golf swing, there are two types of practice; technical practice that includes mechanical and procedural; and target practice, which is totally dedicated to ball striking toward targets. *These two types of practice are as different as night and day.*

The main objective of technical swing practice is to train the movements of the swing focusing on changes and movements. This type of practice is difficult and you can never expect to hit the ball well.

Target practice, on the other hand, is meant only for tuning your golf swing into the target and feeling what you would feel if you were playing golf on the golf course. You can see that these two types of practice are very different.

(To learn more about the two types of practice, review Principle 6 of the Seven Principles of Golf Improvement Series)

Whether it is technical practice or target practice, when it comes right down to it, the only real point of practice is to feel what is correct and learn to repeat it. For the purposes of this book, where you are learning the Single Plane Golf Swing, there is only one purpose of your technical practice: to feel the positions of the Single Plane Golf swing and then learn to repeat them.

Practicing without paying close attention to feelings is mostly just exercise or a waste of time and the worst thing you can do is to practice incorrectly and develop feelings of incorrect positions and movements.

We have developed what we believe are critically important training products to help you learn the Single Plane Golf swing. Using these products in conjunction with each other provides a powerful Single Plane training solution.

The four primary ball striking training products that we provide and recommend to help shortcut the process of learning the Single Plane swing are the *Feeling of Greatness Training Club*, the *Alignment and Ball Position Trainer*, the *GGA Leverage bag* and the *GGA Speed Stick*.

[The GGA Training Club](#)

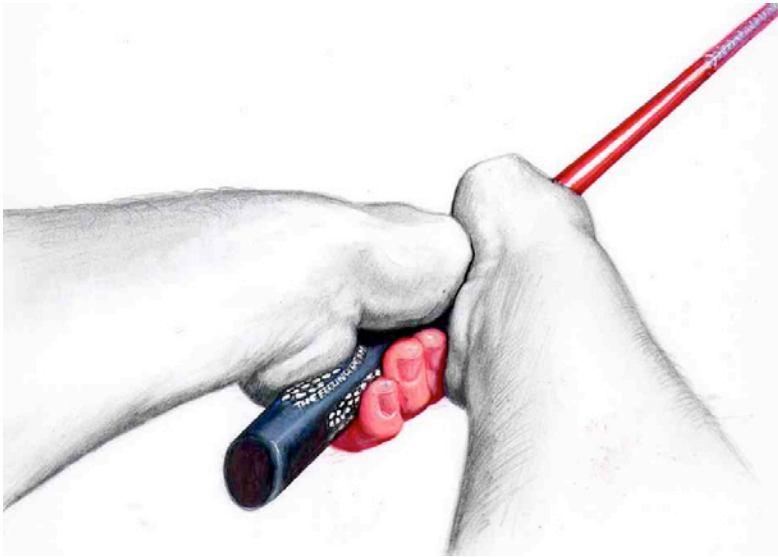
The Graves Golf Academy Feeling of Greatness Training Club has numerous benefits:

- 1) Ensures proper lead hand position
- 2) Ensures proper trail hand position



- 3) Unifies the hands
- 4) Creates a correct hand / clubface relationship
- 5) Teaches proper pressure in the hands
- 6) Has markings to help you with proper distance from ball
- 7) Is designed to help you feel the correct hand position when hitting balls

The shape and design of the training club places the hands in the exact position of Moe Norman accommodating both overlapping and ten-finger hand positions.



The markings and texture indicate the correct "pressure points" in the hands so when you position your hands correctly you will learn to hinge them correctly; which is a key to increasing club head speed and greater distance. The Training Club is also "transitional" and specially weighted to allow you to hit balls during your practice helping you to easily move from the training club to your clubs.

The Lead Hand Pressure on the GGA Feeling of Greatness Training Club



The GGA Training club is designed to be used while hitting balls on the range.

Learn More about the GGA Feeling of Greatness Training club [Here](#).



The GGA Alignment Trainer (ABT)

One of the secrets and most important part of practicing great ball-striking is consistently having the ball in the correct position relative to each club in your bag. The GGA alignment trainer helps you when you practice by teaching you:



- 1) Ideal Direction and Aim
- 2) The Correct ball position with your irons
- 3) The Correct Ball Position with your Woods

The ABT teaches ideal foot position and stance width



- 4) The Ideal Lead Foot Position with each club
- 5) The Ideal trail foot position with each club

Throughout our years of teaching Moe Norman's swing, the problematic swing issue we have encountered the most are often related to alignment and ball position; all a part of Moe Norman's setup position.

When the ABT is used in conjunction with the **Feeling of Greatness™ Training Club**, you will be able to achieve the ideal grip, setup, and aim every time you practice.

[\(Learn about how to use the Alignment and Ball Position Trainer Here\)](#)

The GGA Leverage Bag

The GGA Leverage Bag helps you learn and train the most important part of the golf swing – the Perfect Single Plane Impact. One of the most important purposes of the Leverage Bag is that it allows you to compose swing motions into the bag holding and feeling this position.

When used correctly, the GGA Leverage Bag can teach and train the following:

- 1) The perfect impact position
- 2) The ideal club movement into impact
- 3) The proper hand position into impact
- 4) The body position at impact including
 - a. The feet on the ground
 - b. The lead knee flexed
 - c. The trail knee moved inward
 - d. The trail hip rotated open
- 5) The lead arm straight at impact



- 6) The trail arm bent at impact
- 7) The hands ahead of the ball at impact

As you can see, when used correctly, the leverage bag has numerous benefits. You can learn more about the bag here: [GGA leverage bag training](#).

Training Impact with the Leverage Bag and Training Club



The GGA Speed Stik

Another GGA product to enhance your Single Plane Swing and help you produce and monitor your progress is the GGA Speed Stik. Complete with the GGA Training Grip, the GGA Speed Stik is weighted and by swinging the stick quickly, you can train your arms and body to produce more speed.





The GGA Speed Stik is also equipped with a meter to help you check and gauge your swing speed and progress.

The GGA USGA Legal Grips

The GGA Grips are designed to assist you in placing your hands on the club correctly. With marking for the lead hand, trail hand and pressure points, the GGA Grips will your hands place correctly and help you keep a grip on your game.

(To get information about the GGA Grips click [here](#))



GGA Instructional Videos

We also have numerous other instructional products to shortcut and enhance your learning process for all of the elements of the game. These instructional products include:

- The Seven Principles of Golf Improvement DVD Series
- Troubles and Solutions for the Moe Norman Single Plane Golf Swing
- Maximizing Speed and Distance for the Moe Norman Single Plane Golf swing
- Flexibility and Exercise for the Moe Norman Single Plane Golf Swing
- The Mind of Moe Norman with Coach Rick Carlisle

All of our instructional videos cover the intricate aspects of the game and have been carefully scripted and designed to answer the many questions students have asked over the years. The questions not answered on these comprehensive videos are most likely available on our membership site; www.knowmoe.com

[\(To find out more about our other instructional videos, click here\)](#)

The G[b[`Y`DUbY`5WUXY a mMembership Site

Singleplaneacademy.com is an interactive, online, private membership site for golfers who want to model the Greatest Ball-Striker the Game of Golf has EVER KNOWN. This site is the place for all Moe Norman fans and all golfers striving to improve their games. Here is just a sample of the top-tier training inside Singleplaneacademy.com.

SEVEN PRINCIPLES OF GOLF

Each month we will address specific questions and new



insights into the foundation of playing great golf, which we have broken down into the following Seven Principles:

Ball-Striking, Short-game, Putting, Equipment, Course Management, Practice and Mental Game.

BEFORE & AFTER ANALYSIS

We all struggle and we all have similar frustrations. Sometimes it's easier to find the path to greatness by watching the journey of other's. In the Before and after section of Knowmoe.com, you can see how others have improved and learn from their successes and avoid their mistakes.

MOE VS. THE PROS

Could a professional tour player simplify and improve his/her game by Knowing Moe? We will explore the possibilities and compare their swing against Moe's in Moe vs. The Pros'. In this section, you will see the similarities and differences of the Single Plane swing and the two plane swing of conventional professional golfers.

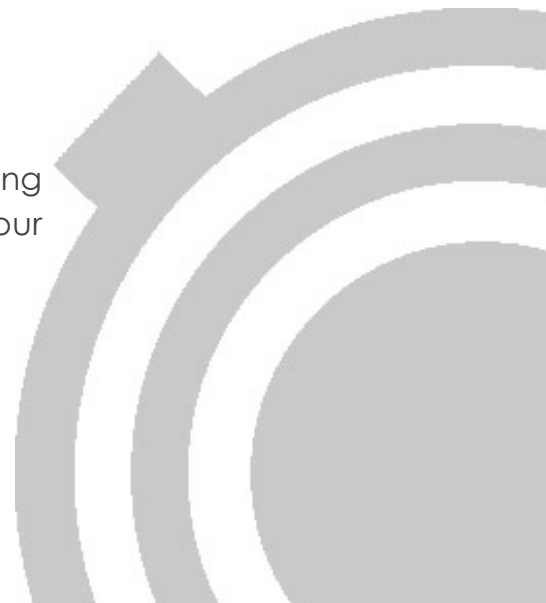
WEEKLY TIPS

Need something new to try? This is the section to work on that one little area in your game that could put massive yards to your next drive or give you a great short game trick.

MONTHLY LIVE Q & A

Stop struggling alone! Join us in Exclusive LIVE Training demonstrations and webinars where you can get your questions answered on demand!

Also Included as Part of Your Memberships:



- I. Special Members-Only Discounts on Graves Golf Academy Training Products
- II. First Notice on Seminar and Class Openings
- III. Exclusive access to the Know Moe Forum

These Online Training Sessions are for MEMBERS ONLY!

With so many resources available for training correctly, now lets go learn how to practice.



*"Always Practice with a Purpose.
Proper practice produces a
proper swing, improper practice
produces an improper swing."*

- Tim Graves

Chapter 29

How to Practice

In a recent golf school, a student in the group of thirteen asked me an interesting question.

"What would you do if you had it to do all over again?"

I guess I had always taken this question for granted thinking that our golf instruction programs indirectly taught the answer. But he got more specific when he asked;

"How would **you** practice?"

When he asked this, it was at the end of the school during my normal 45 minute ball-striking exhibition. I was tired and to avoid the question (or at least delay answering it), I told him that I would come back the next morning with an answer.

That evening I pondered his question. It was a good one and to be honest, I was partially stumped, so I got out a piece of paper and here is what I wrote:

If I had to learn Moe's golf swing knowing what I know now but not knowing the swing, here is what I would do:

- 1) *Learn the exact positions*
- 2) *Practice the exact positions*
- 3) *Always ensure perfect positions every time I practiced*
- 4) *Repeat the positions until I couldn't forget them*

After I wrote down these points, I realized that, even though they seemed somewhat general, and we cover these exact points in our golf schools I immediately noticed that I did not mention ball flight results. As a matter of fact, it was only in number three that I even considered hitting balls. Then, I realized that there was one factor - vital to all of these points:

You must get feedback (measure) each one of these points.

It was then that I recognized that it was this place where almost all students fail.

The fact of the matter is that most students are trying to hit a golf ball as opposed to mastering a golf swing. This is what separates those who "get it" from those who never will. And there are reasons for this. Dan Coyle in his book "The Talent Code" explains this in detail. His research describes this as a "brain" problem. Or to be more specific, it is a "how we train the brain" problem.

If you study people who have achieved a talent, you soon realize that it is a process of your body teaching your brain until eventually, your body can just do it without thinking about it. It is the body to brain connection that most students fail to perfect. As Moe would tell me it is a matter of "garbage in and garbage out". (I recommend reading Dan's book so you can understand your brain).



So to explain to you how I would practice and to “get it”, I am suggesting that in doing so, you are ultimately reprogramming your brain. More specifically, you are rebuilding your brain / body connection with the golf club. And you are doing this by using the body. Ironic isn't it.

I believe to learn Moe's golf swing, all you have to do is copy exactly what Moe did. Here is how I recommend, “getting it”.



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Chapter 30

Getting it

If you are new to Moe's golf swing or just beginning to learn the Single Plane golf swing I envy you. I want you to know how lucky you are.

You are lucky because you have available to you all the tools, videos, training aids and technology to shortcut the learning process – when I found Moe, I did not have many of these tools.

People ask me every day why Moe chose me. A reporter in 2002 asked him why he thought that I was the only one who could teach his golf swing. Moe in his eloquent simplicity said, “Because he really wants it”. He was right.

Moe didn't mention talent, money, strength, physical attributes, or past successes. Moe, as usual, saw what was most important in any person who wants something – desire. The desire to do whatever it takes.

An important question to ask yourself is do you have the desire to follow through and how badly do you want it?

The reason I ask you this question is because when you really want something you do whatever it takes. You go the extra mile and practice the extra hour. You ask for help when you need it and you willfully make things that seem impossible - possible. And throughout this process, you also understand that failure and frustration, when directed, is a launching pad for progress.

Desire gets you through the tough times and the times when you feel as though you are spinning your wheels. It gets you past the heartache of a bad round and a bad practice day. Desire is what holds you together when your friends think you are crazy for changing your golf swing.

Looking back at my time with Moe and how I learned his golf swing, I can now reflect on what it would be like to be starting over again. With that in mind, I thought I would give you my formula for success with the tools of today. But before I get into specifics, let's clarify a few things.

You must be mentally READY.

This is a prerequisite for change. Most adults I have met have forgotten how to learn or they have never really known how. This might sound a bit critical but lets see if you fit into my definition of mentally ready – or not.

1. You are willing to accept change which may mean getting worse before you get better.
2. You admit that you know nothing and are open to anything.
3. You can stop judging yourself and your results.
4. You have complete commitment. This means you are not trying Moe's swing but actually committed to doing Moe's swing.
5. You are willing to ask for help and accept the answers.



6. You are completely committed to getting it right.

Read the above questions carefully. If you can honestly answer YES to all of the questions, you are open to learning. If there are any questions that you hesitate to answer yes to, these issues will cause resistance to your learning.

Once you have fully committed to this learning process, let me share with you what I would do if I were to start all over again.

I would begin by preparing my environment for my success. Similar to removing the sweets and unhealthy temptations from your kitchen when you go on a diet, you must prepare your golf surroundings. I believe this is the starting point for success.

Preparing yourself for success requires that you must purchase the necessary equipment, cameras, and range memberships. If you really want it, you must sacrifice for it. If you resist doing ALL that is required and going the extra mile by getting the necessary equipment, you must question your commitment.

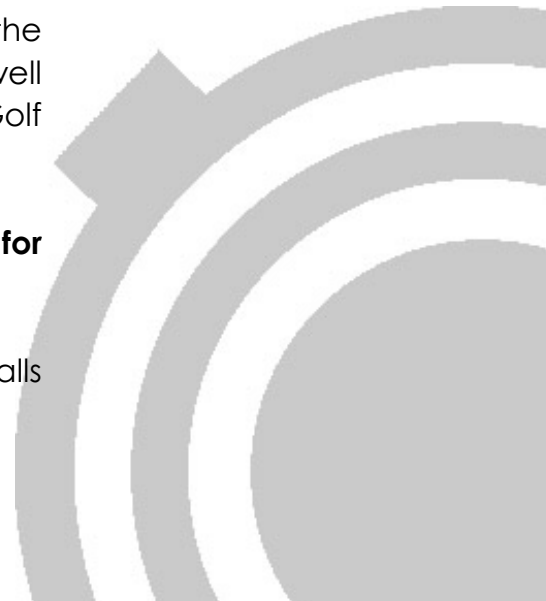
Once you have prepared your environment and acquired the equipment, take these steps:

1. I would first learn exactly what I am trying to achieve – I would get educated.

This is an important step mostly because knowing the exact destination, you can start building a road map as well as monitor your progress. The goal is a Single Plane Golf Swing. The Model is Moe Norman.

2. I would Study as much Video of Moe as possible for comparison.

Most of us learn from watching. Seeing Moe hit balls



was a great learning tool for me. Luckily I watched Moe in person but there is plenty of video available to watch. Eventually you will get your own camera (see next step) and you will be able to compare yourself to Moe.

3. Get Training Aids to shorten the learning process

Get the tools you need to speed things up. This includes training clubs, PVC pipes, video cameras, computers etc. Do not hesitate to invest in your success.

4. Invest in instruction.

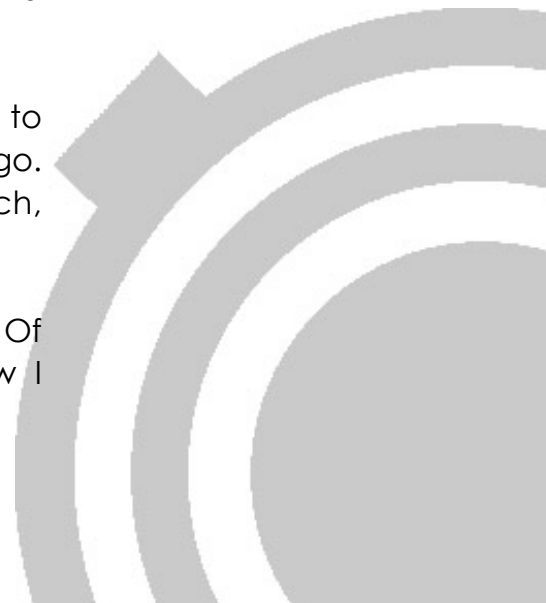
Moe taught me as much as he could but Single Plane Instruction was not as available to me as it is to you today. Good instruction is the shortcut to the learning process. You must get help, ask questions and work at the suggestions given. A teacher once said an important thing to me. He said, even if you practice something and you can't get it, you still learn from it. You learn how not to get it. All practice is beneficial but great practice comes from knowing exactly what to practice so get help so you know what to do.

5. Develop a Practice Plan and Goal Book

Now that you have fully committed, acquired the necessary tools and invested in some instruction, set a plan. It might be a bit contrary to most people that I waited until the 5th step to set a practice plan and goal book. However, I believe that you must have full commitment, involvement and investment or a plan will never work.

This is my Ready Fire Aim approach. Don't hesitate to dive right in and get going and develop a plan as you go. You can't plan for everything but with this approach, everything fits into the plan.

The above approach is my roadmap for success. Of course, there are other things I would do regarding how I



would develop my golf swing. I will get further into these things in the next chapter.

6. **Take Responsibility**

There is only one person who is responsible for your success – you. You have the most invested and the most at risk. Therefore, you must do all that you can to ensure that you are doing everything in your power to reach your goals.



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Chapter 31

The Goal of Practice – Feel

Moe called his golf swing “The Feeling of Greatness” and I find it ironic that the goal of all great practice is either to achieve feelings or repeat feelings. If you consider that feelings train the brain, they become *the* most important part of learning.

I always practice for feelings but there is a trick to this; you have to know that what you are feeling matches what is fundamentally correct. This is the fine print.

Here is a normal golf swing practice session for me. Assuming that my fundamentals at address including grip, setup, ball position and my stance is correct.

Here is how it goes:

Step 1) Hit ONE ball.

Step 2) Check the swing on video.

Step 3) If I want to change something, practice swing to feel the change

Step 4) Video the practice swing “feeling”

Step 5) Check the “feeling” on video

Step 6) If the feeling matches what is “correct”

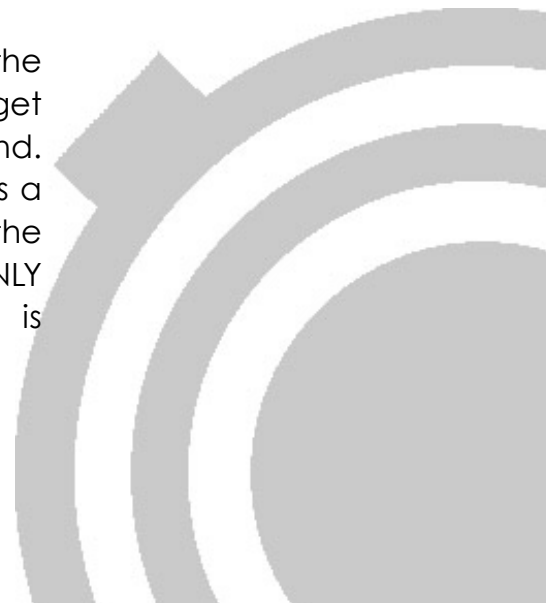
Step 7) Repeat Step 1-6

Step 8) If the feelings are good, repeat as many times as possible for 20 minutes

You can see how precise this type of practice is. It is based on three basic concepts:

- 1) Know your fundamentals
- 2) Practice them perfectly
- 3) Get feedback that you are getting what you want

I am sure you have heard the phrase “experience is the best teacher”. This is what your parents tell you when you get your first speeding ticket or break up with your first girlfriend. But when it comes to golf your mother is absolutely right. As a matter of fact, when it comes to practicing and learning the golf swing position and movements, experience is the ONLY teacher. This is why precise and perfect practice is mandatory.



So, now that you know how I practice and what I consider my shortcut, it might be helpful for you to know the other part of the equation: *What I absolutely wouldn't do.*

- 1) I wouldn't practice without a video camera - especially when I am first learning
- 2) I wouldn't play golf and try to learn the golf swing on the golf course
- 3) I wouldn't go half-way, trying to blend your old swing with the new Single Plane Swing
- 4) I wouldn't practice without training aids – especially the training club and alignment / ball position trainer
- 5) I wouldn't use clubs that don't fit me
- 6) I would never guess at the fundamentals when practicing technique.

By the way, the above process is my shortcut to learning. Everything.



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Chapter 32 What You Need to Do Now

After reviewing the information and fully absorbing the Single Plane Solution instruction, you are probably wondering what you should do now? Better than me telling you much of what I already told you throughout this book and

Dear Todd,

I just bought and finished reading the Talent Code. Thank you so much for the recommendation in Orlando last month. My only regret is I didn't immediately get a copy. This is easily the best book I have read in many years with huge potential implications for every aspect of life. All I can think about now is Myelin :)

I have never been more excited and dedicated to match the model (ignition on) and plan on using this information to help me master my golf swing over the coming years (via thousands of hours of deep practice) and I am glad to have you on my team (master coaching). All the pieces are in place to succeed, now its

just how bad do I want to see it through and how quickly can I match them model and automate it.

Also, thanks for suggesting I get a golf studio last year. I have made more progress in 2 weeks than the last 2 years by locking myself in a room and hitting into a net with a video camera/laptop and comparing my swing to Moe's and correcting the bio-mechanical differences without caring where the ball goes when I make a change. Its feels awkward at first, but once you learn to hit it from a new position its never felt more solid. I had so many EUREKA moments just this weekend....this all sound familiar? :)

You have been right all along, the road map is clear.

Start by develop a burning desire to swing like Moe and hit the ball pure & straight (pre-requisite):

1. Beg, borrow or rent a golf studio (\$0 - \$300 per month)
2. Buy a net (\$50 - \$500).
3. Get a used camera, laptop, free V1 software and video of Moe DTL and FO (\$300 - \$500).
4. Schedule time every week to swing the club on video (deep practice).
5. Compare your swing to the model, note the errors and self correct (deep practice).
6. Swing the club again, compare and correct the errors (deep practice).
7. Use training aids to short cut the process (master coaching).
8. Send in video to the Internet Golf Academy for feedback to help short cut the process (master coaching).

9. Keep doing it until you match the model! (ignition).

Thanks for all your help so far during this journey. Can't wait to keep improving. Keep up the great instruction and insights! You are appreciated.

MM
- Atlanta, GA

video, let me let you read an email from one of our students:

I don't think I could have explained the process of improvement any better than that. What I find most interesting, and typical, about MM's message is that it has every element necessary for improvement. This includes: commitment, dedication to go the extra mile, ideal practice habits, a clear picture of the outcome, use of aids and instruction to keep him on track.



“At the end of the day, the best golf instructor is not the one who knows the most, the best golf instructor is the one who helps the most”

-Todd Graves

Chapter 33

The Graves Golf Academy

My brother Tim and I founded the Graves Golf Academy, a broad scale instructional experience, to help golfers, like you, play better by learning the Simple Single Plane Golf swing made famous by our friend, the late Moe Norman, considered the world's greatest ball-striker.

Stripped down to its most basic level, Moe's golf swing is simply the least complicated way to swing a golf club 'on plane.' To help golfers achieve Moe Norman's "Feeling of Greatness," every product, golf school and instructional program has the sole purpose of instructing you to match Norman and learn the most important principles of the game.

But Moe's golf swing is just the beginning of your journey to better golf where our academy is designed to help your become a better "total" golfer which includes all facets including long game, short game and putting all of which are also focused on simplicity.

With Tim's "hands on" knowledge and years of experience in the wedge game, students are taught simple, yet effective ways to turn their wedges into the scoring clubs they were designed to be.

Putting game instruction is again focused on simplicity where Tim, who still competes on a regular basis, has averaged fewer than 30 putts per round for years. He instructs students in a common sense approach to getting the ball in the hole. And this is just the beginning of your journey to great golf. To help you speed up your learning process, we have numerous golf instruction formats to give you the best golf learning experience in the world today where we currently operate schools in Oklahoma City, Oklahoma and Orlando, Florida, as well as schools around the nation throughout the year.

Students can choose either a three-day school, a five-day build your game camp and the newest addition – a two-day alumni school where students from previous three-day and five-day schools can come back for a refresher.

Three-day school

The three-day school is set up in an outdoor classroom-like setting. About one-third of your time is spent watching Todd and Tim demonstrating and teaching proper Single Plane swing techniques and the other two-thirds is spent hitting balls under supervision. At each school, each participant receives a student learning manual, personalized video instruction with Todd (to take with them), optional club fitting, and lunch each day with the GGA staff in which many personal stories of time spent with Moe are shared.

Five-day build your game camp

Some attendees of the three-day schools have asked for a longer school in which they can come to a specific



location, spend up to a week, and have an intense Single Plane learning experience.

We now have several facilities to host this experience: The GGA Teaching Academy at Coffee Creek Golf Course Edmond, Oklahoma , the GGA Teaching Academy at Eagle Creek Golf Course in Orlando, Florida and at our annual trip to San Diego, CA at Barona Valley Ranch.

The GGA Internet Golf Academy

Over the years, three of the most common questions we are asked from our students are:

I (GGA) don't have an instructor in my area, how can I get some instruction?

Now that I've watched the videos, what do I do next?

When I get home after my school, how will I know that I'm practicing correctly?

To answer these questions, and provide constant feedback and coaching to Single Plane golfers, we developed the Graves Golf Academy Internet Golf Academy (GGIGA).

As a member of the GGIGA, no matter your geographical location, you can receive personalized instruction and feedback from the GGA staff as you practice and learn the Single Plane Golf swing - directly through the internet.

Through a partnership with software developer Interactive Frontiers, IGA students have access to free analysis software which allows you to study yourself, as well as send swing videos to GGA for expert review and advice.



Members of the Internet Golf Academy experience one on one coaching from instructors at The Academy in the same way that touring professionals receive instruction from their coaches during tournaments.

With monthly and annual membership programs available, the Internet Golf Academy is a key tool to you staying on track and continually improving your game.

To see more about the Internet Golf Academy, visit [THIS](#) page)



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Chapter 34 Conclusion

I hope you enjoyed the Single Plane Solution DVD and companion E-Book.

The SPS DVD and Ebook are reference materials to be used and applied. Experience of the fundamentals, positions and movements will be your best teacher of this material.

Whether you are a beginner picking up a club for the first time or a veteran golfer who is looking for an easier alternative, the Graves Golf Academy is dedicated to you no matter where you are in the learning process.

Please feel free to contact us or visit us on the web or call us at 866-377-2316 for more information about how you can further your journey toward mastering the simple way to play golf with the Single Plane Golf Swing.



Video / Book Credits

The Graves Golf Academy would like to give a special thank you to Kevin Hughes for his belief and continued support of the Graves Golf Academy.

We would also like to thank Eagle Creek Golf Club in Orlando Florida and their dedicated and outstanding staff for their great service and for allowing us to use their outstanding golf course as the setting for the SPS Video.



To find out more about Eagle Creek golf club, please visit their website [here](#).

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Nathan Edwards - Technical Advisor / Script
Jared Conatser - GGA Grip

Cast

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Tim Graves – Tim Graves
Dave Predzin – Dave Predzin
Lance Reaves – PGA Professional / Conventional Golfer

The SPS is a production of DNP Studios in Orlando, Florida with contributions from Tri-3 Media in Oklahoma City. For more information about DNP Studios click [here](#), or Tri-3 Media, click [here](#).

