



Swing Frame Day

(At Burstow Golf Club)

Why attend a Swing frame day?

Are you a beginner and want to learn the quickest way you can, so you look forward to making an impression with your new- found golfing friends. Do you want to get hold of the feeling you get when you make a great swing? Do you want to sustain a handicap of 4 or less? Do you want to strike the ball as straight as an arrow? Are you a player at any level from beginner to tour player who is going to throw the towel in due to sheer frustration! Do you want every practice session to be adding to your skills not confusing you and moving you backwards?

Any of these reasons and many more should move you to book a swing frame day. Denis Durnian could not score under 80, so he invented the swing frame, now, for two years running he is the top European on the European PGA Seniors tour. His original flash of inspiration mesmerised him until the fog cleared and the vision became crystal clear. Now you can let the echoing sounds of shaft against metal hypnotise you into become a better golfer.

What will I learn or become aware of?

- The feeling of swing on the correct swing path
- The feeling of maintaining lag on the downswing
- Feel any Height loss or gain through swing
- Feeling of correct grip
- The feeling of making a correct should turn to the top of the swing
- How to feel the correct movement of the centre of gravity
- Correct movement and feeling of hips
- To hit balls out of the middle of the club with your eyes shut!
- Correct movement and feeling of weight transfer
- How to make correct wrist set on plane and what it feels like
- The feeling of a truly balanced finishing position
- Rhythm and tempo
- The importance of muscles being relaxed, ready for action
- The feeling of a relaxed smooth takeaway.

What will happen on my swing frame day?

We will first discover what your short and long term expectations are. You will hit some shots, which will be clearly recorded on DVD. These will be used to measure all of the changes that occur. The main purpose of the day is for you to maximise you time in your

swing frame allowing the new feeling to be driven deep into your subconscious. This means you won't have to remember what you have been doing. For movements that need more work, all the advice you require to carry on making improvements will be recorded so you can orchestrate your own coaching schedule. This means you are free to learn the whole day. Ask any tour player and he will tell you he learns through feel, this whole day is about you feeling what they feel and being able to repeat it.

What happens after I attend a swing frame day?

Golfers tell us the vivid image of the swing frame around them combined with the echoing sounds and feelings that emanate allow them to continue making improvements. Most people immediately hit the ball straighter and further. Some of you will want to continue using them in the form of a crash course, or for a year or two until you have reached your long-term goal. This build up of muscle memory acts to build a concrete swing incapable of errors outside of interference.