



# The Game Of Very F\*cking Small

A thought provoking look at the real reasons behind global golf swing inconsistency and the evolutionary swing technique that is changing it.

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## The Game Of Very F\*cking Small

The most basic description of the game of golf is to use a club of some description to hit/stroke the ball in the fewest number of strokes from the tee to the hole.

The basic description of soccer is to advance the ball using your only feet, head and chest from your goal to the opponents goal and get it over the white line.

The basic description of the game of cricket is.....never mind, moving on.

Back to golf.

The golfer or game of golf player has to make use of various clubs of various lofts to move the little white ball from the tee and into the hole.

These clubs are swung by the golf game player or golfer and the goal is to swing the club in such a way as to strike the ball in the perfect spot on the clubface called the sweet spot.

The general sweet spot is the area around the true sweet spot and strikes in this area will result in mostly good shots with good distance and accuracy.

The true sweet spot is where the clubface delivers maximum energy to the ball to deliver the best golf shots in terms of distance and accuracy.

This is the holy grail of golf that golfers all strive for.

Let's look at some other numbers quickly.

The ball is only 1.7 inches in diameter and the golf club face is 2,75 inches from heel to toe.

The general sweet spot is about 0,5" in diameter and the true sweet spot is about the size of the sharp end of a pin about 0,029" in diameter.

Relative to the ball , the general sweet spot is 1/3rd the diameter of the golf ball.

Relative to the ball, the true sweet spot is 1/56th the diameter of the golf ball and 1/17th the diameter of the general sweet spot.

The error margins are small.

Very f\*cking small.

Now, let's look at how all this happens.

The basics of golf swing mechanics.

Golf swing mechanics is the ESSENCE of golf.

Everything in this game is dependent on how accurately and consistently the golfer can bring their clubface's sweet spot into contact with the golf ball and online to the intended target.

This action involves the golfer holding the club in his hands and then executing a swing. The first action in the swing is the backswing to take the club to a high position to achieve maximum velocity at point of impact by generating speed through the downswing to point of impact.

The downswing has to do two things. Firstly, it has to result in maximum speed of the clubface at impact AND secondly to bring the sweet spot of the clubface to the ball and online to the target.

Let's microscope this a little more.

The entire purpose of the golf swing action is to deliver the sweet spot of the clubface to the ball online to the target over the 12 inches of the strike zone. For all intents and purposes, the backswing , downswing and finish aren't relevant.

The golfer can have the most awkward , unorthodox swing, but if that golfer can consistently deliver the sweet spot to the ball on the target line 65% of the time, that golfer will be a very successful pro golfer.

They say that golf is only played over 6 inches – the space between your ears – but it's also the 12 inches of the strike zone.

This can only be achieved when the swing technique operating system is efficient and accurate enough to consistently deliver the clubface sweet spot through the strike zone to the ball and online to target more often than not.

How it gets there , doesn't matter – what matters is that the clubface is travelling on the sweet spot plane through the 12 inches of the strike zone – 6 inches to the ball and 6 inches through it.

## The Golf Swing Arc Distance

The average arc radius of a golf swing driver is about 70" – this being the average length of arms of male golfers and the driver averaging about 46" in length.

The swing diameter is 11ft and the full swing circumference is about 36ft.

In a driver full swing, the sweet spot on the clubface is going to travel around 36ft from the backswing through the downswing and to the swing finish.

So, the golfer has to hold this club their hands, line up the sweet spot on the ball then swing this club 36 ft backwards and forwards and keep that true sweet spot on line with a 1/56th diameter target or a 0,75" diameter target at worst.

Let's put that in perspective.

At 100 ft, the general sweet spot would only be 2" (5cm) wide and the true sweet spot would only be 0.08" (2mm) in diameter.

To hit 10/10 from that distance would be exceptional shooting with a rifle and a telescopic site from a bench rest!

Compared to this, the golf swing is a clumsy and imprecise action prone to very high probability of error and failure.

In fact, the very best male players in world only have a 60% (FIR)- 65%(GIR) accuracy rate.

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So out of 100 shots, the average PGA pro will fail to execute a sweet spot strike 35-40 times.

These are the best in the world, with the best gear and coaches.

The margin for error is small.

Very f\*cking small.

The mid-single figure golfer would achieve around 50% FIR/GIR

The same principle applies to ALL swing executions – full swing, pitch three quarter/half swings , chipping and putting.

Each has to have a swing action that consistently delivers the club face sweet spot to the ball and on the correct target line.

While putting has a far higher probability of success as it has the smallest swing circumference and lowest speed, followed by chipping, pitching and then the full swing.

On a sliding scale of probability of successful execution, putting will be the highest with the full swing being the lowest due to its long swing circumference.

The longer the sweet spot has to travel, the greater the probability of misalignment and error.

Your ability to deliver that sweet spot to the ball consistently is solely depending on your swing technique.

The swing technique covers every aspect and element of the swing motion from your posture to the grip pressure, stance height, club position , ball position, takeaway, backswing, downswing trigger, downswing , impact position, follow through and all the elements involved.

Balance, weight transfer, rotation and the timing thereof and all the elements involved with those aspects are also part of the swing technique.

## Why Swing Technique Matters

If EVERY SINGLE ELEMENT of the swing technique come together and you can deliver the clubface on the general sweet spot just 50% off the time off the tee and on approach, you will have the accuracy of a 5-handicap golfer.

Swing technique is the combined talents of your neuromuscular system being able to deliver a set number of movements in sequence while maintaining that ½ inch swing plane line on the general sweet spot and the 1/56th swing plane line for the true sweet spot.

So , to catchup – the better your swing technique, the more times you get the sweet spot to the ball and on line to the target.

Right now, the accuracy bench mark is PGA tour stats for FIR/GIR. I say these because these are full swing shots working with the illustration of the swing technique above.

## The Current General Swing Technique (GST)

The swing technique employed by the PGA Pros (in one form or another) is the most widely used in the world , so let's call it the General Swing Technique (GST)

GST?

Yes, it's intentional and why?

Because you pay tax for using this technique, actually a few taxes.

There's:

Inconsistency tax.

Frustration tax.

Injury tax.

Humiliation tax.

Money tax.

Time tax.

Joy tax.

And , of course, the F\*ck This Game I've Had Enough tax.

I'll get my accountant to discuss the taxes later.

Back to the GST.

Let's assume that 100% is absolute precision and all swing techniques are rated against that. 100% accuracy would be 18/18 greens and 14/14 Fairways hit.

Then , by this , the GST is only 60%- 65% effective on average with an average 8,4/14 Fairways and 11,7/18 greens hit in regulation.

At the highest level, this is the most accurate swing technique available.

At 24 handicap , the accuracy drops to around 47% FIR and just 10% GIR or 6/14 fairways and 1,8 greens per round , based on the golf stats by handicap calculator at <https://golfin sideruk.com/golf-stats-by-handicap/>.

From the accuracy comparison above, the PGA pro hits 5 more fairways and 7 more greens in around.

We're only talking off the tee and approach here , but the same principles apply to the other strokes in golf.

To sum up then, even if you play at the top level of the game, your swing technique accuracy will only be around 65% effective.

This shows that the swing technique itself is the issue. There are some 100 million golfers on planet earth and most of those – 99 million use the General Swing Technique in one shape or another.

Less than 1% play at scratch or better and only 2-5% break 80 on a regular basis.

This game is hard.

Very f\*cking hard.

And the reason it's f\*cking hard is?

I'll give you two choices.

1. You don't have the talent , ability, time, money, commitment , clubs, shoes, balls etc
2. The general swing technique is inefficient and fragile.

If you chose option 2, you're right.

The game is hard because the GST is inefficient and fragile.

And which swing technique do 99% of the world's golfers use?

THE GST.

At best, 65% accurate.

Getting this?

Ok, let's illustrate further.

## The Body Machine

If you owned a factory producing goods of some kind and you used machinery to manufacture these goods, would you accept a machine that only produced flawless products 65% of the time?

Plus, this machine was expensive and required a lot of man hours to learn, taking years in most cases. It also had a lot of moving parts and was prone to breaking down regularly and so required regular maintenance.

Now, if another company came to you with a machine that was MUCH cheaper, could be learned in a month and had a 10% better accuracy average , had WAY fewer moving parts , was more robust , didn't break down and didn't need maintenance – which would you choose?

Would you stick with the costly, more fragile machine that took longer to learn and required ongoing maintenance, or go with the much cheaper, more robust, more reliable , very low maintenance and easier to learn and use?

Up until now, there was only the first machine available.

Let's keep the idea of the machine going and think about the body as the machine – but complex machines don't run on their own, they need a programme or an operating system.

Now, consider the general swing technique as the operating system and the human body as the machine.

## The Body Machine Operating System

The body machine can only execute the action as well ***as the operating system allows it to.***

Read that again.

**The machine can only execute the action as accurately as the operating system allows and within the mechanical ability of the machine.**

As a machine, the human body is truly incredible. It can perform highly complex actions found in disciplines like dance, martial arts, gymnastics , athletics and a variety of high speed sports like soccer, rugby, football, baseball , cricket , hockey and swimming to name a few.

There are far many more complex actions in the world than the golf swing and those actions can be performed at a greater level of accuracy BECAUSE the programme or operating system for that action allows it to.

Now, here is the simple truth that will once and for all explain the global inconsistency and low accuracy the average player.

The machine itself is not at fault – it's the operating system that is to blame.

# GSTOS – The Real Cause Of Swing Inconsistency

THE GST'S OPERATING SYSTEM (GSTOS) IS THE CAUSE FOR GLOBAL GOLF SWING INCONSISTENCY.

It is also responsible for the golf swing related injuries that affect 70% of amateurs and 90% of professionals.

Ask yourself this, would you as an amateur/weekend golfer willingly use a technique where there is a 70% chance you would be injured at some point because of it. These injuries range from mild strains to game ending back issues.

As a pro, having to accept high injury risk with the core sport action that has to be performed hundreds of thousands of times at least to achieve and maintain proficiency enough to play at the top level and is very risky indeed.

Many of the greatest all suffered severe injury during their careers and most had at least one surgery and many had more than one.

This is the golf swing technique that 99% of golfers around the world use.

I say 99%, because I know at least one that doesn't.

## Bad Shots, Bad Swings = GSTOS Failure

Looks kinda computery doesn't it?

Every shank, slice, hook, duff, top, skull and smashed in the teeth shot are caused by faults in the GST operating system and the attempted execution of the action by the body machine.

Remember, the body machine (with very ,very, very few exceptions in the world) is pretty much the same for most people and is more than capable of executing much more complex actions than the golf swing.

Their neuromuscular pathways and neuro-dynamics are pretty much in the same range so the issue is not in the machine.

It's the operating system that tells the body through nerves and moves the body through coordination of muscular sequences and limbic actions.

When this sequence is inefficient or unsound, bad swings result. A bad swing is where the clubface does not deliver either the general or true sweet spots to the ball on the execution of that action.

We pretty much have 7 billion body machines that are all pretty much the same on the grand scale of things.

## The Operating System – Matrix Style

Technically speaking, if every one of those people could 'download' a precision operating system Matrix style, they would become proficient in whatever discipline's operating system they downloaded.

When Neo does his first training session, he wakes up and tells Morpheus, " I know Kung Fu." Neo has downloaded the Kung Fu operating system and he can then perfume the techniques of Kung Fu at a very high level of proficiency.

The neuromuscular patterns are now 'programmed into ' to his body machine and so he can execute them as and when needed.

At the moment, this idea will remain as such, an intriguing one that in reality is not far from the truth.

But I digress.

## The Body Machine Biocomputer

The execution of a proficient accurate consistent golf swing is solely dependent on the Golf Swing Operating System that's loaded into the body machine biocomputer.

In human terms the brain.

The nerves and muscles are connected to the network and receive electrical signals on how and when to move and degrees of force or speed required.

The brain is the core biocomputer processor for the body machine but far superior in terms of speed, power and memory than ANY existing hardware anywhere on earth.

Basic computing.

All information is made of digital bytes.

One kilobyte is a thousand bytes.

One megabyte is a million bytes or 1000 kilobytes.

One gigabyte is a billion bytes or 1000 megabytes.

One terabyte is a thousand billion bytes or 1000 gigabytes

One petabyte is 1000 terabytes or a billion megabytes.

Your brain has 2,5 petabytes of capacity can hold 2,5 million billion / 2 500 000 000 000 000 bytes.

So capacity is not a problem.

And nerve signals move around 268 mph, so speed is not a problem either.

In short, nothing wrong with the biocomputer hardware.

It's the software that's the problem.

Let's look at it another way.

At present, Microsoft users have Windows 11 as the global operating systems for Windows based computers. This OS represent the fastest, most efficient OS for the hardware configuration, while Mac fans have macOS 15 Sequoia.

Imagine now if these modern pc's and laptops were loaded with Windows 3.1 or Apple DOS ( the first mac OS introduced in 1978) – nothing would work!

Maybe the very very basics would work, but it's unlikely that any of these machines would actually even boot up.

Nothing wrong with the hardware, but the software OS is outdated, antiquated and fragile.

Great hardware, shitty software = zero performance and lots of frustration!

Now, look at your body , brain and golf swing the same way. The brain and hardware are cutting edge, but the OS for the golf swing is outdated, antiquated and fragile.

### GSTOS Fragility Is Evident

How do we know when something is fragile?

Something is fragile when it can break easily with little or no effort required.

This can be because of the material its made of like fine china, or in mechanical terms it can be because the machine components are made from poor materials and so cannot handle the load it needs to without breaking and so breaks down regularly.

Breaking down simple means that it can no longer deliver the action needed to the standard required or it cannot deliver the action at all.

As when your car breaks down, it can no longer perform it's designated function of transporting people safely and timeously to their destination.

When this happens , it needs to go to a mechanic , who will diagnose the issue and then repair the car to restore it to roadworthy condition.

## GTSOS Is Highly Complex

"There are only 1000 things that can go wrong in a golf swing – and most of them do."

Complexity is the enemy of success.

If you Google 'Golf Swing Tips' , you'll get 10 million results!

TEN MILLION.

That alone tells you that there is a vast universe of interpretation out there and all of it is different!

As a golfer looking to improve , which one do you pick? And how would you even choose one?

Over time, you will find certain channels or instructors that you prefer and you'll tend to stay with them provided their advice actually makes a difference in your game.

Most video content is about the full swing and all the elements involved , with putting and short game not far behind.

Bottom line is that the General Golf Swing Technique has a lot of moving parts and as a consequence , very rarely are two golf coach analyses of the same swing the same.

This is because each coach has developed their own perspective on swing mechanics based on their own history and success using sequences and/or techniques they have mastered to help their students improve.

This only adds the complexity.

# The Game Of Very F-cking Small

Here's the thing.

Complexity is the enemy of success and when you look at the global handicap stats and realize that less than 2 % of the golf population play at scratch or better..

Less than 9% play between scratch and 5.

66.13% of golfers play between 10 and 30 with 48,74% playing between 10 and 20.

Percentage of Golfers By H.I. Range - Female

Handicap Index Ranges	Percentage of Golfers
<0.0	0.75%
0.0 to 4.9	1.38%
5.0 to 9.9	2.53%
10.0 to 14.9	5.44%
15.0 to 19.9	10.64%
20.0 to 24.9	16.37%
25.0 to 29.9	19.72%
30.0 to 34.9	16.95%
35.0 to 39.9	11.65%
40.0 to 44.9	6.75%
45.0 to 49.9	3.72%
50.0 to 54.0	4.10%

Percentage of Golfers By H.I. Range - Male

Handicap Index Ranges	Percentage of Golfers
<0.0	1.99%
0.0 to 4.9	8.55%
5.0 to 9.9	20.15%
10.0 to 14.9	26.72%
15.0 to 19.9	22.02%
20.0 to 24.9	12.01%
25.0 to 29.9	5.38%
30.0 to 34.9	2.05%
35.0 to 39.9	0.72%
40.0 to 44.9	0.25%
45.0 to 49.9	0.09%
50.0 to 54.0	0.07%

Remember that the higher the HI , the lower the accuracies go and this is a result of less and less precise swing mechanics as the skill level decreases.

## Handicap Is A Measure Of The Accuracy Of Your Golf Swing Technique.

If global golf lessons were working, far more golfers would be at lower handicap levels and this would grow year on year - but it doesn't.

The global golf training industry is now worth \$1bn annually and growing.

In 2017, the USGA released a report that showed the average improvement for male golfers since 1992 is two strokes,- well 1,9 strokes to be precise dropping from 16.3-14.4 , while for ladies that has been 3.6 strokes down from 29.7-26.1.

In 25 years , the average man has only improved by 2 shots and ladies by 3.

IN 25 YEARS??

When it takes 25 years to gain only TWO shots on average , then there is something very wrong with the system but in this case, it's the technique itself.

The Global Golf Swing Technique has been the only golf swing technique employed since the 1960s.

The understanding of the biomechanics has evolved as technology has progressed and club and ball technology have also exploded exponentially giving longer distances through golf ball design and greater probability of a general sweet spot strike thanks to more forgiving clubs , this has not resulted in more golfers achieving single figure proficiency.

The only common factor with all of this, is the golf swing technique in use. The application of this technique with respect to improvement and advancement to single figure proficiency even with massive advancements in the equipment has failed and it is an indictment of the complexity and fragility of the GST.

If you want to become proficient at golf, not risk injury, be accurate, consistent and have a repeatable swing that doesn't require regular tuning, tweaking and lessons and a long time spent practicing - then you cannot use this swing technique.

## Swing Mechanics and Swing Mechanics

When your golf swing breaks down, you go to a golf swing mechanic otherwise known as a teaching pro or golf swing coach.

Like a vehicle mechanic , they will analyse and diagnose your swing fault, see where the breakdown occurred and then provide a remedy in the form of technical lessons where a particular element or elements may need to be improved.

For example.

From drawing the ball, you suddenly develop a slice. Your swing has broken down so you head to a swing mechanic.

From diagnosis, they determine that your swing is now more over the top than it was due to arms moving away from the body at the top of the backswing or not enough shoulder turn.

This causes the clubface to come through the strike zone open to the target line, slicing across the ball.

The remedy is a series of lessons focusing purely on 'updating' just that piece of your golf swing operating system.

The millions of golf swing tips and trick you find if you Google 'Golf Swing Tips' is evidence that this is the practice when it come to 'repairing' the GTSOS when it breaks down.

But, this is not a once-off fix.

No.no.

Using the GTSOS for life will mean constant regular swing mechanic consultations, hours of 'updating' and more hours of training to execute this new 'fix' in action on the course.

## If You Don't Understand It - You Can't Fix It

Imagine trying to fix a car engine when you have no idea of the basics of the internal combustion engine , how anything works and what the different components do.

Try attempting heart surgery when you don't have the faintest idea of cardio-thoracic biology or surgical technique or fixing a computer operating system when you don't know the language of the code it is written in.

Your car , your patient and your computer would die.

The same is true for golfers trying to repair and fix their golf swing having virtually no real understanding of the mechanics of it. The vast complexity of the General Golf Swing Technique Operating System- prevents clear and concise understanding and therefore clear and concise remedy.

There are so many data points now in the swing extrapolated further by advancements in swing analysis technology that as soon as you fix one aspect, another one fails.

It's the same as the old story about the man trying to stop the leaking dyke wall, but running out of fingers and toes to plug the holes with as more and more holes appear due to it's vulnerable construction.

When fixing a computer OS and uploading a new update, the computer itself doesn't need to understand it for the update to be effective and improve or restore performance.

But we human golfers, we're a little different and this one of the reasons why golf lessons and training only works sometimes and most times not for very long.

If the tips and tricks learned from golf pros worked permanently, they'd be out of work real quick and we'd all be playing scratch!

We need to understand it and this is another characteristic of the fragile GTSOS.

## Complexity Is The Enemy Of Success

The more interpretations there are of anything – in this case the golf swing action – the less likely you are to master it as there are far too many elements to consider and far too many ways to construct those elements.

The next time you're at a barbecue with golf buddies , throw out the question , " Explain the golf swing " , then sit back and watch what happens.

The reason no one can really explain it , is because no one (or very very very few people) really understand it.

Those that do charge much dinero to explain it and coach it and most of us cannot afford the time or the money.

To summarize, if you don't understand it, you can't fix it.

This is why most golfers never really get better because they (and most times their coaches) don't fully understand the swing mechanics and if you don't get it, you can't fix it.

### Setup? What Setup?

Most golfers don't invest any time in their setup, they are purely focused on the swing and herein lies a great error.

The swing itself is only 20% of the action. The setup is the other 80%.

Let's look at this another way.

Look at the golfer's body as a crane and the wrecking ball at the end of the chain as the sweet spot of the club.

When the engineers are setting up the crane, which part do you think they take more time over?

Setting up the crane or setting up the ropes?

if you guessed crane, you'd be right. The crane has more elements in it's structure than the rope.

The rope has 3 - the wire rope, the sheave and the hook

The crane has 11- the base / foundation, the mast, turntable, counter jib, counter weights, tower peak, rear pendant, front pendant, cabin, trolley and boom.

The setup in the golf swing contains the most elements of the action - 14.

Posture, spine angle, head position, shaft angle to the spine , club distance from the body, grip, grip pressure, foot position , stance height, ball position in the stance, club position in the stance , shoulder alignment , shoulder angle & hip alignment. If I have left anything out, I apologise.

The swing is essentially 4 elements - takeaway , backswing, downswing and follow through.

In and amongst the setup and the swing are at least 10 microelements that golfers have to consider like swing arc, takeaway , wrist hinge, downswing trigger, rotation, weight transfer, clubhead release, follow through to finish, balance and fluidity.

So just with these aspects of the golf swing, there are 28 elements that need to all be aligned correctly and executed in sequence to deliver that true sweet spot over a 36 foot arc with accuracy of 1/56th" to the point of impact on the golf ball.

Yep.

The margins are f\*cking small.

Very f\*cking small.

Back to the setup of the crane.

If that superstructure of the crane isn't properly and precisely setup and assembled, not only will the crane be useless, but it will be off balance and at risk for failure and collapse which would be disastrous.

The same is true of the golf swing.

If the body is the crane , it needs to be properly and precisely setup up BEFORE the swing action is executed to ensure a proficient action.

Most golfers even the pros (in my opinion) don't spend nearly enough time on the setup.

It's like golf swing porn.

The money shot is the ball strike, but there is no real focus on the precision of the process required to get there.

And that process IS THE KEY TO GOLF SWING SUCCESS.

The better and more precisely your 'body crane' is setup , the better your swing result will be- even using the General Swing Technique.

The more stable and accurate the crane construction, the more efficiently and accurately the rope will swing. Even a few inches left or right of the intended target can be catastrophic - and the same for golf, except that's in TENTHS OF AN INCH!

If your crane setup moves or is out by less than a 3/4" OVER THAT ENTIRE ACTION - you won't hit the ball in the general sweet spot - and if you're out by 1/56" you won't hit the true sweet spot and that's BEFORE you swing!

The setup has more elements, but it is easier to consistently setup accurately - the swing has far too many variables in terms of execution and so far greater likelihood of error.

## The Swing Plane – Microscopic Precision

The true sweet spot on the clubface is only 0.029" in diameter or 1/30th of an inch and the general sweet spot is 3/4" in diameter.

In order to execute an accurate golf swing, you have to swing a point on a steel golf club face (which is seated perpendicular to the target line) , up to 46" away from you at the end of steel pole on plane and bring to strike the middle of a 1,7" circular target in front of you on the ground.

What can go wrong?

Everything.

If your fingers only slightly change their position, your wrists move only slightly , your shoulder angles change ever so slightly, your feet move a little, your knees bend or straighten just an inch - you've hooked another one out of bounds.

These margins are small.

Very f\*cking small.

Now, to make this even worse.

The very best in the world can achieve this phenomenal feat in a human body around 65% of the time.

The rest of us around 30% of the time.

It's tough.

Very f\*cking tough.

From the human perspective, the margins of error in execution of the golf swing are , for all intents and purposes , microscopic as our ability to perceive them requires detailed analysis using cutting edge technology.

Now, think about this and the General Swing Technique operating system.

This operating system is not accurate enough to deliver that sweet spot to the ball more than 65% of the time for the most skilled athletes in the sport , while that same OS results in less than 35% accuracy for lesser skilled players and therefore the majority of golfers on the planet.

## The Artillery Game

The sole and only purpose of the golf swing is to propel the ball accurately in both line and distance. A ball in flight has a similar trajectory to artillery shells being fired.

Golf is a game of artillery.

Launching a round projectile as accurately as possible to reach the target (the hole) using as few rounds as possible.

Let's take a range example.

## The Game Of Very F-cking Small

You have a green which is 9' in diameter.

The hole is in the middle of the green and is 4,25" in diameter.

Your goal is to launch 10 'projectiles' from various distances using different barrels in your artillery gun to vary trajectory and distance.

If you can hit that 9ft green 65% of the time across all your clubs from driver to LW- that's pro level.

You can only achieve this when your clubface is coming through the strike zone on plane with the general sweet spot or true sweet spot exactly on plane to strike the ball perfectly and this happens more often than not and now you know why.

In pro golf, the test is to see which artillery gun is the most accurate - the gun being the golfer's swing and the projectile being the golf ball through all the various golf 'shots' required.

The most accurate artillery gun will be well built and accurately balanced for recoil , with a solid repeatable, robust and accurate firing mechanism. Coupled to the firing system - the targeting software or operating system.

Every machine HAS an operating system and the better the OS and the better engineered the gun, the more accurate the gun will be and the more times the projectile will land on target or in very close proximity.

This is golf.

The Artillery Game.

## The Swing Is The Game.

To the degree that you play the game well is the same degree as the accuracy of your swing. It's how many fairways, how many greens, accurate putting, chipping and pitching where accurate is getting close enough to ensure a two putt maximum per hole.

The more fairways you hit , the better you will score. The more greens you hit, the better you will score. The fewer number of scrambles and risk shots you play, the better you will score.

PGA No1's are consistently either 1st or 2nd for GIR , but only in the top 20 or higher for FIR.

The key to shooting low scores is to hit greens in regulation and that means accurate approach shots from around 180 yards or 5-iron and lower.

You can only achieve that when you have a swing that is highly proficient - getting the clubface through the strike zone aligned to the general sweet spot for mid-high single figure HI and true sweet spot for low HI , scratch or better.

Without the swing, there is no golf and if you're playing at 14 handicap or higher your artillery gun isn't accurate enough.

## The Marketing Narrative Is A Lie

Don't kid yourself and don't let the marketing of the big brands fool you.

The golfers in those ads are not one of your Saturday playing partners. If golf gear manufacturers used the everyday golfer in their commercials- how well do you think their products would sell?

"Yeah hit that one real well into the water and shanked the next one so beautifully...I recommend the new FTG Irons..."

Can't see that.

Every one of those players you see in the golf gear commercials are PROS.

Pros who have developed their swing for the last 20 years, starting when they were 8 or 9 years old.

They had the best coaches, analysis, tech, technical support, nutritional support and have invested tens of thousands of hours into their swing and their game along with ten times that in money and now play in the top 250 in the world.

They know their distances to the yard and why, because they have a swing that can deliver consistent distances on every swing - even if they are offline , the distance is the critical element as this is the first test for a proficient, consistent golf swing action.

## What Is Proficient Golf?

Proficiency would be achieving an average score of 76-80 per round with the occasional 82-85 and the occasion 72-75.

If you are achieving scores of 80 or less consistently , you would be in the top 5% of golfers according to the National Golf Foundation.

At this level you would have an HI of 8 or better

At this level you would have an HI of 9 or better and would be considered as an advanced player.

For all golfers, this is the dream.

To achieve a single handicap.

To be able to play the game well and have that experience for more of your rounds than not.

To achieve proficiency you need only one thing.

A proficient golf swing technique for all strokes of the game.

In the process of trying to achieve proficiency, golfers embark on a journey that borders madness.

## The Pursuit Of Proficiency - A Descent Into Insanity?

It's the pursuit of proficiency in this action that drives the pros and indeed all golfers and it's that same pursuit that can drive golfers to insanity.

But what drives this insanity? What is the fascination with hitting this little white ball into the hole on the perfectly manicured green?

What is it about watching that white ball fly gracefully and far into the deep blue and land soft on the graceful fairway?

WHAT IS IT ABOUT THE PURE STRIKE OF THE BALL THAT KEEPS US COMING BACK LIKE A POWERFUL HIGH? SO INTOXICATING THAT WE WOULD SUFFER DECADES OF FRUSTATION , HUMILIATION AND EMBARRASSMENT TO HIT ONE PURE STROKE?

A round of golf is a microcosm of the life experience on earth. It has everything in it from pure joy to abject disappointment and self deprecation and everything in between.

It has honor. It has integrity. It has elegance and there is no other game like it.

But there is a fine line between all those beautiful things and the desperate anguish of slicing another ball to hell and gone , or hooking into the water, 3-putting another hole, duffing another chip..,

That pain is unique to golfers. Golf is probably the only sport where the responsibility of performance lies solely with the player. There are no excuses about other players, referees or umpires or coaches.

When you play badly, swing badly score badly, there is a deep and personal disappointment that goes to the very core. There are the nagging questions about whether I can actually play and by play I mean develop, maintain and consistently execute with good precision a proficient golf swing technique.

For many of you reading this, that answer is no.

The desire to be good at this game is a kind of insanity.

But it's fun insanity , it's magical insanity.

That's why we love it.

Because there is no greater feeling than a pure struck golf shot, soaring high and true into the blue.

It's pure joy.

And we want more of it and are willing to go to almost inhuman lengths to achieve proficiency.

That's how it's been.

Until now.

## Back To The Golf Swing

Remember, the goal of any swing technique is to be able to deliver the clubface through the target line, striking the ball with the true sweet spot in 60% of the executed action.

The mechanics of the swing technique are irrelevant and only become relevant when the technique fails. Then coaches and pros will analyze the swing technique and look for errors in the components.

So if you are using a swing technique that delivers the clubface on the target line and strikes the ball on the sweet spot 65% of the time , it's fair to say you'd be playing damn good golf - in fact you would be "better than most."

If that accuracy percentage is just 50% , you would be a single figure golfer.

Out of every 100 swings you execute whether from the tee of from the fairway or rough, if only HALF of those is on target and at distance, you would be playing at single figure HI.

In an average round you would hit 7/14 fairways and 9/18 greens.

What would you score if you were able to hit 50% of the fairways and greens in your round?

## Back to the General Swing Technique

Remember that at the very top level of this game, the average accuracy is 60% for fairways hit and 65% greens in regulation hit. This means that the clubface is on line through the strike zone and hitting the true sweet spot on 65/100 swings.

To achieve this high level of proficiency would take an average golfer around 5-10 years and they would have to have nothing else to do besides play and practice.

Not to mention how much this would cost - a good few ten thousand that's for sure.

But , if you want to achieve proficiency using THE GENERAL SWING TECHNIQUE, that's what it will take.

Until now, this has really been the only swing technique option and taught in it's many variations and forms across the world.

## Golf Is A Weapon Sport

The sword is a weapon and so is the golf club.

If you think about it, golf is nothing more than swinging a weapon to strike a round stationary target.

If I gave you a stick around the same length as a driver and set a golf ball in front of you on a stand at waist height and then asked you to hit that ball off the stand using the last 4inches or so of the stick - how many times out of 100 do you think you could hit that ball and knock it off clean?

Truth is, once you got the range of the stick to the ball , you should be able to hit that ball at least 90%-95% of the time and once you were confident, you would be able to hit that ball just as accurately with your eyes closed.

This is the golf swing, but it the General Swing Technique makes it so complicated that achieving this only happens 65% of the time.

Humans have a history of swinging weapons, we KNOW how to do that, but for this game, the 'creators' of the golf swing have consistently stated that the golf swing is the most unnatural movement ever.

Why on earth would you want to go against everything natural we know about swinging a weapon efficiently to use a technique that is woefully accurate for most of it's users?

A killing weapon like a sword would get power from the strong side of the body as it has to slice clean through opponents in one stroke - so stroke efficiency is a non-negotiable if you want to survive in battle.

If you want to be a proficient golfer , then your stroke efficiency has to be high.

Up until now, investing vast amounts of time and money in studying the General Swing Technique has been the only hope.

### No, there is another...

Master Yoda said it perfectly.

15 years ago, a new swing technique was born in the most unlikely of places and from an even more unlikely source.

I had been struggling with my golf swing for years. I'm a fairly big guy at 6'2" and around 200lbs and with my martial arts background and good flexibility, I was able to swing very fast - but direction and shape were f\*cked.

I had watched my dad struggle with his swing all his life, achieving short periods of 'betterness' then lapsing into the abyss of inconsistency and frustration as the swing technique failed again and again.

I thought there has got to be a better way to swing a golf club more efficiently than this.

So I set out to build it.

### In a garden in a country , far , far away...

In a garden in Eastern Johannesburg in 2010, a samurai katana cut through the air in the form of a golf swing and the person swinging that katana was me.

Swinging that sword like a golf club made me realise that there WAS a better way to swing a golf club and I spent the next 15 years honing that technique to a cutting edge.

By examining the swing technique of the sword and using the same swing technique but using a golf club, I was able to achieve significantly and NOTICEABLY better contact consistently as well as more distance and better shape.

I started teaching the concept to a few golfers and saw the same results I had seen myself. Using the sword made the students focus on the quality of the swing rather than the 'hit'.

Not only that, but in order to execute a precision sword cut, your body has to be perfectly and accurately to deliver the cutting edge to the target. In the sword arts, this takes year to perfect - about the same as it would to achieve single figure proficiency.

## The Frame And Swing - The Yin And Yang Of The Golf Swing

Every motion whether in martial arts, dance or golf, has a 'hard' and 'soft' element or a static and moving state.

With the golf swing the static element is the setup - ie the position of the body to execute a proficient swing. This would include elements like posture, head position, grip, grip pressure, stance height, club and ball position in the stance.

The dynamic element is the swing itself and this includes the elements of takeaway, wrist function, downswing trigger, downswing , weight transfer and rotation and the follow through and finish.

The setup is 80% of the golf swing, so I had to find a process that would create the optimum setup for ANY golfer on every swing, then build the swing motion itself and make that as efficient and simple as possible.

## The Efficiency Challenge

The first efficiency challenge was to break down the swing into easily digestible bites.

By separating the swing into two elements- the SwingFrame and the Swing itself, I was able to create a method that produced the optimum setup position for everyone that used the sequence.

The second , was to simplify the swing technique to a far more natural movement , which delivers effortless swing speed and keeps the clubface on line throughout the swing arc, delivering the clubface square to the target line and on the sweet spot consistently.

The third efficiency challenge was to significantly reduce the time required to achieve proficiency in this swing technique. This required efficiency with respect to teaching , learning applying the technique properly and then SEEING and experiencing the results there and then.

The fourth was to reduce travel to and from the range to practice, so the technique itself is learned at home online using 6 specifically designed exercises to develop and perfect the swing technique and a 5-step setup process that created the optimum setup on every swing.

The last challenge was to deliver a swing technique that was robust and durable. That once learned would not need to be learned again nor require further lessons of any kind, that could be diagnosed and repaired (if needed) by the golfer themselves- without the need for external analysis.

## The 15 Year Old Single Malt Golf Swing

I knew I had it, but, it needed to grow up and like a really good whisky , it took 15 years to reach maturity.

It evolved a 5 times over that 15 year period.

The first challenge was to adapt the technique so golfers didn't have to use swords to practice - I've seen golfers swing clubs, a live sword was NOT an option. In order for this to work, it had to use golf clubs only.

Then, I had to find a way to deliver wider access to the swing technique that didn't restrict me to one-on-one lessons - thanks to online technology for making this happen.

Once this was sorted, I to build a logical sequential online training method that would allow students to achieve proficiency in the shortest time possible delivering optimum neuro-muscular assimilation.

The final challenge- put it on trial.

## Trial By Fire

In September of 2022, 12 years after that day in the garden, I started recruiting trial subjects and I the technique got it's name.

SwingForm - I'll explain more about the name later on.

Using Facebook golf groups, I put out adverts looking for golfers that would be willing to participate in the trials, but there were strict criteria in place.

- All golfers had to be 14 HI or higher.
- All golfers had to complete the Baseline Accuracy Scorecard before they could get access to the training.
- Golfers agreed to complete the training and mark their training and range session scorecards accurately and honestly.

Part of the trials was to test which training method would deliver the optimum results. There was a 14 day trial, a 21 day trial and a 28 day trial.

Trial data included total number of golf balls hit, total time on the range, total time for the home sessions.

From mid September 2022 til 5th November 2022, a total of 15 golfers around the country (South Africa) took part in the SwingForm Trials.

## And The Winner Is...

Once the final data had been collected , the SwingForm Trial results proved that the 15 years designing this technique had been well spent.

Across all 3 trial periods, the average accuracy improved from a baseline score of 34,26% to a final average accuracy across all range sessions to 63,67% which is a 188% increase in accuracy.

Remember that one of the goals with the trials was to determine which trial method is the best and the winner was the 21-day trial.

In an average of 24 days, golfers on this trial went from an average baseline accuracy score of 36,11% to 69,17% average accuracy at the 4th and final range session.

This method proved the most efficient in terms of time and results and is the default training method employed.

Further more, since the trials, a few more golfers have done this training and those results are even better, with the average accuracy by the final range session achieving a staggering 74%.

## The Impossible - Achieved

To put these results in perspective, these golfers achieved an accuracy level equivalent to that of a single figure player in time frames NEVER seen before.

**Total Average Training Time (incl home and range session) : 14 hours**

## Total actual golf shots hit : 192

Not only did the results prove the method's effectiveness, but every golfer reported striking the ball better and more pure than ever before and some had never even hit a ball pure before this and they could do it with good consistency.

Within 3 months of the trial, the average handicap had dropped 4,5 shots.

This sh\*t works.

## Why This Sh\*t Works.

The SwingForm technique works because it uses a super-simple and easily repeatable method to create the optimum setup on every swing regardless of the golfer's anatomy and then a simple swing technique that delivers the clubface square to target and on the sweet spot consistently.

It works because the technique concepts are simple and easy to understand and once you understand, well, it's like riding a bike - you won't forget.

Even after not hitting balls for a year or 6 months, I am able to go to the range, use the setup process and execute flawless swings , getting that ball straight, high and far and I can do it with most clubs. Once you have a swing technique, you can swing any club without problems.

And best of all - it's fun!

Really fun.

To be able to stand on the range or on the course , go through the process and KNOW this is going exactly where you want is fun!

And when you can do this, you want to play EVERY DAY!

## Judge Your Swing By The Shape And Flight Of The Ball

Ben Hogan, the father of the modern golf swing said it perfectly.

"The ultimate judge of your swing is the shape and flight of the ball."

Ever since I started using this technique way back in 2010, I think Uncle Ben would have been proud.

Too many golfers judge and get judged on the swing technique itself and not the result. I mean Jim Furyk's swing is no Mona Lisa of golf swings, but flight and shape is top class.

When I am working with students and analysing the range session data I ask them about the shots they hit or swings they made that weren't on target.

The response I usually get was that 'it was a bad shot' because it was offline.

Then I ask them about the shape and flight. Was it well struck, was it pure -but just offline?

And in more cases than not, they tell me it was a great strike , just not on target.

I smile and I remind them that a pure strike means it was great swing - just the direction was off.

I also remind them that this is part of the game as the margins in this game are very f\*cking small and that the very best in the world only hit it online around 65% of the time.

You see, a great swing is still great if the shape and flight are pure! Conversely , a shot that is on target but poorly struck would get the disapproving eye from Uncle Ben for sure.

He, like me, would prefer swings of pure harmony that lift the ball effortlessly into the blue, see it sail with graceful shape and flight because direction can be fixed, but a pure strike is gold and the experience we ALL strive for.

This is the very ESSENCE of SwingForm.

## Don't Get Caught Up In The Numbers

The developments in golf swing analysis tech over the past decade has been phenomenal and now we have 3D and 4D models of the golf swing with every conceivable data point available.

For the average golfer who may or may not understand the various aspects, it's just one more thing to worry about. Strike angles, descent and impact angles, launch angles and every other angle under the sun.

But, you also need to remember that the tech is there purely to give feedback on the EXISTING swing method - the General Swing Technique and all the data points are designed and developed around this current model.

If you choose to look at golf data from launch monitors and other types of tech that is fine, but there is no single bit of tech that can tell you you've struck it pure - that is something you just know!

A golf swing is a feeling as as the ball strike - pro golfers never talk about how well they were hitting the ball, they refer to how well they were swinging and making that mindset change is essential to becoming a better golfer.

Focus on delivering high-quality swings rather than hitting the ball and when you do that, your tech will become less and less important.

## Crucifixion By Social Media

About a year before writing this book, I stepped into the arena and presented my results , data , technique and even swing videos to a group of Golf Instructors on Facebook.

Well, after that, I kinda knew what Jesus felt like.

I got absolutely crucified on that group.

The criticism about finishing positions and impact position totally overshadowed the RESULTS to the point where I was told my trial methods weren't scientific enough and there was more than one implication that my data and results were fabricated.

What really pissed me off there was that these people KNEW NOTHING about this method, took no time to learn about it or understand it and aside from a few open minded coaches , most of these so called coached dismissed this as rubbish and that I shouldn't be teaching this for money.

Worse than that was the total dismissal of the results achieved by graduates even though the data submitted was submitted by those very same graduates on SIGNED scorecards!

It seemed that the results achieved didn't matter, but that because this wasn't the accepted method it was ostracized.

I was shocked at the massive negativity I got, but I certainly didn't take any shit from them.

What intrigued me more than anything from this experience was the lack of willingness to acknowledge that someone with no golf pedigree could have developed a super efficient swing technique.

In golf, results matter. As a coach, results matter and results achieved in terms of improvement in accuracy, distance and consistency should have been the ONLY subject under discussion - but that was not the case.

## Foresight – Validation Of SwingForm's Effectiveness As A Swing Technique

In August 2024, I went to a Foresight range at The Pro Shop to get some data myself to present to this group as many had asked me if I had any to show them.

I only had 30 minutes available there, so I went with a 7 iron.

After warming up, the consultant laid out 10 balls to the green at 198 yards /180m.

Remember that I am 54 years old and I was using 9 year old club - my Ping i25 7 iron.

## The Game Of Very F-cking Small

My average carry was 192 yards/175m and total average carry was 199.4 yards/181m,

Ball speed average was 123,6mph with average distance to flag at 26ft/8m.

Accuracy was 78% from 198 yards with 7/9 shots hitting the green.

Yes, I know this is on an indoor simulator, but I don't care who you are - any golfer would be very , very happy with those numbers - I sure as f\*ck was!

# The Game Of Very F-cking Small

<b>Player name :</b> Craig Berman	<b>Avg to flag :</b> 26ft /8m	<b>Venue:</b>
<b>Player age :</b> 54	<b>Avg ball speed :</b>	The Pro Shop
<b>Green Set :</b> 198 yds/180m)	<b>123.6mph/197.7km/h</b>	Woodmead;
<b>Club:</b> Ping 125 7 Iron	<b>Avg carry :</b> 192.5 yards / 175m	JHB , South Africa
<b>Accuracy :</b> 7/9 (78%)	<b>Avg Total :</b> 199.4 yards /181.3m	Consultant : Desvundes
		Botes - Master Filter
		Date: 12/8/24



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Club	Ball	Ball Speed MPH	Launch Angle	Backspin RPM	Sidespin RPM	Carry M	Total M
7 ir Craig 54 yrs	Standard	116.1	22.4	5110	360 R	167.3	162.2
7 ir Craig 54 yrs	Standard	122.5	18.9	7024	538 R	171.6	165.1
7 ir Craig 54 yrs	Standard	124.4	18.5	7686	1218 R	174.5	160.8
7 ir Craig 54 yrs	Standard	120.0	19.0	6547	161 R	173.7	163.1
7 ir Craig 54 yrs	Standard	127.9	21.4	6793	256 R	160.3	163.2
7 ir Craig 54 yrs	Standard	129.7	18.3	6674	105 R	165.0	169.0
7 ir Craig 54 yrs	Standard	125.0	18.4	6783	280 R	177.1	161.1
7 ir Craig 54 yrs	Standard	110.5	21.6	5702	809 R	155.3	158.0
7 ir Craig 54 yrs	Standard	129.7	18.5	6572	179 L	164.8	168.8
Average		123.6	19.0	6466	417 R	175.0	161.3
Std Dev		6.1	1.2	612	309	6.9	6.9



## SwingForm Foresight Data Vs Pro Data

Here is the really interesting bit. I did some research to see if I could find data on what the pros achieved using the same club on this simulator.

Average Pro distance with a 7 iron - 175 yards - SwingForm was 17 yards further on average.

Average proximity to the hole from 198 yards was 35ft - SwingForm was 9ft closer on average.

Average ball speed - 123mph - SwingForm ball speed was the same.

Here is the mother of golf swing questions.

*How is it possible that a golfer with NO golf pedigree, no PGA training , who never went to golf school and is at least 20-30 years older than the average tour pro can deliver results like these that are BETTER than Pro numbers?*

There are only two options.

Either, I am the greatest undiscovered golf talent in the history of the game OR the swing technique I use is consistently accurate and precise.

I'm still laughing at the first option.

It's all about the swing technique.

Period.

The verdict on the SwingForm technique is out and judge Hogan rules well in favor!

## Breaking 80 - Not So Tough Now Are Ya?

Every year, I play a round of golf with my fiance's son who is mad about the game. The last time I played with him was on his birthday in 2023 and so on 27th December 2024 , after not playing a round for a year, we went back to our local course for his birthday round.

He's 12 and played from the red tees.

He shot 107.

I'm 54, played from the white tees.

I shot 78.

Hit 11/14 fairways and 7/18 greens.

Yeah, I know, the GIR errors cost me at least 6, but hey, I am GOOD with 78 any day!

The thing is, breaking 80 wasn't that hard or stressful. Had a 38 and 40 and it's because the swing technique stood up to the test of time.

I'm not boasting here, I saying this because it's true.

KNOWING you can swing properly makes a massive difference in your mental approach to the game. No negative swing thoughts. No swing doubts worrying about shanking , hooking or slicing. Just a relaxed , calm state - with this technique, you are 'seeing the field ' as Bagger Vance put it.

Prior to start, we did a short warm, ending with hitting about 15 balls before we teed off.

## Now Golf IS Fun.

Here's the thing.

When you have a swing technique that you can depend on, is robust and won't fail you provided you use the process, golf becomes much more fun. You can play the course the way it was designed, not have the course play you.

You can really experience playing the game at a higher level and leave the course with that deeply satisfied feeling that comes with breaking 80.

The technique applies to all strokes, and I didn't 3-putt a single hole.

This is the way golf WAS MEANT to be played and enjoyed and like most sports, it's only when you achieve proficiency, can you really appreciate the beauty of the game.

## Levelling The Game

At the moment only an elite few have the experience of being able to play this great game well and that is all about to change.

The acquisition of skills in golf is the single most resource-heavy aspect of this game. It is the SOLE reason that most golfers quit the game as despite their hours of training and practice and the investment in lessons, clubs and equipment, they don't improve.

In many cases, golfers get tired of improving for a bit and then going backwards again. This disillusionment often leads to players either quitting or worse, accepting they will never play the game well.

By removing the acquisition of skills barrier, SwingForm allows for every golfer to achieve proficiency in the FRACTION of the time and at the FRACTION of the cost of the General Swing Technique.

Imagine how different your game would be if you had achieved single figure swing proficiency when you first started playing?

Where would you be now?

Winning Golf Days?

Playing Top Leagues?

On Tour?

## The Choice

Having read all of this, you have a choice to make.

You can either accept that the reason that you have struggled with golf for as long as you have been playing is not due to any fault of yours, but due to a fragile swing technique which by it's very design is vulnerable to inconsistency and breakdown -or you can't.

You can also accept that there really is a better and more efficient swing technique that delivers the results every golfer wants in 24 days or you can't.

I can't make you and that is not the purpose at all.

I am not a PGA Pro, golf school graduate or former tour player turned coach. I haven't won any majors or any tour events or coached and worked with the best players in the world - well, not yet anyway.

But then , neither have you done any of those things either.

But, what I have done, is dedicated the last 15 years of my life to studying swing mechanics and creating , refining and testing this technique until it was perfected.

And now, it's ready for you to use and to change your golfing life in ways you cannot imagine.

## The Genealogy Of SwingForm

This method has evolved from the original sword-based concept to the technique it is today. There have been times when I haven't looked at it and then times when the next evolution has come about. Here is a brief history of it's evolution.

## The Samurai Swing : 2010-2013



SwingForm started as the Samurai Swing in 2010 , using a real live katana as well as the wooden sword with students to demonstrate the technique. The setup process was not nearly as defined as it is now and various other elements like the Golf Space , Creating The Swing and the course and shot processes hadn't even been conceived yet.

Even so, students using the technique saw greatly improved striking , distance and shape.

## Golf Digest Feature - November 2013



This was a photo shoot and coaching session at Wanderers Golf Club using their Trackman gear for a feature that appeared in Golf Digest Magazine in November 2013 featuring respected sport writer Dan Retief.

Even today, Dan still uses the techniques he learned that day when he's on the course.

This is an excerpt from that article.

*"As a relatively slow and consistently paced swinger I did not expect much difference, so great was my surprise when Flanagan pointed out some distinct improvements."*

*My average clubhead speed was up from 80.8 to 82.0 mph, my ball speed from 111.0 to 112.5 mph, and my overall carry had increased by four metres – numbers that will be magnified when swinging the driver, and which can be improved upon given that I was coming off a period of inactivity because of an injured old golfer's back; caused by damage, as in "damn age!"*

*What I did like seeing on Trackman was better posture, a fuller shoulder turn and (horrors) to what extent I was hooding the clubface on the way back and then spinning out on the way down to square it – the old bogey of fixing one fault with another.*

*In subsequent rounds there have been some amazingly pure shots when I have been able to meld posture and mind with feeling the club, or sword, and just letting it flow. Other golfers have seen significant benefits; low handicaps beating par, strugglers winning club competitions and seniors reporting gains in distance.*

*One committed "disciple" of the Samurai Swing is Frans Strauss, Director of Golf at Prince's Grant in KwaZulu-Natal, who has seen a marked improvement in his game since doing sword and mind work with Berman. "It's opened a new door for me," said Strauss. "I like the simplicity of the method and the Zen-like calmness it has given me. My iron play was the weakest part of my game but I've seen an improvement in my greens in regulation stats.*

*"The key difference is how much better I've been under pressure by staying in the moment, going through the Samurai process, and trusting my clubs, while swinging slower than before." Dan Retief - November 2013.*

## Golf Emergence : 2014-2016



[golfemergence.com](http://golfemergence.com)

It stayed like that for a while and then became Golf Emergence in 2014.

At this time, the technique was still evolving and was still a one-on-one based teaching method and still using the live blade and wooden sword to demonstrate the technique.

Golf Emergence had some publicity and appeared on the top local golf show called SuperGolf (Part of SuperSport) as well doing a televised competition called The Zero To Hero Challenge.

You can watch it on YouTube

<https://www.youtube.com/watch?v=C-plC2aqwj4&t=70s>

This involved inviting golfers to enter and the 4 winners would do a 4 week course learning this technique and prizes would be awarded for the most improved golfer.

Again, results were evident in both ball striking, accuracy, distance and shape.

## The Winning Swing : 2016 -2018



The Winning Swing was the next evolution from around 2016-2018 and saw improvements in the setup process as well as reduced use of the sword and wooden sword in training. It was still very much a one-on-one method. One of the things I learned during this time was that teaching pros don't really like to share their turf and it was challenging to find ranges that would allow 'Non-PGA' coaches to offer lessons and coaching.

## Maverick Golf : 2019-2020



Next in line was Maverick! This version lasted from 2018-2020.

This was a big step ahead in the evolution of SwingForm. The idea of SwingForm started to evolve at this point with early logo designs coming through.

Maverick was still a one-on-one method , but the setup process had become more stable and reliable and the swing motion technique had become more defined than previous versions, but there were still some tweaks to be done.

Maverick refined the original Samurai Swing technique and was the base for SwingForm as it is today.

## SwingForm Golf : 2020 - Present



# SWINGFORM GOLF

SwingForm started its life in 2020 as I spent about 2 years developing the swing technique and moving away from using the sword and wooden sword in coaching. I also focussed specifically on making the technique simpler and easier to teach as well as looking at how I could migrate this to online lessons.

In August of 2022, after 2 years of development, I finally had the finished product and with my (then) 11 year old son as the cameraman, and using the sunroom of the house I was renting at the time as the studio, we set about creating the videos for the lesson plan , shooting and editing them to get them ready for the SwingForm trials.

# SwingForm ACP & The ACP Golf Academy (ACPGA) : 2024 - Present



ACP stands for Accuracy, Consistency and Precision and this is the heart of the SwingForm technique. The Academy is the website where the lesson and online course is housed. I wanted to have a consolidated channel that was only for students and graduates to have access to the lessons and coaching online.

## Why The Name SwingForm?

I told you I'd get back to this.

I chose the name SwingForm because when you listen to pros and commentators talk about golfers and indeed all sportspeople, they often refer to them as being 'in or out of form'. This means that that athlete is either playing well being in form or not being out of form.

Remember that I come from a martial arts background the the word 'Form' means something very different there.

In martial arts, a form is a set of techniques performed in set specific sequence to simulate combat and responses to attackers using that style's techniques.

Every martial arts system has them and 'form work' is an essential part of training, developing the application of technique under combat conditions - of course, this is easier in the dojo than it is in combat - but this method of training forms has been around for centuries and has been effective in honing technique, focus and proficiency in both armed and unarmed combat.

The form is a set sequence of movements created to deliver a specific result. In martial arts it is to defeat opponents and in golf it is to deliver the clubface sweet spot to the ball and online to the target.

The golf swing is a 'form' on it's own. It is a set sequence of movements designed to deliver a specific result.

The SwingForm technique is a very simple and easy 'form' - with it's 5-step setup sequence and naturally powered swing, it is the easiest simplest and most accurate swing technique available - the results have proved that beyond doubt.

The name has two meanings.

1. Using this technique means your 'swing' will always be 'in form' - hence the name
2. This is the golf swing 'form' or kata and learning this 'form' will mean you deliver a consistently accurate golf swing throughout your playing life whether amateur or pro.

## SwingForm Graduate Results

Before you even consider doing this training course, here are the results achieved by graduates post trial until the end of 2024.

All of the results and data below are taken from signed scorecards submitted by students.

## Fairway Target Accuracy :

Baseline average accuracy : 24% or 3.36/14 Fairway targets hit.

Graduation Average Accuracy : 69% or 9.66/14 Fairway targets hit.

Strokes gained : +6,6/14 more fairway targets hit or 287%.

## Green Target Accuracy :

Baseline Average Accuracy : 40.3% or 7.26/18 Green Targets hit.

Graduation Average Accuracy : 69.33% or 12.48/18 Green Targets Hit.

Strokes gained : +5.22 more greens hit or 171%.

# The SwingForm Training Academy Course Overview

This is a 24 day online training course divided into three phases.

Each phase has home and range sessions.

Each home sessions consists of 6 specially designed exercises of 8 repetitions each and this can be done wherever you have space to swing a golf club.

The exercises are designed to accelerate the assimilation of the SwingForm technique and are easy , simple and fun to do.

The range session consists of 48 shots using a variety of clubs, with each shot aimed at different targets to simulate actual play. Here, you will use the swing techniques and processes learned in the videos and the home sessions and apply them to hitting golf balls on the range.

Phases 1 & 2 have 3 home sessions and 1 range session and phase 3 has 2 home sessions and 2 range sessions.

Range Session 4 is the 'graduation' session where students typically achieve their highest scores.

### The Scorecards

SwingForm uses custom scorecards to track progress and scores and home sessions.

The scorecards are submitted after each phase range session and the student can only proceed with next phase once the scorecard has been approved and the scores loaded to your student profile.

### The Baseline Accuracy Scorecard (BAS)

All students have to complete the Baseline Scorecard and submit it for approval prior to being granted access to the training.

The BAS is the benchmark of your accuracy before you start your training and your progress will be measured against this score throughout your training.

## Terms and Conditions For Training

1. The BAS must be completed and submitted.
2. Scorecards will be scored honestly and accurately
3. The full training course must be completed.
4. No student may show or teach any technique or concept to anyone else.
5. No student may share account access with anyone else.
6. No rounds of golf are to be played until after graduation.
7. Upon graduation , the full course fee is due and payable.

Now, before you panic about #6, let me explain why this is necessary.

As you have read , we are essentially installing a new Golf Swing Operating System into your neuromuscular system. This takes time to integrate and only once you have completed the training course, will this new OS be fully integrated.

If you play around before you complete the 'full upload' and things start to go wrong on the course, you will default back to your old OS and essentially 'undo' all the new techniques learned from your training.

It's a small sacrifice to come back and play great golf after you graduate.

### **The 100% Performance Guarantee**

Unlike other golf swing training systems, SwingForm ACP guarantees results provided the terms of training above are met.

To this end, you won't pay any course fee on enrollment - this is only due on graduation AND only due provided you achieve a higher score at graduation than your BAS Score.

If you don't then you have the option to either redo the training or not.

### **The ACP Academy Membership Fee - \$28.95**

This is the only fee you pay on enrollment and this gives you access to the Academy website and all videos for 12 months.

Remember, you don't pay the course fee until graduation.

### **The SwingForm ACP Golf Swing Training Course - \$199,95**

This is the LAUNCH price of this evolutionary course and will only be available for a limited period of time for the first 500 student that enroll in the Academy.

## How To Sign Up

That's the easy part - you can visit [acpgolf.com](http://acpgolf.com) or [swingformgolf.com](http://swingformgolf.com) and sign up there.

All the terms and conditions are freely available.

**Remember, if you don't get better - you don't pay.**

## This Is For The Golfers

I am a golfer. Like you.

I built this technique for us.

The golfers.

The golfers who are tired of coming last and winning those f\*cking wooden spoons.

The golfers whose mates like to ridicule his swing and post them on social media as a laugh.

The golfers who KNOW he can be so much better and want to be , but despite efforts, is still struggling.

The golfer who can't stand the slices, hooks , shanks and duffs any more.

The golfers that want to FEEL LIKE GOLFERS.

The golfers like my dad who just wanted to play the game proficiently and quit never having achieved that.

This is for all of us that love this game and want to experience the joy of it EVERY time we are on the course.

'Til death do us part.

I want to leave you with this piece I wrote in 2013 and the inspiration for this was the incredible experiences I had and continue to have every time I swing a club using this technique - whether it's a putter or driver.

Being able to experience pure ball striking consistently and effortlessly is pure golfing joy and my goal is to have every single golfer on the planet have this same experience - not rarely and every so often, but just about every time they swing a club!

Wherever you are around the world I wish you happy golfing.

## The Spirit Of Golf - 24 June , 2013

Golf...a game that lifts the spirit and inspires the soul.

It is one of the only sports where, in the essence of the moment - true purity of spirit can be achieved.

## The Game Of Very F-cking Small

In absolute harmony with everything around you , the purest swing lifts the ball into the air , in a graceful arc that sails through the sky like the bird on the wing.

Soaring effortlessly into the yonder, the ball sings its perfection , landing softly on the welcoming fairway grass and coming to rest in gravity's gentle embrace.

There are few feelings in the world that can compare with having played a truly pure golf stroke.

It resonates in the very core of the human soul.

It is Spiritual , magnificent , glorious and wonderfully fulfilling.

It is to reach out and touch the perfection of the union of body,mind and soul creating a symphony of harmony in motion.

It is to understand the true joy of this magnificent game we call golf.

This achievement is one that places the golfer in the heart of the creator - it allows us for just that single incredible moment to feel the mastery , to appreciate the true awe and power that lives in the heart of this game.

For in that moment in time , we transcend our Earthly mortality and are raised up to the Infinite glory .

For there we stand , in the miracle of creation , in the meeting of all things that are, were and will be - in that moment ; we are one with our universe.

Feeling the grass beneath our feet , the air in our lungs , the blood that pumps life through our veins - we are one.

Our thoughts and feelings are quietly silent in this moment of harmony as we come to deeply realise that THIS is a moment of essential beauty, of timeless value and rarity.

We are deeply humbled in the presence of this moment and we bow our heads in sincere gratitude as we recognise the gift we have chosen to be a part of.

Now, as we breathe in this New Life , this Joy , this Love , we come to realise the deeper , greater meaning of this Glorious Game ...

It is that , in this game , in this moment, we are Alive - we are totally connected , and in harmony with our world around us. That in this moment , there is nothing that matters other than the now.

That our stresses and worries are that borne to us by the fearful mind - and that in this moment , that fearful mind is silent in absence.

## The Game Of Very F-cking Small

We are AS one with our maker , basking in the the light of this incredible world of Life and the World that gives rise to this game - that we cherish so much.

So, if you aren't feeling this every time you are playing golf , whether you are on the course , the driving range or at home - then you shouldn't be playing until you do.

For it shows you have not the respect for the Game that she deserves and indeed requires.

She will not grant you that which you seek , until you have paid homage to Her Spirit, until you have offered true gratitude to Her creation - This Game of Honor.

For to not feel like this every time you swing , is to dishonor the gentle spirit of this game and yourself.

Play this game with Love , reverence and honor for this is what she deserves and no less...

## The Game Of Very F-cking Small

Respect this course , the greens , the fairways and the bunkers for they are sacred lands and can only be walked in Truth and Love for the Game.

Leave your curses at home - they have no place here.

For there is no other game like it , there is none that can bring the soul into the ecstasy of this moment like her.

In this game , the true test of the spirit is revealed – it is here that are truth , integrity and personal values are measured and weighed.

In this game , we are the referee , the player and the spectator all in one. We have the choice to draw the penalty on ourselves even if it means losing – and this we will gladly do , for the honour of the game is greater than the win.

It is here in this game that we learn the true meaning of respect...for we will respect the course , the rules and the play...

We will pay homage to our playing partners and acknowledge to them that without them , we would not gain the opportunity to grow and improve our own Game.

We will respect the lie of the ball , the roll of the putt and the out-of-bounds lines that define the playing field.

We will respect our tools of the game and will not desecrate them with anger and frustration.

Every moment is one that is presented to grow our Game and through the victory and defeat , it is here that we will learn about the most important thing –

Ourselves.

For this game is the Game of Life – it is where we and we alone , out there in the field can play our own game – test our own mettle and choose whether we rise or fall.

It is there , out there on the glorious fields of the fairways , the immaculately manicured greens and the combed sand that we find ourselves and know ourselves.

It is in the defeat of that one stroke or the victory of the final putt that we learn the most about who we truly are.

And in this lies the reason for playing this game – a game that can never be won , only played.

It is the nature of every man to seek and discover himself , his truth and his light and in this game of Golf that we love , live and breathe – we can find these within.

If this is not the reason that you play , then make it so , as only when we are humble on these great fairways , will the great gift that the Spirit of this Game be open to us.

And that great gift is the answer to all of our questions , for the way that we play this game is the same way that we play in Life – that the true measure of the Man , lies in the heart of The Golfer.

# The Game Of Very F\*cking Small

For at least the last 60 years , since the advent of the modern golf swing, the quest for golf swing proficiency and precision has been the dominant desire of golfers of all ages and sizes around the world.

The fascination with the game of golf and becoming proficient is an obsession for many and this is testament to the passion people have for this game. For most golfers, the pursuit of this is a lifetime occupation and it only ends in success for a very few.

Most golfers never achieve this goal and end up leaving the game with only a few memories of great rounds and scores. Many attribute their lack of success to something THEY don't have or do. Like a lack of talent or ability , not enough practice, not enough investment in lessons or that they're just not good enough.

But , what if none of this was true? What if the real reason behind global golf swing inconsistency was not the golfer, but the swing technique itself?