



Consistent Golf Swing·ology

[the study and application of building
a consistent golf swing]



longer.
straighter.
more consistent.

Lesson 1 – How To Take The Golf Grip Out Of Play

There's no doubt about it... the golf grip is incredibly important to playing good golf. But I believe you need to take it out of play, and here's how to do that step-by-step.

Get one of the following products that will help you to form a perfect golf grip.

1. Grip Coach



[Click here to purchase this from Amazon.com](#)

2. GripIt Rite



[Click here to purchase this from Amazon.com](#)

3. Golf Pride David Leadbetter Training Grip

If you get this training aid you will need a golf club to put it on that is not your normal "in play" golf club. I recommend a 5-iron for this.



[Click here to purchase this from Amazon.com](#)

Once you have purchased one of those products then, to take the golf grip out of play, you need to practice forming a perfect golf grip, and taking the club away from a ball 100 times a day, for 30 days.

If you do this, that will be 3000 repetitions and a perfect golf grip will be well and truly a habit for you.

That is taking the golf grip out of play!

If you want to build a consistent golf swing, this is the first and most critical step to doing it. And it's so easy because you can do this while watching your favourite T.V. programs at home.

So there's no excuse!

Start right now and use the form on the next page to keep track of your progress on taking the golf grip out of play!

30 Day Perfect Golf Grip Practice

- Day 1** – 100 Repetitions (Tick When Completed)
- Day 2** – 100 Repetitions (Tick When Completed)
- Day 3** – 100 Repetitions (Tick When Completed)
- Day 4** – 100 Repetitions (Tick When Completed)
- Day 5** – 100 Repetitions (Tick When Completed)
- Day 6** – 100 Repetitions (Tick When Completed)
- Day 7** – 100 Repetitions (Tick When Completed)
- Day 8** – 100 Repetitions (Tick When Completed)
- Day 9** – 100 Repetitions (Tick When Completed)
- Day 10** – 100 Repetitions (Tick When Completed)
- Day 11** – 100 Repetitions (Tick When Completed)
- Day 12** – 100 Repetitions (Tick When Completed)
- Day 13** – 100 Repetitions (Tick When Completed)
- Day 14** – 100 Repetitions (Tick When Completed)
- Day 15** – 100 Repetitions (Tick When Completed)
- Day 16** – 100 Repetitions (Tick When Completed)
- Day 17** – 100 Repetitions (Tick When Completed)
- Day 18** – 100 Repetitions (Tick When Completed)
- Day 19** – 100 Repetitions (Tick When Completed)
- Day 20** – 100 Repetitions (Tick When Completed)
- Day 21** – 100 Repetitions (Tick When Completed)
- Day 22** – 100 Repetitions (Tick When Completed)
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- Day 25** – 100 Repetitions (Tick When Completed)
- Day 26** – 100 Repetitions (Tick When Completed)
- Day 27** – 100 Repetitions (Tick When Completed)
- Day 28** – 100 Repetitions (Tick When Completed)
- Day 29** – 100 Repetitions (Tick When Completed)
- Day 30** – 100 Repetitions (Tick When Completed)