

USING THE TRILINK™

The Perfect Pendulum (photo A)

Creating the perfect pendulum is easy, but maintaining and repeating it is another challenge altogether. TriLink automatically creates and holds the pendulum throughout your swing. Your job is to practice it until it becomes second nature.

1. Adjust the mechanism by twisting the two arm supports with a pulling/pushing motion and setting into a desired position. It should feel comfortable resting between the arms (just above the elbows), parallel to the ground, while your arms are slightly bent at the setup position eliminating all tension in your arms and chest.
2. The "TriLink" name should be facing out, right side up.
3. Press arms gently into the TriLink to create a triangle with your arms, shoulders and chest.
4. Swing your club back and forth rhythmically in a pendulum motion, straight back and straight through, keeping your upper body working as a single unit.

Quick Tip:

- Don't use your wrists. Let your arms, hands, and club work as one unit.
- Unlike a full swing grip, grip the putter with your palms to reduce wrist movement.
- Don't let your right elbow fly out on the back swing.



Short Game Practice (15-30 minutes daily) (photo B)

Putting

1. Align your body (toes & shoulders) square to your target line.
2. Your feet should be closer together than with a normal stance with the weight 60% on your front foot.
3. Aim the clubface of your putter towards your target.
4. Swing the putter along a straight path.

Quick Tip:

- Maintain the triangle with your shoulders and forearms throughout the swing not allowing your wrists to breakdown at impact.
- Bend from the waist so that your eyes are directly above the ball.



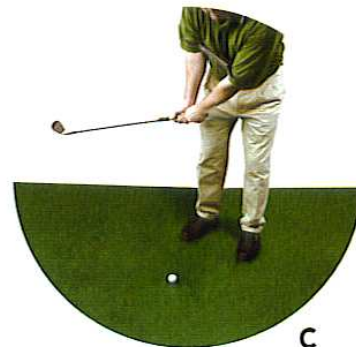
Chipping and Pitching (photo C)

Chip Shots—A short shot that stays on the ground and played around the greens using a lofted club.

1. Align your feet and shoulders slightly left of your target while keeping your clubface pointed at your target.
2. Your feet should be about a 12" apart.
3. Place the ball just right of center in your stance.
4. Place 60-80% of your weight on your left leg.
5. Swing the club along the line of your body (not straight back-straight thru but taking the club outside of your normal path to an inside motion across your body) keeping your clubface square to your target and your left wrist flat at impact.

Pitch Shots—a longer shot that's mostly in the air and played with wedges and 9-iron. Swing effort is moderate to easy.

1. Set up as you did to chip, your shoulders and toes aligned left and open to the target line.
2. Swing the club with your hands/arms to about waist-level on your backswing and follow through depending on how far you want the ball to travel



Quick tip:

- Cock your wrists early on the backswing and hold this position through impact.
- Accelerate through on the downswing.
- Don't forget to concentrate on your tempo, keeping it consistent throughout your full swing.

Care

Avoid exposure to extreme temperatures.

