

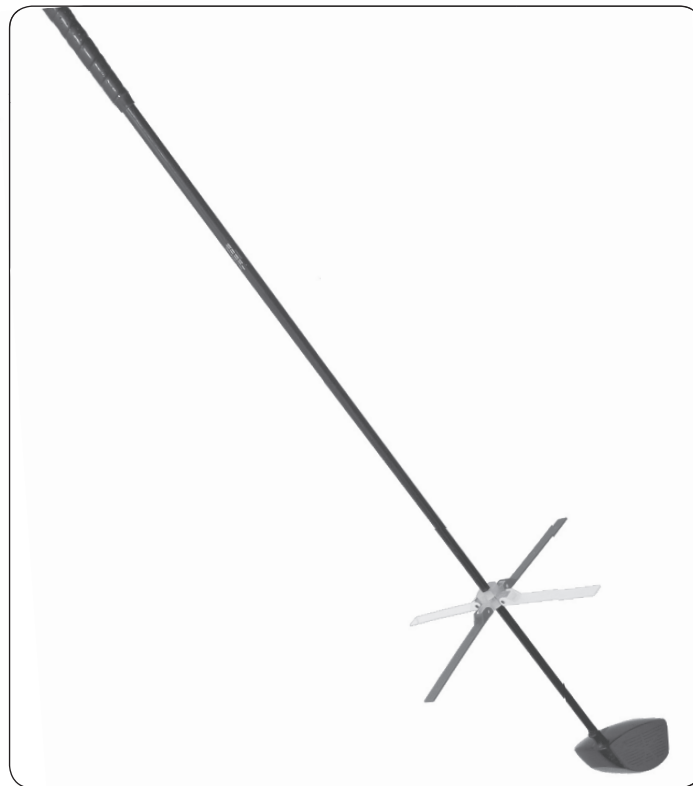


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## *The best golf training aid*

Let's hit the ball straight... it's easy!!



Text: Jaime "Jimmy" Gaviria

Photography: Fernando Bazzani (serviflash@etb.net.co).  
Kathy Fadgen (www.kathyfadgen.com).

Location: Bonaventure Golf and Country Club, Weston, Fla. [www.golfbonaventure.com](http://www.golfbonaventure.com)

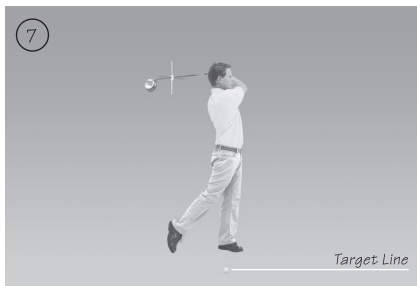
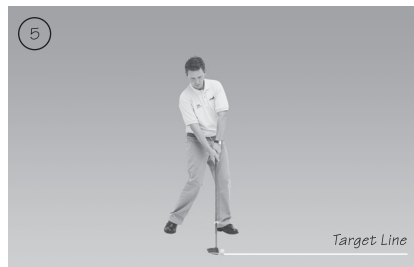
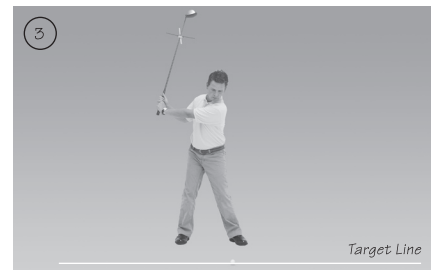
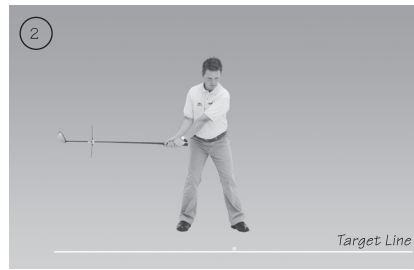
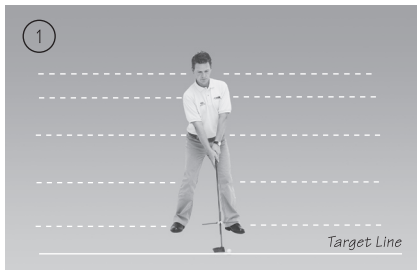
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**SDF™ MANUAL OF INSTRUCTIONS**  
**SDF GOLF INC.**

**SDF™ STANDS FOR STRAIGHT, DRAW & FADE.**

Hitting the ball correctly is every golfer's dream. The revolutionary patent pending SDF is an effective golf training aid that will make your dream of great golfing come true.

It doesn't matter if you are right-handed or left-handed, an experienced or beginning golfer. The SDF works for everyone. You can train with the SDF hitting balls at the driving range or you can even train with the SDF inside when the weather doesn't permit you to go outside. The SDF can be used on any of your golf clubs. We recommend that you use the driver.



The learning process with the SDF is very simple. It consists of memorizing and visualizing the position of your hands during the swing. There are seven (7) positions to the SDF golf swing.

You will start and stop the swing in every position. You will then check the club position at every step, and the position of your hands and the stance of your body (See Pictures 1,2,3,4,5,6 and 7). You should close your eyes and visualize each position.

Results with the SDF will vary depending on the time and schedule of each individual. This manual is your best guide. Follow it!

Don't forget to talk to your PGA, USGTF, PGCC or SDGA golf teacher about your grip, stance and swing. You can even combine your SDF with other training aids currently on the market.

**Warning:**

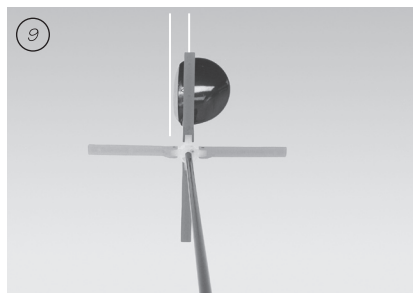
- Remember: before starting your practice swings, be sure you are in an environment that is safe for everyone and yourself. Safety first!
- Plastic edges can be sharp. Use caution during assembly and training.

## Installation

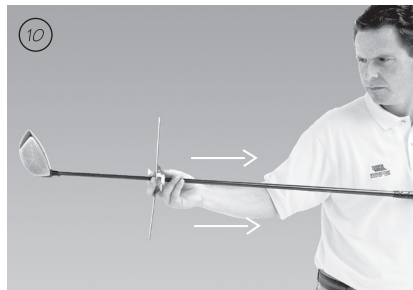
A.- Take your driver (or any other club, although we recommend the driver).



B.- Unfold the blades and Put your SDF around the shaft, close to the head of the club. Picture 8.



C.- Close the SDF and align the red blade parallel to the lines of the face of your club. Picture 9.



D.- Once you are sure that the red blade is aligned, push the SDF all the way to the grip of your club. Picture 10.

E.- If you are going to hit balls with the SDF on your club, we recommend using a piece of masking tape on the SDF to increase tightness.

F.- Check again that the red blade is aligned with the lines of the face of your club when you hit the ball. Don't start the process if the red blade are not perfectly aligned.

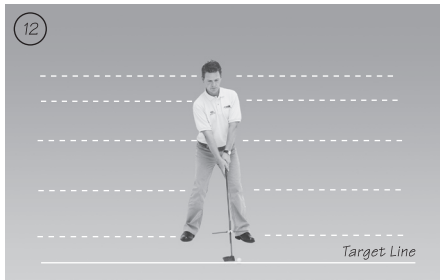


G.- To uninstal, first push down your SDF and then opened as shows the Picture 11.

Let's start the muscles memory process!

## I. STRAIGHT SHOT

### ● Position 1



Make a target line approximately 7 feet long. Place a golf ball in the middle of the line. Take your club and stand as if you are going to hit the ball. Picture 12.

Picture 12 shows you the correct alignment.

Check these basics:

1.- It's very important to use a correct grip.



2.- It's very important that you have a correct stance. Align your body correctly and mentally feel that all of your weight is on the front of your thighs. Picture 13 shows you the wrong alignment.

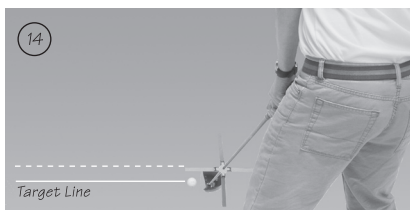
Picture 12 shows you the right position.

3.- Bend your knees slightly and then bend your waist. Your arms will fall naturally.

4.- Lift your bottom, and your chin, and watch the ball. Bend your neck slightly to the right.

5.- Move your knees towards each other.

6.- Your hands will be slightly to the left of the center axis of your body.



Check that the yellow blades are parallel to the target line. Picture 14.

### **This is Position 1.**

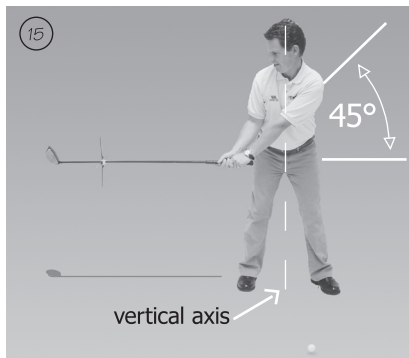
Take a deep breath and relax your body to make the moves flow naturally. Close your eyes and visualize yourself moving into Position 1 and, with your eyes still closed, go to Position 1. Open your eyes and insure that the red blades are in the proper position.

### ● Position 2

Very slowly start the back swing to the rear as parallel with the target line as possible. Keep rotating your shoulders hands and arms together to the right (if you are right handed). You will see the club leaving the target line.

Be careful. Don't move your head and don't bend your left arm. Rotate around your vertical axis. Do not leave that axis.

Stop at Position 2, and check the following aspects:

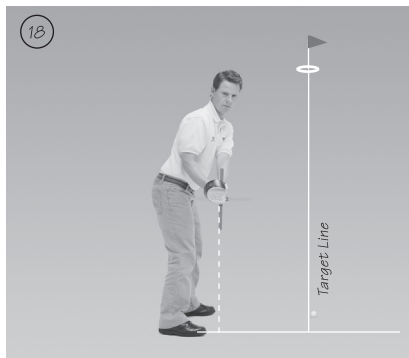


1.- At Position 2, your left arm will be extended at a 45 degree angle from the ground. Picture 15.

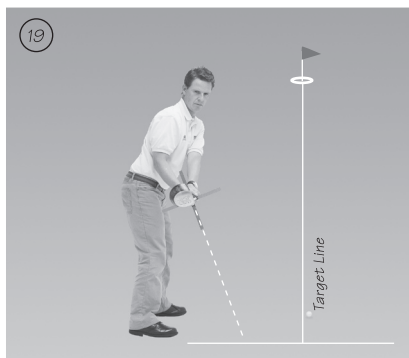
2.- The shaft of your club is parallel to the ground and the target line.



Pictures 16 and 17 demonstrate incorrect positions.



3.- The red blades must be perpendicular to the ground. Picture 18.



Pictures 19 and 20 demonstrate the wrong positions.

## Note:

If you have your own natural swing that is consistent, continue as you normally would. However, at Position 2 check that the shaft of the club is parallel to the ground and that the red blades are perpendicular to the ground.

Repeat the movement from Position 1 to Position 2 as many times as you need until you get it right and do it automatically. Take a deep breath and relax your body to make the moves flow naturally. Close your eyes and visualize yourself moving into Position 2 and, with your eyes still closed, go to Position 2. Open your eyes and insure that the red blades are in the proper position.

## ● Position 3

Once you get the movement right for Positions 1 and 2, continue to Position 3.

Keep rotating your hands and your arms together to the right slowly. Your left arm will be absolutely extended. Try to keep both underarms (not your elbows) as close as you can to your torso.

Do not move your right knee (if you are right handed). Remember that the back swing is supported by your right knee. The right knee is the only joint in your body that doesn't move during the back swing. So keep it frozen!

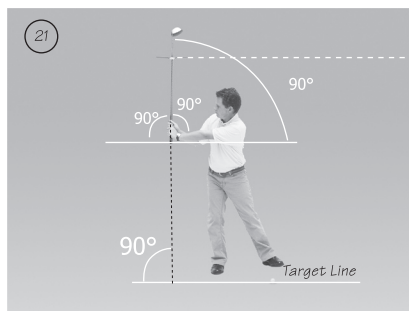
Your head must be absolutely immobile.

Mentally try to feel all the weight of your body in your thighs, 50% on each.

If you execute Position 3 perfectly, you have a high probability of hitting the ball well.

Keep in mind that you only have total control of your body motion during the back swing

Check points:



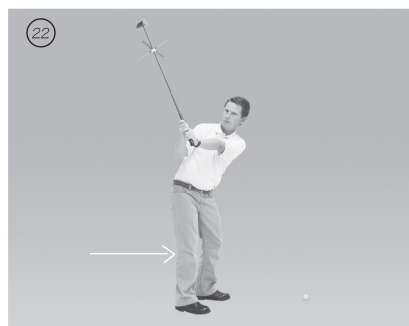
1.- Your left arm is extended and parallel to the ground.  
Picture 21.

2.- Your wrists have been rotating and reach a 90-degree angle to your left arm and the shaft of your club. Picture 21.

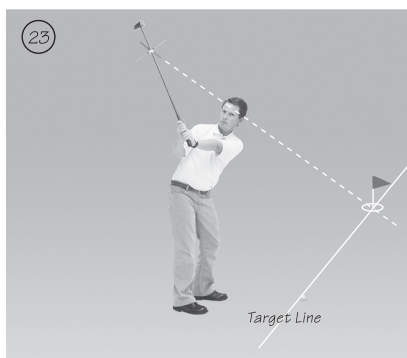
3.- Your shaft will form a 90-degree angle with the target line.  
Picture 21.

4.- Your shoulders are making a 90-degree angle to the target line.

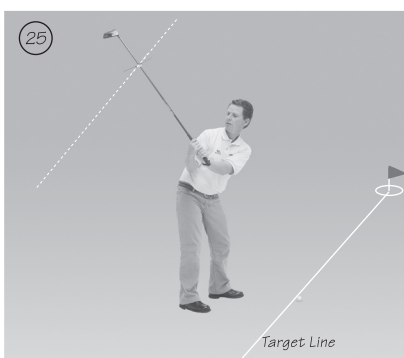
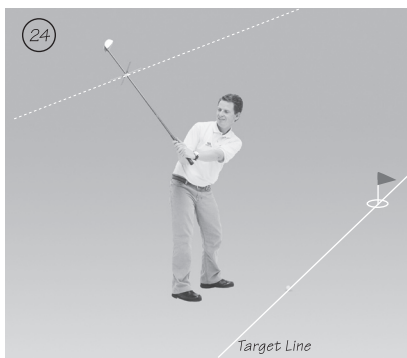
5.- You can see the ball over your left shoulder.



6.- You should feel some tension above your right knee. Your right knee continues to be frozen. Picture 22.

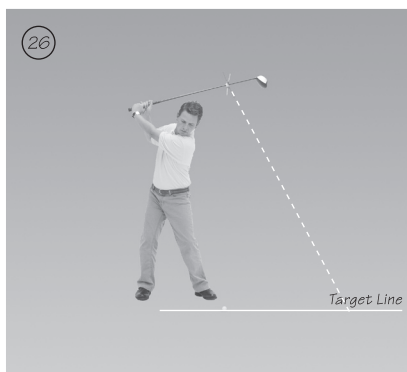


7.- The red blades MUST BE aiming directly at the target (and parallel to the ground and target line). Picture 23.



Pictures 24 and 25 will demonstrate the wrong positions.

Repeat the movements of Positions 1, 2 and 3 as many times as you need until you get it right and do it automatically. Take a deep breath and relax your body to make the moves flow naturally. Close your eyes and visualize yourself moving into Position 3 and, with your eyes still closed, go to Position 3. Open your eyes and insure that the red blades are in the proper position.



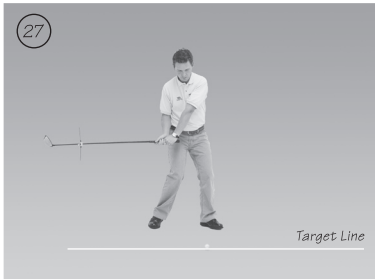
You can elongate your back swing if you wish. Check that the red blades are consistently aiming at the target line. Picture 26.

#### ● Position 4

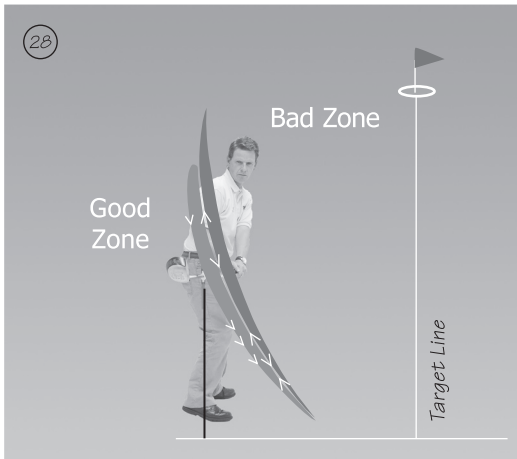
When you have memorized the previous positions and you are doing them consistently and naturally, it's time to start the down swing!

With your arms relaxed, turn your upper back to the left and stop at Position 4 and check:





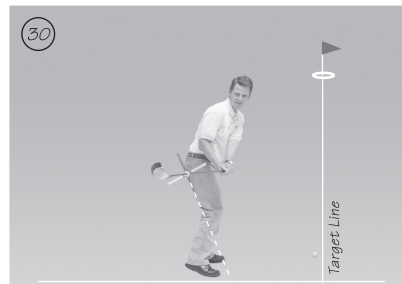
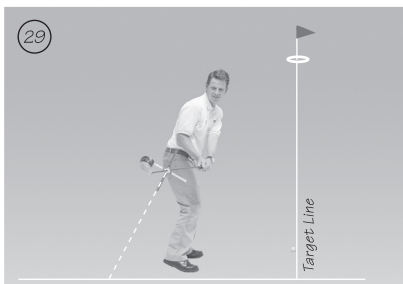
1.- The shaft of your club is parallel to the ground. Picture 27.



2.- The shaft is almost parallel with the target line. Picture 28.

3.- The red blades MUST BE ABSOLUTELY perpendicular to the ground. Picture 28.

4.- Your right heel starts to lift.



Pictures 29 and 30 demonstrate incorrect positioning of the blades at Position 4.

Repeat the movements of Positions 1, 2, 3, and 4 as many times as needed. Take a deep breath and relax your body to make the moves flow naturally. Close your eyes and visualize yourself moving into Position 4 and, with your eyes still closed, go to Position 4. Open your eyes and insure that the red blades are in the proper position.

Remember: do not move side to side, and do not move your head.

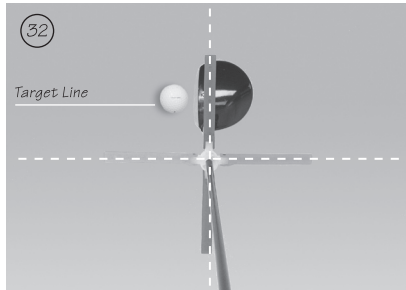
## ● Position 5



At Position 5 you hit the ball. Look at the body's position. Picture 31.

Try to keep your right elbow as close as you can to your ribcage, and check these points:

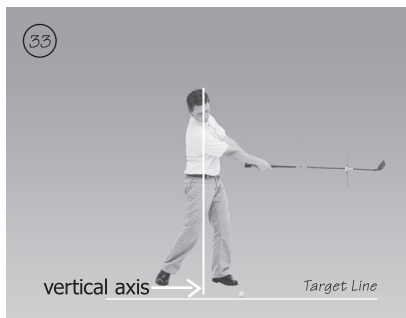
- 1.- Your hands are forward, in front of the ball.
- 2.- Your left arm is extended straight, and your right arm is slightly bent.
- 3.- Your right heel is lifted a little more than at Position 4.



- 4.- The yellow blades MUST BE absolutely parallel to the target line. Picture 32.

Repeat the movements of Position 1, 2, 3, 4 and 5 as many times as needed, checking the points of every position, until it feels natural, relaxed and consistent. You are creating muscle memory. Take a deep breath and relax your body to make the moves flow naturally. Close your eyes and visualize yourself moving into Position 5 and, with your eyes still closed, go to Position 5. Open your eyes and insure that the red blades are in the proper position

Remember not to move side to side, and not to move your head.



When you are sure that the red blades are in the correct position at every checkpoint, don't move to either side, and don't move your head; and throw your arms fully extended to the target. Then stop at Position 6. Picture 33.

## ● Position 6

At this position your arms are fully extended, and you are still watching the point where the ball was at position 5.



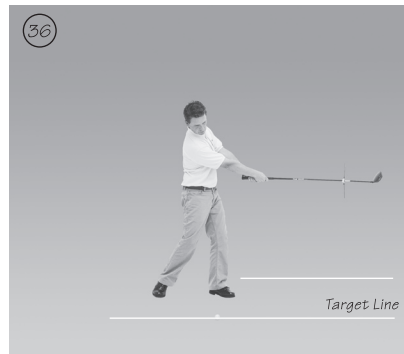
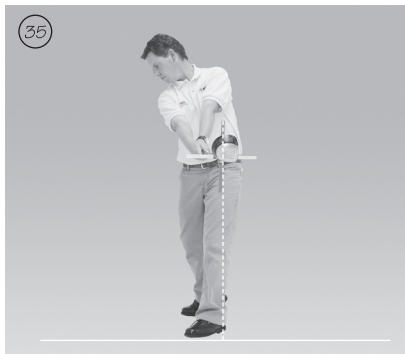
Your head is in the same position as it was at position 5. Picture 34.

Your body is rotating around your vertical axis.

You are creating centrifugal force.

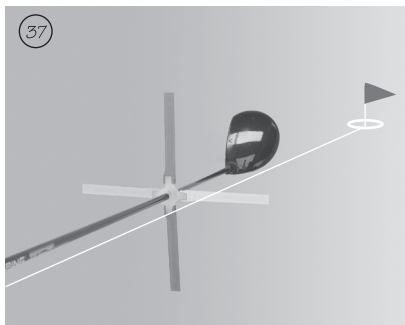
Now check these points:

- 1.- Your vertical axis has been steady during the whole swing.
- 2.- Your hips are almost perpendicular with the target line.
- 3.- Your right heel is lifted and your right foot is supported on the tips of your toes.



4.- The red blades **MUST BE** absolutely perpendicular to the ground. Picture 35.

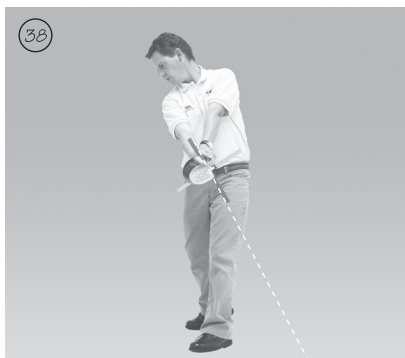
5.- The shaft of the club is parallel to the ground. Picture 36.



6.- The shaft is **ABSOLUTELY** parallel to the target line. Picture 37.

7.- You will notice that your hands have turned around from Position 4 to Position 6.

After position 6 you will feel that all the weight of your body is on your left foot.



Pictures 38 and 39 will show you the wrong position of the red blades.

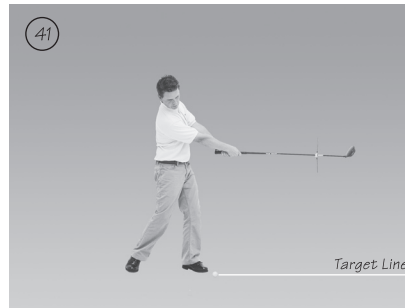
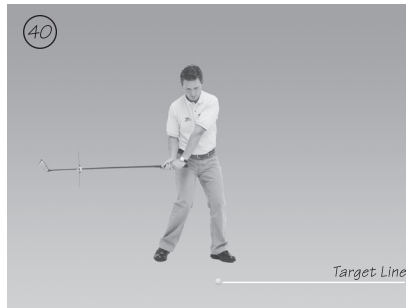
Repeat the movements of position 1, 2, 3, 4, 5 and 6 as many times as needed, checking the points of every position, until it feels natural, relaxed and consistent. You are creating muscle memory. Take a deep breath and relax your body to make the moves flow naturally.

## VERY IMPORTANT

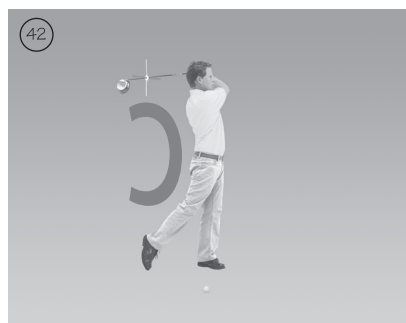
Now go to Position 4; insure that the red blades are in the correct position, and continue your swing to Position 6 (do not stop at Position 5) as many times as needed to insure that your hands are working properly.

Close your eyes and visualize yourself moving into Position 6 and, with your eyes still closed, go to Position 6. Open your eyes and insure that the red blades are in the proper position

Check that the red blades are correct in all positions.



### ● Position 7



Position 7 is merely the final continuation of Position 6. It is the follow-through. The axis of your shoulders and hips are perpendicular to the target line. Your right foot is not supporting much weight because nearly all of the weight has distributed to the left foot. Picture 42.

The ultimate goal of the golf swing is to reach Position 7. Many teachers describe this position as forming what appears to be an inverted letter "C", as shown in Picture 42.

### ● Full Swing and Practice

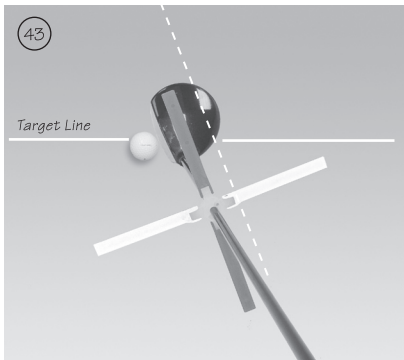
Once you feel comfortable in all of the positions, it is time to take a full swing. After taking a number of full swings, practice hitting the ball. You should continue to go back to the SDF to insure that you are using the correct position of your hands in order to instill consistency in your golf swing.

Remember, practice makes perfect. Using the SDF on a consistent basis will help to improve the distance and accuracy of your golf shots.

## II. DRAW

In the draw shot you will notice that the ball begins to fly straight and then will turn smoothly to the LEFT.

To get that effect, at Position 1 align your body parallel to the initial trajectory (right of the final target), and the face of the club focused on the final target.



Now, repeat the motions from Position 1 to Position 2 and you will notice that the red blades are slightly turned to the left. Picture 43.

Then go to the rest of the check points and you will see the same effect -- the red blades are slightly turned to the left.

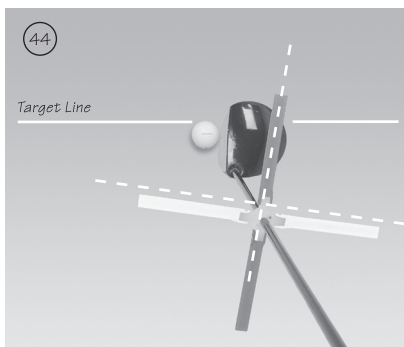
You will notice that the position of your hands is the same as the position they were in when you hit the ball straight. Just change the position of the club.

It may take significant practice to calibrate how much draw you want in any specific situation.

### III. FADE

In the fade shot you will notice that the ball begins to fly straight and then will turn smoothly to the RIGHT.

To achieve that effect, at Position 1 align your body parallel to the initial trajectory (LEFT of the final target), with the face of the club focused on the final target.



Now, repeat the motions from Position 1 to Position 2 and you will notice that the red blades are slightly turned to the right. Picture 44.

Then go to the rest of the check points and you will see the same effect -- the red blades are slightly turned to the right.

You will notice that the position of your hands is the same as they were when you hit the ball straight. Just change the position of the club.

It may take significant practice to calibrate how much fade you want in any specific situation.

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