

David & Daniel Lee

# The Gravity Golf Challenge

The Complete Guide To Mastering Your Golf Game

98 VIDEO ACCOMPANIMENT

48 WRITTEN LESSONS

24 GAMES



Interactive eBook

# The Method is the Magic

Imagine having an instructor to challenge, guide and coach you at every stage of your golf journey. Discover proven methods and techniques that can finally take your golf game to new heights. Welcome to the Gravity Golf Challenge. The ultimate digital guide to help you unlock an effortless golf swing and master your game.

### The Gravity Golf Challenge contains:

- **98 Videos with cutting edge golf techniques.** Learn the science with step-by-step demonstrations from your golf guides, Daniel and David Lee.
- **48 Lessons and programs for all levels of golfers.** Embedded in each lesson is a goldmine of knowledge and strategies to propel any player to a higher level.
- **24 Games and lessons that improve scores and give you a competitive edge.** Make practicing new techniques fun and evolutionary.
- **3 Stages packed with the most dynamic and innovative techniques in sports science.** Develop peak efficiency in your golf swing and transform your game.
- **1 Swing for a lifetime!** Feel the freedom of an effortless golf swing. Unlock your potential with the Gravity Golf Challenge and join thousands of other successful Gravity Golfers.

### Testimonials

- Chi Chi Rodriguez, "David Lee might be the **best golf instructor that ever lived**"
- Dr. David Shlosberg, "These guys are the real thing! The Gravity golf method has helped me, at age 84 and after 66 years playing golf as an enthusiastic single figure amateur, to **understand the golf swing better than I ever have done.**"
- Mike Maslowski, "David and Daniel are wonderful teachers that have put a lot of time and effort into developing drills and instruction that help us **learn golf the way we learned to walk.**"

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## HISTORY OF GRAVITY GOLF

Almost by accident, in 1973, while on the practice tee at Richland Country Club in Nashville, David Lee began hitting some golf shots with his feet in full motion. After struggling for three years on the PGA tour, David had abandoned tournament golf for a job as a production manager of a fishing tackle company in Nashville. Once he would finish work in the late afternoons, he went to practice at Richland, where he practiced daily on trying to achieve the same ball flight that he had studied on tour in Jack Nicklaus, Lee Trevino, and Tom Weiskopf. "For the first twenty-five years of my golf life, it seemed as if every shot I hit was looking for the first exit in the left rough. Fighting a constant hook drove me crazy, but when

I watched Jack, Lee, and Tom, they hit the ball with a deeper sounding impact, far less effort, and consistently straighter. It was very obvious that they understood something I didn't, but figuring it out was an incredible challenge." One afternoon, after spending the day making a box of spinner baits for baseball legend Mickey Mantle, David was talking to a doctor on the practice tee and commented that baseball players stride into the ball when they swing. He then stepped to the golf ball and imitated a ball player by hitting the shot with his feet in full motion. Boom the ball came off the clubface like a bullet, flew straight without a trace of hook. "That was the first time in my life where I hit the ball with my entire body mass instead of just the strength of my shoulders and arms.

During my whole experience with the game, I had never felt that sensation.” He sensed the answers that put Jack Nicklaus and Lee Trevino in a class by themselves were not far away. In 1976, while working as first assistant at Houston Country Club in Texas, He began researching this new swing began in earnest. After a great deal of study, trial and error, David began to understand the role that “gravity” was playing in the swing, and how it helped to diminish the effort required by the player. “One of my students at Houston was Bill Lane, who became chairman of Augusta National. He was the one that got me to name the teaching system ‘Gravity Golf’ It took almost ten years of non-stop study for David to grasp the subtle differences of the modern day swing that he has labeled the Gravity Golf swing. “Most people never realize that when the golf swing works at its best, gravity aids it in three different areas to diminish the physical effort required for its execution,” says David. Understanding how it worked was only part of the challenge, the real task was in finding ways to easily communicate it to others.

The ‘magic’ of the Gravity Golf system lies in the unique drills that David and his son Daniel have developed for teaching it. The drills are designed to magnify improprieties in power application. Training this way makes it easier for the student to feel how to properly swing

a golf club in an efficient and body friendly way, both from a physics and physiological standpoint. “Once you sense the difference between moving the ball , With connected mass, you can never go back to “bashing” at the ball. it will never feel right. The Gravity Golf Swing is designed around the same principles utilized by many martial artists. These highly trained individuals utilize leverage and the power of kinetic energy through gravity and momentum. In this manner they can flow effortlessly, instead of flexing their muscles.” says Daniel.

Many advancements in the drills and communication of the technique have been developed since 1994, the year David Lee released his first book titled *Gravity Golf: The Evolution and Revolution of Golf Instruction*. David and Daniel have received many requests for a step-by-step curriculum for learning and practicing the concepts. This work represents their latest efforts and contains lessons for all levels of players from beginners to professionals. “Most people are unaware that there is an exact ‘recipe’ for hitting a golf ball with total freedom from effort” says David. It’s not necessary to understand exactly how it works in order to do it, but it is certainly in the player’s best interest. Then, if an issue arises, he/she can get to the root source of the problem.

The brain is amazing in its capacity to compensate technical flaws in power application. For this reason, golfers have argued for half a millennium over the ideal way to swing a golf club. Differentiation between the art and the science is extremely subtle. Our mission is to end that mystery for you, and to

provide an understanding of how to make your golf swing as good as it can possibly be. Study carefully and thoroughly, the answers you are seeking lie within this material. We hope you enjoy.





# How To: Take The Gravity Golf Challenge

Based on your time to practice, physical ability and experience, there are 3 Levels to choose from: Jump Start (Beginner), Playing Through (Intermediate), and Scratch Golfer (Advanced).

After you choose the right difficulty level for you, it will lay out your practice routine after each lesson with:

**Reps:** A required number of reps to put in for that particular lesson.

**Environment:** A specific location that will have an effect on the difficulty of the lesson.

**Drill Variation:** A variation to the lesson that will create the appropriate level of difficulty.

The way the curriculum has been designed, after you have done the requirements for the level you have chosen, you are meant to move on to the next lesson. You may not have perfected it and most likely you will not have, but that is the point. Most learning is done at the beginning of a training exercise. If you wait too long before changing it up, your progress will slow and eventually plateau. You will improve by continually giving the body and brain new challenges.

Our curriculum has been laid out in a progressive manner, to help build more awareness mentally and physically as you go. All the lessons are based around the same fundamentals and each drill addresses a different area of the swing. Through these groundbreaking techniques of retraining your body and mind, you will develop a swing that works under pressure and is efficient from both a physics and physiological standpoint.

# INTRODUCTION

This curriculum is written for anyone who wishes to take their game to the highest possible level. The most important element of developing a golf game revolves around the quality of mechanics and the mental awareness that can be ingrained into the body and mind through training. Understanding proper swing fundamentals, along with how to practice correctly, will become the dominant factor for your ultimate level of achievement. The golf marketplace has a tremendous amount of information to wade through on your quest for the 'perfect' swing. Gaining the confidence

and belief in your abilities through using holistic technique is what will eventually take you to your goals. The motivation for our research has always been to find a faster and better way to learn this great game. Study these concepts carefully, and they will teach you things about your body that you have yet to imagine. And above all, have fun while you're doing it!

