

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!



Basic Fundamentals Practice

Prepare Yourself for Taking the Gravity Golf Challenge

Before jumping in head first, take a few minutes and go into your backyard with a club. Take this time to familiarize yourself with the fundamental movements that will serve you as long as you play this game. By practicing something as simple as the progression that follows, you can unlock the sensitivity of the swing that has mystified people since the beginning of the game.

As you embark on the journey of this curriculum, continue to use this progression at home or before you start your practice for a warm up.

Part 1:

Reps - 10 Times Walk towards a target 20 feet away, and while in stride turn 180 degrees to your right with your back facing the target and continue on the same line. Take another few steps while walking backwards and then turn back to the left with the front of your body once again facing the target. Continue walking this way until you reach the target. You should be able to keep walking on a straight line, even though you are turning back and forth. It may

help to put a tee in the ground so that it is easier to walk towards your target and so that you get an idea of how straight your line is. Continue this until you have turned back and forth 10 times.

Part 2:

Reps - 10 Times (Right, Left, Both) With the club of your choice, grip it in your right hand with the head towards the sky and your hand at eye level or higher. Pick out a target and start walking backwards towards it. While keeping the club as vertical as possible and walking backwards, practice feeling the gravity by first letting your shoulder, then elbow and then wrist drop, allowing the club to fall all the way to the earth. Switch to your left hand and repeat. Finally, put both hands on the club. Repeat the sequence for a total of 10 reps.

Part 3:

Reps - 10 Times (Right, Left, Both) Flip the club up to a high vertical position with your right hand and once again begin walking with your back facing the target.

Introduction

First drop your shoulder and then begin turning to the left handed players turn right). Finish the turn by facing toward the target and continue to walk forward. Make sure you have dropped your shoulder prior to starting the turn and then brush the grass on the downswing. When you do this, you should be able to ground out the club just barely brushing the ground and continue walking down the target line. This may be difficult at first, But it will come with time. Throughout

the whole progression you should be maintaining forward motion towards your target at a fluid, consistent pace. Switch to your left hand and repeat. Lastly, repeat with both hands on the club. Repeat this sequence for a total of 10 reps.

TIP OF THE DAY - WHEN MOVING TOWARDS YOUR TARGET, STAY RELAXED AND KEEP MOVING AT A CONSISTENT PACE.

Jump Start (Beginner)

- **Reps:** 2 Times Per Week
- **Time:** 15 minutes
- **Where:** Backyard

Playing Through (Intermediate)

- **Reps:** 3 Times Per Week
- **Time:** 15 minutes
- **Where:** Backyard

Scratch Golfer (Advanced)

- **Reps:** 5 Times Per Week
- **Time:** 15 minutes
- **Where:** Backyard

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STAGE 1 CURRICULUM

Sequencing is vital to creating a great golf swing. The first 8 lessons will start you moving properly and diminish the “hit” impulse that plagues all golfers. As you go through these lessons, you’ll find a progressive level of difficulty from drill to drill. Use this first stage as an opportunity to put yourself into a new swing environment. The exercises will

drive home the fundamental concepts of proper movement, and build a foundation for all of your shots. Allow yourself to be an observer. Notice the changes as your body starts to feel new things, and where your attention is being drawn. As the process unfolds, you’ll become aware of subtle changes to your overall swing.



Lesson 1: The Transfer Drill - For Rhythm, Feel & Footwork

This drill teaches the proper timing in a golf swing. All great players have developed the ability to clear their core mass and lower body through impact. In order to make a powerful swing that will send the ball where you intend, you must rotate the body correctly and in proper sequence. While there are many approaches to the golf swing, many great historical players such as Ben Hogan, Jack Nicklaus, Bobby Jones, and Freddie Couples have something very unique about the timing in their swing. Most players start the downswing with some of their weight on their right foot and attempt to shift to the left side during the downswing. In a technically proper swing, the weight shifts **totally** back to the left foot before the downswing begins. The weight will move from the left foot to the right foot, and back to the left again, before the downswing starts. This is where gravity enables the body mass to fall into motion and create natural kinetic power that creates the least amount of internalized force.

afterwards, heave your arms, club and left side into the backswing causing the left foot to begin traveling to the right as the arms raise up into the air and the body begins turning to the right. Your left foot should swing off the ground until it almost touches the right foot and then swings immediately back to the left by the time the shoulders reach the completion of the backswing. The wider your initial step is to the right, the more aggressive you will need to set the heave into motion. Before the turn to the left can occur, the start of the downswing must be initiated by letting the shoulders and arms be in a relaxed state of pure **deadfall** allowing gravity to naturally start the downswing. **It is important to allow gravity to bring them down naturally by relaxing the tension.** The turn of the body to the left will engage the arms and sling them, and club, through impact with no necessity to flex the arms and shoulders whatsoever. There is zero need to "hit down on the ball."

Start this drill with your feet together and the ball positioned in front of your left foot or outside of it to make it more challenging. Without moving the club, take a step to the right. Immediately

TIP OF THE DAY: WHEN YOU STEP TOWARDS YOUR TARGET, LET YOURSELF TURN A LITTLE DEEPER INTO THE BACKSWING AT THE SAME TIME.

Jump Start (Beginner)

- **Reps:** 30 swings
- **Environment:** Backyard or driving range
- **Drill Variations:** Use a wiffle ball for swings in the backyard

Playing Through (Intermediate)

- **Reps:** 50 swings
- **Environment:** Driving range
- **Drill Variations:** Use a farther forward ball position

Scratch Golfer (Advanced)

- **Reps:** 80 swings
- **Environment:** Driving range or an uphill slope
- **Drill Variations:** Walk through your shots for 2 strides

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Lesson 2: The Cross Footed Drill - Incorporating an Arm Drop (like Fred Couples)

The Cross-Footed-Drill will employ the same mechanisms in your brain that taught you to walk and will adapt that capacity to learning the perfect golf swing technique. From a physiological standpoint, this drill shrinks your “safety envelope” as we call it, or the circle that defines the circumference of your balance. By crossing your feet, you will be able to feel if there is any pull or leverage coming from the upper body that compromises your balance. This is what is known as heightening the awareness to proprioception.

Start by crossing your right foot over your left foot, with your left knee slightly bent and the right foot slightly forward of the left to make it easier to uncross them after you swing, on the follow-through, your left foot will step out from behind the right and catch all of your body weight. If your feet stay crossed after impact, Then you never got into the counterfall and were unable to let your body start falling towards your target while completing the backswing.

To help you with releasing tension from your body, practice an “arm drop.” Place your arms out to your sides at shoulder

height, and with a total release of tension, let them fall to your side without trying to control the pace. They should fall at the speed of gravity only. Be aware of whether you are forcing them down (manipulating the pace at which they fall), or just letting them free fall. This should help you become sensitive to letting all of the tension out of your shoulders, elbows and wrists from the top of the swing.

Next, put the club in your right hand in a vertical position in front of your sternum (anything out of vertical will have more tension) and let the right arm and club drop to the ground. Then switch sides to the left hand and repeat. Lastly, put the club in both hands, turn to the right and then let them drop from the center of your body. Try to feel that they are falling directly in front of your chest. This is how the swing ideally functions. In the swing itself, instead of the clubhead dropping dead into the ground, the centrifugal force created by the rotation of the body will cause the arms to be slung through impact. You will see Fred Couples do this frequently in his practice swings.

TIP OF THE DAY: STEP THROUGH YOUR SHOTS AND BARELY BRUSH THE GRASS.

Jump Start (Beginner)	Playing Through (Intermediate)	Scratch Golfer (Advanced)
<ul style="list-style-type: none">• Reps: 30 swings• Environment: Driving range or backyard• Drill Variations: Use a wiffle ball for swings in the backyard	<ul style="list-style-type: none">• Reps: 50 swings• Environment: Driving range• Drill Variations: Use a farther forward ball position	<ul style="list-style-type: none">• Reps: 80 swings• Environment: Driving range or an uphill slope• Drill Variations: Use a farther forward ball position with a long iron

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Lesson 3: The Popcorn Drill - Mental Game "101"

When you watch Fred Couples swing or someone who appears to be using very little effort, you will notice simply drop their arms/shoulders from the top of their backswing and allow the core rotation to sling them. For example, to help you experience this same feeling, visualize the ball as being weightless like a piece of popcorn. Take some popcorn to the practice tee and alternate by hitting a golf ball and then a piece of popcorn. You should begin to visualize the ball as having no more weight than the popcorn. You won't flex your arms at the popcorn because your brain knows that even if you hit it flush, it will only

travel about three feet anyway. Trying to move the golf ball a great distance is what makes people instinctively tighten their muscles in the downswing. When you stop flexing, your speed will increase and the integrity of your swing path will improve dramatically.

Side note: If you are struggling on any particular day, this is a great way to help you find a more relaxed rhythm for your swing.



TIP OF THE DAY: PLAY WITH THE PACE OF YOUR SWING DURING YOUR PRACTICE. START SLOW, WORK UP TO FULL SPEED AND THEN SLOW IT BACK DOWN AGAIN.

Jump Start (Beginner)
<ul style="list-style-type: none">• Reps: 30 swings• Environment: Driving range or backyard• Drill Variations: Normal golf swing

Playing Through (Intermediate)
<ul style="list-style-type: none">• Reps: 50 swings• Environment: Driving range• Drill Variations: The Transfer Drill or Cross Footed Drill from lessons 1 and 2

Scratch Golfer (Advanced)
<ul style="list-style-type: none">• Reps: 80 swings• Environment: Driving range or an uphill slope• Drill Variations: The Transfer Drill or Cross Footed Drill from lessons 1 and 2, adding a walk through to the finish (the smoother and straighter the walk, the better)

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Lesson 4: Right Handed Front Route Drill - Focus On Core Control

Golf balls can be struck perfectly from this mode when the core of the body is moving correctly and the arms are totally passive. The purpose of this drill is to help players find their perfect swing plane and to diminish the impulse to add muscle to the downswing.

Begin this drill by taking the club in both of your hands and then remove your left. Address the shot with the clubhead behind the ball a couple of inches and then move your arm and the club roughly two feet into the backswing. Swing the club forward, over the top of the ball, and then begin to move it over your head as you turn your shoulders and hips to the right. As the turn begins, your weight will shift to the right leg. Continue turning to the right with the club in a vertical position and then allow the turn to continue to the right while letting your weight start falling towards your target and into your left heel. At this point the downswing is ready to begin; simply drop the shoulder, arm and club, allowing

the core rotation to sling them through impact. The feeling that you should think about having is that the ball is 'stuck' to the clubface for the entire circle until the actual point of impact, and is then "slung-from" the club, instead of hunted in the downswing.

Side note: Incorporate the previous lesson by alternating hitting a golf ball then a piece of popcorn. This will help you eliminate the hit impulse in the downswing.

TIP OF THE DAY: LET YOUR BODY FALL SLIGHTLY TOWARD THE TARGET BEFORE LETTING THE SHOULDERS START TO DROP AND TURN.

Jump Start (Beginner)

- **Reps:** 30 swings
- **Environment:** Backyard or driving range
- **Drill Variations:** With a wiffle ball, popcorn or a tee to practice making contact

Playing Through (Intermediate)

- **Reps:** 50 swings
- **Environment:** Driving range
- **Drill Variations:** Use the Cross Footed drill from lesson 2

Scratch Golfer (Advanced)

- **Reps:** 80 swings
- **Environment:** Driving range or an uphill slope
- **Drill Variations:** Use a ball position 1 ft forward from where your club head hangs and walk through your shots at the finish of the swing towards your target

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