

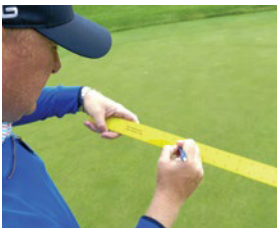
TOUR PROVEN DRILLS

6. CALL YOUR SHOTS FOR DISTANCE CONTROL



Say your blue-to-blue stroke produces a 15-foot putt, place a tee at that 15-foot mark. Roll some putts stroking the putter head blue to blue. A second after you finish your follow through, without looking up at the ball, call out "short," "long," or "perfect," based on how you feel you hit the putt. After you call your distance, look at where the ball traveled, are you short, long or perfect?

7. THE RAFLEWSKI STIMPMETER



Greens will often change speed day-to-day, green-to-green, and course-to-course. On the yellow side, there is a marked line at 10-inches. Hit three balls from parallel to the hole on the ruler, so your putter's backswing hits the 10-inch mark. Now pace off the distance to the balls. Say you take three paces, that

means the green is running at 15 feet (1 pace = 3 feet) on the Raflewski Scale. Write that number on the ruler with a pencil (you can wipe it clean after) and come back the next day to the same putt to see if it's slower or faster.

8. DEVELOP GREEN READING



Find a putt with 2° of slope and line up the ruler as an alignment aid to where the putt will break. Roll a few putts to check your green reading and adjust if necessary, keep hitting putts until you have the perfect visual for line and speed.

9. ADD THE RAFLEWSKI DISC



Use The Putting Ruler with The Putting Discs & Dots for a complete putting training program.

*For more training aids, tips, and drills
visit CatalystGolf.com*

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THE SHORT GAME EXPERTS

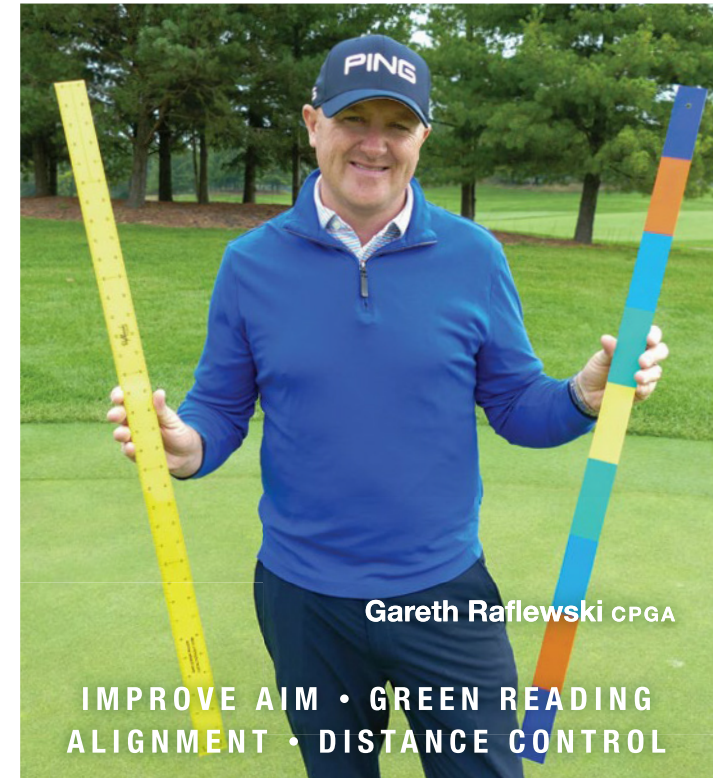
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RAFLEWSKI TOUR
BY GARETH RAFLEWSKI



THE PUTTING RULER

In use by many tour players because
it helps **win championships!**



Gareth Raflewski CPGA

**IMPROVE AIM • GREEN READING
ALIGNMENT • DISTANCE CONTROL**



Tips included inside
that Gareth uses with
Tour Pros.

Makes practice
easy and fun.

*CONTENTS: Two-sided ruler
and training methods.*



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THE SHORT GAME EXPERTS



THE PUTTING RULER



Designed to improve LPGA and PGA Tour Players consistency and accuracy, the Rafflewski Ruler can be used indoors and outdoors to help all golfers improve and maintain the key elements of putting.

About Gareth Rafflewski

Gareth has teamed up with golf industry experts Catalyst Golf to bring golfers of all skill levels practice products, videos, and lessons that he uses to help the best tour players in the world win championships.

PGA of Canada's Teacher of the Year.

LPGA Tour players he coaches include: 2019 Rolex Player of the Year Jin Young Ko, 2018 Rolex Player of the Year Ariya Jutanugarn, Lydia Ko, Jane Park, and Moriya Jutanugarn.

"Rafflewski is the pre-eminent short-game guru on the LPGA Tour and has a stable of high-flying players."
Globe and Mail

"He really approached my game in a holistic way, looking at all the elements that will help me."
LPGA player Ariya Jutanugarn

"Gareth is a genius!"
LPGA player Jane Park

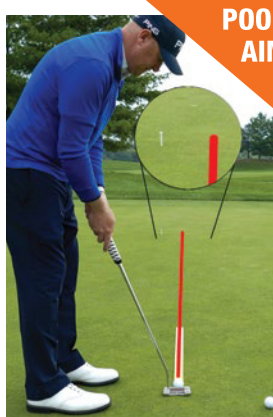
Subscribe to our newsletter for exclusive offers on Gareth's new training aids plus more drills and tips at **CatalystGolf.com.**

1. IMPROVE YOUR ALIGNMENT



When putting, make sure that your putter face remains perpendicular to the ruler, and make sure your feet, hips shoulders and forearms remain parallel to it.

2. CONFIDENT WITH YOUR AIM



Take your address position with your putter over the hole on the yellow side. Place a tee or coin where you think you're aimed 10 feet out. Step back into address and check the tee position – does it look like you're aimed at the tee? If not, fix the tee, and if yes, look down the line to check. If you're aligned properly, great! If not, re-align the ruler so it's pointed properly. Step into your address position again, and get comfortable, because you're now taking dead aim.

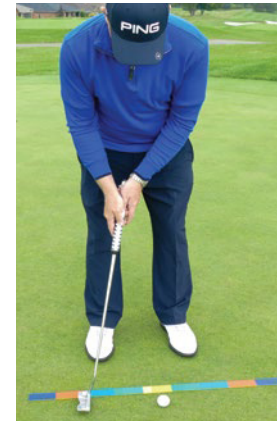


3. PERFECT IMPACT - PERFECT START LINE



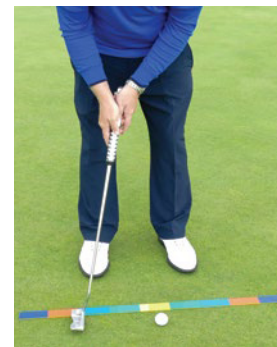
Place a ball on the hole at one end. Putt the ball down the length of the ruler, if the ball stays on the ruler, your start line is within 0.5 degrees of perfect.

4. TEMPO AND ACCELERATION WITH COLOURS



On the coloured side, set up without a ball and practice different length strokes. Your putter head should travel from one colour on the back-swing to the matching colour on the follow through, this ensures you accelerate through impact, reach the proper follow through, and roll your putts with consistent speed.

5. SPEED CONTROL WITH COLOURS



Place a ball next to the coloured grid and hit three putts at a time. If your stroke path travels consistently from one colour to the matching colour, all three balls should form a tight grouping. balls should roll to form a tight grouping.