

SLICER

LEVEL 1

The SLICER protocol is for golfers that want to fix their ugly slice that robs them of distance and dignity.

Quick Tips for Rypstick Training

- You can swing Rypstick inside or outside, just make sure you have enough room. Taking out your chandelier is not a good idea.
- Warm up first. Warming up allows you to swing as hard as you can on the first swing.
- Swing with intensity on every swing. Our protocols require fewer swings, but you must swing hard! Since your main focus is fixing your slice you shouldn't substitute technique for speed. Go fast and exaggerate a lot if you can. If your form suffers, slow it down until you can beat the station.
- Track your progress and set goals. Eat, sleep, and exercise like you really want it!
- If you feel an overuse injury setting in take it easy for a few days and/or do your best to eliminate the offending drill.

USE THE FOLLOWING PLAN EVERY DAY. YOUR BEST RESULTS WILL COME FROM SETTING A REGULAR TIME OF THE DAY AND TRACKING YOUR PROGRESS.

	2 WEIGHTS	1 WEIGHT	NO WEIGHTS
SLICER STATION	10 Dominant	10 Dominant	10 Dominant

SINCE THE MAIN OBJECTIVE OF THE SLICER PROTOCOL IS TO ELIMINATE YOUR SLICE WE DON'T CARE ABOUT SPEED. ALL WE CARE IS THAT YOU DO YOUR WORK AND HOOK YOUR SHOTS. IF YOU'RE AT THE RANGE OR ON A LAUNCH MONITOR YOU SHOULD ALSO SEE IF YOU CAN HOOK A SHOT ON COMMAND. EACH DAY YOU SHOULD BE ABLE TO MOVE THE DIVOT MORE INSIDE OUT AND LEARN TO HOOK LONGER CLUBS (HARDER).

- 1) MASTER EACH PHASE OFF A TEE FIRST (INSIDE OUT, 7 IRON HOOK, HYBRID HOOK, DRIVER HOOK) BEFORE YOU GO BACK TO HITTING OFF THE GROUND.
- 2) MIND YOUR BALL POSITION. GENERALLY MIDDLE FOR 7 IRON AND INSIDE LEFT HEEL WITH DRIVER.
- 3) IF YOU CAN'T FIX IT IN 12 DAYS WITH THIS STATION, GO TO PROTOCOL 2. AND REWATCH VIDEO!

	Date	DIVOT INSIDE OUT?	7 IRON HOOK?	HYBRID HOOK?	DRIVER HOOK?
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					



SLICE STATION

The most critical aspect of the slice station is the setup. Make your angles HARD. The Chiliwacker is an excellent tool, but so are pool noodles. Your backswing be either over the top noodle or under it. In general, over the noodle is probably better long term, but if you're looking for a quick fix under may be easier.

Make it feel crazy at first. Once you've got the crazy feel down work the progressing of using different clubs to try to HOOK shots. Start with a tee and master a hook in this sequence.

1. 7 iron
2. Hybrid
3. Driver

Now go without a tee and do the same sequence.

The follow through of your swing will feel extended and a bit flippy.

TROUBLESHOOTING

If your path seems good but the ball is still going right then your face must be open. Check your grip and go stronger. If that doesn't work, move to Slice protocol #2.

