

SLICER

LEVEL 2

The SLICER LEVEL 2 is for golfers that failed at LEVEL 1. Don't give up. You need to redouble your efforts.

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.

	TOP DOWN (FULL STOP)	SLOW BACKSWING	NO PAUSE	
Master 7 iron, then hybrid, Then driver. Always use the slice station if struggling.	1 Dominant	1 Dominant	1 Dominant	10 CYLCES

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 HEAL 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.

Since Level 1 didn't work you need to go back to remedial action. Start with a crazy strong grip. You can always go back to more neutral after you start hooking the shot out of the ball.

TOP DOWN

Stop at the top of your swing and hold for 5-10 seconds. Bow your lead wrist (see video) and start down simultaneously. Don't bow in the backswing too much. It's better in the transition. Trigger with the lead heel and bowing of lead wrist. Do just one swing, then go to..

SLOW BACKSWING

Go very slow on the backswing. Then perform the same bowing action at the top and inside out swing through the ball.

REGULAR

Do the exact same swing but without pausing.

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 you do 12 days of Slice protocol 2 and are still slicing you should try fishing. Its much easier. Just kidding. Send us a video. We'll help you.

