



The IMPACT SNAP

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TRAINING INSTRUCTIONS

THE KEY to consistency is the impact position. Too many golfers are flipping and rolling or casting. The solution is the 3 moves to get into a great impact position.

- 1) Lead forearm supination / Trail forearm pronation
- 2) Lead Wrist Flexion / Trail Wrist Extension
- 3) Ulnar Deviation in both wrists to snap downwards

The IMPACT SNAP DEVICE (ISD) trains all of these moves **FAST** and while in the timeframe when the movements occur.



First, take your normal set up; the ball will be positioned below the trail forearm. Thumbs for a neutral grip will align to the lettering on the grip.

Slowly move the ball so it touches the inside part of the trailing forearm; the wrist just accomplished all 3 moves. It is recommended doing this a few times slowly. When



the ball hits the inside or the under part of the trail arm, you are in the correct position. All other positions of the ball would not be correct.

Second, swing the unit back; the wrists will cock, and the sliding weight will load (for full swings preload the weight), and the yellow ball will not be near the forearm.

Move the trailing elbow forward and in front of you, leaving your wrists in the loaded position (middle picture), once the hands pass the center of your body, unlock, and move the yellow ball so it touches the trailing forearm.





The correct follow through position for using the ISD will point the barrel of the unit to your ball/target line about 10 feet past your body.

We recommend starting slow—if pressure is in the correct places, the wrists will start to free up and move correctly. The ISD is designed to train a motor skill pattern. It is also designed to use as a player progresses and offers the ability to feel what a full speed release would feel like.

For full swings, allow the weight to settle into the top of the grip. Use increasing speed as you learn. Listen for the “SNAP” at or after impact with a punch shot finish motion.



CORRECT



INCORRECT (FLIP)

Common Errors

-Flipping

-Too long of a follow through can be bad because you need to check for the ball against the arm

-Snap TOO Early or too much roll of the forearms after impact.

Finish with the ball on the trail forearm. Supination should stop at impact in a Drive/ Hold movement to keep the club face square longer.

Questions? Email us: impactsnapsales@gmail.com