



STRYPER

# STANCEMATE

**USER MANUAL  
& INSTRUCTIONS**





## **YOU'VE JUST TAKEN THE FIRST STEP TO DRAMATICALLY IMPROVING YOUR SWING AND GAME.**

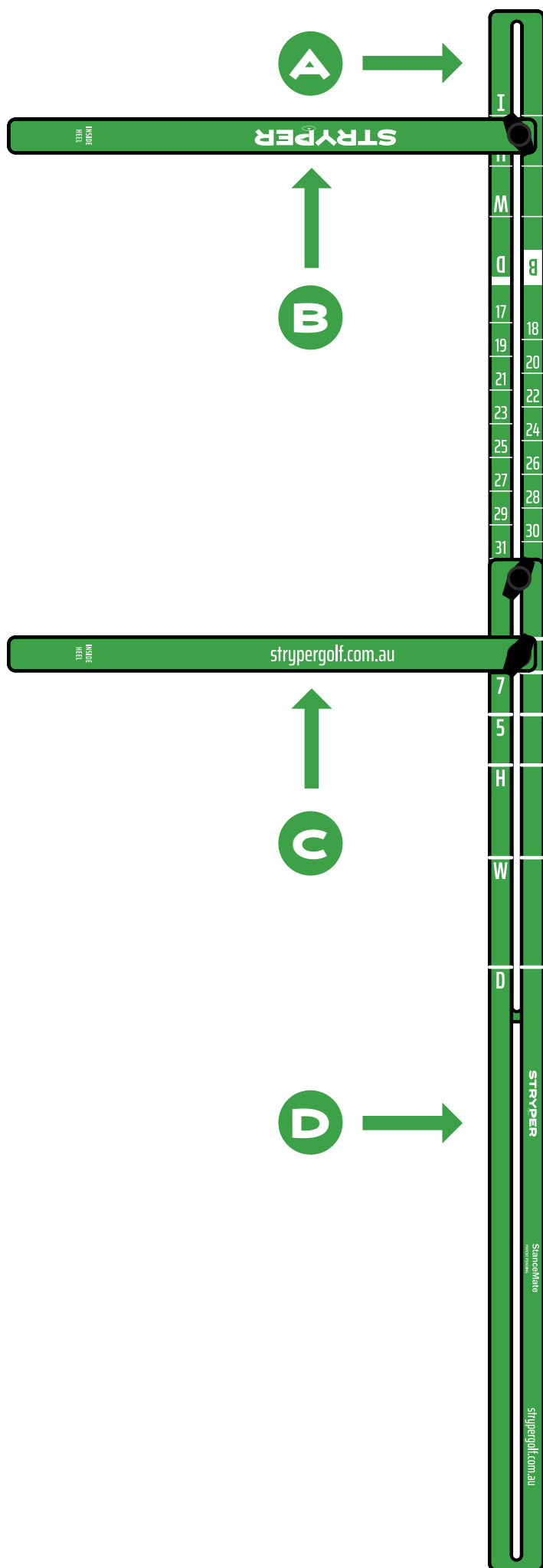
We know there is a key combination of fundamentals that everyone must have in order to play golf well. Swing plane, ball position and stance width.

They may be different for each golfer, but changing each one in isolation isn't going to "fix your swing". Change one and it affects the others.

You can hit in-to-out and still come "over the top" and wonder why the ball is spinning way off-line. That's where The Stryper System comes in.

A measured, repeatable system to build your swing from the ground up. As you go on this new learning journey just remember these 3 mantras:

**MEASURE IT.  
IMPROVE IT.  
TRUST IT.**



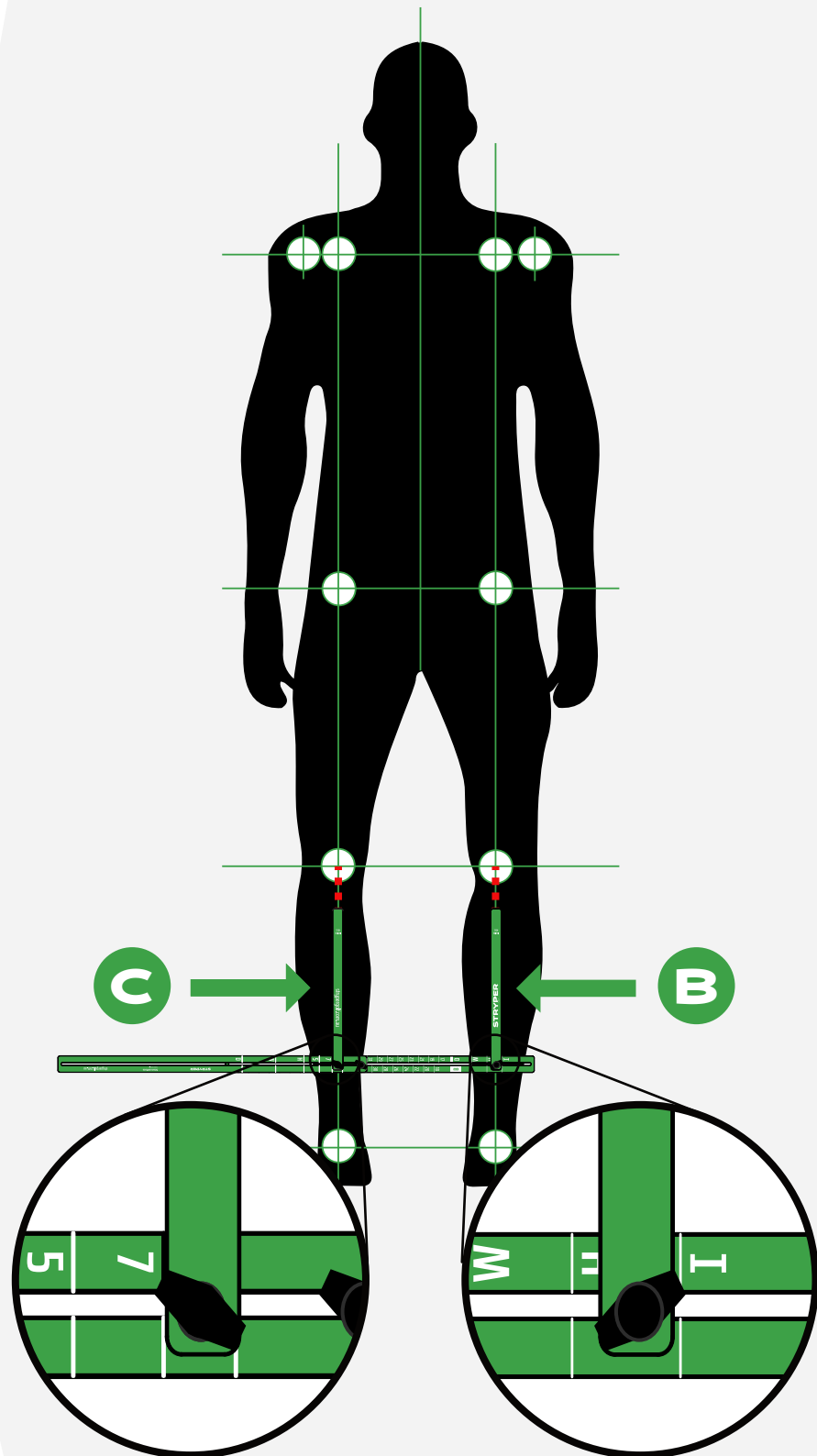
## REFERENCE DIAGRAM

- A** 1 x base plate.
- B** 1 x lead foot alignment plate.
- C** 1 x trail foot alignment plate.
- D** 1 x sliding plate.

## STEP 1

Start with your normal, neutrally-balanced standing posture. A “neutral” balance is when the middle of your ankles, the middle of your knees, and the centre of the top of your hip bone is in alignment. Standing in front of a mirror is a great idea to ensure your stance is correct.

## NEUTRAL STANCE



## STEP 2

Ensuring the small rulers are screwed tight at right angles in the 7-Iron position (as shown in the diagram), extend the two larger rulers until the two smaller rulers are in the centre of your knees. Tighten the large thumbscrew as far to the centre as you can and as tight as you can. Please note after a few uses all the parts and the screws will work a bit tighter and be less prone to moving.

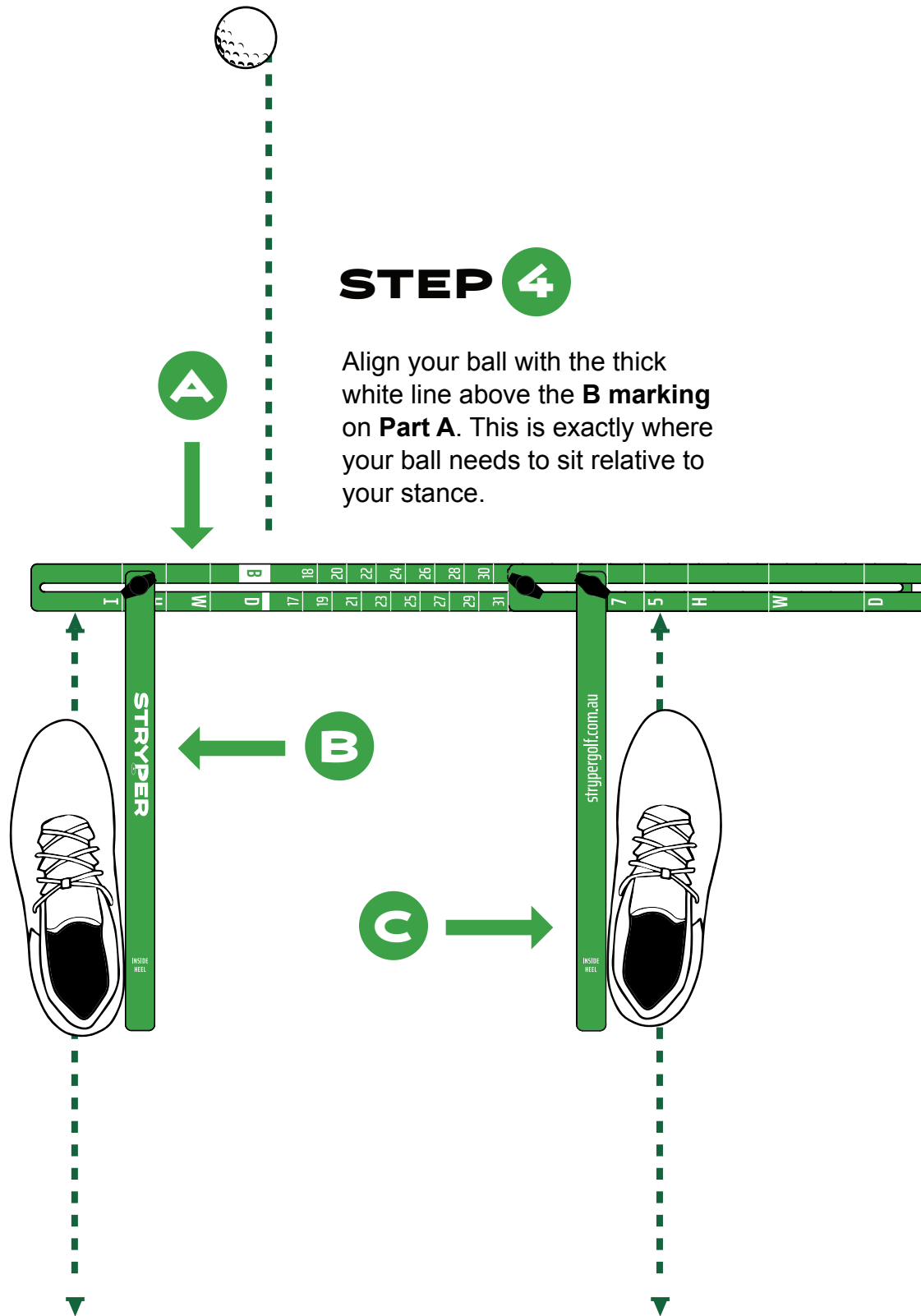
## STEP 4

Align your ball with the thick white line above the **B** marking on **Part A**. This is exactly where your ball needs to sit relative to your stance.

## STEP 3

Now move the inner part of your **lead foot** to the outer part of **Part B**.

Then move the inner part of your **trail foot** to the outer part of **Part C**.



## YOU'RE READY!

Now that you are in the correct stance, you are ready to start practising your swing.

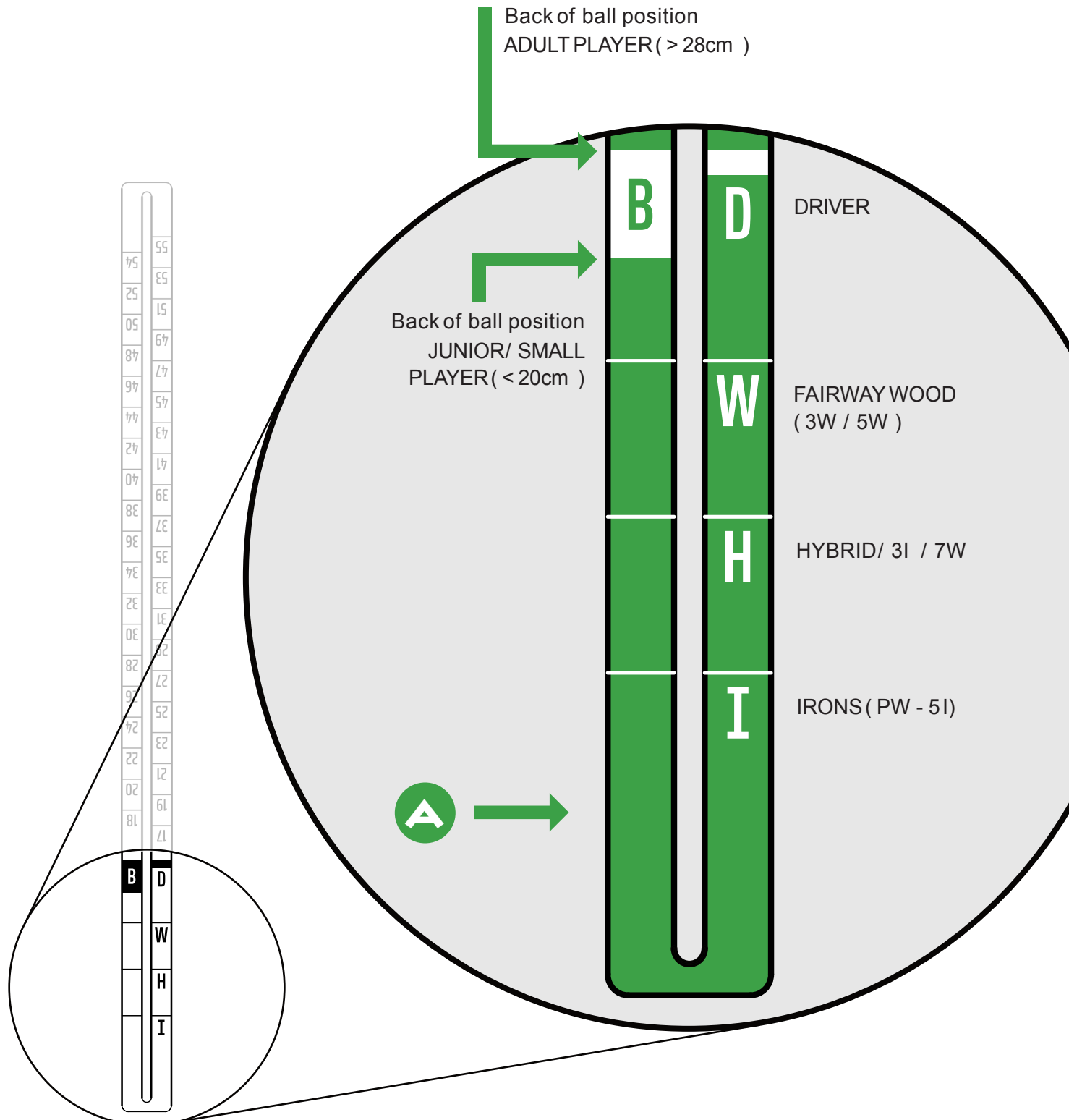


Scan this QR code or go to:  
<https://www.strypergolf.com.au/pages/key-drills>  
to see instructional video on these drills and more

## LEGEND

Part **A** 1 x base plate.

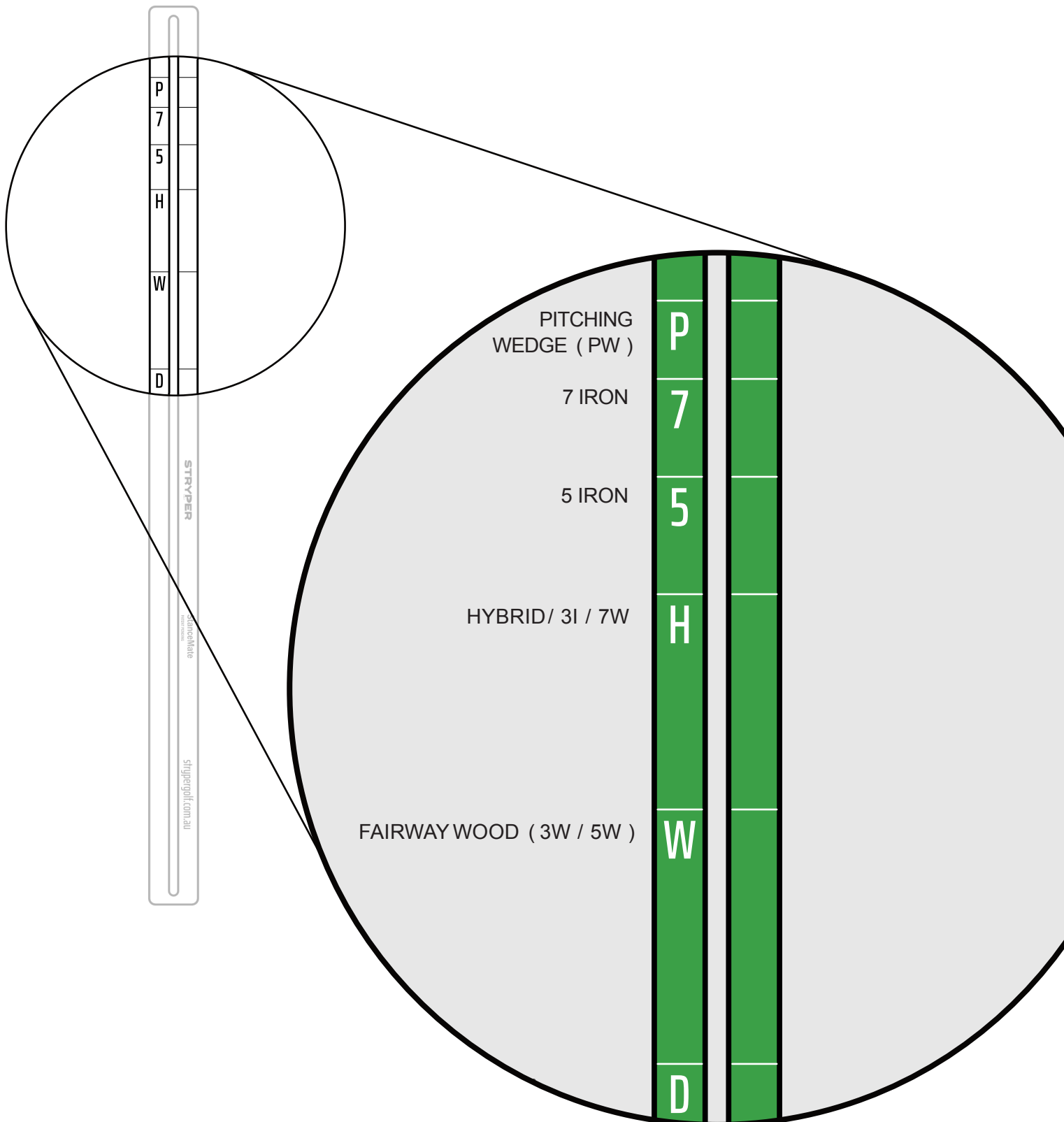
For those that want to know the technical detail.



## LEGEND

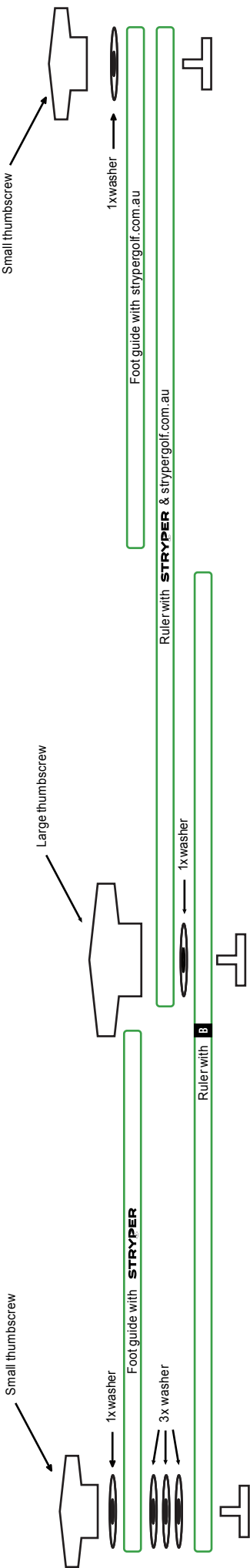
Part **D** 1 x sliding plate.

For those that want to know  
the technical detail.



ASSEMBLY  
DIAGRAM

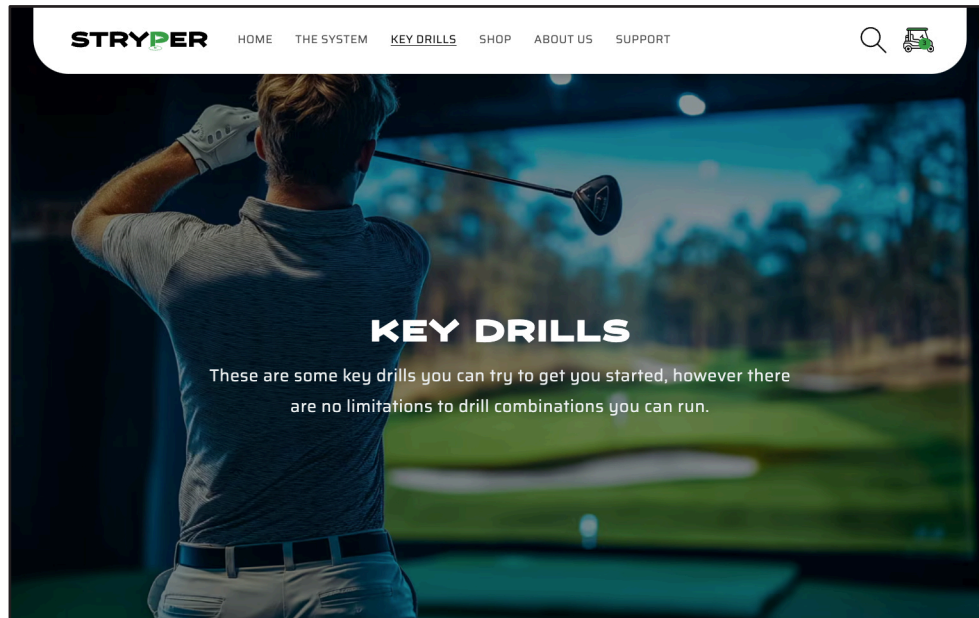
Just in case the kids undo it  
or something - there is no  
assembly required when  
you buy it!





# WANT TO SEE MORE DRILLS?

Go to: <https://www.strypergolf.com.au/pages/key-drills>  
to see instructional video on these drills and more



Instructional video with PGA Professional Coach John Wright

The video above covers all three key drills we suggest as a starting point with Stryper's products - Swing Plane, Hand Path and Rotation. It does not matter whether you are left or right handed, the concept is exactly the same.

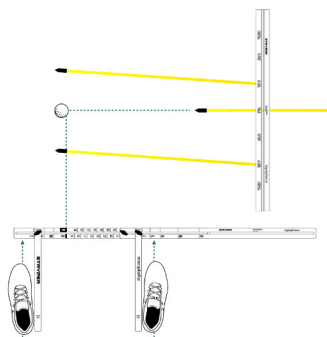
Below are the diagrams to set up SwingMate and StanceMate in relation to each other, as well as where to place the alignment rod hinges on the SwingMate base, plus all the angles for each drill.

You can try any combinations you wish to try, or we'd love to hear what other drills you come up with.

PRO TIP: Try moving the position of the hinges closer or further from you to fine-tune the drills.

## RIGHT-HANDER

### RH DRAW



## LEFT-HANDER

### LH DRAW

