

The Impact Zone Certification Exam

Name: _____

Email: _____

Applying for: _____ Master Instructor

Applying for: _____ Certified Instructor

Applying for: _____ Associate Instructor

Note: You are being tested on your knowledge of the book, “The Impact Zone” as well as a general knowledge of important aspects of being a top golf teacher. Scores of 90% or better will pass. You are given one mulligan (second chance) if you fail to pass the test the first time. A retesting fee applies.

True or False

1. ____ Swing dynamics involves the efficient creation, storage and application of power into the ball via a swing whose wholeness transcends the sum of its parts.
2. ____ As the backswing transitions to the downswing, the golfer directs or aims his or her hands at the ball.
3. ____ The fundamentals of the putt, chip and pitch shots are the same as those of full swing shots with the irons, fairway metal shots and the driver, therefore, mastering the short game shots forms a foundation on which golfers can build Dynamically sound full swings.
4. ____ The bottom of the swing arc is the start of the divot.
5. ____ Swing bottom should occur 4 inches in front of the ball on all regular shots.
6. ____ The number one job, function and goal of all of our swing Dynamics is to prevent the early uncocking of the left wrist (and therefore, the clubhead) from happening too soon.
7. ____ A beginning golfer should learn the full swing first before learning the short game.
8. ____ The initiation of the downswing is the same for a pitch shot as a full shot.
9. ____ One’s mind should be on the ball rather than on one’s hands for all shots.

10. ___ One can have too much lag in one's swing.
11. ___ Every shot in golf should retain the lag through impact.
12. ___ With every shot you hit in the game of golf, from a three-foot putt to a 300-yard drive, you want your club shaft pointing at the straight plane line through impact, along the intended line on which you want your shots to start.
13. ___ To be the most accurate driver you can, the strike should always be on the downswing.
14. ___ Deep divots signify that the golfer has better swing dynamics.
15. ___ Spending as much time doing drills as hitting golf balls is beneficial to your game.
16. ___ Impact Dynamics should always be a priority over items of "swing style".
17. ___ It is more difficult to sustain a flat left wrist during the putting stroke when you start with a cupped or bent left wrist at address.
18. ___ In putting, the path of the putter is more important than the clubface angle at impact to produce an online roll.
19. ___ The putting stroke should be hit with a downward motion at impact to produce the best end over end roll.
20. ___ The putting stroke is most consistent when the arms, hands, clubshaft and clubhead all move at the same rate through the impact zone.
21. ___ The more one loads the lag on the backswing and lags the load on the downswing, the more potential for a forward swing bottom
22. ___ The backswing should be a very quick or abrupt load at the beginning of the backswing, so that the club is fully loaded at the halfway back position.
23. ___ The hips have a lateral and a rotational motion at the same time and lead the body pivot to deliver the club into the ball.
24. ___ TEMPO" is the sequence of the load, the lag and the workhorse.
25. ___ When teeing the ball up, the club should be placed with the sweetspot of the club vertically underneath the ball.
26. ___ The sand drill can be used for all level of golfers and is especially effective in improving the #2 Dynamic from a chip to a full swing.
27. ___ The swing bottom on greenside bunker shots is rearward of full shots and just slightly forward of the ball.
28. ___ Beating balls on the driving range is usually the best way to practice golf. The more balls you hit, the better golfer you become.
29. ___ Hitting the ball with a four inch in front swing bottom means hitting in the positive impact zone and should be the central point in all teaching.
30. ___ The swing bottom is almost always the widest part of the divot.
31. ___ On average, a golfer can improve 2 shots a round for every inch he gets his swing bottom more forward (up to four inches in front of the ball) according to the study in the Impact Zone.
32. ___ As chip shot distances increase, so should loading and lagging the club increase, thus pushing the swing bottom of the shot farther forward. The proper remedy is to reduce the amount the hands are ahead of the ball at address and move the ball placement further forward, the longer the shot.
33. ___ It is good to hit shots, including chips and pitches, with minimal effort creating maximum distance by striking the shot with a solid contact.

34. Learning how to hit a 50 yard pitch shot is a good practice and is probably the most important shot in golf in terms of progressing into sound impact fundamentals in the full swing.
35. Proper visualization, from seeing the swing, feeling the solid strike of impact, hearing the good strike of the ball, to picturing the flight of the ball is necessary to playing your best golf.
36. It is a good common practice to teach beginners to hit the ball with a full swing before teaching them to chip and putt.

Multiple Choice

Circle the correct answer (only one)

1. Because it lessens, if not eliminates, any kind of uneven and erratic motion in the swing, the Flat Left Wrist at Impact qualifies as golf's
- Master Dynamic
 - Unifying Principle
 - Moment of Truth
 - Guiding Dynamic
2. Being focused on the _____ is essential in order to move the bottom of our swing arc and the center of our divot forward of the ball.
- ball
 - clubhead
 - aiming point
 - target
3. The Aiming Point Technique refers to how the mind actively directs the hands _____ along the ball-to-target line.
- at the ball
 - to a point in front of the ball
 - into a circular orbit
 - to any point
4. Experienced golfers who are unable to hit full shots with a Flat Left Wrist at impact should back up a step and focus all their attention on learning the proper loading action through the _____ before moving on.
- Putting stroke
 - Chipping stroke
 - Pitching stroke
 - Full wedges
5. An effective golf instructor knows how to _____ which of the multiple swing flaws he identifies in his students swing.
- Itemize
 - Explain
 - Demonstrate

d. Prioritize

6. The fact that Tiger Woods has won majors with three different swing styles suggests _____.
- He's a freak of nature
 - He's that good of a putter
 - He's stayed up-to-date with the new swing trends and stack and tilt is probably next on his list.
 - Swing dynamics play a far more important role than swing style
7. Learning to strike the ball _____ that continues _____ and after impact forms the cornerstone on which this book is based.
- With an on plane club path, forward and downward
 - On the downswing, on plane and to a high finish
 - Dynamically, now and forever
 - With compression, well and long
8. If the power that you lag into impact is your precious cargo, the pivot is _____.
- The ship that delivers the goods
 - The vehicle that carries the goods for you through the impact zone
 - The workhorse
 - All of the above
9. When golfers throw away their lag prematurely from the top of the swing, _____.
- The club is tossed off of its circular orbit
 - The club is redirected from outside the target line, back across it to the inside
 - Impact occurs with a bent left wrist
 - The swing bottom is moved rearward
 - All of the above
10. Which statement about Golf Equipment is not true:
- Proper club fitting is essential to facilitate the production of the five swing dynamics
 - Insufficient loft on drivers, fairway woods and long irons/hybrids is one of the major swing-killers in golf, destroying maximized dynamics.
 - A golfer testing an insufficiently lofted driver can actually cheat the launch monitor and produce ideal launch-conditions while maintaining optimum dynamics
 - Great swing dynamics allows the golfer to make contact with the ball higher in the clubface, reducing the need for equipment with low CG's.
11. When teaching a beginner, it is imperative that
- They learn how to properly hit a chip and a pitch before the full swing.
 - They learn proper drills before learning to hit the golf ball.

- c. They learn how to make a proper stroke, applying the dynamics, without a ball before learning to hit the ball.
- d. All are correct

12. When teaching a person with clubhead throw-away, resulting in a bent left wrist at impact and a rearward swing bottom, you must first

- a. Explain and demonstrate why clubhead throw-away is ruining their game.
- b. Teach them the pitch shot, so that they can learn, load, lag and the feel of hitting the ball with a flat left wrist and a forward swing bottom.
- c. Let them hit full shots or whatever shot is giving them the most trouble.
- d. All of the above
- e. Only a, b are correct

13. It's a good to start a first lesson

- a. Getting to know the goals of your student
- b. Understanding the strengths and weaknesses of their game and swing by watching them hit some shots and evaluating their swing dynamics
- c. Giving them the good news that they can embrace their own swing style.
- d. Tell them that improving their impact will improve their game faster than anything else.
- e. Connecting with them by being energetic and excited about helping them with their goals.
- f. All of the above

14. In giving a brief IMPACT ZONE introduction to your student in a first lesson you should always:

- a. Explain the 5 dynamics needed to produce impact like the best players of the game.
- b. Get them a good grip on the club
- c. Make sure their posture is good at address
- d. Work on their backswing plane and clubface as a priority.
- e. All of the above

15. Good golf teachers

- a. Teach backswing plane as a priority of the swing
- b. Teach grip, posture and a good set up as the #1 priority of the swing
- c. Teach the desired impact as the priority of the swing.
- d. Teach whatever they feel the student should be working on the most

16. CLUBHEAD LAG is:

- a. A "quality" in that the clubhead always lags or trails the hands
- b. A "quantity" in that it can be measured by the angle formed from the left arm and the clubshaft.
- c. The secret of golf

- d. Increased by increasing the pressure on the right index finger at the start of the downswing
- e. Is “dragged” by the pivot on the downswing
- f. All of the above

17. To be a consistent putter you should:

- a. Never use the long putter
- b. Never change the pressure in your grip during the stroke
- c. Allow the arms, hands and putterhead to move together at the same rate
- d. Make sure the backstroke is the same length as the through stroke
- e. All of the above
- f. Only b and c are correct

18. A forward swing bottom for the chip shot is accomplished by:

- a. Narrowing your stance
- b. Moving the ball position back in your stance and moving the hands forward to flat left wrist.
- c. Increasing load and lag
- d. All of the above

Fill in the blanks

The Five Dynamics of the golf swing are:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Essay

(Use a separate sheet of paper) answers should be a couple of paragraphs and not more than a page)

- 1. Describe in a couple of paragraphs how you identify and prioritize the swing flaws of a new student and develop a strategy that will allow him/her to improve at the fastest rate.
- 2. Most golfers have a “ball bound factor” on most shots. When they swing without a ball, their swing bottom is usually farther forward than when the ball is placed in front of them to hit. Why is this and what is a good remedy to help improve a golfer from being ball bound?

3. Explain how lag has a quality and a quantity

I certify I completed this exam by myself and have completed the work to the best of my ability.

APPLICANT SIGNATURE

Mail completed exam, along with all other paperwork and required fees to:
Impact Zone Golf
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