

# How I Broke Free from Golf Swing Methods

Hi, Dori O'Rourke here again. In this video I'm going to tell you a little bit about how I broke free from swing methods because it was quite a process-actually 15 years. I can't believe that's true, but it is.

I had been teaching golf already for 15 years when I had a life changing realization that led me to develop what I'd been using. And to see that the real key to finding the swing I had always wanted was to break free or go beyond swing methods. I was just stuck in this way, and I didn't realize I was stuck because it was THE way. Right.

And just to give you a little history. So, you know, when you learn golf, usually you learn it from a person or coach or family, friends, somebody. Well, I learned it actually in college as a junior in college.

## Why From Tennis to Golf?

And I had to take a two-week golf class as part of my sports medicine major. So, I was on a tennis scholarship at the time and playing on the basketball team when I took up golf, like I said, as a junior. And to cut to the chase, I actually really got the bug that summer and turned in my tennis scholarship. Although there's more to the story than that. But I did turn in my tennis scholarship and decided to really go full out and golf.

So anyway, I ended up taking some lessons early on, and I was very athletic and learned pretty quickly, got to be a two-handicap, no three-handicap within two years. And, you know, just kept on playing, was having fun with it and all that. But along the way, you know, it's funny. I don't know if you've ever thought of this, but a three-handicap is pretty dang good, right, normally. And certainly, how fast I got there.

But then I turned pro and overnight it's like, you go from a three-handicap, like, woo, that's really cool. But when you're a three-handicap pro and you're playing scratch golf, that is not so good. So, it's not good all of a sudden overnight.

And then I started playing mini tour events where you're playing the tees farther back. So pretty much between being a three-handicap and playing longer courses overnight, I was really about a seven-handicap.

You know, if you looked at it that way, anyway, it basically led me on this search that took me many, many years through all these different methods, because I had my mind, I wanted to find, you know, the best swing. I really, if I really look at it now, I just wanted a consistent swing, that felt good, you know, and got me results.

## **One Frustrated Golf Pro**

So, you know, I'd played a high level of so many sports. It just didn't seem like it'd be that difficult. But here I was 15 years later after having learned and taught all these different methods, and I was standing on the range and I was like, you know, it just struck me. I was about to hit golf balls. I'm like, oh my God, it's been 15 years. I'm still not happy with my golf swing.

Like, what is that, you know, didn't happen in basketball, soccer anywhere else. But so, the good news that sent me in an entirely different direction, I really had this like, epiphany, like, okay, what's something that all these methods want.

## **Working Backward from the Club's Impact**

And anyway, it was how the club needs to come through impact. And it started me going in this direction, which at the time I didn't see any other pros doing.

Nowadays there are some other pros that at least use a piece of what I learned back then. And that is to really focus on what the club's doing through impact as a starting point, and then work back from there.

## **New Movement Strategy**

But anyway, I just wanted to share just like I said, as quick as I could here, I'm sure I've skipped a lot of pieces. But the fact that it took me 15 years to break free from swing methods, because I thought that was the only way to learn. But then when I broke free, and I started looking at this new approach, and I didn't see anyone else doing it, which was odd because I thought, okay, this is a way better way to go here.

Why hasn't anyone shown me this or talked about this. Not that I had heard anyway. And then I started feeling, you know, my athletic self show up again, I started having a golf swing.

That felt good to my body, because I'd stopped like thinking somebody can show me the right way to sway. And it was so freeing, and I've been teaching that way ever since over 20 years now. So, I think that pretty much covers it.

## **Break Free from Swing Methods**

I'm thinking I missed something, but anyway, bottom line, I broke free from swing methods, which was the greatest thing that's ever happened to me.

And I want to offer to you to do the same. I'm going to create a lot of videos about it to help you understand what that means, what it is, why it's faster, why it's the only way to guarantee results and not just golf results, but to have a swing that fits your body in the best way, because you know, we're all unique. Our bodies are all different. And the only way to find your best swing is to break free from swing methods.

It's not something anybody can tell you, you know, you can't go to a pro and say, tell me my best way. Even though a lot of pros are taught, that's true. And I taught that way 15 years, like I said, so, you know, it was, it was what I believed at the time was true. Is that I had this great knowledge that I was going to impart anyway.

There's such an easier way than swing methods. I'll be talking a lot more about it and I really hope you take the time to learn it, because it will spare you from years of struggle and frustration.

## **Come Join Me**

I mean, the idea 15 years for a natural athlete to be looking for a swing and not find it, it's like, wow, that, whereas I would say isn't that interesting. So, what's even more interesting is that I'll be showing you this new way.

That will be way better, get your results a lot faster. And to me be a lot more fun and enjoyable of a process and really help you be you. Because I know at this point, no golf pro can tell you your best way, any more than a golf pro could tell you your biggest dreams, you know, that comes from inside.

So anyway, I look forward to sharing a lot more about this and definitely feel free to ask any questions you may have, and I'll sit in front of this camera and hopefully get you some answers. Okay. Thanks.