

We have taken the liberty to add friends with whom we wanted to share our newsletter. As with all transmissions these days, this one doesn't have to be in your inbox. If you prefer not to have it sent every two months, just let us know.

Also, we have elected to provide a URL from which our readers may download the current issue so as to deter anything resembling "spam." Thanks, CGM

One Under Par

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A Newsletter from ... *ClearKeyGolf* February, 2011

The Fourteen Second Window in Golf... How Clear Is It?

Questions and comments from players and instructors, both via direct email and posts on golf forums, not to mention vis-a-vis on Skype from places around the world, have added up to a behest that we need to honor respecting expanded clarity concerning the core of the automatic process. Hence, more about the fourteen seconds representing what is arguably the most critical time-frame in golf.

As essential as it is, it is nonetheless the least noticed, perhaps because it's so brief that it simply gets missed. If that is so, it is time for a proverbial "Wake Up Call." It also may be that the absence of any mention is the culprit, since there is only one referenced source in print. Indications of any kind on the internet, in any media or by anyone other than the hand that has written what you are reading, are non-existent. In other words, it is golf's outstanding case of avoidance, a sort of golfing Ostrich, with head fully buried beneath the surface.

The typical response for mentioning "the window" is a blank look followed by "what is it?" and then a stunned look instigated by any explanation whatsoever, followed by something akin to, "So it must not be important enough to notice," or "Huh?" or "Never heard of it."

The prize in the package, however, shows that close enough attention to enable understanding that "window" can change your life and your golf game.

Years of close and formidable observation, more recently confirmed by preliminary stages of research concerning the effectiveness of clear keys, shows that a player has a maximum of 14 seconds, allotted by nature's obligatory "way of doing business," to make a "clean," uninterrupted golf shot...provided...

...the player comes to awareness and understanding of how nature contributes to the bulk of ordinary, normal human actions that fill every day of our lives and how those are carried out, whether we know it or not, whether we understand it or not, whether we agree with it or not, whether we like it or not, and whether we care or not. We can even deny it, but that will not prevent duly appointed rounds and maintaining the boundaries of inherent order resident in nature that support balance in what we do, again without our permission or acknowledgement. Nature will not betray us, but we certainly have the option to mindlessly betray nature... but we don't have an option when it comes time to "pay the piper," and the price can be high. Working in harmony *with* natural process, on the other hand, is priceless.

The 14 second interval is anchored to a similar platform as any other involuntary life-element such as breathing. It's like your heart pumping. It's inherent in your central nervous system's first line of defense of your health and life, resident in the human immune system. It is as true as the

law of gravity. All those are always on duty, and will be till your last breath and the final beat of your heart. That's not because golf is on some priority list that other life activities are not, but precisely because *it is on the same list* as all those others - everyday, plain, ordinary human activity that is so commonly taking place around us that we may not, and most likely do not, even notice it.

We suspect that is exactly why players tend to ignore the matter, or fail to notice it, and/or subsequently see it as non-critical and unimportant.

Actually, what we discovered more than 20 years ago, after years of observation and study, was/is that the 14 second window comes from parameters formed by what nature allows. Within that small time fame, there are two vital parts, which follow immediately on pre-shot planning. You may need to review that important function as well, since it is a great deal more influential than what most players seem willing to engage. The article is at <<http://clearkeygolf.com/Preshot.pdf>>

The first of those two parts is beginning your clear key as you walk to your setup at the ball and continuing it while doing whatever you do with your "waggles." (Waggles, by the way, are purposeful since they prevent having to swing the club from a "dead" standstill). After timing literally thousands of players in action, we found that the first six of those seconds were needed to give the player time to comfortably shift from the manual function of pre-shot planning to the zone-like cocoon of the automatic process, where everything involved takes on a state of defocus. In "defocus" everything is within awareness, but not sharply observed and not at all intrusive. (In fact, preliminary tests performed using an EEG hookup on both amateur and professional players showed that when on manual, the brain waves fluctuate considerably, but when using a clear key, the brain waves settle down to a resting position). We had already noted that if less than 5 seconds intervened between the end of pre-shot and actual shot execution, there was little benefit to the player, but if at least 6 seconds were given to "shifting gears," the effectiveness increased exponentially.

The second part of that 14 seconds is then left to a balance of 8 seconds to make the shot before the mental flow becomes so strong that the clear key is unable to keep it calm. Early along, it was evident that Drivers and Persuaders tended to get their shots away between 7 and 10 seconds, and Craftsmen and Analyzers had the ball airborne between 9 and 13 seconds, with an occasional Analyzer taking 14 without a stumble. Beyond fourteen gave way to a clearly visible "never, never land."

Hence, the 14 second window. One does not have to use it all, but the traditional modality has defaulted for some players to a "use it all" perception. The critical points are getting past the first 6 seconds and finishing before 14 have passed by. Finding one's own best timing within those limits comes from identifying a sense of "being in sync." In other word, a question: "Do your swing and your clear key meld together smoothly and easily?" This does not imply that the game cannot be played in the way to which tradition has left most players accustomed. Continuing in the same historic way may "hold the fort" where you are, but it will not allow moving forward effectively. If the choice becomes using a clear key, take note that each style and individual within that style needs to find his/her own optimum time frame and rhythm and practice accordingly. Notably, we found a few Drivers and Persuaders that comfortably took a little more time than their style average and a few Craftsmen and Analyzers that took a little less than theirs, but most have been quick to recognize the disadvantages of going beyond the 14 second limit or getting to execution before 6.

A word about the "state of defocus" seems in order. To avoid any illusions or a lack of clarity, if you take a seat on your front porch (if you have one) and gaze out into the distance beyond any trees, houses, or other landscape features and let your eyes take in the clouds and the sky without any *attempt* to focus sharply on anything, you will be able to notice that your eyes are not sharply focused on the trees or houses, but everything is in your vision - just not sharply so. That is a state or condition of "defocus." Another example is that when driving on the interstate, you

are aware of the traffic, the cars behind and in front, and where the lanes are and your position on the roadway, but none of that is generally in sharp focus. In fact if you focus sharply on a vehicle you are attempting to pass, your own car may start to drift in that direction. The absence of sharp focus, again, is what identifies "defocus."

When you use a clear key, you will be aware of everything, but nothing will be in sharp focus and that will not interrupt either your shot or your attention. In fact, if anything is in "sharp focus" while you are using your clear key, that means you may not be surrendering fully your need to control what is happening (a manual function) to the management process (an automatic function). We don't know the tournament, but many years ago, the famed South African player, Bobby Locke, was asked after whatever the event at that time was, how he had kept his composure to drain his last putt to win, in view of the fact that a freight train rumbled by within feet of the green as he made his stroke. Bobby replied with, "What train?" indicating that he had not noticed it at all. We don't know if Bobby had use of something like the clear key, but he certainly gave evidence that he was familiar with "defocus."

As a sort of postscript, we do suspect that some have refrained from attempting to implement the automatic process in honor of the same kind of sensation they get from a traffic ticket for some driving infraction. We note that it certainly is uncomfortable to feel like we are not in charge or in control of what is taking place in our activity. That means that a short trip back to square one with a forthright assessment of how well our personal trust level is working may be in order. If so, we encourage you to review an article on exactly that issue: <<http://doubleconnexion.com/trust.pdf>>

When this becomes acceptable, mastery is at hand.

[Note: Should the links be unresponsive, just copy and paste them in your browser.]