



NETWORK INSTRUCTOR EVALUATION

VERSION 2.1



NAME:

DATE NETWORK TRAINING:

BACKGROUND

1. WHAT IS STACK&TILT?
2. WHAT ARE THE THREE FUNDAMENTAL TASKS OF THE GOLFER AS DEFINED BY STACK&TILT?
3. HOW CAN WE MEASURE GOLFERS OF DIFFERENT SKILL LEVELS?
4. LIST 2 EXAMPLES OF A SYSTEM:
5. WHAT IS GAPS?
6. IS "GAPS" FUNDAMENTAL OR VARIABLE?
7. NAME 3 GOLFER WITH THE MOST ROTATED LEFT HAND GRIP:
8. NAME 3 GOLFERS WITH THE LEAST ROTATED LEFT HAND GRIP:
9. LIST 3 ACCOMPLISHED GOLFERS WITH AN OPEN STANCE LINE:
10. LIST 3 GOLFERS WITH A CLOSED STANCE LINE:

11. LIST 3 GOLFERS WHO SETUP WITH AN OPEN CLUBFACE TO THE TARGET:

12. LIST 3 GOLFERS WHO SETUP WITH A CLOSED FACE TO THE TARGET:

13. LIST A BOOK THAT DETAILS A SYSTEM FOR PLAYING GOLF:

14. HOW IS IT A SYSTEM?

15. LIST THE EARLIEST BOOK TO BREAK THE SWING DOWN INTO MEASURABLE POSITIONS:

16. WHO IS THE CREATOR OF THE "P SYSTEM"?

17. HOW IS STACK&TILT A SYSTEM?

GEOMETRY OF THE SWING

18. BASED ON THE CONTEMPORARY BALL FLIGHT DESCRIPTION, WHAT IS PRIMARY DETERMINANT OF THE BALLS INITIAL DIRECTION?
19. HOW DOES THE BALL CURVE?
DESCRIBE HOW THE SPIN AXIS OF THE BALL IS TILTED TO INDUCE CURVE ON THE BALL:
20. IN THE STACK AND TILT SYSTEM, WHAT IS MARKED AS THE CENTER OF THE SWING?
21. WHAT IS LABELED AS THE RADIUS?
22. WHAT IS LABELED AS THE CIRCUMFERENCE OF THE SWIING?
23. WHERE IS THE BALL POSITION MEASURED FROM?
24. IS GOLF PLAYED ON A TILTED ANGLE OR A VERTICAL ANGLE?
25. HOW IS THE TILTED ANGLE PROJECTED ONTO THE GROUND? WHAT DOES IT LOOK LIKE TO THE GOLFER?
26. IN THE GRID, HOW IS THE CENTER OF SWING PROJECTED ONTO THE GROUND?
27. WHAT IS THE ADDRESS PLANE LINE?

28. HOW IS IT FORMED?

29. WHAT IS DEFINED AS THE STACK AND TILT PATTERN THAT WAS DEMONSTRATED BY PLAYERS USING THE SYSTEM IN THE STACK&TILT 2.0 DVD?

30. HOW IS THE CENTER OF THE SHOULDER TURN FOUND?

31. HOW IS THE CENTER OF THE PELVIS FOUND?

32. WHY DO WE USE THE 2 CENTERS IN MODELING THE SWING?

33. DESCRIBE THE CONCEPT OF THE "BUILT IN DRAW":

34. DESCRIBE HOW A CUT/SLICE WOULD BE BUILT IN AT P1:

35. LIST 3 FACTORS THAT WOULD CAUSE THE LOW POINT TO MOVE BACKWARD:

ANATOMY

36. LIST 3 REASONS FOR STRAIGHTENING THE TRAIL LEG:

37. WHAT ARE THE BASIC MOVEMENTS OF THE SPINE?

38. IN STACK AND TILT: HOW DOES THE GOLFER KNOW HOW MUCH LATERAL FLEXION TO PERFORM?

39. IN STACK AND TILT: HOW DOES THE GOLFER KNOW HOW MUCH FLEXION/EXTENSION TO PERFORM?

40. WHAT GIVES THE LEFT SHOULDER ITS DOWNWARD COMPONENT?

41. WHAT DOES I.A. KAPANDJI DESCRIBE AS THE AXIS OF THE BODY?

42. HOW IS LATERAL FLEXION OF THE SPINE DEFINED?

43. HOW IS FLEXION/EXTENSION OF THE SPINE DEFINED?

44. WHAT IS THE COUPLING OF THE SPINE?

45. WHAT IS MEANT BY THE TERM LORDOSIS?

46. NAME 3 GOLFERS WHO DEMONSTRATED LORDOSIS ON THE BACKSWING:

47. EXPLAIN HOW DEPTH IS CREATED IN THE HORIZONTAL PLANE:

48. WHAT DOES THE GOLFING MACHINE LABEL AS POWER ACCUMULATOR 1?

49. WHAT DOES THE GOLFING MACHINE LABEL AS POWER ACCUMULATOR 2?

50. WHAT DOES THE GOLFING MACHINE LABEL AS POWER ACCUMULATOR 3?

51. WHAT DOES THE GOLFING MACHINE LABEL AS POWER ACCUMULATOR 4?

IN SWING REFERENCES-CHECKPOINTS

52. IN STACK AND TILT, WHAT IS THE BASIC REFERENCE FOR THE HAND TRAJECTORIES FIRST EXIT OF THE BODY ON THE BACKSWING?
53. WHAT IS THE BASIC REFERENCE FOR LAST EXIT OF THE BUTT OF THE CLUB EXIT ON THE BACKSWING?
54. WHAT IS THE BASIC REFERENCE FOR THE ENTRY POINT OF THE HANDS ON THE DOWNSWING?
55. WHAT IS THE BASIC REFERENCE FOR THE LEFT ARM ALIGNMENT AT P5?
56. WHAT COLOR IS THAT ASSOCIATED WITH ON THE ARM ALIGNMENT GRID?
57. WHAT IS THE BASIC REFERENCE FOR THE RIGHT ARM ALIGNMENT AT P9?
58. WHAT COLOR IS THAT ASSOCIATED WITH ON THE ARM ALIGNMENT GRID?
59. NAME A MECHANISM FOR CLOSING THE CLUBFACE TO THE 3D PATH ON THE BACKSWING, OR ADDING DRAW:
60. AT THE TOP OF THE BACKSWING FROM THE FRONTAL VIEW, WHICH IS HIGHER; THE RIGHT EYE OR THE LEFT EYE?

61. WHY IS ONE EYE HIGHER THAN THE OTHER WHEN VIEWED FROM THE FRONTAL PLANE?
62. DOES THE HEAD STAY STILL?
63. WHAT IS RADIAL DEVIATION? WHAT IS ULNAR DEVIATION?
64. WHAT IS PRONATION AND SUPINATION OF THE FOREARMS?
65. WHAT IS DORSI-PALMAR FLEXION?
66. HOW DOES RELEASING THE 1ST ACCUMULATOR EFFECT THE ATTACK ANGLE?
67. HOW DOES KEEPING THE 1ST ACCUMULATOR LOADED, FLEXED RIGHT ARM, EFFECT THE AMOUNT OF SIDE TILT ONE WOULD EXPECT?
68. HOW DOES ULNAR DEVIATION (RELEASE OF THE 2ND ACCUMULATOR) EFFECT THE ATTACK ANGLE WITH 0 DEGREE PRONATION OF THE LEAD HAND GRIP?
69. HOW DOES RADIAL DEVIATION EFFECT THE ATTACK ANGLE WITH 0 DEGREE PRONATION OF THE LEAD HAND GRIP?
70. HOW DOES RADIAL DEVIATION, WITH 0 DEGREE PRONATION OF THE LEAD HAND GRIP, EFFECT THE HEIGHT OF THE SHAFT AT IMPACT? HIGHER OF LOWER?

71. HOW DOES RADIAL DEVIATION, WITH 0 DEGREE PRONATION OF THE LEAD HAND GRIP, EFFECT THE 3D PATH THROUGH THE BALL?
72. HOW DOES THE MAXIMUM 3RD ACCUMULATOR RELEASE EFFECT THE SWING DIRECTION?
73. HOW DOES THE ROLL POWER OF THE 3RD ACCUMULATOR EFFECT THE DYNAMIC LOFT AND PEAK TRAJECTORY?
74. HOW DOES UNLOADING THE 3RD ACCUMULATOR EFFECT THE ATTACK ANGLE?
75. IN TERMS OF THE WRIST MOVEMENTS, WHAT DOES THE "SCREW DRIVER" REPRESENT?
76. HOW IS EXTERNAL ROTATION AND INTERNAL ROTATION DEFINED?
77. HOW IS RIGHT SHOULDER PROTRACTION AND RETRACTION DEFINED?
78. IN STACK AND TILT: WHEN THE RIGHT FOOT LEAVES THE GROUND, WHAT PART LEAVES THE GROUND FIRST IN THE BASIC TEMPLATE?
79. WHAT IS THE MECHANISM FOR THE RELEASE OF THE FOOT?
80. HOW DOES POWERING THE BACKSWING BY PULLING THE ARMS TOWARD THE CENTER EFFECT THE RADIUS OF THE SWING OR THE FLEX OF THE LEFT ARM?

81. WHAT ARE PRIMARY ELEMENTS USED IN POWERING THE ACCENT OF THE BUTT OF THE CLUB FROM P1-P3?
82. AT THE FINISH, ARE THE GOLFERS HIPS FLEXED OR EXTENDED?
83. TO WHAT POINT IS THE GOLFERS HIP BEND EXTENDED TO ON THE FINISH?
84. IF THE GOLFERS HIPS HAVE EXTENDED, WHAT KEEPS THE GOLFERS LOWER BODY IN ITS INCLINATION TO THE GROUND STABLE?
85. WOULD STACK&TILT SUGGEST THE SIDE BEND ON THE FINISH BE THE SAME AMOUNT AS THE FORWARD BEND AT THE SETUP?
86. HOW DOES EXTERNAL ROTATION ABOUT THE TRAIL SHOULDER EFFECT THE DOWNSWING SHAFT PLANE?
87. HOW DOES EXTERNAL ROTATION ABOUT THE TRAIL SHOULDER EFFECT THE IMPACT HAND LOCATION FORWARD OR BACK?
88. NAME 2 TECHNIQUES FOR REDUCING A PULL DRAW FROM 3D TO 3B-3C:
89. NAME 2 TECHNIQUES FOR CHANGING SHOT 1D TO SHOT 3B: OR A SLICE TO A DRAW:
90. AT WHAT POINT IS THE PELVIS BACK IN ITS ORIGINAL TILT?

SUMMARY

91. WHAT ARE THE BASIC "10 WORDS" OF THE STRUCTURAL TEMPLATE FOR STACK&TILT?

92. WHAT CAUSES THE WEIGHT TO BE FORWARD IN THE STACK&TILT TEMPLATE?

93. WHAT CAUSES THE SHOULDER TO BE DOWN?

94. WHAT FACILITATES THE INWARD HAND PATH?

95. NAME A TECHNIQUES FOR KEEPING THE ARMS BOTH EXTENDED ON THE BACKSWING AND FINISH:

96. WHY SHOULD A GOLFER BE TAUGHT TO HAVE THE PELVIS FORWARD, BEFORE THE HIPS TO TUCK, TO LEVEL OUT THE BOTTOM OF THE ARC?

PLEASE RETURN THIS COMPLETED EXAM TO
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