

We highly recommend that you first view the instructional video found on the home page of our website [www.thePuttingArc.com](http://www.thePuttingArc.com), then proceed with the easy practice steps below:

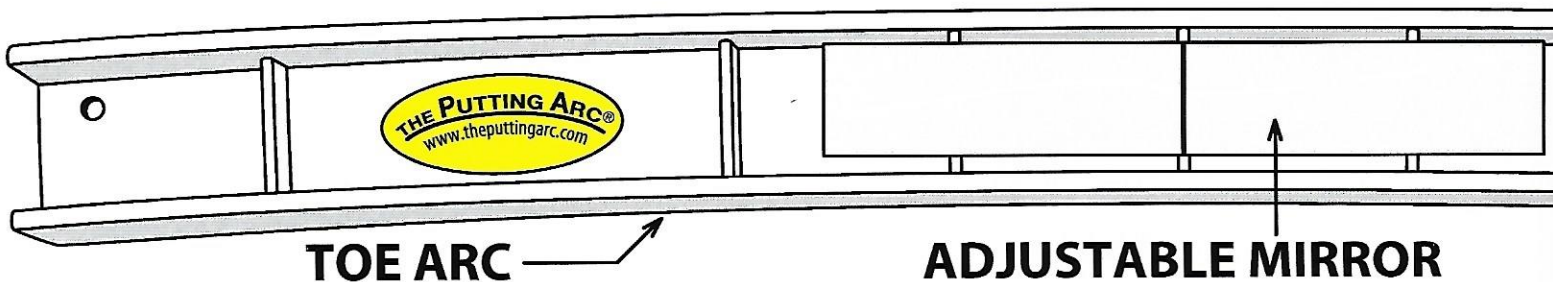
## Using the Heel and Toe Arc on any surface, without a ball or hole

1. First, as shown in the video on our website, set up to the arc with the putter face lined up with the middle line of the Putting Arc. Move the putter to each back-stroke alignment line and stop and check to make sure the face is properly aligned with the line on the arc. Then, make a forward stroke and stop and check at each line on the forward stroke. Do this with both the heel contact and the toe contact, as shown in the video.
2. Repeat (1) above, keeping the heel or toe 1/2" away from the arc.
3. Find a level spot on a floor, carpet or putting green.
4. Place the MS-3D on the floor, carpet, or green so that the two line-up holes point at a spot  $3\frac{3}{8}"$  from the aim point or cup center, as shown on the front page. (This measurement is based on a 4" putter head. If your putter head is not exactly 4", then you can calculate the precise offset distance by adding one half the putter head length to one half the MS-3D width). For a 4 1/2" putter head, this new measurement would be:  
 $1/2 \times 4\frac{1}{2} + 1/2 \times 3\frac{3}{4} = 3\frac{5}{8}"$
5. Make several smooth strokes with the heel (or toe) in light contact with the arc and the clubface aligned with lines of top of the MS-3D Putting Arc.
6. Repeat (5) above keeping the heel or toe 1/2" to 1" away from the arc. This is important so that you do not build any radial forces into your putting stroke.
7. These drills are easily done at home, in your hotel room, or on a practice green. You can do them in two to five minutes per day, 30 to 60 reps every day. Your practice goal should be to develop a putting stroke that is automatic, one you don't have to think about. If you do these drills a few minutes every day, you will soon accomplish this goal.

## Using the Mirror...

1. Practice putting with a quiet head and body
  - a. One of the best uses of the mirror is to ensure that you have a quiet head and body. Set up the MS-3D indoors and adjust the mirror so you can see the ceiling using both the heel and toe arcs, without having to move the mirror.
  - b. Make your practice strokes, alternating between the heel and toe arcs. If the ceiling does not move, your head and body have remained still.
  - c. Monitor this quiet head and body during your daily practice sessions.
2. Practice putting with correct shoulder, head and eye alignment
  - a. Using either the heel or toe arc, take your normal putting stroke set-up position, with the putter head square to the target line and exactly lined up with the centerline of the mirror and Putting Arc. This is very important!
  - b. Adjust the mirror to view the body position you want to monitor: your shoulders, your head or your eye position. The small notches on the MS-3D allow for full adjustment of the mirror for both the toe arc and the heel arc.
  - c. Make a practice stroke. If you are checking your shoulders, they should be square with the mirror at set-up.
  - d. Step away from the Putting Arc and repeat the set-up procedure. Make sure the body position you are checking is the same before each practice stroke.

**Important note: Do not attempt to move the putter head in a curve.** With a correct set-up, the heel or toe of your putter will perfectly track along the face of the Putting Arc. This will happen automatically and the putter head will naturally release correctly. This is because you are making a small, minimal wrist golf swing on an inclined plane. The putter should never chase "down the line".



(All set-up measurements)



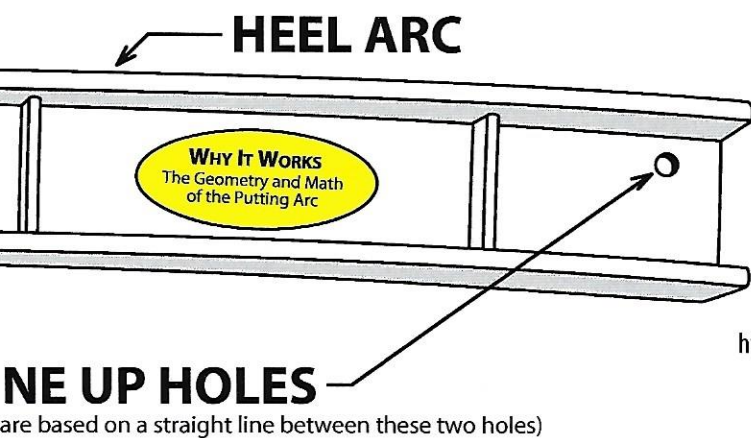
15 years ago, if you asked 20 people how the putter should move back and through the ball, 18 would say, "down the line, straight back and straight through." Now the percentage is lower, but unfortunately the majority of golfers still believe that the putter must move "down the line". In order for the putter to move down the line and straight back and through, the golfer must swing the putter on a plane which is absolutely vertical or perpendicular to the ground, with a spinal axis of rotation that is horizontal. Or, he/she must accurately manipulate the putter head with his hands and do this the same way every time. Most golfers cannot do this. They putt on a plane which is at an angle between horizontal and vertical, and their putting path cannot be "down the line, straight back and straight through".

When you putt with a straight back and straight through stroke **on an inclined plane**, the heel and toe both travel on a large elliptical arc when viewed from above. **Apollonius of Perga**, who lived between 262 BC and 190 BC, was the first to calculate the formulas for this arc, and **The Putting Arc** was created using his formulas.

Because **The Putting Arc** is based on an ellipse created from a very large circle, it fits most golfers from under five feet tall to well over six feet tall, if their stance and set-up are correct. It is also non-adjustable, so if it works today, it will work just as well five years from now. You will always have a benchmark for your putting stroke, something to come back to if your stroke ever gets off-track.

**The Putting Arc** will enable you to create a pure putting stroke in which the putter head moves on a three dimensional arc back (and slightly upward and inward at the same time) while the face of the putter stays square to the "putter path" instead of the "target line". This ensures square contact with the ball and proper **release of** the putter head.

**The Putting Arc** is built from the golf swing and putting concepts of Homer Kelley, Ben Doyle, VJ Trolio and Mike Shannon; the Conic Section formulas of Apollonius of Perga; and the applied mathematics of Joey Hamilton. Without the information these men gave to the game of golf, **The Putting Arc** could never have been created.



(are based on a straight line between these two holes)

- Have won over 1400 professional tournaments since 2002
- Have won one or more of every professional major
- Have won one or more of ten different USGA National Championships
- Still hold the all-time 72 hole PGA Tour scoring record of 254

**The Putting Arc** has helped the best putters in the world putt even better... just imagine what it can do for you!

## Most golfers have some very logical questions about the "arc-type" stroke....

1. How far should the putter move inside the target line on the backstroke?
2. How far should the putter move inside the line on the through stroke?
3. Should the putter face remain square to the target line or to the putter path?
4. What do the TV announcers mean when they say a golfer is not "releasing his putter head"?

**The answers to all of these questions lie in The Putting Arc, and they are quite simple to explain and do.**

### Answers:

1. and 2. - **The putter moves inside along the arc of the Putting Arc on both the backstroke and through stroke.** If you are set up to the ball correctly, you should be able to just rotate your shoulders around your Spinal Pivot Point or T3 vertebrae and the putter should follow the arc fairly closely. The correct arc is a result of a correct set up and shoulder rotation, and not something you are trying to do. It is **NOT** something we have invented, but rather a way to replicate what some of the best putters in history (the Ben Crenshaws, Brad Faxon and Tiger Woods), have done naturally since they were kids.
3. **The putter face is always square to the arc and only square to the target line at impact.**
4. **Releasing the putter head is simply letting it stay square to the arc, as in (3) above.**

**For the MS-3D instructional video, go to:**

<https://www.youtube.com/watch?v=REow7mtLz6Y&feature=youtu.be>

**For the original 12-page color brochure go to:**

[https://www.theputtingarc.com/wp-content/uploads/2014/11/PuttingArc\\_UserManual1.pdf](https://www.theputtingarc.com/wp-content/uploads/2014/11/PuttingArc_UserManual1.pdf)