



My “Dominant Hand Theory” of the yips.

***“All truths are easy to understand once they are discovered;
the point is, to discover them.”***

- Galileo

Given my experience with the yips and analyzing my cross-handed putting technique, I believe I know why my technique works and why it will work for many other golfers. Even though the yips are a neurological disorder, they are “triggered” in many golfers by the movement of their hands & arms during the putting stroke. And for some golfers, like myself, it is the golfer’s **dominant hand** that is the primary factor in causing their yips. What I discovered is the relationship between the movement of my dominant hand during the putting stroke and my yips. And the key to the success of my technique is that my dominant hand & arm do not move during the putting stroke, and since there is no movement of the dominant hand & arm – there are no movement “signals” going to the brain to trigger the yips.

And the best part about my putting technique is that it works “anchor-free” – you don’t have to anchor your dominant hand to your body. Using the long-shafted putter (cross-handed) puts your dominant hand & arm in a position where they remain motionless during the putting stroke – just hold your dominant hand & arm away from your chest and putt anchor free.

So if you are a golfer suffering with the yips, it may be that your dominant hand is your primary “trigger” for your yips just like it was for me. So give my technique a try – you have nothing to lose to try it and everything to gain. Try using a long-shafted putter cross-handed which will eliminate movement of your dominant hand from your putting stroke and... **“kiss your yips goodbye.”**