



**The NFL Alumni wants to remind you about the 2020 golf outing on August 31 at Old York Country Club.**

As a golf enthusiast, you know that the game can be played and enjoyed with family, friends and for business purposes for a lifetime. Because golf is also a game, it's meant to be fun. To help you have more fun and enjoyment from your game, included with your registration is an Ebook called **Golf Instruction Made Simple**. [www.golfinstructionmadesimple.com](http://www.golfinstructionmadesimple.com).

The Ebook introduces ***Thumbs Down, The POWER MOVE of Golf***, “the missing ingredient” for better ball striking and more enjoyable golf. Great ball strikers have great hand action, and so can you by attending a special game improvement session by the book’s author Alan Martin, beginning at 9:00. Alan teaches the fundamentals of golf at Princeton University.

The book was created after solving three major problems:

- Curing my slice
- Squaring the club at impact
- Regaining my lost distance

“The results were dramatic. Without changing my swing I cured the slice, added power, distance, accuracy and control. ***Thumbs Down, the POWER MOVE of Golf*** significantly improved my ball striking, especially from 150 yards and in, where I really struggled.”

In addition to helping you improve your ball striking and putting, Alan will be on the course conducting a “beat the pro” contest to raise additional funds.

To show our appreciation for your participation and on-going support, please expect to receive the Front Nine Ebook edition and a video as a thank you gift after the event. [This link](#) is a short audio preview.



# THUMBS DOWN®

*Golf Instruction Made Simple*

## The Virtual Golf Lesson<sup>SM</sup>

Front Nine  
eBook Preview

Ideal for:  
Lefties and Righties  
Men or Women  
All Ages

*...for Thumbs Up results*



### TEACH YOURSELF

A golfer's *HOW TO* guide  
...for better ball striking.  
CURE YOUR SLICE 1,2,3

## **HERE'S WHAT THEY'RE SAYING**

"The more you read about golf technique, the more you often become bogged down in meaningless jargon and excessive detail. So for me, Alan Martin's "Thumbs Down" method was an absolute revolution: it is clear, simple, mechanically sound ...and it WORKS! Not only have my scores fallen, I now feel as if for the first time I have a sound, self-correcting understanding of the golf swing that I can take on the course with me and use at any time."

*Landon Jones - Handicap Golfer  
Former editor, PEOPLE magazine.*

"It's almost golf for dummies. There are no big words or things people don't understand."

*Dan McCarthy - Head Professional  
Springdale Golf Club, Princeton, NJ*

"There's nothing not to like."

*Dan Pasternak - Head Professional  
Panther Valley Golf Club, Allamuchy, NJ*

"It's just Thumbs Up and Thumbs Down.  
What could be simpler?"

*Ken Dashow  
Radio Personality, Q1043 Classic Rock, NYC*

## **Table of Contents** *Front Nine, Par 35, 3173 yards.*

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Ball Striking 101	
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## “FORE”WORD

*The most important round of your golfing life follows.*

Get ready for some outside-the-box thinking for improving your golf game. You probably never thought of *Thumbs Down*® as a positive thing, but now it may be. In fact, this negative expression is the best thing that ever happened to your ball striking, and possibly your entire golf game.

Believe me, it's not just another gimmick. Making a *Thumbs Down*® rotation while striking the golf ball squares the club and provides a power booster to your existing swing, without trying to kill the ball. It increases clubhead speed, releases the club and puts you into the correct finishing position, like magic.

Let's face it, we're all busy and lessons take a commitment in time and money. For some, it's the perfect way to learn the golf swing, gain valuable tips and discover ways to improve your game from an experienced professional. If the amount of time and money it takes to play the game is already a stretch, which is not uncommon with today's fast-paced lifestyles and economy, then a self-teaching handbook may be the answer you've been looking for. It was for me.

My name is Alan Martin, a single-digit handicap golfer. The power fade which served me well for twenty-five years had turned into an out-of-control slice during the early 1990s. I struggled and searched for a simple solution to correct the slice, but never found it. In 1995, while experimenting with ways to get the club square at impact, I developed a power move which was simple and easy to repeat. Better yet, it didn't require changing my swing, just some adjustments to my hand position at impact and changes to my thinking.

*Thumbs Down*®, the power move is based on the same swing fundamentals taught by the best instructors, in a language the average golfer understands and can relate to. For me the results were dramatic. It immediately turned the slice into a draw, plus added greater distance to every club in my bag (putter excluded). My game now includes a level of accuracy and control I never knew before.

*Thumbs Down*®, Golf Instruction Made Simple was designed to be a unique how to guide and training aid. It teaches you how to teach yourself, using *Thumbs Down*®, the power move I developed to fix my slice.

My intended audience is fellow amateur golfers who want to improve with a passion, male or female, young or old. The Front Nine introduces *Thumbs Down*®, the power move. The Back Nine comes complete with ball striking drills that teach you How To square the club at impact and maximize every club in your bag (putter excluded). Each drill focuses on the moments just before and just after the club makes contact with the ball.

You'll quickly improve driving distance and accuracy, plus develop the feel for controlling shots within 100 yards, where the real scoring is done.

***Simply put: more distance, more fairways,  
more greens, more often.***

**LOWER SCORES ARE NOT A GUARANTEE**  
*they are the natural results.*

## THE FRONT NINE

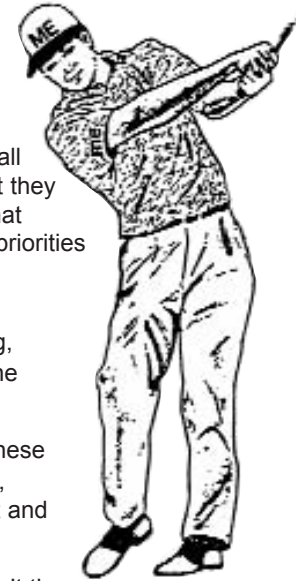
Do you know ME? I'm one of the main characters in *Thumbs Down*®, Golf Instruction Made Simple.

Throughout this book you'll see ME in many classic poses that show you what all the best players do, not necessarily what they say they do. Every picture tells a story that shows you where to set your golf swing priorities and focus your concentration.

- ◆ Learn how to improve your ball striking, maximize your practice time and enjoy the game more.
- ◆ Get a visual checklist that reinforces these fundamentals and more: The proper grip, posture, ball striking positions, alignment and swing path.


Don't be fooled! The golfers you see aren't the real me, your author. They're actually an all-star team of golf's best men's and ladies' professionals from many eras. All were recreated by an artist and disguised as either ME or SHE.

**These great pros demonstrate my power move that squares the club called *Thumbs Down*®, which any golfer can learn and execute in minutes.**



**THE PROBLEM.** In order to improve, the average golfer needs simple answers to his or her simple questions, but rarely gets them.

**THE FAQs** from amateur golfers of all levels of play: Which one (or more) of these is your favorite?

- ◆ How should I swing to square the club at impact
  - ◆ How should I swing to correct my slice
  - ◆ How should I swing to play a draw
  - ◆ How should I swing to become a more consistent ball striker
  - ◆ How do I get my swing back "on plane"
  - ◆ How should I swing to hit more accurate shots, more often
  - ◆ What drills should I practice to square the club
  - ◆ What's the best way to warm-up in the few minutes before tee-off time, so that I can best drill-in good impact position
- 

See how many of these questions refer to the golf swing and imply that you need to change it for different shots.

**THE SOLUTION.** You may not have to change your swing, but instead only your position at impact, golf's moment of truth. Make a strong controlled swing using *Thumbs Down®* to square the club's face as it strikes the ball.

## SQUARING THE CLUB AT IMPACT

Why is it so important?

- ◆ The entire golf swing takes two seconds or less.
- ◆ During an entire round, the club makes contact with the ball for less than two seconds total.

## WARNING!

The information that follows will cause permanent damage to these flaws (and others) in your golf game.

These were the short list of my own problems. All were the result of my inability to get the club squared at impact:

- ◆ Out of control slice.
- ◆ Weak, fading shots to the green.
- ◆ Inconsistent driving distance and accuracy.
- ◆ A lack of feel in the short game.
- ◆ Difficulty with shot making from 100 yards and in.
- ◆ Lost confidence, controlling where the ball is going.

## IF THE CLUB ISN'T SQUARE

*your shots could end up anywhere.*

To fix my own problems, the natural place to look for a simple solution was in golf publications, following the advice given by the best instructors and pros in the game. Their articles and lessons provided volumes of useful and credible information, but what I found was that applying the sometimes conflicting tips at the practice range was both frustrating and counter-productive.

What I really needed was a how to guide complete with step by step drills to practice, that would provide positive results each practice session.

As we all know, golf is a complex game. The golf swing consists of a never ending list of steps, all important and all executed in just split seconds. To the best players, squaring the club at impact seems natural, literally taken for granted. Their swing fundamentals are so solid they can afford to focus their attention on perfecting the finer details of the golf swing. For the rest us there's nothing natural about it.

The majority of amateur golfers slice. *Thumbs Down*®, the power move was originally created to cure my slice. To this day I'm still amazed at how simple the fix really was. Any golfer that already knows how to hit the golf ball will see noticeable results within minutes using *Thumbs Down*®, the power move. Focus your practice time mastering the power move, then watch your golf swing magically get better, all by itself.

**THUMBS DOWN® DRAMATICALLY  
IMPROVED MY GOLF GAME**  
*by changing an out-of-control slice into a draw,  
almost overnight.*

**A PRETTY SWING DON'T MEAN A THING**  
unless the club is squared at impact.

It's time to focus on the portion of the golf swing that can yield the most dramatic improvements to your game (putting excluded).

The information to follow highlights the portion of the golf swing many instructors glance over, the moment just before the club makes contact with the ball.

Simply put,  
**this is a portion of a pro's swing you need to copy.**

Lets now look at two of today's most overlooked and misunderstood fundamentals for consistent ball striking:

1. Top hand position
2. Hand and forearm rotation through the impact zone

*Thumbs Down*® is a simple power move any player can quickly learn. It squares the club with your existing swing, plus **adds an extra pop on the ball without over swinging.** Based on many of the same swing fundamentals taught by the best instructors ***Thumbs Down*® makes better ball striking easier than you ever imagined.**

**BETTER GOLF, MORE OFTEN**  
*The bottom line.*

## LET'S REVIEW THE BASICS.



*Thumbs Down*® squares the club back to its original setup position at impact.

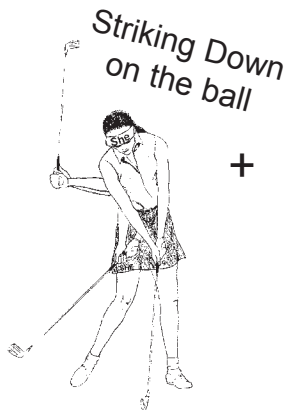


Releases the club

after striking the ball.

OR

The Natural Release



+



=



**THUMBS:** The training aid you can practice with, then legally use on the course during your round.

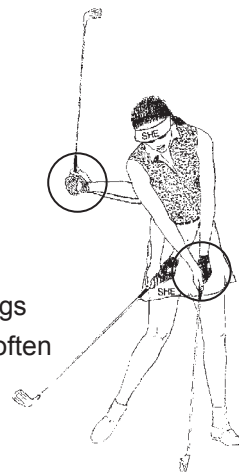
## SIMPLICITY AT LAST

In just minutes you can learn to execute *Thumbs Down*® the power move, which squares the golf club and simplifies ball striking, *plus adds an extra pop on the ball* by increasing clubhead speed.

*These drills benefits players of all skill levels.*

**You'll quickly learn How To:**

- ◆ Square the club at impact
- ◆ Improve your ball striking
- ◆ Release the club through impact
- ◆ Eliminate a slice
- ◆ Hit a draw
- ◆ Develop swing memory
- ◆ Visualize and repeat your good swings
- ◆ Experience the feel of solid contact often
- ◆ Practice more effectively
- ◆ Accelerate your rate of improvement



**One solution provides all these benefits**

*...and more*





## **WHO WE ARE**

Founded in 1967 by a small group of successful retired NFL players, the National Football League Alumni is the oldest, most well-known and well-respected retired player organization in professional sports. Membership includes thousands of retired players, coaches, front office executives, spouses, cheerleaders, and avid fans. A primary mission of NFL Alumni is “Caring for Our Own” as we inform, assist, and serve players in their post-NFL lives. Alumni are offered a diverse package of medical, business, and legal services to help keep them and their families healthy, productive, and connected to the league and their former teammates. NFLA is a non-profit organization.

## **MISSION & VISION**

NFL Alumni also has a traditional mission of “Caring for Kids” across the country. Player alumni give back in their local communities by raising funds for youth-related charities through their 35 regional chapters. It is a tradition that has existed for more than 50 years. Alumni support typically raises more than \$1.5 million dollars for worthwhile causes. To accomplish our mission & vision, we have established the NFL Alumni Foundation which is a 501 (c)(3) non-profit organization.

