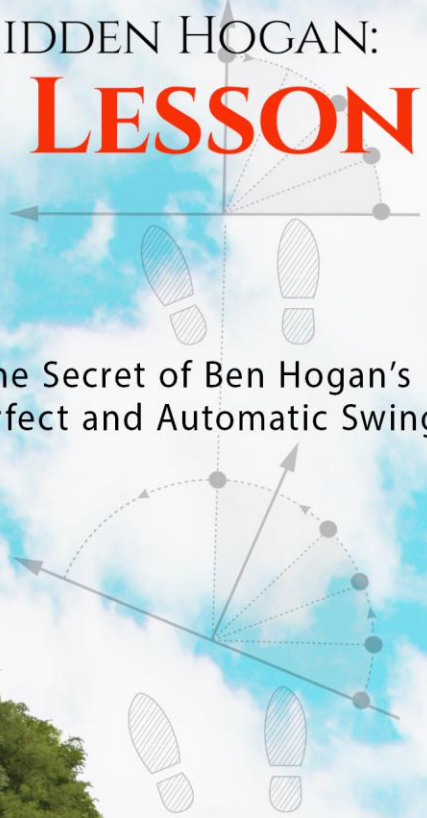


The Relevation of the Holy Grail of Golf

CROUCHING TIGER HIDDEN HOGAN:
THE SIXTH LESSON

The Secret of Ben Hogan's
Perfect and Automatic Swing

PRADEEP BAHIRWANI



Crouching Tiger
Hidden Hogan:
The Sixth Lesson

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Crouching Tiger Hidden Hogan: The Sixth Lesson

THE SECRET OF BEN HOGAN'S
PERFECT AND AUTOMATIC SWING



Pradeep Bahirwani



EDUCREATION PUBLISHING
(Since 2011)
www.educreation.in

*Dedicated to
Ben Hogan and Homer Kelley*

Reverse every natural instinct and do the opposite of what you are inclined to do, and you will probably come very close to having a perfect golf swing.

BEN HOGAN (1912-1997)

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Preface

THE GOAL OF THIS journey is on page seventy-eight where the Perfect and Automatic swing is reduced to a single illustration and a simple instruction of five lines. But fast-forwarding the short distance from here to page seventy-eight will not get you there because arrival at the destination without the rigor of the journey creates no transformation. It is my promise, however, that both the journey *and* the destination will be worth your while.

Like millions of golfers, I too was smitten by the charms of the game. It was love at first swing. And like a million golfers, I too bought a copy of the best-selling golf instruction book - Ben Hogan's *Five Lessons: The Modern Fundamentals of Golf*. I read it diligently from cover to cover. It is a thin little book with vivid images created by the renowned sports illustrator Anthony Ravielli. Thus armed, I began to haunt the practice range with the zeal of the new disciple. It took a couple of years before the realization dawned on me: I could not swing like Mr. Hogan. The instruction in *Five Lessons* could not make me swing like Mr. Hogan. I looked around and found myself in au-

gust company. Nobody else has been able to swing like Mr. Hogan either.

In despair, I turned to other avenues, other swing methodologies. During the course of this process, I hit 5000 golf balls a month for five straight years. Each time I discovered a new way to hit a golf ball, I compared it to the Master's technique and said: "This is not the way Mr. Hogan hit the ball". Deep inside, without my being conscious of it, I had become a seeker of the Holy Grail of Golf. Such was the mesmerizing effect of the Master's fluid and powerful motion. The quest became an obsession with me. I researched everything I could find about the Master. As I gained insights into the life, times and the mind of the Master, I discovered the reason why *Five Lessons* could not help me duplicate his swing. It is called Hogan's Secret. It was in this way that I embarked on my quest for the Holy Grail.

Crouching Tiger, Hidden Hogan: The Sixth Lesson is the revelation of Hogan's Secret. But it is not intended to be a primary instruction book on his techniques. That position unquestionably belongs to *Five Lessons: The Modern Fundamentals of Golf*. So why read this book? First, it reveals the Secret. Second, it bridges the gaps that have so far held back golfers from successfully implementing the Master's methods. But the journey starts with *Five Lessons*. Golfers who have read that book will derive the maximum value out of this one.

Crouching Tiger, Hidden Hogan: The Sixth Lesson is based on the only theory *and* physical model that corroborates *everything* that the Master wrote and said and did. It is based on simple principles of physics, geometry and human anatomy. A scaled down prototype of the physical model - the Body Swing Golfing Machine- is also the basis of my patent application.

The first part of the book, *Hidden Hogan*, is written as a story about the discovery of the Holy Grail. I hope it makes for a compelling reading experience for you. It certainly made for a wonderful writing experience for me. While there is the element of fiction in it, all the golfing details are scientific and val-

idated. The second part, *Crouching Tiger*, derives the Master's fundamentals from the Secret and paves the way towards successful implementation and execution. A particular subset of technical golfers will find the additional material in the appendices interesting. Hogan aficionados will easily identify with the appendix covering Hoganisms: gaps between what the Master said and what he really meant.

The text and illustrations in this book refer to a right-handed golfer. I apologize to left-handed golfers in advance and humbly request that they reverse the interpretations as necessary.

I have enjoyed the process of digging the Master's Secret out of the dirt and presenting it to you in this book. I hope you too enjoy the process of discovering, understanding and applying the Master's Secret.

Pradeep Bahirwani

Book One: Hidden Hogan





Prologue

HELLO. MY IDENTITY DOES not really matter, so please just call me Crouching Tiger. It is a generic term that Hiroki Kojiro coined to symbolize the faceless and average but reasonably coordinated golfer. Before I became Crouching Tiger, I was Racing Rat. That is a generic term *I* coined to symbolize the faceless and average but reasonably abled employee whose life revolves around office, meetings, e-mail, travel and promotions. I started my corporate career highly motivated by the motto: work is worship. But after two decades of working - or worshipping - I recognized that I was nowhere close to actualization, or by whatever other name one chooses to call God. And it was sometime later that the light of realization dawned on me. The fault lay not with the motto, but the chosen field of work. Actualization can be found in Truth, Goodness or Beauty but not in Commerce. Or to put it differently, God can be found in the pursuit of Science, Religion or Art but not in Business.

I am not a religious person. I have never been one. But Science and Art both appeal to me, and in Golf I found the ideal combination of both. Perfection is the highest attainment. It is

mastery in all three dimensions: the physical, mental and spiritual. The journey through these dimensions is concurrent, but mastery must first be attained in the physical dimension, followed by the mental and spiritual in that order.

The earnest golfer and committed seeker will sooner or later run into Ben Hogan. He was the Master, the man who came closest to Perfection. It was thus that I began my quest for the Master's Perfect and Automatic swing. This is the story of my arrival at the first milestone.

After five years, ten thousand hours, permanent calluses, occasional tendonitis and an unhappy trigger-finger, Hiroki Kojiro showed up and this is what he told and showed me.

CHAPTER 1



The Sixth Lesson

I AM HIROKI KOJIRO. Please don't be alarmed, for my intention isn't hostile in the least. Besides, the war ended more than six decades ago. Here, shake my hand and be reassured. Warm flesh and blood, just like yours, no? Good, now there, thank you. But I quite understand your jumpiness. I would've felt the same had you accosted me out of the blue on this deserted golf course. How do I know your name? Never mind, for far more important is my purpose for being here. So let me explain.

I'm the founder of a secret group of golfers called the Hogan Circle. Though they call me the Master, we really have no pecking order. Neither do we have any clandestine rituals or hidden agenda. Besides, I'm not really comfortable with the term Master, because I believe there is only one Master and that is Ben Hogan, the greatest ball striker in the history of golf. Hoganites - as we like to call ourselves - are few in number but come from diverse backgrounds in profession, religion, gender, nationality and ethnicity. Each one has been carefully handpicked on the basis of attitude and a few other qualities, but golfing talent was not one of them. Like you, all of them were once average golf-

ers. But knowledge of the Master's Secret - the Sixth Lesson - has turned them into single-digit handicappers. I have come to induct you into the Hogan Circle.



I have come to induct you into the Hogan Circle.

Why you? Well, I'm coming to that. Like all other Hoganites, you are desperate to play well. You have no shortage of commitment, but success at this enigmatic game eludes you. You love to practice and experiment as much as you love to play. You value golf for inner growth, not external approval or material gain. We've been watching you for quite some time now. We've observed your untiring effort, day after day and year after year, to duplicate the Master's swing. The Hogan Circle has done its homework on you. Your time has come. You're ready now for the Sixth Lesson. But our interest in you runs deeper. That's the reason *I* am here *in person* before you, even though all Hoganites are equally capable of delivering the Sixth Lesson.

Let me clarify. The Master believed in the journey, the process of discovery, the digging of dirt. It took the Master twenty

three years of hard work and doggedness to discover the Secret. Now take your example. You've done five years of digging- relentlessly- I must say - but can you keep it up for another eighteen years? Do you realize the enormity of the task that you've undertaken? The average golfer simply doesn't have the time and energy to practice given the pace and pressures of modern life. Neither does he have the proper instruction to accelerate his progress towards his goal. Many golfers have deserted the game because they have found it too difficult to master. Unfortunately, their number is growing by the day. The Master regarded Golf as a game invented by the highest inspiration in humankind. It would've pained him immeasurably to see the crisis in the game today.

The Hogan Circle is the custodian of the Master's Secret. We've researched, refined and expanded it into a comprehensive and scientific body of knowledge. It's for the greater good of the game that the Hogan Circle has decided to share this knowledge without qualification or discrimination. In a way, as we'll see, this'll also be a completion of the Master's unfinished agenda. The Hogan Circle has chosen you to write the book that reveals the Master's Secret to the golfing world.

Why you? You're that elusive combination of engineer, artist, writer and golfer *and* Hogan devotee. But, my friend, it would be better if you let me do the talking and keep the questions to a minimum. We've just this evening and I have a lot to share with you. Good, it seems we have an understanding. Now, let's walk over to the clubhouse.

To share the Master's Secret with you, I'll have to take you briefly through the values and beliefs of the Hogan Circle. Some of what I've to say in this regard may already be known to you, but I still request you to listen carefully. If nothing else, it'll serve to validate that we speak the same language as you.

Golf is a game of continuous evolution, not instant transformation. There is a trinity of dimensions in the game of golf - the physical, mental and spiritual. Three is a special number to

us in more ways than one. You see this symbol here in the back of my cap? What do you make of it? Ah, yes, three concentric circles, something like a target in archery, you say? But look closer. Notice that the circles are asymmetric in their distances to the common center? But the casual observer may be forgiven for not noticing. It was meant to be discreet. The three concentric circles is the symbol of the Hogan Circle for good reason, as we'll discover.

I'm a martial arts practitioner and teacher. My specialization is swordsmanship. I'm also a calligraphist and an advanced student of Zen techniques, but still nowhere close to the Master who had attained the highest level. The energy around the Master had an unbelievable physical presence. People flocked around from near and far just to watch him at practice hitting ball after ball for hours at end. Somebody has likened the experience to being in church. That's the unmistakable aura around a Zen Master.

Physical mastery entails acquiring and developing the proper techniques. You can only do this in the practice range. Practice is the repetition of a single motion with the goal of mastering it. But Hoganites spend an equal amount of time, if not more, in experimenting. We experiment with a view to improve the Master's techniques, we try out new things, we discard things that do not work and retain things that do. Any new technique or variation is validated by other Hoganites over a period of months before it is accepted into our growing body of knowledge.

The mental and spiritual aspects of golf are vast topics of discussion in themselves, and will altogether take much more time than we have today. Therefore let's talk about the physical aspect only. That is where it all started for the Master when he made his first breakthrough. The Secret was God's gift and the Master used it well, but not as well as he *could* have. He used it as a tool for *his* evolution all right, but he believed that anyone who wished to evolve likewise had to work equally hard for

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The Holy Grail of Golf

Discover. Understand. Apply.

CROUCHING TIGER IS IN YOU. HIDDEN HOGAN IS ALSO IN YOU. BOTH THE POTENTIAL AND THE ABILITY TO UNLEASH IT IS WITHIN YOU. GO FORTH AND PLAY THE GAME THE WAY IT WAS MEANT TO BE PLAYED: AT GOD'S FEET.

Ben Hogan is the most enduring icon in golf and his swing is the most studied athletic action in the history of sport. In 1946, after twenty-three years of relentless practice and continual experimentation, Hogan discovered a Secret that transformed him into the greatest ball striker of all time.

Hogan's confidence in the Secret led him to state in his ground-breaking book *Five Lessons: The Modern Fundamentals of Golf* that any reasonably coordinated golfer could break eighty. When asked if the Secret was there in the book, he said that it was there and that it was easy to locate if told where to look. But Mr. Hogan never did tell. His blunt answer to the direct solicitation: The Secret is in the Dirt. Mr. Hogan was adamant about practice, hard work and self-discovery as a rite of passage.

In 1997, the Master passed away and the Secret was lost forever. This book decrypts Hogan's complex web of clues and decoys to resurrect the Secret in its brilliant entirety. This book reveals a startling fact of human bio-mechanics never published before in any medical or golf journal. This book is your key to the Holy Grail of Golf: Ben Hogan's Perfect and Automatic swing.

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