

A man with a beard and glasses, wearing a red long-sleeved shirt and pants, is sitting in a meditative lotus position on a green golf course. He is looking upwards and to the right. The background features a large, glowing sun setting over a body of water, with palm trees silhouetted against the sky. The overall mood is serene and contemplative.

ZEN AND THE ART OF PUTTING

Presented by Drop Bear Golf

ZEN AND THE ART OF PUTTING

Zen and the Art of Putting introduces a mindful approach to putting by integrating practical drills, visualization techniques, and moments of focused meditation.

This guide encourages golfers to develop a deeper awareness of their movements and a stronger connection to their putting technique.

Through inner calm and deliberate practice, you'll learn to align your mind and body, making your putting routine feel more intuitive and natural.

The science of putting integrates three fundamental domains: biomechanics (the study of human movement), physics (the interaction between club, ball, and surface), and sports psychology (the mental aspects of performance).

This guide synthesizes these elements into a comprehensive approach to putting mastery.

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“Golf is a matter of confidence. If you think you cannot do it, there’s no chance you will.”

—Henry Cotton

Zen and the Art of Putting

Mastering Your Stroke Through CenterStrike® Technology

You could buy a hundred books on golf and putting. Perhaps you already have. Most of them likely offer overlapping advice on achieving putting success. In this guide, you’ll find the distilled essence of the best techniques, thoroughly tested and proven effective. Whether you add this workbook to your collection or use it as your primary resource, its purpose is to provide you with the ultimate guide to your best putting yet. And best of all, it’s free!

This guide revolves around **CenterStrike® Technology** (CST), developed from the best practices during our research and perfected during the creation of PutterOne—the world’s most accurate and forgiving putter. While this isn’t a pitch to buy our putter, you’ll learn about it with no obligation later on.

This workbook centers around our zero loft putter. However, one is not required to achieve success and consistency in your putting routine.

Following the plan in this guide is.

The guide is straightforward. It begins with a few essential drills, each designed to be completed in just over 30 minutes. If you have more time, you can extend your practice for even greater benefit. Just like a diet, what you put in is what you’ll get out.

Drills are only one component of the guide. As it’s titled: *Zen and the Art of Putting*, it should be obvious that there’s more to putter “enlightenment” than manual, physical practice.

Visualization and meditation (V&M) are key factors for successful putting. It’s so important, I’ll say it again. Visualization and meditation are key factors for successful putting. This chapter will follow the drills as its important to visualize and reinforce new, refined behavior and not repeat (what could be) old, bad habits. Let’s learn new habits first!

Visualization will add 5-10 minutes to your daily routine (yes, the drill may not be daily but the practice of V&M is). It could save 5-10 strokes off your game. *It’s worth it!*

CenterStrike Technology: Your Best Putting Yet!

The science of putting integrates three fundamental domains: biomechanics (the study of human movement), physics (the interaction between club, ball, and surface), and sports psychology (the mental aspects of performance). This manual synthesizes these elements into a comprehensive approach to putting mastery.

To master the CenterStrike Golf Putting Technique, start with a balanced and stable setup. This method prioritizes stability, making it one of the most reliable techniques available. Pairing this with visualization and meditation enhances the overall effectiveness.

The optimal putting stance leverages several key biomechanical principles:

KINEMATIC CHAIN ALIGNMENT

Shoulder-hip-knee-ankle alignment creates a stable kinetic chain

Slight knee flexion (15-20 degrees) optimizes proprioceptive feedback

Spinal tilt of approximately 35-45 degrees from vertical maximizes visual acuity while maintaining postural stability

CENTER OF GRAVITY (COG) POSITIONING

Weight distribution should be 55/45 favoring the lead foot

CoG positioned slightly forward of mid-stance enhances pendular motion

Feet positioned shoulder-width apart creates optimal base of support triangle

VISUAL-MOTOR INTEGRATION

Dominant eye positioning directly over the ball optimizes depth perception

Vertical eye plane alignment reduces parallax error in directional judgment

Binocular vision maintained through restricted head movement

YOU:

Posture: Keep your shoulders and forearms square to the target while maintaining a slightly open stance. Stand balanced with feet shoulder-width apart, knees slightly bent, and upper body leaning slightly over the ball.

Eye Alignment: Position your eyes directly over the ball, parallel to the putt's starting line, to ensure proper alignment. Depending on your dominant eye and comfort, position one eye directly over the ball and the other behind it.

Elbows: Tuck your elbows close to your body to reduce unnecessary movement and enhance control.

YOUR PUTTER:

Grip the club like you're holding a bird, or a tube of toothpaste or any other metaphor that drives home the importance of a "light but firm" grip, ensuring you're gripping hard enough that you don't throw your club when you swing. Maintain consistent grip pressure throughout the stroke.

Shaft Positioning: Set up with a slight forward shaft lean, (aka. *forward press*) which promotes a clean roll by supporting a stable, descending stroke.

The forward press is a technique used to deloft the putter slightly, ensuring the ball is struck with a descending blow. This action helps to impart immediate forward roll on the ball, reducing skidding and bouncing, which can negatively affect the putt's line and speed. A pure roll allows the ball to hold its line better and maintain consistent speed, especially on faster greens. This technique leverages the physics of energy transfer, where a descending strike promotes a more efficient roll compared to a neutral or ascending stroke.

Pendulum Motion: Mimic the natural movement of a pendulum to ensure consistency in your stroke. This promotes uniformity in the backswing and follow-through, enhancing control and precision.

Swing Thoughts: Absorbing all this information at once may be overwhelming. Instead, focus on one adjustment at a time, gradually building a solid foundation.

Drill, baby drill.

Understanding the biomechanics, physics, and psychology of putting is crucial for improvement. A well-executed putt requires precise coordination between your body and the putter, as well as mental focus and control.

Our simple drills are designed to enhance your golf putting skills by focusing on the use of a zero loft putter, a slight forward press, and a pendulum swing with repeatable cadence and focus. It is suitable for beginners to intermediate golfers on both practice greens and at-home setups.

Regular practice using these drills will enhance your putting accuracy and consistency.

Remember to measure your improvement over time and make necessary adjustments to your technique.

1. WARM-UP AND ALIGNMENT (5 MINUTES)

Proper alignment in putting is critical because the margin for error is much smaller than in full shots. The human eye can perceive alignment errors as small as a fraction of a degree, which can translate to significant deviations at the hole. By aligning your body, eyes, and putter head correctly, you ensure that the stroke path matches your intended line. This reduces the need for compensations during the stroke, allowing for more natural and consistent execution. Consistent alignment also enhances muscle memory, making it easier to replicate successful putts.

Drill:

- Set up a straight 3-foot putt on a flat surface.
- Focus on aligning your body, eyes, and putter head with the target.
- Make ten putts, ensuring a consistent starting line.

2. PENDULUM SWING (10 MINUTES)

The pendulum swing is primarily driven by the shoulders, creating a natural, smooth arc that minimizes wrist movement. This technique relies on the concept of the double pendulum in biomechanics, where the upper arms and putter form two segments swinging around a fixed pivot point at the shoulders. The goal is to reduce variables by limiting wrist flexion and extension, leading to more accurate and repeatable strokes.

A pendulum stroke reduces variability and improves control over the putt's distance.

Drill:

- Stand with your feet shoulder-width apart.
- Hold the putter with both hands, ensuring a relaxed grip.
- Position the ball in line with your stance's center.
- Practice swinging the putter back and forth like a pendulum.
- Focus on the shoulders driving the motion, keeping your arms and wrists stable.
- Maintain a smooth and consistent rhythm throughout the swing.
- Now, use a metronome set to 60 beats per minute. Match the backswing to one beat and the forward swing to the next, ensuring a smooth, pendulum-like motion.
- Avoid any sudden movements or jerks during the swing.
- Putt ten balls focusing on this rhythm.

Shop your favorite app store or visit: <https://www.metronomeonline.com> for a free online metronome.

3. CADENCE (5 MINUTES)

Consistent cadence in putting is linked to the psychological state of the golfer. A steady rhythm helps in maintaining focus and reducing anxiety, which can cause variations in stroke length and force. The principle of rhythm in sports psychology suggests that a repeatable tempo can lead to better motor control and execution under pressure.

Drill:

- Find a flat area on the green.
- Place several balls at different distances from the hole (e.g., 3 feet, 6 feet, 9 feet).
- Practice putting each ball with the same stroke tempo, regardless of distance.
- Focus on the pendulum motion, keeping your backstroke and follow-through equal.
- Observe the distance each ball travels and adjust your stroke length accordingly.
- Avoid decelerating or accelerating abruptly during the stroke.

4. (ZERO) LOFT ALIGNMENT (5 MINUTES)

The physics of putting involve ensuring that the putter face is perpendicular to the target line at impact, reducing side spin and enhancing directional control.

Consistent practice will help develop muscle memory for proper alignment. A zero loft putter minimizes the ball's initial bounce and promotes a smoother roll. If you are not using a zero loft putter, that's ok. By implementing the forward press (see below), you'll be delofting the putter during the stroke. What's essential is proper alignment to counteract any natural deviations caused by imperfections on the green.

Drill:

- Place a straight line on the green or use a chalk line as a guide.
- Align your putter's face perpendicular to the line.
- Position the ball at the line's intersection.
- Practice aligning the putter face square to the line before each stroke.
- Ensure the putter remains square throughout the backstroke and follow-through.
- Remember your pendulum swing!
- Strike the ball and observe its roll along the line to check for misalignment.

5. FORWARD PRESS AND LOFT (5 MINUTES)

The forward press is a technique used to deloft the putter slightly, ensuring the ball is struck with a descending blow. This action helps to impart immediate forward roll on the ball, reducing skidding and bouncing, which can negatively affect the putt's line and speed. A pure roll allows the ball to hold its line better and maintain consistent speed, especially on faster greens. This technique leverages the physics of energy transfer, where a descending strike promotes a more efficient roll compared to a neutral or ascending stroke.

Drill:

- Set up five balls.
- Before each putt, use a slight forward press to deloft the putter and strike the ball with a descending blow.
- Observe how this affects the roll of the ball and reduces skidding.

6. DISTANCE CONTROL (5 MINUTES)

Distance control is governed by the principles of force application and energy transfer. A consistent pendulum stroke helps regulate this force, enabling the golfer to scale the same motion up or down for different distances. This regulation minimizes variability and improves control over the putt's distance.

Distance control is achieved by incorporating these three elements:

Speed- calibrating the putter's swing to control the pace of the ball. A smooth, pendulum-like stroke helps maintain consistent tempo, which is crucial for distance control.

Feel - trains the golfer's brain to associate varying levels of effort with specific distances, enhancing muscle memory. Enhanced through practice, this sensory development allows golfers to fine-tune their touch by improving the golfer's ability to judge distances, visually and kinesthetically, leading to better adaptation to different green speeds and conditions.

Strike Quality - a centered strike on the putter's sweet spot maximizes energy transfer and minimizes loss, leading to more consistent ball roll and direction. This consistency is crucial for maintaining accuracy over varying distances.

Drill:

- Set up putts at different distances, from short (3 feet) to long (20 feet).
- Maintain a consistent stroke rhythm, focusing on the putter head's speed through the ball.
- Concentrate on the feel of each putt, adjusting the force based on the distance.
- Aim for a centered strike on the ball's equator to ensure a smooth, efficient roll.

Remember to journal! Measure your improvement over time and make necessary adjustments to your technique.

“The greatest thing about tomorrow is,
I will be better than I am today.”

—Tiger Woods

“I never hit a shot, not even in practice, without having a very sharp, in focus picture of it in my head.”

—Jack Nicklaus

The Power of Visualization and Meditation for Putting Success

Visualization is the mental rehearsal of performing a task successfully. By picturing yourself executing a perfect putt, you engage the same neural pathways used during the actual physical activity. Anyone can (and should) visualize. Imagining that you just birdied a hole is a great example. In this case, we'll start our visualization around picturing the perfect putt. Running the scenario through our minds until the dream becomes a reality.

Keep in mind all the strategies we learned in the drills—a fresh approach to your putting technique. Imagine these thoughts when you visualize so that you are reinforcing good structure, good habits.

To begin:

Find a quiet moment, a quiet space, one where you won't be distracted.

Breathe deeply to relax

Your eyes can remain open or if your situation permits, close your eyes.

Think daydreaming...

Now, imagine yourself on the green, setting up for a putt. Focus on every detail—your stance, grip, and the feel of the putter. In your mind's eye, see the ball rolling into the cup, hear the sound of it dropping in, and feel the grip of the putter in your hands. Engaging multiple senses makes the visualization more vivid and impactful.

Slow Motion Replay: See yourself executing the perfect pendulum swing, the forward press, and watching the ball roll smoothly into the hole. Visualize your putt in slow motion, breaking down each step from setup to follow-through. This helps you focus on every detail of your technique.

Outcome Visualization: After mentally rehearsing the mechanics, shift focus to the outcome—imagine the satisfaction and confidence of seeing the ball in the hole. Mentally rehearse your successful putts.

“You swing your best when you have
the fewest things to think about.”

—Bobby Jones

Set aside a few minutes each day to practice visualization, especially before bed or during quiet moments, to reinforce positive imagery. Practicing visualization daily reinforces the mental image of successful putts, boosting confidence and readiness.

Meditation helps clear the mind, reduce stress, and improve concentration—key elements for successful putting, where focus and precision are crucial.

Set aside time where you can sit still, in a quiet, comfortable place. Just 5-10 minutes a day. It doesn't take a lot to make a difference.

Focus on your breathing. Like visualization, sit quietly, comfortably, close your eyes, and concentrate on your breath. Focus on the rhythm of your breathing. Inhale slowly, hold briefly, and exhale. Repeat this cycle to center your mind. If your mind wanders, gently bring it back to your breathing.

Body Scan. Close your eyes and mentally scan your body from head to toe, releasing any tension you feel. This helps you relax before practicing or playing and is essential during meditation. Allow your body to be open and unstressed.

As you meditate, repeat affirmations and incorporate what you've visualized during practice. Perhaps an calming phrase to anchor your thoughts to your putting practice.

We use “sole, press, sweep” which reminds us of our fundamental technique and serves as a rhythmic, meaningful “chant.” Chose something meaningful and repeatable for you.

After meditating, during your daily life, visualize your next putting session, applying the calm focus you've cultivated. Practice mindful walking on the green, feeling each step and staying present. This can translate to greater awareness, better focus, composure and calm during putting.

Visualization allows us to dream where *meditation* asks us to be present. Combining these practices can create a powerful mental routine that prepares you for putting success.

Frequently Asked Questions

Q: What should I do if my putts consistently veer to one side?

A: This could indicate an alignment or stroke path issue. Check your setup to ensure your shoulders, hips, and putter face are aligned with your target. Practice the alignment drill to reinforce proper positioning.

Q: How can I maintain a consistent pendulum swing under pressure?

A: Consistency under pressure comes with practice and mental preparation. Use a metronome to develop a steady tempo and focus on breathing techniques to stay calm. You can also repeat a beat sequence in your head by repeating a tick-tock “mantra.” Visualizing successful putts before executing them can also help maintain consistency.

Q: Can I use these drills on different types of greens?

A: Yes, the drills are designed to improve your fundamental putting skills, which apply to all green types. However, you may need to adjust the speed of your stroke for faster or slower greens, which you can practice by varying the length of your pendulum swing.

Q: How do I know if I'm pressing too hard during the forward press?

A: The forward press should be gentle, just enough to deloft the putter slightly. If you're pressing too hard, you may notice the ball bouncing instead of rolling smoothly. Focus on a light press and observe the ball's roll to adjust your pressure accordingly.

Q: Can these techniques help with longer putts?

A: Absolutely. The principles of alignment, pendulum swing, and forward press apply to putts of all lengths. For longer putts, focus on maintaining the same swing mechanics while adjusting the stroke length to cover more distance.

Q: How often should I practice these drills?

A: Aim to practice at least 3-4 times a week, even if it's just for a few minutes each session. Regular, focused practice is more beneficial than infrequent, lengthy sessions. Consistency helps build muscle memory and reinforces good habits.

Q: How can I measure my improvement effectively?

A: Use the practice logs and progress charts provided in the workbook. Track your success rates from different distances and note any patterns or areas needing improvement. Regularly review your logs to see how your accuracy and consistency develop over time.

Q: How do I stay motivated if I don't see immediate improvement?

A: Improvement in putting often takes time and persistence. Celebrate small victories, such as increased confidence or better alignment. Reflect on your progress using the review sections in the workbook, and remember that steady, gradual progress is key to long-term success.

Q: Why do you promote the use of a zero loft club?

A: One of the main benefits of a no loft putter is that it can help golfers achieve a more consistent and accurate putting stroke. Since there is no upward trajectory when the ball is struck, the golfer has more control over the initial direction and speed of the ball,

resulting in a more accurate putt. Additionally, the lack of loft means that the ball is less likely to skid or bounce off the putter face, which can also contribute to more consistent putts.

Another benefit of a no loft putter is that it can be particularly effective on faster greens. Since the ball is rolling end over end with no initial lift, it is less likely to be affected by the grain of the grass or other factors that can cause the ball to deviate from its intended path.

Overall, a no loft putter can be a great option for golfers who are looking to improve their putting consistency and accuracy. It may take some time to adjust to the different feel of a no loft putter, but many golfers find that it ultimately helps them make more putts and lower their scores.

Here's a basic comparison chart:

CHARACTERISTICS	Zero Loft Putter	Standard Loft Putter
Loft angle	0	2-4 typically
Initial ball trajectory	Horizontal	Slightly upward
Skid phase	Minimal to none	Longer
Forward roll	Immediate	Delayed
Face alignment	Simpler	More complex
FACTOR		
Distance control	More consistent	Can vary
Accuracy on fast greens	Better	May cause bouncing
Forgiveness on off-center hits	Higher	Lower
Versatility on different greens	Consistent	May require adjustments
Effect of green grain	Minimal	More pronounced
Performance from fringe	May require technique adjustment	Generally easier
ASPECT		
Learning curve	Steeper initially	Familiar to most
Stroke adjustment	May need to flatten stroke	Works with most
Green reading	Potentially simpler	Traditional
Transition from practice mats	Smoother	May feel different
Suitability for arc putters	Excellent	Good
Suitability for straight back straight through putters	Excellent	Good
SITUATIONAL PERFORMANCE		
Long putts	More predictable roll	May be affected by loft
Short putts	Highly consistent	Consistent
Wet greens	Less affected	May cause skidding
Bumpy greens	More consistent	Can be unpredictable
Uphill putts	May require more force	Natural loft helps
Downhill putts	Easier to control	May require de-lofting

“As simple as it it revolutionary.”

—*New York Daily News*

INTRODUCING
PutterOne

The world's most accurate and forgiving golf putter!

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You get to the green. We'll take it from there.®

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Further Reading

If you'd like to dive into the weeds, as it were, here are some links for additional research.

Cooke, A., Kavussanu, M., McIntyre, D., & Ring, C. (2010) - "Effects of competitive pressure on expert performance: Underlying psychological, physiological, and kinematic mechanisms." This research in "Psychophysiology" touches on the biomechanics under pressure, including putting.

<https://pubmed.ncbi.nlm.nih.gov/21265862>

Karlsen, J., Smith, G., & Nilsson, J. (2008) - "The stroke has only a minor influence on direction consistency in golf putting among elite players." This study in "Journal of Sports Sciences" discusses the role of the stroke versus other factors like putter face alignment at impact. Of the different factors deciding stroke direction consistency, face angle was found to be the most important (80%), followed by putter path (17%) and impact point (3%).

<https://pubmed.ncbi.nlm.nih.gov/17917952/>

Hume, P.A., Keogh, J., & Reid, D. (2005) - "The role of biomechanics in maximising distance and accuracy of golf shots." While broader than just putting, this review in "Sports Medicine" includes insights into putting biomechanics.

<https://pubmed.ncbi.nlm.nih.gov/15896091/>

Roberts, J.R., Jones, R., Mansfield, N.J., & Rothberg, S.J. (2005) - "Evaluation of impact sound on golf greens: Influence of turf characteristics." Although focused on sound, this study in "Journal of Sound and Vibration" indirectly relates to putting feel and impact dynamics.

https://repository.lboro.ac.uk/articles/journal_contribution/Evaluation_of_impact_sound_on_the_feel_of_a_golf_shot/9570947?file=17204948

Nesbit, S. M. (2005) - "A three dimensional kinematic and kinetic study of the golf swing." In the "Journal of Sports Science and Medicine," Nesbit used 3D analysis to describe the kinematics and kinetics of the golf swing, providing insights into force generation.

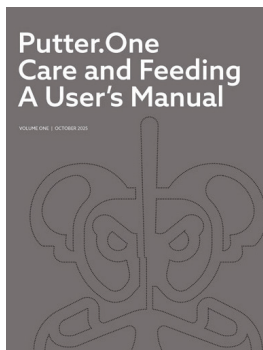
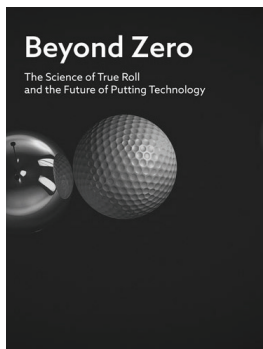
<https://ldr.lafayette.edu/concern/publications/12579s726>

Delay, D., Nougier, V., Orliaguet, J.P., & Coello, Y. (1997) - "Movement control in golf putting." This older study in "Human Movement Science" discusses the motor control strategies golfers use during putting.

<https://www.sciencedirect.com/science/article/abs/pii/S0167945797000080>

ADDITIONAL FREE RESOURCES

Why do traditional putters create backspin that must be overcome? This technical white paper reveals the physics behind CenterStrike Technology's round face revolution. Supported by Quintic testing and biomechanical research, discover how sphere-on-sphere contact eliminates the fundamental problems that plague flat-faced putters. The future of putting is round.



Your comprehensive troubleshooting guide for mastering revolutionary putting technology. When putts aren't performing as expected, this systematic manual diagnoses the root cause—from directional inconsistency to confidence issues—and provides physics-based solutions. Includes the confidence-building Sole-Press-Sweep method, distance control protocols, and mental game strategies that work with CenterStrike® Technology's advantages.

DOWNLOAD YOURS AT: PUTTERONE.MEDIA

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