

BJM PUTTING SYSTEM
AND
KOTAHI PUTTER GRIPS
PUTTING SCIENCE
MADE SIMPLE
OUR SCIENCE – OUR SYSTEM



BJM

www.bjmputtergrips.com

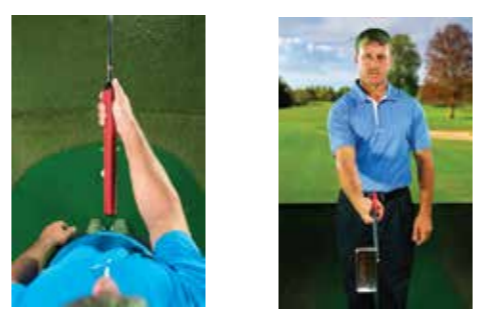
We have 3 important steps to setting up for the BJM Putting System.

- 1) Preparing the club for the BJM holding system
- 2) Extending the hands
- 3) Standing to the ball

Firstly lets look at placing the hands on the grip

1 PREPARING THE CLUB FOR THE BJM HOLD SYSTEM

TARGET HAND

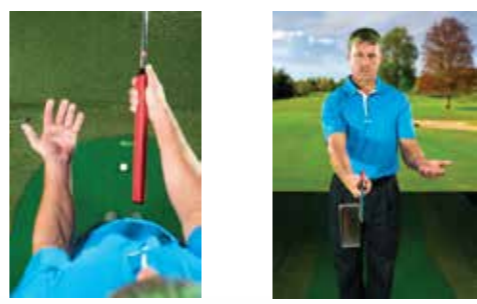


Standing straight, feet together and toes pointing towards the ball.

Holding the bottom of the grip near the shaft in the rear hand, shaft horizontal to the ground with the clubface vertical, this is called the ready position.



Raise your target hand so the forearm is horizontal to the ground and elbow is comfortably to your side.



Turn the palm of the target hand to the sky.

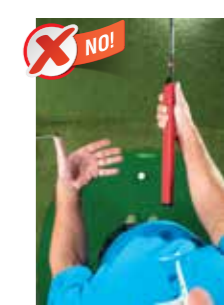


Swing your target hand into the centre of your body and place the grip of the golf club in the target hand running through the palm just above the little finger and into the pointer finger

RADIAL DEVIATION



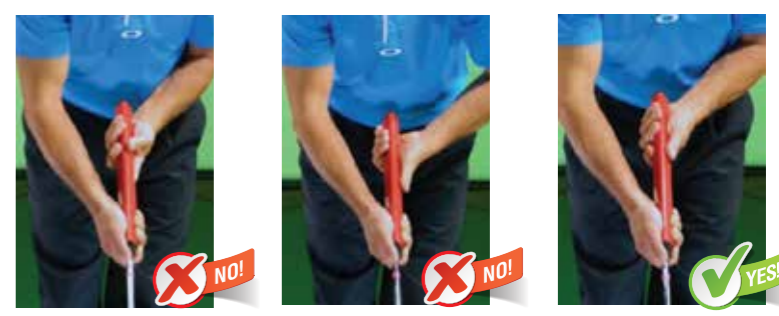
ULNAR DEVIATION



Remember **DO NOT** hinge the target hand, that is, moving the little finger or the thumb towards the wrist, this is called ulnar and radial deviation and is unwanted in the set up.



Close the fingers and then the thumb making sure the palm remains pointing to the sky. Allow the pointer finger and thumb of the target hand to rest directly opposite one another on the grip.



If the thumb or the forefinger are extended on the grip then we have hinged the wrists and it is advised to start the process again. The forefinger and thumb should be resting comfortably opposite one another on the grip.



REAR HAND



Turn the palm of the rear hand towards the sky running the grip of the club through the palm just above the little finger and into the pointer finger, as you did with the target hand.



Slide the rear hand to the target hand until they are touching.



Again the pointer finger and thumb of the rear hand should be directly opposite each other.

2 EXTENSION OF THE HANDS (BENDING OF THE WRISTS)

At this stage our hands have been prepared and we will be holding the putter grip correctly, From here we will proceed with the following steps:



Make sure the elbows are resting in front of the tummy with the forearms horizontal to the ground as shown above.

Maintain the horizontal position in the forearms and allow the weight of the putter to create some extension in the hands, in other word you will allow the wrists to bend towards the ground under the weight of the putter (club head will hinge towards the ground) leave the forearms horizontal to the ground while creating this extension for the hands.

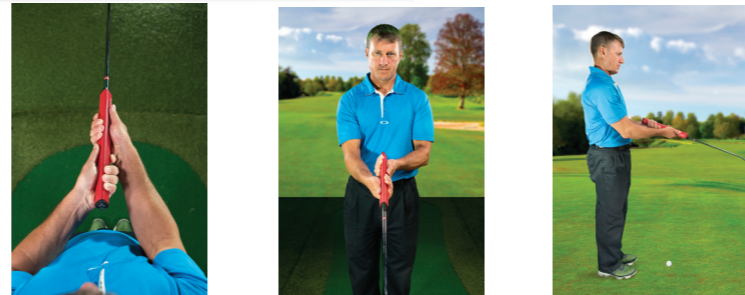


DO NOT over extend the hands just allow the weight of the putter to bend the wrists until you feel a slight stretch.

DO NOT lift the or drop the forearms below or above horizontal.

DO NOT extend the upper arm away from the body. Leave the elbows comfortably at your side.

3 STAND



From the prepared ready position



With the feet together and toes opposite the ball, bow from the waist keeping the elbows in front of the tummy until the putter head touches the ground.



DO NOT extend the arms, in other words leave the elbows in front of the tummy and the angle between the forearm and bicep the same as it was when preparing the hands at the ready position.



From here step 30% with the Target Foot and 70% with Rear foot, with the width of the feet slightly wider than the hips.

X-HANDED BJM PUTTING SYSTEM

For the X-Handed BJM Hold System we will follow the same steps as illustrated above but with the placement of the REAR hand first.

Proceed with the same systematic procedure as you would with the Traditional BJM Hold system as illustrated below.

