

## FORWARD

### A Letter from the Inventor

Absolute truths are not invented or created, they are discovered. I feel fortunate to have had the ideas that have allowed me to develop the Dream Swing Training System. As an inventor, I have attempted to learn the absolute truths that govern the laws of physics. In my research, about the golf swing, I have learned that the perfect golf swing is based on true laws of physics. The ball cannot fly straight unless it is struck square. That is an absolute truth that will never change. All the great ball strikers perform the same motions correctly in the golf swing. Although they have different looking swings, they swing the same through the impact area. At 9 o'clock they are down the toe line, square at impact, and back down the toe line at 3 o'clock in the follow through. A great golf teacher told me that the best golf swing is like throwing a rock. He said, "the rock will travel on a straight line unless some unnatural force causes it to veer off line. The golf swing should be the same way. It should travel on the same line throughout the entire swing". The Dream Swing is a mechanical device based on true laws of physics that provides this for every golfer.

Obviously, a golfer cannot improve his handicap until he improves his swing habits. The average golfer develops poor swing habits, then establishes his handicap, and after 10 to 15 years of golf never improves past that because it is so difficult to overcome bad swing habits. This is a fact, that has been proven millions of times. However, with the Dream Swing, it is easy to change because it gives you no choice. Your first experience on the Dream Swing should be to feel how effective it is; how it reprograms your brain and promotes muscle memory by forcing you to swing properly. Set the Dream Swing up and take a dozen backswings with your club connected into the training system; step away and take a backswing with a loose club. You will experience what is referred to as "Muscle Memory". You will immediately understand how effective the Dream Swing is and how it teaches "feel". Dream Swing makes dramatic improvement easy.



An experienced golfer commented after his initial introduction to the Dream Swing, "This is the most sophisticated swing trainer I've ever seen." Don't expect to step into the Dream Swing and instantly be able to swing it. If the average golfer could instantly swing it, the Dream Swing wouldn't be effective. You have to learn **correct swing mechanics**. That's why you purchased the Dream Swing. For the average golfer it will require **concentration, work, and practice** to learn this new swing. The Pros have developed their swings after years of work, hitting hundreds of balls each day, and having constant tutoring. You have the opportunity to learn their swing in a fraction of the time and money. You have made the smartest investment a golfer can make. You will no longer be guilty of being on the course with a \$200 club and a 2 bit swing. As you learn and continue to practice with the Dream Swing you will enjoy the best golf of your life.

You may have to work with the Dream Swing for awhile to understand how to correctly set up the stand. Fasten the two ropes that come down the side securely into the ground, slightly in front of the device as shown in diagram 2, then pull the back rope tight and secure it. If the Dream Swing is still wobbly or loose, pull one of the ropes tight until the stand is secure. When adjusting the telescoping adjustment, **FINGER TIGHT** is adequate.

A Teaching Pro commented after learning how to swing the Dream Swing that he felt, "the average golfer is too stupid and won't understand how to swing the Dream Swing." For some golfers it will be difficult. Others will catch right on. We have experienced that women learn on the device faster than men because they don't fight it. Remember, it only weighs 4 pounds. It isn't designed to over-power the golfer. It can't **make** anybody swing correctly. It can, however, guide every golfer's swing into the correct positions, allowing the user to feel the best swing in golf. If you are going to learn the swing the Pros swing, (The Dream Swing) you will also need to **think** like a Pro. To use the Dream Swing correctly, you will need to think, "What do I need to do to swing this right." Initially, imitate the motions in the diagrams to swing the Dream Swing correctly, but also understand that this System can be **customized for your body type**. By experimenting you can find the perfect setting for you.

Our customer service stands ready to assist you at **1-800-532-4542** if you need any help. Thank you.



**Never in the history of golf  
has there been a swing trainer  
that can improve your game  
so dramatically!**

The money back guarantee does not include Shipping and Handling. Dream Swing reserves the right to make improvements and upgrades to the device as we deem necessary. For this reason, your model may vary in some ways from that seen in the accompanying video.

**YOUR UNIT IS THE  
LATEST IMPROVED MODEL**

**100% Made In The U.S.A.**



**DREAM SWING  
451 W. HWY. 24  
PAUL, ID 83347**

Internet Address: [www.dreamswing.com](http://www.dreamswing.com)

# **VISUAL INSTRUCTION GUIDE FOR THE DREAM SWING**

**Imitate  
these body motions  
to swing the  
DREAM SWING  
correctly**

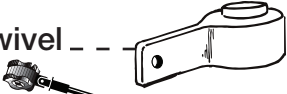
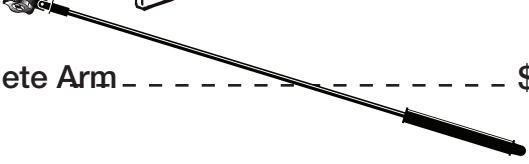

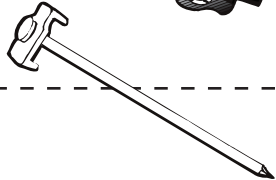


**The Most Effective  
Swing Training System  
In The History Of Golf**

**PERFECT PRACTICE WILL CREATE PERFECT SHOTS**

PARTS LIST

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Top Swivel		\$19.00
Complete Arm		\$49.00
Gripping Clamp		\$29.00
Stakes		\$2.00 each
Ropes		\$.50 each

If the locking mechanism quits functioning, send the device to:

**Dream Swing**  
451 West Hwy 24  
Paul, ID 8347

We will repair it and return it to you. \_ \_ \_ \$39.00

There is a one year warranty on all parts.

**Our customer service stands ready to assist you with any problems.**

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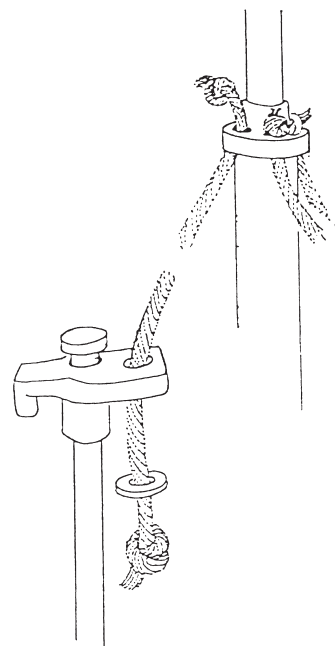
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In this photograph, we have attached a light to the club head, allowing you to see the path the club head follows as the golfer swings the Dream Swing. From the set-up position, Dream Swing guides the arms, hands and club to the top of the back swing perfectly - exactly on plane. Dream Swing then allows for the change that takes place in the down swing, guiding the club across the impact area perfectly. In the follow through the club stays on plane, and as the golfer gets in the finish position, the club finishes on a line exactly parallel to the takeaway line.

***IT DOESN'T GET BETTER THAN PERFECT!***  
**This is a Dream Swing - the Best Swing in Golf!**



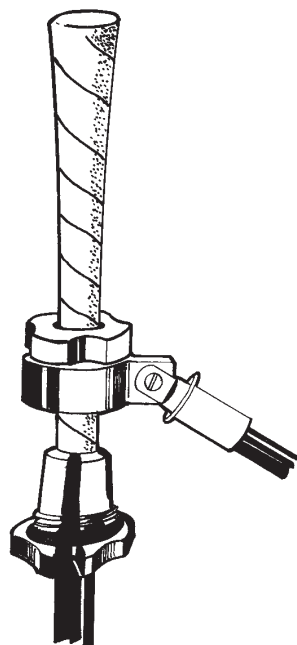


## 1. Connect Ropes and Stakes

Diagram 1

### Connecting your club into the Dream Swing

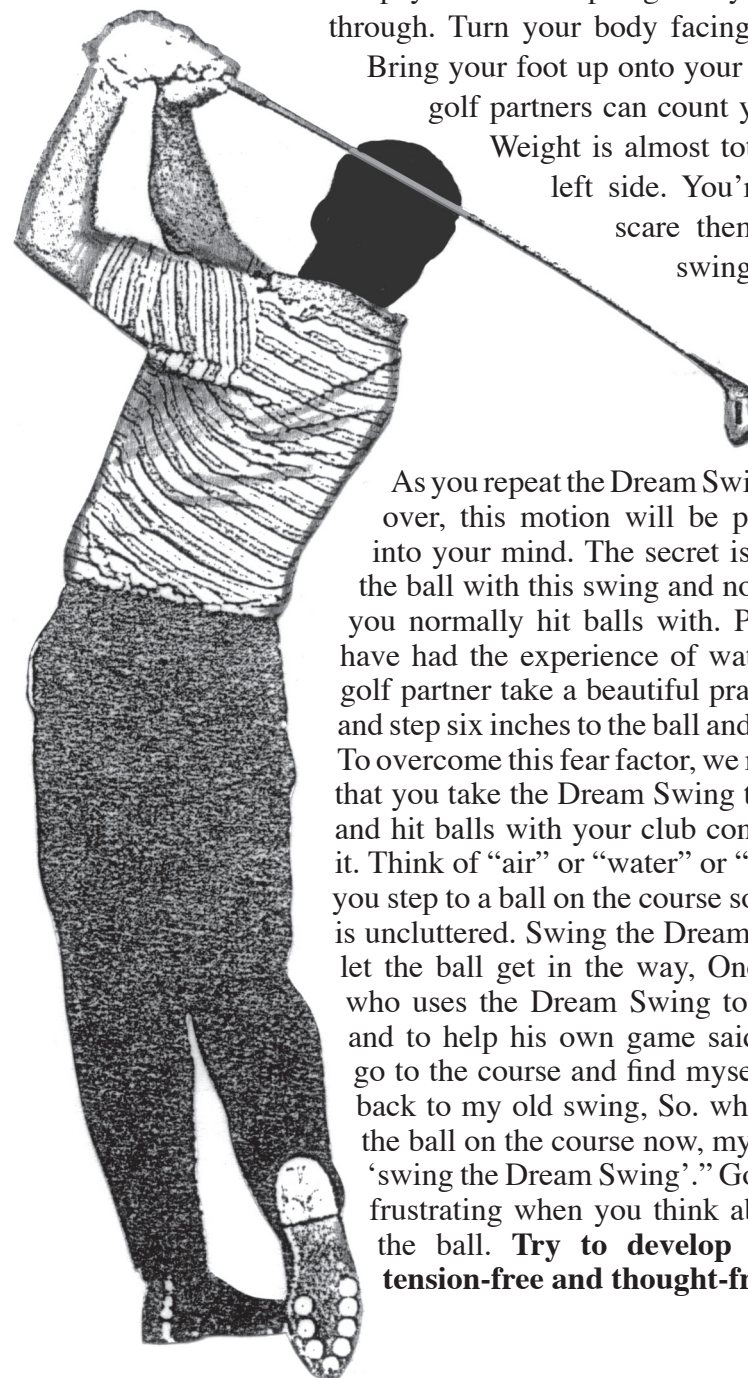
Put the end with the slot onto the club at the bottom of the shaft where it is narrow. Slide it up tight on the bottom of the grip. Then screw the top piece on to it. Check to make sure it is secure. The gripping clamp is designed to fit a standard size grip. You can modify it to fit larger grips or build up a smaller grip with tape until the gripping part fits securely.



Keep your hands up high in your follow-through. Turn your body facing the target.

Bring your foot up onto your toe so your golf partners can count your spikes.

Weight is almost totally on the left side. You're going to scare them with this swing!

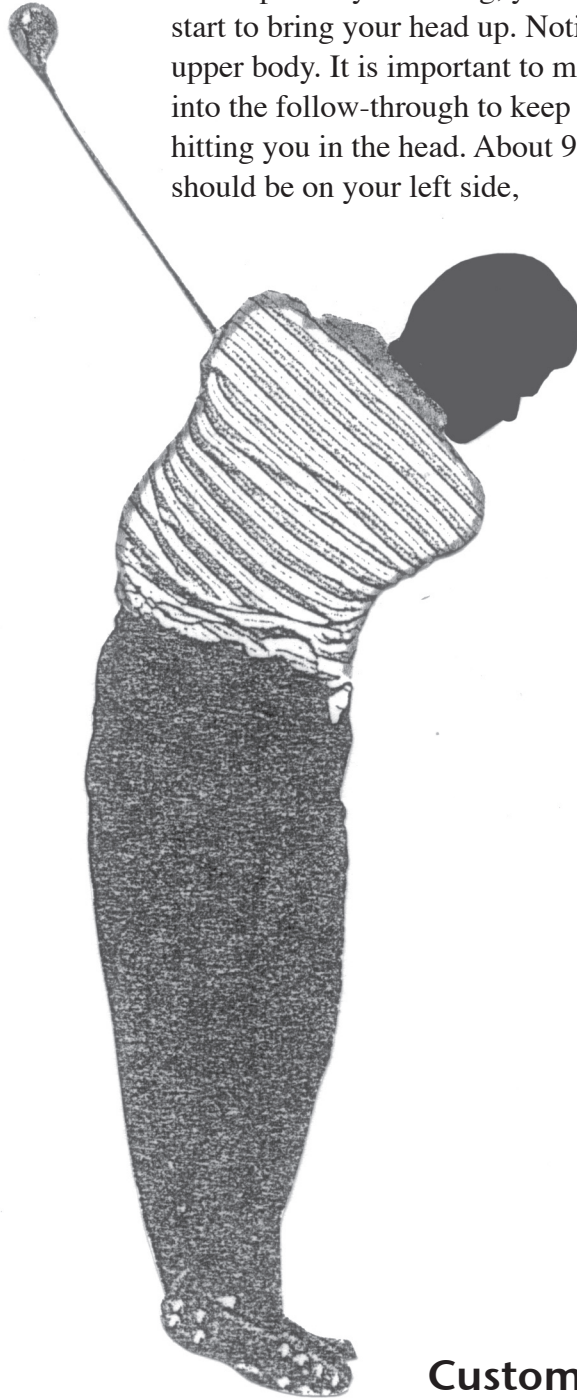


As you repeat the Dream Swing over and over, this motion will be programmed into your mind. The secret is then to hit the ball with this swing and not the swing you normally hit balls with. Perhaps you have had the experience of watching your golf partner take a beautiful practice swing and step six inches to the ball and "chunk" it. To overcome this fear factor, we recommend that you take the Dream Swing to the range and hit balls with your club connected into it. Think of "air" or "water" or "blue" when you step to a ball on the course so your mind is uncluttered. Swing the Dream Swing and let the ball get in the way, One instructor who uses the Dream Swing to teach with and to help his own game said, "I would go to the course and find myself resorting back to my old swing, So. when I step to the ball on the course now, my thought is, 'swing the Dream Swing'." Golf becomes frustrating when you think about hitting the ball. **Try to develop a relaxed, tension-free and thought-free swing.**

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In this part of your swing, your shoulder turn will start to bring your head up. Notice the curve in the upper body. It is important to maintain that curve into the follow-through to keep the black rod from hitting you in the head. About 98% of your weight should be on your left side,



## 2. SET UP THE DREAM SWING IN YOUR YARD LIKE THIS (View from the top)

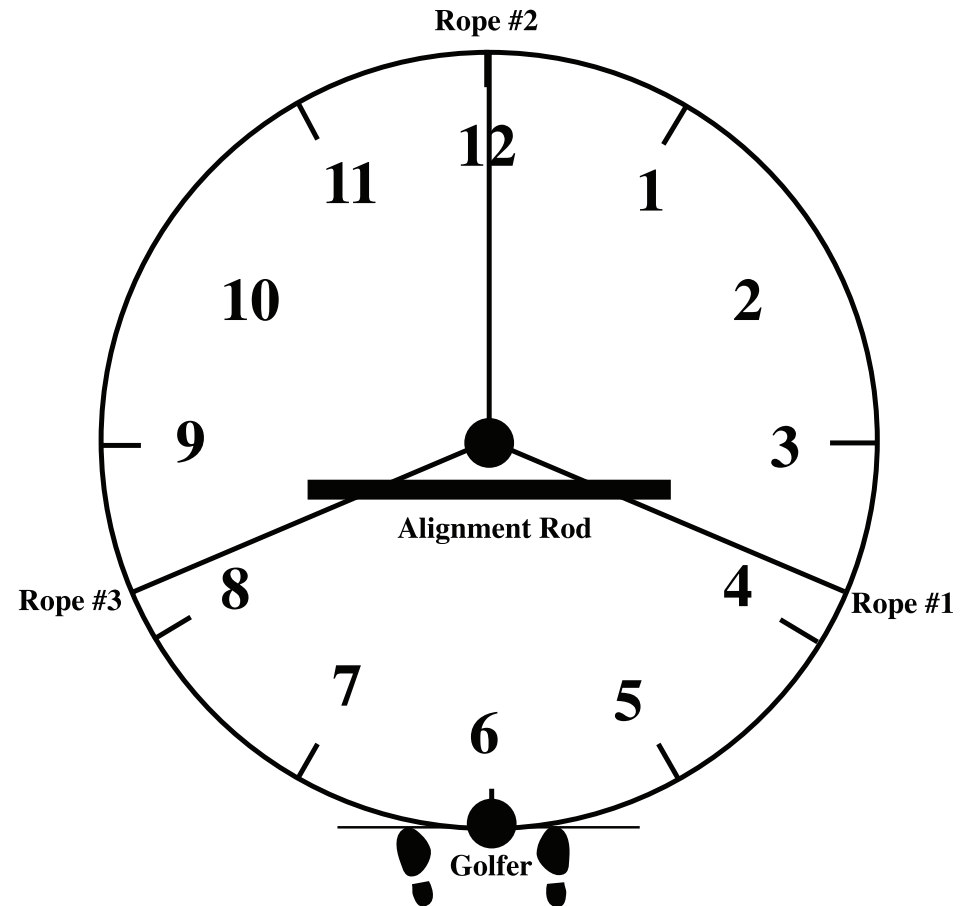


Diagram 2

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**3. For indoor use connect wall mount bracket into a wall stud with lag bolts.**

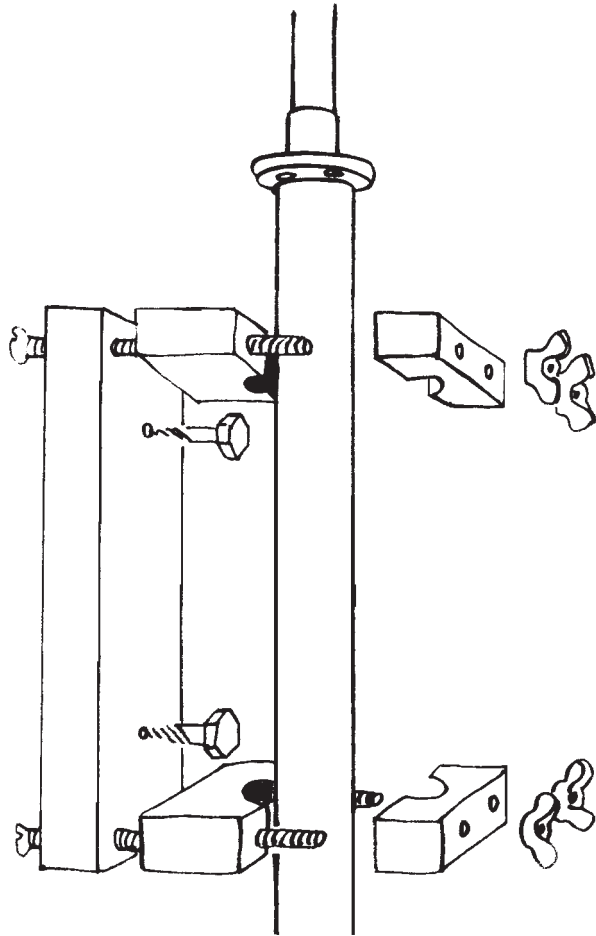


Diagram 3

Keep your head down after impact. At 3:00 in the follow-through the club will be pointing at the target. Focus on keeping your spine in line with the Dream Swing, allowing your wrists to rotate properly.



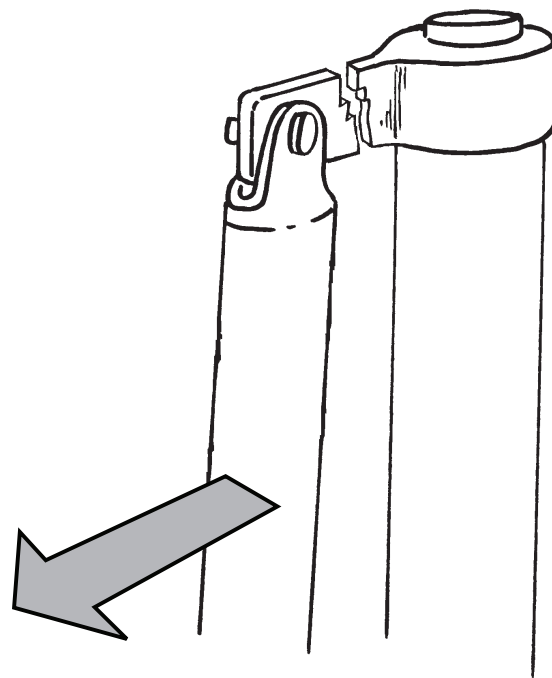
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**IMPACT!** Your head is still behind the ball and your hips are open towards the target. **If you come over the top, cast the club, don't rotate your hips or don't shift your weight right, you will put resistance against the stand and the Dream Swing will guide your club into the ground.** The Dream Swing provides constant feedback as we have advertised. Keep your wrist cocked until the very bottom of the downswing. If you don't do this, your club will hit into the ground. If this happens, study the previous pages and determine your swing flaw and focus on correcting it.



**11.**



#### **4. WARNING!**

**Don't break this part. Make sure the top swivel is always in line with the black rod and club.**

**If you drop your club to the bottom of the device, pick it up by the black rod OR YOU COULD TWIST AND BREAK THE TOP SWIVEL!**

**4.**



**IMPORTANT! READ CAREFULLY AND FOLLOW INSTRUCTIONS EXACTLY TO LEARN YOUR BEST SWING.**

PLEASE SWING THE DREAM SWING 1/2 SPEED UNTIL YOU LEARN THE SWING IT TEACHES. DON'T FIGHT IT!  
IT CAN'T LEARN YOUR SWING.

At this point, we are assuming the DreamSwing is set up outdoors as illustrated in diagram #2, or indoors in the wall mount as shown in diagram #3.

1. Attach a 7 iron into the device and adjust the telescoping tube to nose level.  
(Note: this is a starting point only. It will be necessary to fine tune the adjustment later.) **When adjusting the telescoping adjustment, FINGER TIGHT is adequate.**
2. Stand in the device with correct posture as illustrated on pg. 6.
3. Position your spine vertically in line with the stand and your feet parallel to the alignment rod to create a square to square swing path.
4. Swing slowly to the top of the backswing and hold it there.
5. **Feel** if your swing is too upright or too flat. To make your swing upright, lower the stand. To flatten the swing, raise it. Adjust the device to a position that feels best for you or as illustrated on pg. 9. It's very important to have your elbows level or close to level at the top of the backswing.

***IMPORTANT! As soon as you find a comfortable position at the top, take 12 full backswings in the Dream Swing. (No downswings) After you finish taking 12 backswings, step away, pick up a loose club and swing it. You will experience what is referred to as "muscle memory". The Dream Swing is reprogramming your motor memory from your old swing to the Dream Swing. With additional practice you will begin to swing this swing naturally.***

6. Follow as closely as possible the body positions illustrated in this booklet.
7. Remember, try to swing the trainer without putting resistance against the yellow stand.  
**Don't fight it! Change means improvement.** Swing the trainer at least 15 minutes a day for a week before switching from the 7 iron to a different club. Each club will need a different adjustment.
8. Each time you begin using the Dream Swing, pick up your club by the black rod as suggested on page 4. This will keep the top swivel in line with the rod. If you twist the top swivel, it may break. Check periodically to make sure the gripping clamp is fastened securely to the club's grip. If it comes off during the swing it can also break the top swivel piece.
9. Contact customer service at 1-800-532-4542 if you experience any problems. Broken parts can be replaced immediately. We also can assist you if you have any difficulty setting up the device. View the instructional video several times if necessary. We stand ready to help you develop the swing of your dreams.

**THANK YOU and GOOD LUCK!**

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**SWING AT 1/2 SPEED UNTIL YOU FEEL COMFORTABLE**

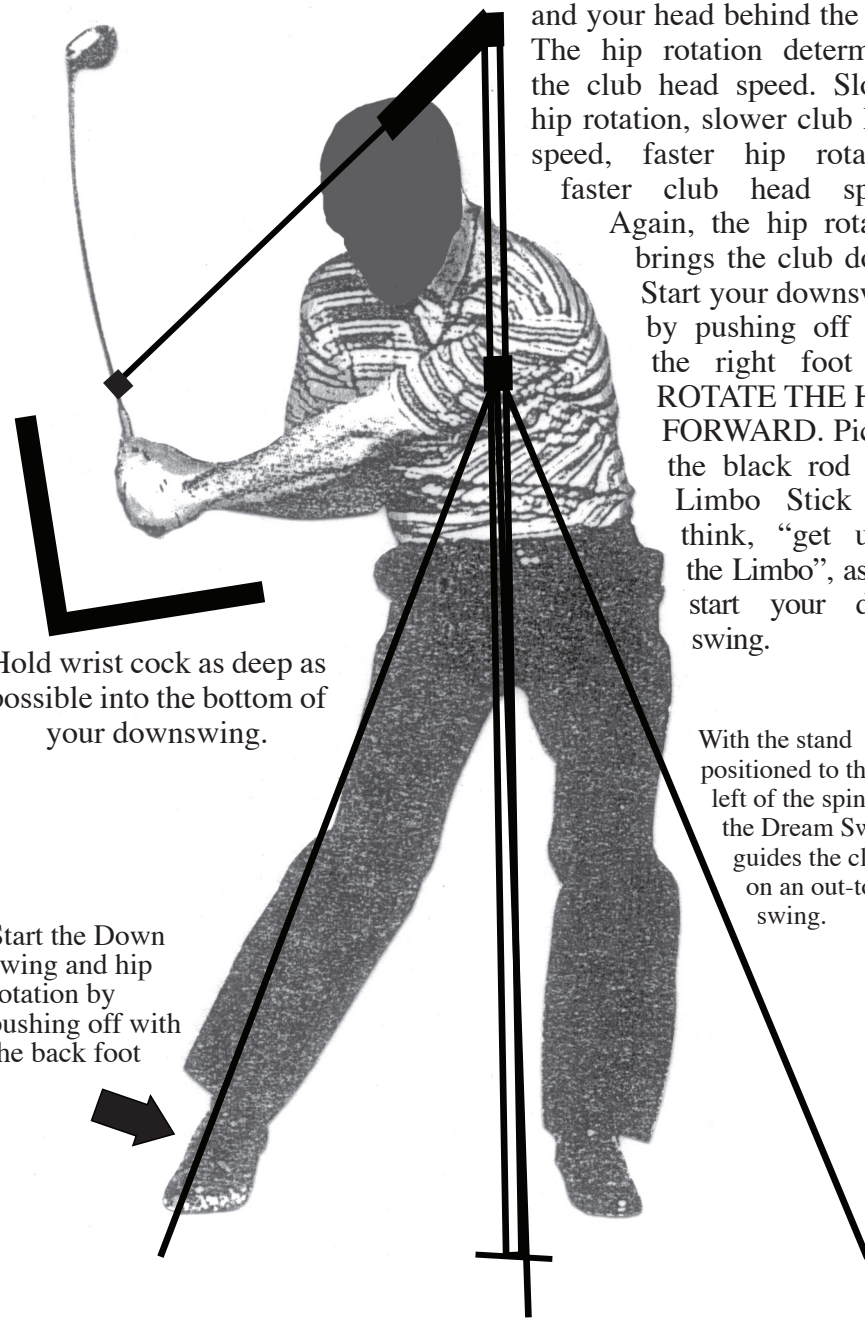
Start your down swing by rotating your hips forward. Allow your hip rotation to bring your arms, hands, and club down. Keep your wrists cocked and your head behind the ball. The hip rotation determines the club head speed. Slower hip rotation, slower club head speed, faster hip rotation, faster club head speed.

Again, the hip rotation brings the club down. Start your downswing by pushing off with the right foot and **ROTATE THE HIPS FORWARD.** Picture the black rod as a Limbo Stick and think, "get under the Limbo", as you start your down swing.

Hold wrist cock as deep as possible into the bottom of your downswing.

Start the Down swing and hip rotation by pushing off with the back foot

With the stand positioned to the left of the spine the Dream Swing guides the club on an out-to-in swing.





The left arm elevates to the shoulder plane; right elbow is on the shaft plane as illustrated in the instructions video, with the club pointing down the target line. This can be accomplished for every golfer by correctly adjusting the telescoping adjustment. Keep your heels on the ground, Get your hands up high. Remember, *just a slight hip rotation*. You

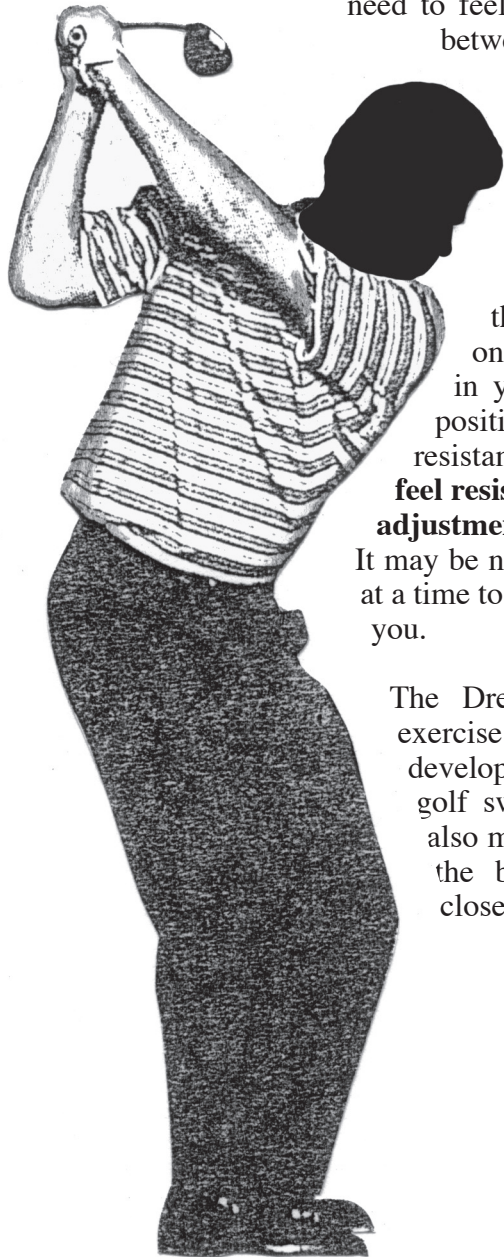
need to feel like you are building torque between your upper and lower body at this position in the swing.

**Don't straighten your right leg on the backswing. Keep it bent and solid.**

The left knee will move a few inches toward the ball. If you have a problem extending as far as the diagram shows, then work on developing more extension in your upper body turn. At this position you shouldn't be putting resistance against the stand. **If you feel resistance, adjust the telescoping adjustment until you feel no resistance.**

It may be necessary to adjust 1/4" to 1/2" at a time to get into the perfect position for you.

The Dream Swing is also a great exercise tool to help you stretch and develop the muscles you use in your golf swing. Your backswing should also move your head slightly behind the ball. Imitate the diagram as closely as possible.



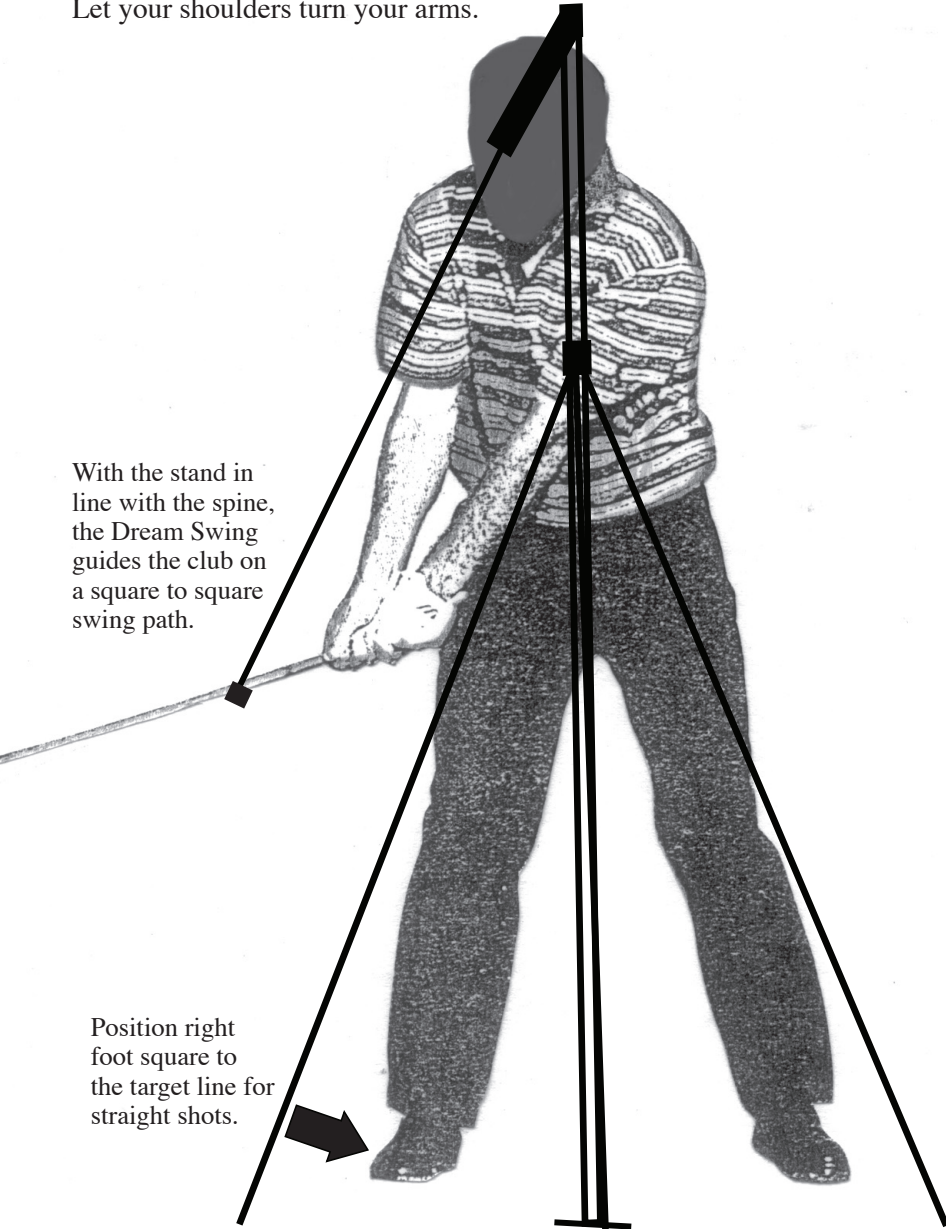
It is very important you have correct posture. A good swing begins with a good setup. If you bend too much at the waist, you can't swing the Dream Swing right. Position your spine in line with the yellow stand. This will guide your club to a "square to square" swing. If you prefer an in-to-out swing, move to the left (for a right handed golfer). Align your feet on the same line as the alignment rod, left foot slightly open.



When the stand is leaning towards the golfers, it pushes them away from the stand so the ropes don't get in the way of the swing. This is recommended for outdoor use.

Of course, indoors, it is connected into the wall bracket, so it is straight up. But when used outdoors, we recommend leaning the stand toward you.

Start your swing by turning your shoulders. The Dream Swing will have your club pointing at the target in the 9 O'clock position. Only shoulder turn, there should be **no hip rotation** at this point. Your spine is in line with the yellow stand and your head is stationary. Allow your shoulders to swing the club. Get good arm extension. Let your shoulders turn your arms.

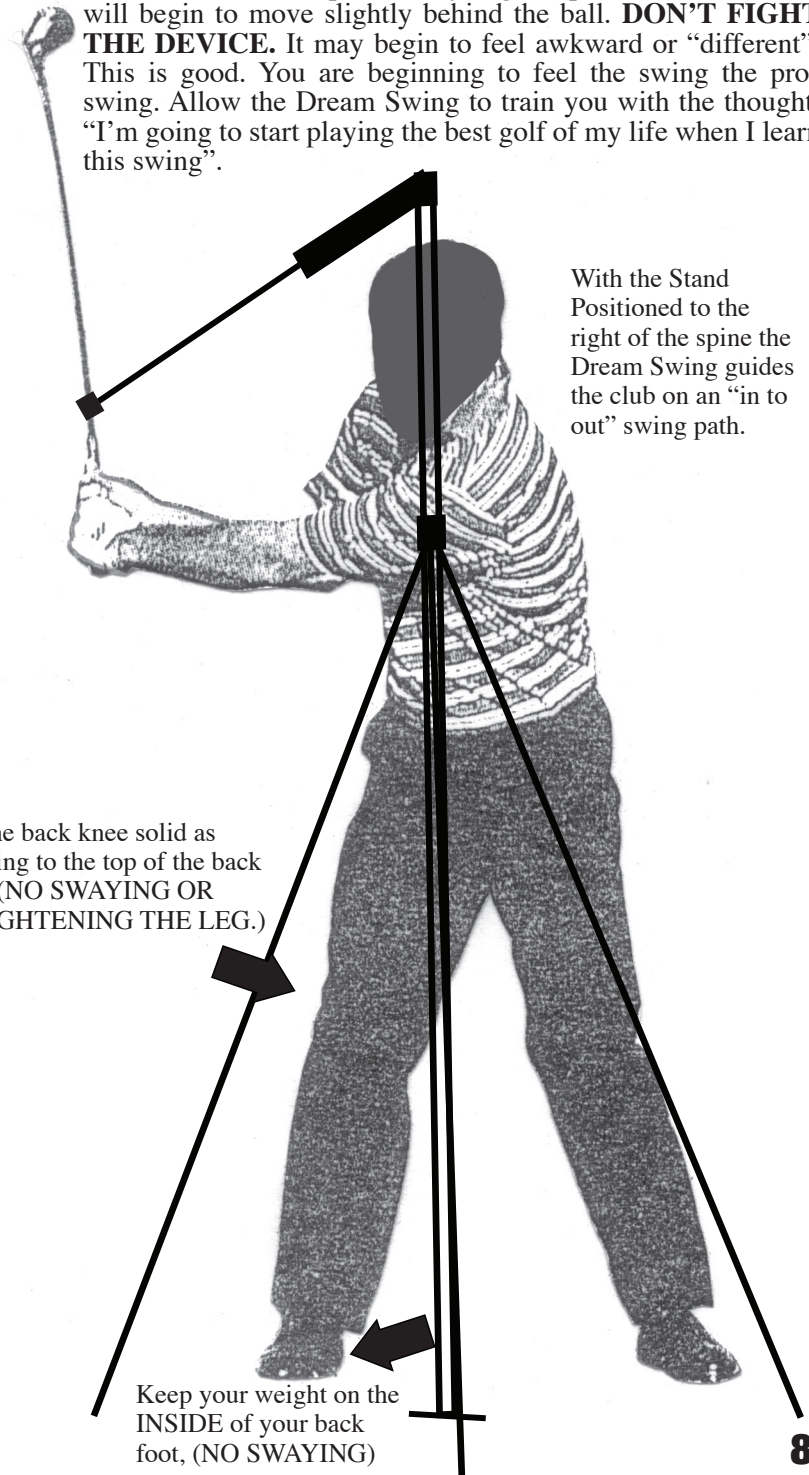


With the stand in line with the spine, the Dream Swing guides the club on a square to square swing path.

Position right foot square to the target line for straight shots.

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The club shaft is on plane. Very slight hip rotation. Your head will begin to move slightly behind the ball. **DON'T FIGHT THE DEVICE.** It may begin to feel awkward or "different". This is good. You are beginning to feel the swing the pros swing. Allow the Dream Swing to train you with the thought, "I'm going to start playing the best golf of my life when I learn this swing".



With the Stand Positioned to the right of the spine the Dream Swing guides the club on an "in to out" swing path.

Keep the back knee solid as you swing to the top of the back swing. (NO SWAYING OR STRAIGHTENING THE LEG.)

Keep your weight on the INSIDE of your back foot, (NO SWAYING)

8.