

**THE 3 KEY COMPONENTS  
THE PROPER GOLFING METHODOLOGY**

# WELCOME

FROM AUTHOR JULIAN MELLOR  
WITH  
JO CAMERON BENG MA



**DISCOVER A LIFETIME  
OF CONFIDENT,  
ENJOYABLE GOLF**

As a senior golfer, our bodies demand adaptation to the way we play golf to maintain the same levels of enjoyment and performance. If you have ever lost distance or consistency you will know that from experience

 **ProperGolfing**

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W E L C O M E T O Y O U R  
N E W G O L F I N G  
F U T U R E

## FOR SENIOR GOLFERS

Golf is more than a sport as you know –it's a pursuit of joy, strategy, and connection. It keeps us fit and motivated mentally and physically which is what we love about it. Many of us wait until we have more time to pursue our golfing goals... and sometimes, despite having achieved huge goals in our professional life, mastering golf proves illusive.

***This is where we specialise.***

*As we age, our bodies demand adaptation to maintain the same levels of enjoyment and performance. If you have ever lost distance or consistency you will know that from experience. If you have ever been for lesson where the Pro compared you to an elite golfer and you got injured you will also know that how you play now needs adaption to enable you to play enjoyable confident golf for many years to come.*

***I never thought I could improve my game in my 70s, but Julian proved me wrong. His methods are simple yet incredibly effective. I've gained distance and feel more confident than ever!" - Brian, 72***



35 YEARS OF  
EXPERIENCE

INTRODUCING

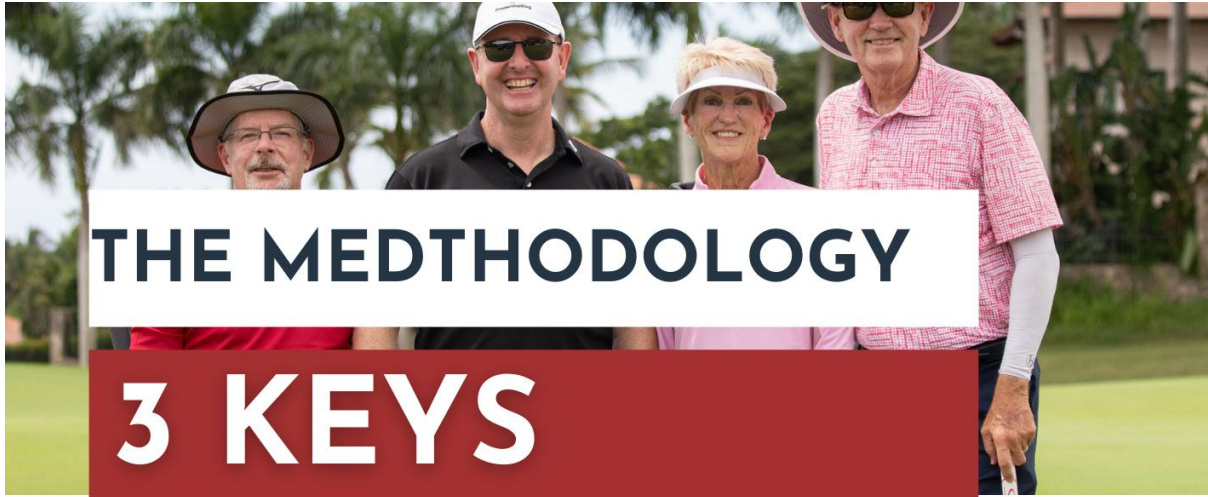
**JULIAN MELLOR**

Julian Mellor's Proper Golfing Methodology offers a science-backed, senior-golfer-friendly approach that emphasises simplicity and efficiency. It has been years in the making. He has been a golf coach for over 35 years; exposed to the whole variety of golfing methods but none were suitable for him as he approached the inevitable 'senior golfer' category.

In his mid-forties Julian was facing the surgeon's knife. He never thought it was his golf swing that was causing the problems, until he got introduced to a more relaxed way to play golf. To his surprise, his golf improved and his lower back pain and knee problems cleared up.

He then set himself on a mission to develop a methodology for senior golfers that was understandable, easy to apply but more importantly delivered effortless, enjoyable golf.

It was important to have a methodology for golfers to follow. His client's told him, they had been down the 'YouTube rabbit hole' and were going from one latest tip to another more fashionable tip and were getting confused. At worst some were completely disillusioned and considering stopping playing completely.



# THE METHODOLOGY

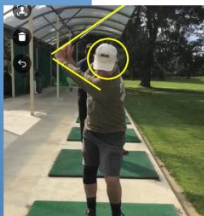
## 3 KEYS

Together with his fiancée Jo Cameron who is a learning and development professional, a former BBC presenter and passionate believer in wellbeing and a positive mental approach to golf and life, they created The Proper Golfing Methodology. They present it here



### > TENSION FREE SWING

Excessive tension in the grip and swing often reduces efficiency and increases the risk of injury, especially for senior golfers whose muscles and joints may lack the elasticity of their youth.



### > COORDINATED RELEASE

Erratic ball flights and inconsistent distances often stem from mistimed releases, either too early or too late. This mistiming increases as you age as your body dynamics alter



### > SIX SECOND FINISH

Rushing the finish often disrupts balance and leads to poor mechanics, resulting in decreased accuracy and power. Many professionals are taught to 'start with the end in mind'. When you have a good finish it means there have been lots of good things going on in your golf swing.



### **The Science:**

A study published in the Journal of Sports Sciences (2020) found that reducing grip pressure by 20% increased swing fluidity by 15%, contributing to better clubhead speed and accuracy. Over-gripping can also strain the forearm muscles, leading to conditions like golfer's elbow.

### **The Solution:**

The Tension-Free Swing encourages relaxation, allowing natural movement for improved power and consistency.

### **Key Techniques:**

- **Relax Your Grip:** Hold the club as if squeezing a tube of toothpaste without expelling paste (ideal pressure is around 3/10).
- **Deep Breathing:** Breathing deeply before swinging relaxes the shoulders and arms.
- **Pendulum Motion:** Visualise the club as a pendulum for smooth, effortless movement. There is a particularly popular video on the Proper Golfing YouTube channel that can explain this more fully

### **BENEFITS**

*Increased swing speed  
(by up to 10%, per Golf  
Digest research).*

*Improved ball contact.  
Reduced injury risk.*



### **The Science:**

Biomechanical studies (e.g., by Nesbit & Serrano, 2005) show that syncing wrist release with torso rotation maximizes energy transfer. The coordinated release creates a “whipping effect,” resulting in greater power and straighter shots.

### **The Solution:**

The Coordinated Release aligns wrist action with body rotation for a smooth, energy-efficient swing.

As a senior golfer, this means that your body is working in unison and can work together with your natural movement.

**BENEFITS:**  
*Increased shot consistency (up to 20% more accurate trajectory per biomechanical simulations).*  
*Improved energy transfer for greater distance.*  
*Reduced stress on wrists and elbows.*

### **Key Techniques:**

- **Feel the Flow:** Imagine skipping a stone across water to visualise a natural wrist action.
- **Timing Practice:** Use a towel or rope to rehearse and refine the release motion. Julian is a big fan of the rope. Check out YouTube for a video.
- **Body Harmony:** Keep your hips, shoulders, and arms moving in unison. This can be tricky to achieve but working with Julian on this can be invaluable.



### **The Science:**

Balance is critical in golf. According to a study in the Journal of Strength and Conditioning Research (2019), holding the finish position improves postural control and enhances muscle memory for future swings.

### **The Solution:**

The Six-Second Finish encourages stability and mindfulness, reinforcing proper mechanics and focus. Six seconds is around the time that it takes the ball to land on the ground too.

**BENEFITS**  
*Enhanced accuracy (up to 30% improvement in greens-in-regulation stats for senior players).  
Improved body awareness and control.  
Boosted focus and consistency.*

### **Key Techniques:**

- **Finish Tall:** After swinging, stand tall with your chest facing the target and your back foot balanced on its toe. You'll see Julian doing this on YouTube.
- **Hold for Six:** Count to six while assessing your posture and balance. This gives you a great feel of where you are.
- **Balance Practice:** Train stability by practicing finishes on one foot. This looks a bit strange but it completely works and you can do it whilst you are waiting for the kettle to boil



### Take the First Step Today

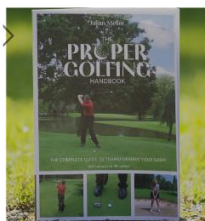
Julian Mellor's Proper Golfing Methodology is grounded in science and tailored to the needs of senior golfers. Its principles –Tension-Free Swing, Coordinated Release, and Six-Second Finish are designed to optimise performance while minimising strain.

Our Master's Transformation Programme is a comprehensive mix of 1-1 coaching with Julian either Face to Face or over your favoured online platform.

By incorporating these strategies into your routine, you'll not only enhance your game but also extend your time on the course with less risk of injury.

### REFERENCES

- 1.Nesbit, S. M., & Serrano, M. (2005). Energy Transfer Mechanics in Golf. Biomechanics Journal.
- 2.Smith, D. L., et al. (2020). Effects of Grip Pressure on Golf Swing Dynamics. Journal of Sports Sciences.
- 3.Wang, H., & Lee, K. (2019). Balance Training and its Impact on Golf Performance. Journal of Strength and Conditioning Research.
- 4.Golf Digest. (2022). The Science of Swing Speed.





"After years of struggling with inconsistency, the Proper Golfing Programme has given me a clear path to improvement. The focus on tension-free swinging has been a game-changer." - Linda, 64

# MASTERS LEVEL TRANSFORMATION PROGRAMME

## Key Benefits

### 1. A Method Built for All Abilities

- No Gimmicks, Just Proven Fundamentals:
- Perfect for Senior Golfers: Forget outdated advice like "keep your head down" or "straighten your lead arm." This programme focuses on ease of motion, minimising stress on joints, and maximising efficiency for golfers of all ages.

### 2. Tailored Instruction to Your Game

- Personalised Coaching: Whether you're a high handicapper or a seasoned player, Julian's individualized approach ensures every session targets your unique needs.
- Clear Progress Tracking: With an 8-Point Golf Swing Check, you'll see exactly where you are and where you're heading, making improvement measurable and motivating.

### 3. Unlock Your Potential Without Overcomplicating

- Learn to swing with freedom and rhythm, reducing fatigue and improving consistency. By mastering techniques like the Coordinated Release, you'll add yards to your drives and precision to your short game. Emphasizing balance and follow-through helps you perfect every swing, every time.

### 4. Comprehensive Support Every Step of the Way

- Structured Programme: Includes 5 transformational face-to-face or online sessions with Julian, each tailored to your progression.
- Telephone Progress Checks: Stay on track with five 15-minute check-ins for additional guidance and motivation.
- Practice Plans and Video Feedback: After every session, you'll receive a personalised practice plan and video recordings of key points to review and implement.

### 5. Designed for the Modern Golfer

- Flexible Format: Choose face-to-face or online sessions that fit your schedule and location.
- Senior-Specific Focus: Techniques and tips are tailored to the needs and goals of senior golfers, addressing mobility, strength, and stamina considerations.

## What Results Can You Expect?

- Gain 10-20 extra yards off the tee without straining your body.
- Develop a swing you can trust under pressure.
- Improve your short game with techniques that simplify decision-making.
- Enjoy golf more, play pain-free, and gain confidence in every round.



GET IN TOUCH

TODAY!

We can't wait to give you a warm welcome to our Masters Level Transformation Programme

Contact us today to get started



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