

**Dear Golf Pro,**

**I have a truly unique gift idea for you.: "The Future Golf Swing-Qigong Golf."**

**This gift combines the ancient practice of Qigong with innovative golf techniques. There are two major changes:**

**A. Two-Section Swing**

**B. Golf Club Self-Rotation/Self-Twist**

**These changes will enhance your swing by:**

- 1. Adding at least 40 yards more with the driver.**
- 2. Increasing accuracy by at least 150%.**
- 3. Improving efficiency by at least 200%.**
- 4. Saving at least 300% of practice time.**
- 5. Reducing the risk of whole-body injuries.**
- 6. And more.**

**I can assure you with 100% confidence that it would be a remarkable and beneficial experience for you.**

**Attached is my book for your enjoyment.**

**Best regards,**

**Anthony G.T. Chang**

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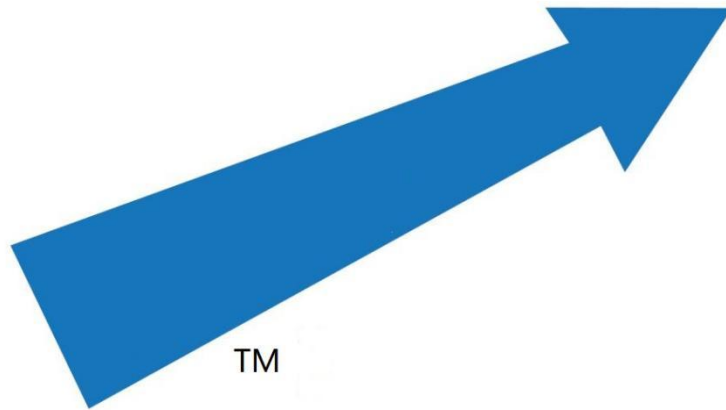
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# Future Golf Swing

## Qigong Golf

(2<sup>nd</sup> Edition)

By Anthony G.T. Chang



TM

**Qni,Kni**

**The Soul of Golf DNA**

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## 1. Why do I want to write this book?

I have written five books before. Each book is very different from the other.

The first book is called "The Best Way to Learn a Foreign Language". This book demonstrates how to learn a foreign language by using the cell formula and tree concept with unique outside in (unlike tradition use inside out) system and materials. It teaches you step by step and just like how you learned your first language so that you will never forget what you learned. After learning with the described methods, you will be able to naturally and easily apply the knowledge in your daily life conversations.

The second one is "How to Transform Your Common Sense into a Sixth Sense - Step by Step to Ensure You 100% Success". I wanted to make sure that my kids understand this, which is why I wrote this book. This book shows, step-by-step, how to develop your focus power, which is the best foundation for everyone.

After reading my book on an airplane from LAX to Shanghai China, a professor remarked that every school should have this book. When I inquired about her reasoning, she replied, "This book is too positive to get wrong."

The third one is called "You Never Know". The book was revised for a future movie script called "You Never Know". The book is about the author who was trying his best all the time but still went through difficulties.

**However, he was still able to come back from hell and succeed. After that, he appreciates life so much and every day he feels like he is living in heaven.**

The fourth one is "The Best Equation for Your Happy Life". It's not very difficult but not many people are able to achieve a happy life. I want my kids, my relatives and even my friends to have a real happy life. The

formula is very simple. Even if you mess up your birthday, for the remaining 364 or 363 days you are one of the happiest people in the world.

The fifth book is chilling tale titled "The Black Hole in the Sweet and Beautiful Family," the story delves into the lives of a close-knit family. At first glance, they appear to be sweet and beautiful, but lurking beneath the surface is a darkness that threatens to consume them all.

For this book "The Future Golf Swing - Qigong Golf" besides giving this book to my dad as a Fathers' Day present, I want the world to find an easier and more efficient golf swing. At the same time, they can avoid a lot of repetitive frustration in life.

Have you ever seen golfers practicing swings for years or even decades but at the end are still struggling, cannot make it, and are unable to control that tiny golf ball at all? Why is that?

Do you know why some countries have thousands of years of history, culture, experiences, and even philosophy but their people still immigrate to a young country like the USA to learn and study? Why is that?

Have you ever wondered why everyone wants to succeed but in the end only a few make it? Why is that?

Have you seen kids who are playing with Legos try a thousand times to build as high as they can, but in reality they can never get so high? Why is that?

Have you realized that so many students who learn a foreign language in class cannot apply these skills in the real world despite getting A's and scoring really high? Why is that?

I see only one serious issue for all the above problems: they do not have a solid "**foundation.**"

I like to prove that I am a worthy person in front of my wife, parents and even my children because I sacrificed some of my family time to train myself to play golf. I especially need to prove to my kids that their dad's way works.

I hope my students around the world can understand Qigong Golf and the philosophy behind it. This way, they can apply Qigong Golf in their daily life, live a very happy life, and win a lot of trophies.

Once I finish this book, I am planning on using social media such as YouTube and FaceBook to introduce Qigong Golf. Afterwards, I might like to set up a franchise system to pass down my secret to all my students, just like how Shaolin Kung fu was passed down.

When my students master Qigong Golf they will be able to become either a professional golf player or a golf instructor and continue to pass down my Qigong Golf approach around the world. Therefore, the next generation will be able to have a very simple, powerful, and efficient golf swing.

**9. What is the major difference  
Between a traditional swing and a Qigong Golf swing?**

**There are two major differences:**

**(The downswing is the same, except for rotating the club.)**

**A. Two-Section Swing**

The first aspect is that Qigong golf adopts a two-section swing method during the upswing, unlike the traditional swing that only uses a single section swing. Think of it like a rocket or space shuttle—after they leave the ground, they cut off the first stage and continue onward. Similarly, Qigong golf follows the same physical principle. This two-section swing method during the upswing can reduce unnecessary movements, cut down on weight, provide more time to visualize the picture one step at a time (allowing Qi go first then forming the visualization, before taking action), and finally restore energy before going for the second section. The entire sequence and transaction are as follows:

- A. Preparation: Connect the 3D to 4D to achieve a well-balanced  
Body alignment with the golf club you are gripping in your hand.**
- B. Qi goes out**
- C. First 3D vision/picture forms**
- D. Action 1 – first section swing**
- E. Qi goes out**
- F. Second 3D vision/picture forms**
- G. Action 2 – second section swing**

H. Qi goes out

I. Third 3D vision/picture forms

J. Action 3 – downswing

By following these steps slowly but surely, I can guarantee that your shot will be very smooth, effective, powerful, and beautiful.

### **B. Golf Club self-rotation/self-twist**

The second aspect is rotating or twisting the golf club. In Qigong golf, at the beginning of the swing, the golf club face starts rotating until you complete the upswing. This rotational movement immediately aligns the golf club head with the swing plane, providing a solid support system. When combined with a 3D approach, this technique becomes even more effective, as it allows you to effortlessly stay on the right path, leveraging your muscle memory.

Unlike traditional swings that rely on various power sources such as muscular power, body rotation, wrist power (cocking power), sequencing power, energy transfer power, and body weight power, there is one crucial power that is often overlooked—the golf club's self-rotation power. **It is worth** mentioning that the finishing right palm position should be between the traditional golf position and a martial art grappling position for both right-handed and left-handed players. The traditional position lacks sufficient twist or no twist at all, while the grappling position twists too much and disrupts the entire 3D motion, causing them to no longer connect together as a team. Additionally, the angle of your palm depends on the length of your golf club as well as your height. The longer the golf club, the flatter the angle, while the shorter the golf club, the sharper the angle.



**The incorporation of club face rotation throughout the upswing in Qigong golf is believed to harness rotational power for enhanced performance. This concept can be related to various examples from nature and physics:**

**A. Martial arts: Bruce Lee's punches in Jeet Kune Do involve rotating his fists, which generates additional power and speed. Similarly, in Qigong golf, the rotation of the club face adds power and control to the swing.**

**B. Bullet or torpedo: When a bullet is fired, it spins as it travels through the air, improving stability and accuracy. Similarly, the continuous rotation of the club face in Qigong golf contributes to better power transfer and control during the swing.**

**C. Drilling a well or using a daily life screwdriver: When drilling a well or using a screwdriver, twisting or rotating the tool is necessary for stability, control, and efficient penetration. Similarly, in golf, the rotation of the club face provides stability, control, and efficient interaction with the ground or ball.**

**D. Vine: Vines in nature twist and climb, which allows them to find structural support and reach sunlight. The rotation in Qigong golf can be seen as a similar adaptation to provide stability and effective movement.**

**E. Rope:** The twisting of a rope helps increase its strength and durability. Similarly, the rotation of the club face in Qigong golf may contribute to improved power and control.

**F. Anaconda:** Anacondas twist their bodies when going after prey to create more powerful pressure and better control. In Qigong golf, the rotation of the club face may assist in generating greater power and control during the swing.

**G. Sun, moon, and earth:** The earth orbits around the sun and rotates on its own axis, maintaining balance and facilitating efficient movement. Similarly, the rotation of the club face in Qigong golf is believed to contribute to balance, harmony, and efficient swing mechanics.

**H.** Animals with migratory patterns, such as salmon, Canada geese, sea turtles, and monarch butterflies, possess the remarkable ability to travel long distances and return to specific locations or their original points. However, if the environment becomes polluted, similar to Qi encountering a resistor or abnormal pressure, these animals may face challenges in finding their way back home.

Similarly, in Qigong Golf, the goal is to eliminate any disruptions caused by visible and invisible elements. One crucial aspect is ensuring that the rotation of the club face after the downswing brings it back to its original position. This alignment ensures that the club face is square at impact, connecting with the sweet spot of the ball, resulting in optimal power, accuracy, and consistency in your golf shots.

**These examples highlight the role of rotation in nature and physics, emphasizing its potential benefits in the Qigong golf swing. The incorporation of club face rotation distinguishes this technique from traditional swings, focusing on utilizing the rotational power of the club for enhanced performance.**

**By incorporating the concept of rotation into the Qigong golf swing, one can tap into the natural principles of balance, power, stability, and precision, enhancing overall performance and connection with the five dimensions.**

**So now we know why we need to rotate the club during the upswing movement, but what are the benefits? There are many benefits (we will discuss this in detail next chapter) Overall, the rotation of the golf club can enhance efficiency, stability, accuracy, aerodynamics, power, and reduce injuries by utilizing the principles of rotational motion. Therefore, it provides golfers with the ability to swing the ball accurately toward the target and deliver maximum energy upon impact.**

**Please remember that everything I teach follows the rules of nature and the laws of physics 100%. If there is anything I mentioned that does not adhere to these rules and laws, then it is incorrect.**

## **10. What is the benefit of Qigong golf?**

There are a lot of benefits as follows:

A. It can easily increase your distance by at least 40 yards.

Qigong Golf provides a strong support system for the golf club, allowing for a more powerful and flexible swing. By incorporating twisting or invisible twisting, it stabilizes the club and creates a strong balanced structure that resists deformation under stress or movement. The twisting action adds flexibility to the club, resulting in hitting the ball much farther than with a traditional swing. With the correct application of Qigong Golf, it is possible to increase your distance by at least 40 yards or more when using a driver.

B. It is a more efficient and effective way to learn golf.

Qigong Golf breaks down the golf swing into two stages with an upswing, making it easier to learn and follow step by step. This approach can significantly shorten the learning time by at least 10 years, saving you from spending a lifetime struggling to control the golf ball. Once you grasp the equation and apply it to all 14 clubs, it saves you time that would have been spent practicing with different clubs.

C. It improves accuracy by at least 150%.

Qigong Golf enhances accuracy by incorporating twisting motions. Just like rotating your fist when punching, the rotation in Qigong Golf significantly improves accuracy. By rotating the club and turning your body in a sequence while maintaining the swinging plane, your accuracy can be boosted by at least 150%. The natural twisting and relaxed, flexible movements result in the club face consistently aligning square to the target, leading to straighter shots.

D. It saves energy when hitting a ball.

Using Qigong Golf requires less energy compared to traditional swings. The twisting motion in Qigong Golf allows for a more energy-efficient swing, similar to how a household drill spins efficiently. When hitting balls with the Qigong Golf approach, you will feel less fatigued and tense compared to traditional swings. Additionally, the approach helps prevent self-inflicted injuries that may result from repeatedly striking the ground during swings.

E. It reduces the risk of getting hurt when hitting a golf ball.

Qigong Golf reduces the risk of injury by distributing the impact across a larger area through rotational forces generated during the swing. This spreading of force decreases the chances of concentrated impact on a single point, reducing the risk of hand, wrist, or body injuries. Furthermore, the release of Qi through natural twisting helps prevent pressure buildup inside the body, similar to the way martial art performers release pressure when breaking objects. This reduces the likelihood of injuries and creates a more enjoyable experience.

F. It makes it easier to hit the sweet spot on the club face.

With Qigong Golf, the club's face remains on the swing plane throughout the swing, making it easier to hit the ball consistently on the sweet spot. The continuous connection between the swing plane and the club face results in improved contact and enhanced performance. Even with long iron clubs, which can be challenging to hit with traditional methods, Qigong Golf allows for full, easier swings and greater distance.

G. There is a single equation that effectively manages all 14 clubs.

Qigong Golf utilizes an invisible secret swing equation that serves as the key to managing all 14 clubs in golf. This equation encompasses all aspects of golf, including putting. By learning and applying this equation, you can save a significant amount of time, simplifying your approach to the game.

H. It helps you visualize 3D pictures that guide you towards a perfect swing.

Visualization is important for consistency and optimal performance in golf. Qigong Golf emphasizes visualizing 3D pictures to guide your actions before taking them. This visualization helps achieve synchronization, consistency, and maximum power in your swings.

I. It has more aerodynamics.

The twisting motion in Qigong Golf makes the golf swing more aerodynamic. Similar to how a spinning bullet benefits from increased aerodynamics, the rotation in Qigong Golf creates stability and reduces drag during the swing. This streamlined flight improves long-range performance and helps retain energy.

J. It provides solid confidence.

Qigong Golf makes it easy to enter the correct swing plane during the upswing, leading to accuracy, efficiency, and precision. Following the Qigong Golf approach instills tremendous confidence in every swing, enhancing overall performance.

K. It makes it easier to handle difficult lies and situations.

The rotational motion of Qigong Golf makes it easier to handle challenging situations such as deep grass or sand. The spinning action enhances club integrity, allowing for deeper penetration and improved transfer of energy upon impact. This makes it easier to navigate and hit the ball out of difficult lies.

There are more than 10 benefits, and only two improvements are needed. I hope you can see the advantages and are flexible enough to give it a try. The result will be unbelievably great.