

RYAN ONPAR

THE TEMPO FIX

PRACTICE SESSIONS TO HELP YOU
SWING WITH BETTER RHYTHM - STARTING
TODAY.



FIX YOUR TEMPO



SWING SMOOTHER



GAIN DISTANCE AND CONSISTENCY

**STOP GUESSING.
PRACTICE
WITH PURPOSE.**



TEMPO FAULTS

Target the root cause.



3 PRACTICE PLANS

For every situation.



15-25 MINUTE SESSIONS

Simple. Effective. Repeatable.

PRACTICAL DRILLS. REAL RESULTS.

BETTER GOLF.

THE PROBLEM

RUSHING THE SWING

Your tempo changes from swing to swing. Sometimes you rush. Sometimes you stall. The result: poor contact, lost distance, and shots you can't control.



Great tempo isn't about swinging fast. It's about finding a smooth, repeatable rhythm and sticking to it every time.

WHAT IT LOOKS LIKE



RUSHED SWING

Quick, jerky start leads to poor contact.



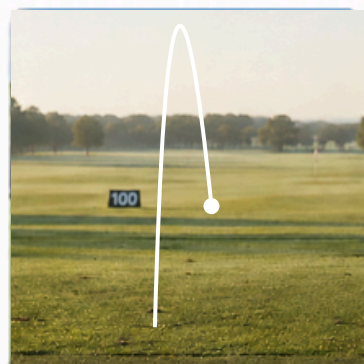
STALLED SWING

Slow start, quick hit or deceleration.



LOW / WEAK SHOTS

Lack of rhythm robs shot quality.



BALLOONING SHOTS

Too much speed with no control.



UNPREDICTABLE

Different result every time.

WHY IT HAPPENS



RUSHING

Trying to hit harder makes you move too fast.



STOPPING

Pausing or hesitating kills your flow and timing.



POOR SEQUENCE

Arms and body get out of sync on the way down.



TENSION

Tight muscles create effort, not efficiency.



NO RHYTHM

No consistent rhythm makes repetition impossible.

THE RESULT

- ✗ Inconsistent contact
- ✗ Loss of distance and accuracy
- ✗ Fat, thin and topped shots
- ✗ You can't repeat good swings
- ✗ Confidence disappears



THE SOLUTION

- ✓ Build a smooth, athletic rhythm
- ✓ Use your body to create flow
- ✓ Sequence before speed
- ✓ Stay relaxed and balanced
- ✓ Create the same tempo every swing



THIS GUIDE WILL HELP YOU

Find your ideal tempo and make it repeatable with three focused practice plans.

Smooth. Consistent. Repeatable

TEMPO

PRACTICE PLAN A

 40 BALLS

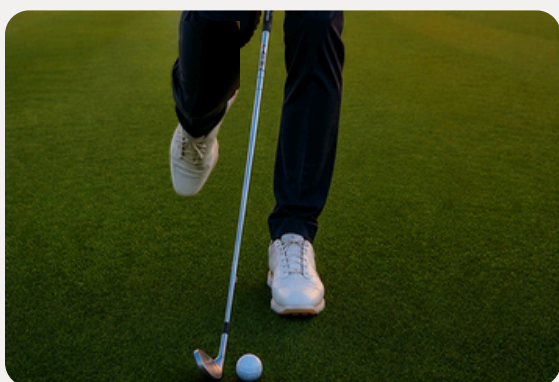
 20 MINUTES




1 ROLL THE BALL BACK
Roll a golf ball backwards with the clubhead during the takeaway before making your backswing.

 **KEY FEEL**
Smooth
takeaway.


8
BALLS




2 ONE FOOT SWINGS
Make swings balanced on your lead foot throughout the motion.

 **KEY FEEL**
Stay balanced
from start to
finish.


7
BALLS




3 PAUSE AT THE TOP
Pause for one second before starting the downswing.

 **KEY FEEL**
Stay patient
in transition.


8
BALLS




4 START AT 5 O'CLOCK
Start with the club a foot in front of the ball. Start swing from here with relaxed motion.

 **KEY FEEL**
Accelerate
through the
ball.


9
BALLS



5 50% SPEED SWINGS
Hit shots at half speed focusing entirely on rhythm.

 **KEY FEEL**
Slow is
smooth.


8
BALLS

TEMPO

PRACTICE PLAN B

 40 BALLS |  20 MINUTES |  BETTER SEQUENCE



1 FEET TOGETHER SWINGS

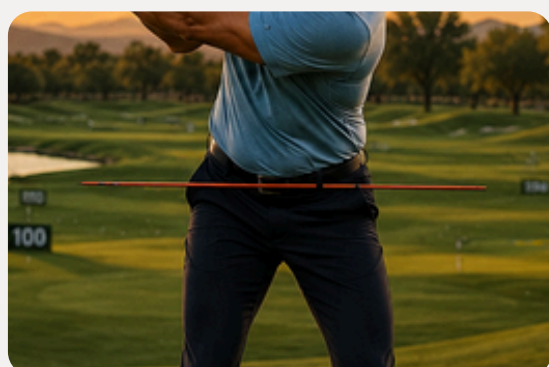
Hit shots with your feet together.

 **KEY FEEL**

Stay centred.



7
BALLS



2 STICK IN BELT LOOPS

Place an alignment stick through your belt loops and rotate through the shot.

 **KEY FEEL**

Arms and body move together.



9
BALLS



3 STEP INTO SWING

Step into your lead side as the downswing begins.

 **KEY FEEL**

Let the body lead.



8
BALLS



4 PUMP THEN GO

Make two rehearsal pumps before swinging through.

 **KEY FEEL**

Sequence before speed.



7
BALLS



5 PENDULUM SWINGS

Make continuous back-and-through swings letting the club swing freely.

 **KEY FEEL**

Let the clubhead flow.



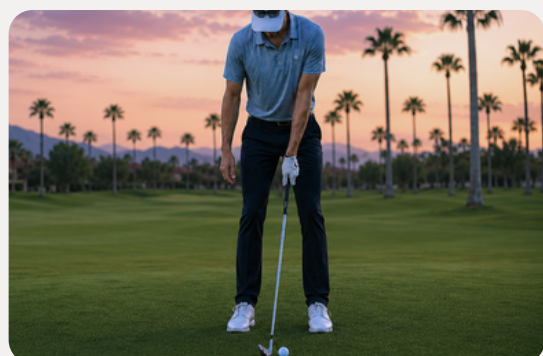
9
BALLS

TEMPO

PRACTICE PLAN C

 40 BALLS

 20 MINUTES



1 LEAD ARM SWINGS

Hit shots using only your lead arm to improve rhythm and control.

 KEY FEEL

Let the arm swing freely.



8
BALLS



2 ROLL THE BALL BACK

Roll a golf ball backwards with the clubhead during the takeaway before making your backswing.

 KEY FEEL

Smooth takeaway.



8
BALLS



3 PAUSE AT THE TOP

Pause one second before starting downswing.

 KEY FEEL

Stay patient.



8
BALLS



4 9-TO-3 SWING

Make controlled half swings focusing on rhythm rather than power.

 KEY FEEL

Same tempo every swing.



8
BALLS



5 70% SPEED SWINGS

Swing at roughly 70% effort while maintaining the same rhythm.

 KEY FEEL

Smooth swings travel further.



8
BALLS