

Interview with Frank Drollinger (a sample from the DVD "Power Axis")

Interview with Prof. Dr. Felix Avella and Frank the Inventor of the FR Method and FR Golf Shoe.

A: I welcome the inventor of the Free-Release Method, Mr. Frank Drollinger.

FD: Hello Felix!

A: Mr Drollinger, what caused you to develop the Free-Release Method?

FD: The reason was extreme pain in my ankle, my knee and in the spine and this made me realize even then that the biomechanical sequence of the entire golf swing cannot be optimal. The Free – Release Method is thereby for more swing quality and the free release golf shoe only to reduce the stress in the joints. The latest research gives us the information that he moves after the impact and therefore he is only for the health. In the same research we figured out that we reduce the stress in the spine from 560 Nm to 6 Nm. This benefit is for all golfers the best news – and the new thing in the golf sport is: the frg shoe protects the health!

A: What does Free-Release mean, Mr. Drollinger?

FD: Free-Release means, swinging without encountering resistance.

A: What do you mean by resistance in the body, name an example for us please.

FD: Resistance in the body is for example, when you turn your hips only 45° in the downswing and the shoulder 90°, twisting your spine. This is resistance which you fight with all your power, and in which much efficiency is wasted.

A: What is the special advantage of the Free-Release Method?

FD: The special advantage is that we remove the entire strain which affects the body during a golf swing. Our stance is more stable and we improve the swing quality, that is the special advantage of the Free-Release Method.

A: On what basis is the Free-Release Method founded?

FD: Well, we measure our results, we implement the laws of biomechanics, the anatomy and of physics, that is the basis we utilize for our method.

A: Measurement results are therefore the key to success?

FD: Look please, the chief designer of Callaway said in an interview that the only thing which still interests him are measurable improvements. Now one must know that in terms of club development, improvements are only around 1%. Even here this potential is completely tapped. In complete contrast to biomechanics in the golf swing. >Here we can research and perfect improvements 8 or 100 times over.

A: This means that a golfer benefits 100 times more from the Free-Release Method than if he tries to improve his golf game with a new driver?

FD: Exactly, and that is precisely the main idea which our video now deals with. A golfer should naturally purchase a new driver if he so desires, but he can benefit much more if he utilizes the Free-Release Method.

A: Who is your target group?

FD: Our target group is actually all golfers, men, women, children, and adolescents.

A: Even children and adolescents?

FD: Yes, exactly, children and adolescents, they are growing and are still having growing phases. Here we have a special responsibility to make sure that children and adolescents utilize healthy movements based upon healthy biomechanical sequences in the swing, as they are our golfing future.

A: What is the basic principle of the Free-Release Method?

FD: The basic principle of the Free-Release Method is the transfer of unhealthy movement sequences into sports equipment. We reduce damaging movement sequences in the entire swing, that is the basic principle of the Free-Release Method.

A: Will the top professional golfers use the Free-Release Method in their tournaments?

FD: Look please, Patrick Harrington now won the British Open and he works with a similar scientific method as us, namely with foot pressure measurements. His results are listed in the internet. He has a foot pressure path of approximately 12 cm. With the Free-Release Method we have only a path of 2 cm and this advantage, to use this advantage, that is the duty of the trainer, the instructor, in principle to coach their pupils, because only so do they improve, they must work with scientific methods and then they will automatically discover the Free-Release Method.

A: Could you give us another example of a top golfer?

FD: Patrick Harrington, I have already mentioned and now Phil Mickelson is a good example, because he also published his swing execution in the April 2007 issue of Golf Digest and we see here exactly how, because he is left-handed, he lifts his right foot in the backswing, activating his body's moving center of gravity and causing it to move like a swinging ball, and it is a real feat that he is ranked number 2 worldwide or put in other words, it is relatively simple to generate better swing quality and to challenge him in his position.

A: You mention the body's moving center of gravity, what meaning does this have in golf?

FD: The body's moving center of gravity is the central theme in the golf swing. And when you in principle try to imagine that this moves quite a bit, swaying up to 30 cm to and fro and we can eliminate this movement in the body's center of gravity with our method, then you know approximately what new level, what new swing quality we can achieve with the Free-Release Method.

A: And why does the golf swing become much simpler with the Free-Release Method?

FD: In the backswing you shift your body's weight onto your backswing foot. This is not so difficult, but thereby you are in a position, layback, on your heels with a sideways weight shift and it is extremely difficult with your current swing sequence to recover your balance from this position and to hit the ball in the Sweet Spot and exactly this we can optimize with our swing method, which supplements your current golf swing.

A: Why can we eliminate this weight shift?

FD: Look, in the backswing we have a body weight shift. We can eliminate this body weight shift as up until now this body weight shift destroyed the entire balance and the biomechanics and when we can eliminate this weight shift, then the entire golf swing is simplified.

A: And how does this work, Mr. Drollinger?

FD: We demonstrate this now in the following DVD. We begin with the complete method, then we show aspects of the partial method and then the 5-Easy Upgrades and in addition a few training tips.

A: Thank you, Mr. Drollinger and you, much enjoyment of the DVD

See the next page

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→ Please to fax: Hong Kong +852-8344-5266 ←

for the GOLF TRAIN COURSE* **FREE-RELEASE** at the FRENCH RIVIERA / COTE D'AZUR 2011

*A travel-package about 8 days included 2,5 days golf course training accompanies by visiting art museums & foundations, vineyards, restaurants & shopping and free time for golfing! Springboard is St. Maxime – Hotel Lebeauvallon or an equivalent one!



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I know that the participation is limited to 20 people!

My name, first name

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Address

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E-mail / mobile phone

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My handicap (optional)

- I want a pre-reservation only for me
- I want a pre-reservation for me and my companion
- I want a pre-reservation for a group of attendees

I prefer a golf train course in

Mar Apr May Jun Jul Aug Sept Oct Nov

I m a / we are ... beginner advancer both, beginners & advancers

I have injuries by playing golf, in my ...

spine hip knee ankle other joints

Please note, this is **ONLY** a declaration of intent – not a booking!
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The French Riviera and the Provence!

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Famous artists like Arman, Pablo Picasso, Marc Chagall, Raoul Dufy, Hans Hartung, Fernand Leger, Henry Matisse, Claude Monet has lived and worked here and their artwork is to seen around the Cote in their museums and in the galleries ... and not to forget the MAEGHT FOUNDATION in St. Paul de Vence.

Hotels like the NEGRESCO and CAP EDEN ROC, restaurants like the COLOMBE D'OR has pregnant the Cote d'Azur.

Over all the sun who bathed in the sea and bring the colour of the sea to lighten: Cote d' Azur (the blue cost)

Come with me and train the new golf method FREE-RELEASE, your new better and healthier golf swing at the Cote d' Azur – up from March 2011.

8 days – there from 2,5 days for the golf seminar (50% theoretical – 50% practice)

Limited attendees of 20 (minimum 14 or 7 to 10 couples)

Following by each day with playing golf on another golf course

On demand: Lunch in the golf clubhouse or in a nearby restaurant.

In the afternoon – on demand – visiting museums of Picasso in Antibes, Leger in Biot, Chagall and Matisse in Nice, the Maeght Foundation in St.Paul-de-Vence, the historical mountain village near Nice.

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