

# THE GOLF MYTH COLLECTION

BOOK B VOLUME 3

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**BOOK B**  
Volume #3

**The**  
**'555 GOLF ACADEMY'**

**'Where Passion Meets Performance'**

and  
where you can achieve

**'PERFORMANCE EXCELLENCE'**

with help from  
the '555 TEAM'



## PERSONAL ACHIEVEMENT

I was reading some fortune cookies recently and came across a saying that you might find of interest.

**"Personal Achievement Will Be  
Your Key To Happiness."**

How many of us has ever discovered a sincere, firey, **'Deep In The Belly Desire'** to accomplish a feat or any challenge, then tackled and achieved it directly? To me, improving is achieving.

I remember going steelhead fishing with my Dad and Neil Shannon on the Snohomish and Skykomish Rivers. They were both experts at this sport. They excelled at thinking and enticing those sea run silver bullets, that pulled like hydraulic farm tractors, to take the lure and join us out of the water on the shoreline. Most went right back (Catch & Release) since we had a rule that, if we were not going to eat the fish within 12 hours or if the freezer were not empty, we did not keep these amazing aquatic beasts. It was a very good behaviour that my sons and I still abide by to this day. I have successfully fished the Dean, the Atinarco, the Kispioks, the Chilcotin, the Chilanko, the Chilliwack, the Vedder, the Fraser, the Stilliguamish, the Stikine, the Chemainis, the Babine and more rivers that abound with these great sea run trout. The memories are very strong and equally as good! They make me happy!

I remember learning to play tennis and excelling at this sport. The recollections of skiing to a proficient level were equally as hard-won and gratifying. My time in the many varied cockpits has been an ultimate achievement. I hope to spend much more time there before my end. The experience of learning to master riding horses and being with them at all their many chores and athleticism is a great part of my life experience. My dogs were great friends! Family should be a central source of happiness, security and pleasure! 'Playing Scratch Golf' is right up there at the top of the list. 'Teaching Golf' is at the top!

We all have great achievements, personal accomplishments that make us better human beings. When we think about these we feel good. Our abilities, championship level or not, are key to our happiness and we need to take frequent moments to assess these in order to keep them in perspective. We shall enjoy successes more and get more

return on investment if we catalogue the accomplishments regularly. Sticking with 'GOLF', have you ever met an accomplished player who did not enjoy carding low numbers with friends? How about you?

Would you agree that we all 'Need A Purpose In Life'? If you do you then would have to agree that we also equally 'Need A Purpose In The Moments' as they are the building blocks to the larger entity of overall time. You will recall my comment early on in Book 'A' that **"It is not all the years in GOLF that count most but those indelible moments."** We are best served in 'Life and GOLF' when we get focused and accomplish the momentary task well. Be good in the 'Present'! The future tends then to take care of itself. This is a very reliable recipe for us to follow.

When we prepare and execute a momentary task well (as in a well struck soft-drawing #5 Iron dead at the stick) there is great instant reward that too adds up to years of 'Pleasure'! Practise sound judgement, reliable mechanics, good course management and thus earn the right to make great shots, lower scores and more wonderful friends which good 'Golf' shall long-term provide. Good philosophical advice?

So "Why not get at it today"! There is rarely much reward for procrastination. You are holding this 'Golfmyth Book'. Well done!

### **UP OFF YOUR DUFF!**

When is the last time you got 'Up Off Your Duff' and made twenty five perfect 'Pitch Shots' over the pond at a tight pin or a dozen or so precise little 'Chip Bump-and-Run Shots' sliding downhill on a slippery green to a precarious placement? More simply, when is the last time you spent a full focused hour working on specific 'Short Game Shots' or your 'Putting'?

It is these practice moments that perhaps count most! They prepare us or condition and enable us to win! Great 'Golf Shots' give me a buzz! I bet you like winning too? Each one of us can be a winner in our own circle of friends more often if we prepare, especially when there is a current honest '**Handicap**' governing the events.

This almost exclusive sporting feature of 'The Game' levels the playing field for one and all. Isn't 'Golf' wonderfully and brutally fair?

## FAIL?

Q1)

### 'If You Fail, Do So By Daring Greatly'

I have many ways of saying this same thing, but one of my favourites is

Q2)

### 'If You Want To Win Big, Strike Out Big!'

If you cannot 'Trust in Self' and 'Rely on Self', where else will your success come from?

You are about to venture into what I call the '**Meat and Potatoes**' part of my '**Collection of Books**'. I invite you to 'Dare Greatly'. Step and stretch out with big reach so you might stride well into the 'Journey of Life'. 'Define and Select a Destination' so you might discover, know and have a 'Purpose'. Be 'Goal Oriented' even if it is by 'Reflex Behaviour'. Let this 'Positive Attitude' infect your very 'Personality'.

The '**End Justifies the Means**'.

Best of luck!

## TRUTH

Q3)

Some truth may be 'Self-Evident'

but

Truth too may well not be so evident  
until it has been 'Seen'.

Dr. Karl M. Fischer

This is one of the driving forces that prodded me to writing this literary effort as well as to my actually teaching nice folks like you every day rain or shine, calm or windy, hot or cold. Some of the best days were the worst from a weather perspective since the elements challenged our resolve and forced us to dig deeper, just as the final rounds do so often in 'Golf'!

What you are continuing to read and experience will surely help you along in the 'Journey' that we have come to call 'Golf'. You will understand and even certainly 'FEEL' more about and for this never-ending source of 'Challenge' and 'Pleasure'. **Gads, isn't it both!**

Please remember that 'Simplicity is the Solution to Complexity' and that the 'Laws Of Nature' are, indeed just that, 'Laws' and not frivolous meanderings of soft thinkers and those who might call themselves prophets.

If I wander or diverge more than you might at time expect; if anyone speaks to you about this 'Skill we call a Game' in words that are vague or confusing, simply translate them and revert directly back to our fundamentals; just stick to the very 'Basics' that I have and will continue to carefully and methodically serve you. You know them, a lot of them, by now. Knowledge, based on 'Truth and Reality', will serve you well.

We have covered some 'Physics and Mechanics' that we will strive to continually convert into 'Geometry and FEEL'.

You know the story!

C27]

**THE RELATIONSHIP**  
**Between Student & Teacher**

Compatibility adequate for successful communication ...

Positive natural human chemistry on both parts ...

We must learn to ...

**'CONCEPTUALIZE' 'INTELLECTUALIZE' 'ACTUALIZE'**

Teacher creates knowledge or a learning foundation

creates 'Proper Motion'

which creates 'FEEL'

promotes 'Remembered FEEL'

promotes the 'Reflex Golfer' ability

promotes 'Routine' ('PSR') and 'Discipline'

promotes 'Repeatability Under Fire'

promotes 'Suitable Psychology'

promotes 'Gratitude'

More than thirty years of real teaching in the trenches and at more lofty heights than imagined has proven this to be true.

Good luck to all of you and "Thank You"



## BEFORE TEACHING & LEARNING

Learning is a process having at least three distinct stages. This process starts with perception. We perceive through our senses ... using our eyes, ears, and all our bodily sensory receptors.

It is the teacher's job to provide stimuli to the student. These 'Clues or Cues' enable the student to accomplish actions that invite the learning of new skills that produce new results.

We must firstly 'Conceptualize'. Then we must 'Intellectualize'. Finally we must 'Actualize'.

There are three forms of learning.

Think of learning how to ride a bike.

Likely, the first step was '**Verbal Instruction**' from a parent, role model or teacher. This is a difficult vehicle by which to learn for two distinct reasons. 1) Poor verbal skills on the part of either or both the student or teacher. This is a very common weakness in today's modern America as English skills including vocabulary and grammar are very weak indeed! 2) It produces no direct 'Physical Sensations' that can be understood and recorded in the mind.

The second and slightly more effective as a 'Learning Tool' is '**Visual Instruction**'. The eyes are very efficient at gathering and transporting knowledge to the brain. The data content is usually treated than in the simple 'Auditory Medium'. You know the well known saying that 'A Picture Is Worth A Thousand Words'. It's very true!

The third and most effective 'Learning Tool' is that of '**Kinaesthetic Instruction**'. This form is by far the most effective and efficient method of learning and teaching. In this manner our 'Motor Skills' (actual motions) produce and enable the transmission of specific quantified and qualified sensations via our nervous system to the remembering brain.

The most powerful total system is to combine all three of the above Instructional Vehicles' into one blended experience.

Good teaching skills are no accident and we never simply happen upon them one bright sunlight Tuesday morning just after Spring arrives upon the golf property with a subtle whisper!

Q72)

CHANGE IS INEVITABLE,  
EXCEPT FROM A VENDING MACHINE.

Q73) A teacher must '**BEWARE OF WHAT IS SAID**' to a pupil. What the teacher says is the strongest thought in the pupil's mind and cannot be easily retracted. You never have to say you are sorry for or retract any statement error that you do not make.

## TEACHING & LEARNING

### 1) **WHY AM I HERE? :**

Just as a grateful 'Catalyst To Learning'!

I always begin my clinics and seminars by defining the objectives and agendas; keeping it simple with all the cards on the table; no surprises; everything under reasonable control mentally and physically, of course. This is the 'Pilot', the 'Teacher' and the 'Fear Of Frustration' in the man. Not accomplishing solid student improvement hurts a little every time, even if the client is not cooperating. It is a teachers job to induce cooperation, one way or another, subtly or not.

I always begin new lessons, seconds after the introduction, by asking the question, "Why are you here?" The answer had better be positive. On rare occasions, I have declined to undertake the challenge that is looking me in the eye, to the Looker's surprise almost without exception. There is proof in this refusal. If the student accepts, I am right in my assessment. If the student objects strongly, I am still right!

Next I explain that I am a fortunate teacher and my job is, indeed, to teach. "What is your job?" I ask, for we both have one. Life's a constant job.

When a moment passes without an answer, I supply one .... **"Your job is to learn! If you get through your job before I mine, you can leave, but you had better leave prepared to accomplish your and my goals or both of us will be very disappointed."**

This old teacher does not like losing either at Golf or teaching. Actually and truthfully, if one of my students beats me, soundly or by a slim margin, I love it!

### 2) **OUTSIDE TO INSIDE :**

Sounds like a 'PATH Issue' to me!

Aldous Huxley might have thought it so as well? All really sound sophists do! They know that, like electricity and water, knowledge flows from positive to negative or from those who know to those who know less! Great process!

**'TEACHING & LEARNING' is the process of converting 'Extrinsic Discipline to Intrinsic Discipline'** but it is how we go about this process, this life-long journey, that really matters. This 'conversion' statement sounds all too simple but it is more complex than it appears. I think it is so because there are so many varieties of individual and also so many different methods of communicating the same ideas and concepts. Some will work for you and some will not. Teaching GOLF effectively is a vast learned library of different ways of saying and teaching the same things. Having a lot of ways of keeping it simple; this is the mark of greatness in those fortunate enough to be successfully in the privileged position of teaching.

Teaching is not only a talent, but I think it is an art-form with which we are born and blessed. It can be fine-tuned but not easily created or taught. Instructors might 'Parrot Back' procedures and information, but they are not on an equal footing or plane with one who teaches. The difference is the 'Feeling' a teacher has for his student, which when combined with sincere caring and knowledge, tempered with understanding the most accessible paths to the student's inner mind, needs and desires, creates the transfer of experiences and knowledge.... not unlike the touch of a fine-tuned wedge game.

### 3) **THIS TEACHING AND LEARNING GOLF INVOLVES:**

The teacher's experiences; 'All Of Them', as every minute of our lives contributes to what and who we are and how we might share effectively and openly these collective parts of the whole. This is rather an index to our beings. Where we have been makes us what we have become.

Do I like to 'Teach' or am I just an 'Instructor' who has read and can 'parrot back' a manual on the classic GOLF SWING, whatever that might be? I see often that instruction is too far removed from the student's heart. It is a 'Do This and Do That' approach to a pleasure-filled, very subjective skill that must not be, especially initially, forced but felt and understood.

We teachers must be firmly in control but must keep in mind that we 'Cannot Push String Uphill'. We must create rewards for deeds from the first few moments we spend with our students. Golf is very generous with it's rewards and we must get them flowing.

Q74)

"When a man seeks your advice  
he generally wants your praise."

Chesterfield.

(Teachers must be generous with this commodity.  
It's our responsibility!)

4) **NO TWO ALIKE:**

No two golfers are precisely the same. The basic Golf skills, personally adjusted to fit each individual, must soon become a part of us. It is only in this manner that we can repeat the learned skills under an umbrella of pleasure, without which we will surely get wet in the subtle 'Rains and Inclement Weather, the Mists and Hazes, the Overcast and the Thunderstorms of GOLF'.

Have we had good or bad experiences? Has our growth been proper or improper? Are we sound individuals or perhaps less sound than might be optimum? **'DO WE HAVE THE KNOWLEDGE?'** Do we know our subject broadly or in a narrow finite perspective? Are we worldly or reclusive? Have we been there and done that? Are we patient or impatient, understanding of client frailties or less tolerant than we might be? Do we have a sense of humour? Can we relate or are we 'Sophistically Cold Hearted'? All this and much more is what we teachers are made of or have evolved into. The personality range of our students is infinite but it is pivotal in teaching.

**'CAN WE TEACHERS COMMUNICATE?'** Can I get my well-organized points and curriculum smoothly and effectively across to my students using easy to understand 'Bullet Proof' language and technique and being able to do each segment in more than one or two different manners or deliveries? Often we must come at understanding from several approaches. The front door is not always the best door. What matters is that we ultimately, in our own time but expediently, 'Get In' to the inner sanctum of understanding this great game of GOLF. It will most certainly help us to understand ourselves and simultaneously better relate to others.

What are the experiences and what knowledge base do you have?

Of the thousands of students with whom I have rubbed shoulders, **'NO TWO WERE ALIKE'** and they were almost all worthwhile investing my time in. I have not enjoyed every minute of this Teaching Journey, but I can tell you **'When The Going Got Tough, We Still Got Going'** and the job was meaningfully accomplished to the best of our combined ability.

From the client perspective, we need to know what is your perspective; How do you see this task or challenge? What is your experience? Your knowledge? **'YOUR DESIRE'?** Your physical and mental ability? Your talent and potential? Your temperament? Your time availability and willingness to invest in some hard work to get you there from here?

All my involvements with students is quite personal depending on the circumstances, the chemistry and their determined sincerity. If you have this, I can get you to walk across the GREEN without but minimum weight on your two stable feet, not quite walking on water, but a good facsimile.

All our relationships are under time and financial constraints so we must get the 'Job Done' and all too often we may never have an opportunity to get together again. At times, it's a bit of a **'ONE SHOT DEAL'** although I prefer not to have to accomplish mutually agreed tasks in one hour or however long one lesson needs to be.

Life is still real and so are relationships.

I have had clients introduce themselves and, while the hands are still shaking (not out of fear or anxiety), tell me **"You have one hour, or four days, to FIX my GOLF game for the rest of my life and I have paid you very dearly in advance for this privilege of learning"**. The best part of that statement is that it is seen as a privilege and the longevity of the asset is recognized! What is a 'Life-Long Leisure Skill' worth? I know, you see, and it is my fervent dedication to ensure that you come to know as well.

A good teacher 'Can Get You There From Here'!

5)                   **PLAYING TO A '5 or 6':**

The absolutely most difficult or carefully executed lessons I have given are to those players with handicaps around 5 or 6. They are in the 'Near Scratch Realm' and when these individuals come to me it is because they are 'Stuck at 6' or have got caught in a particularly stagnant air-mass or have hit the 'Doldrums', sails empty and going nowhere....adrift in the vast sea of Golf, bearings lost and proceeding no where!

Surprisingly, and a little sadly, the attitude of these players is often that there is nothing wrong with their game. "Oh I just miss the occasional drive or two, into the rough; two or three times per round, seldom more. I may miss a green with my short game once or twice a round. It's my strong suit! As for putting, you know some of those are just never meant to go down. Don't three putt more than twice or three time ever in a round and I am know for my steady play. These little discrepancies are the only reason why I have hovered around scratch for ten or twelve years; playing mainly to a 6 but never more than a twelve."

The trouble with this type of '5 or 6' is that they have become as good as their concept of the Game will ever enable them to become. They are mentally standing in their own way.

Their swing likely has not been developed about the correct and reliable Centrifugal Force and Pendular principle so necessary for playing in the ether, the rare air of Tom Kite, Nick Faldo, Fred Couples, Bruce Lietzke, Greg Norman, Mark O'Meara, Colin Montgomery, David Duval, Ernie Els, Nick Price, V.J Singh, Phil Mickelson, Hale Irwin, Raymond Floyd, Jack Nicklaus, Bobby Jones, Billy Casper, Bob Charles, Ben Hogan, Gil Morgan, Moe Norman, Curtis Strange, Davis Love III, Payne Stewart, Tom Watson, Tom Lehman, to name a few. You know the rest.

The troubled '5 or 6' so often has a swing or hit that is not or has not become reliable and he often plays a little bit of what I call '**Get Lucky GOLF**'. Please do not misunderstand me, 'Lady Luck' can play on my team or sit on my solitary shoulder any time she so desires, but good old basics are the foundation of success. I am really impressed by the concept Hogan emulated, that being '**The more pressure you put on your swing the better it performs**'. Now that's '**ITCHY STUFF**'!

If we do not have this foundation, we may play Golf resembling a

butterfly flitting daily from Tip to Tip as from flower to flower. We might even change instructors like a drawer full of underwear while finding a good one and wearing him like a classy tuxedo makes more sense. Basics never go out of fashion!

Of course, most of us teaching or playing professionals likely learned by lots of hours of trial and error, but were we to do it over, we would likely do it with a great teacher by our side from the very conception.

If you are a '5 or 6', persevere with the help of solid basics every stroke underlined by a cocky but humble determination. Earn the '2' and you will enjoy it as it will last.

6) **TEACHER ATTRIBUTES:**

**The Fundamental Attribute That All Great Teachers Have  
Is 'COMPLETE CONFIDENCE IN THEMSELVES'.**

In their minds they must be absolutely sure each knows what is wrong with a golfer's swing. Often considerable time must be taken observing before making any comment. Then when the comment is made, it must be carefully distilled and even more simply delivered. The fewer the words the better but, more words being used, ensure they are good picture communicators as the word picture approach is worth every syllable.

Never change a swing unless you are dead sure what is the root problem and both see and feel the corrective path as though it were at your very own feet in a mild afternoon stroll through the Chilcotin aspens. Don't guess as it will ruin a 'Good Walk In The Park' and worse than being your own, it will be that of a trusting student at your reputation's expense !

7) **WE ARE ALL QUITE DIFFERENT:**

Remember what is a good tip for one might be a bad tip for another. There is no 'ONE PIECE OF CLOTH' nor 'One Mix Of Cookie Dough' that fits all patterns and cookie cutters. Don't forget all those individual needs and tastes!



8) **BE AT EASE:**

You will not do anything that I haven't seen before. I can certainly, without any doubt, help you to improve and have fun playing this great game. We are all somewhat, initially, in a new environment, fearful of looking foolish and being embarrassed but a good teacher will prevent this or reduce it to near zero.

One of the old steadies in GOLF is called 'Frustration'. Well that is a different kettle of fish from simply being at ease. Our personal shag bag is likely full of old 'Smiling' range balls. Frustration never goes away. Just ask Tom Kite who practises three to five hours every day and has been rewarded for that by an enormous income and all the generosity of GOLF. He still gets frustrated, likely more than he would tell and more certainly than we would ever think realistic for such a champion.

Relax. We can get you there from here.

9) **THE NATURE OF THE BEASTS:**

Q75)

**"In my many years of experience, the difference in teaching men and women has always been a great problem. Although both have two legs and two arms, their structures differ, and inescapably men are stronger and generally have greater athletic ability than do women. I have always found it very difficult to adjust myself mentally to these differences. As I think most pros will tell you, women make golf instruction a very difficult task."**

**Harvey Penick**

Knowing of Harvey Penick, I always chuckle slightly when I read this quote and equally, I know quite a number of ladies who didn't. Many of his best students and most grateful ones were women.

10)           **THE '555 GOLF' SPECIFIC VOCABULARY:**

**'WORDS DO NOT ALWAYS DESCRIBE ACTIONS VERY WELL'**, especially by but the most adept communicators who have carefully selected the terms or verbal tools with which to work, and the more complex the poorly applied words, the more confused the muscles get when they try to follow what it is they think they were told to do.

This is why I believe in a clearly defined vocabulary, simple teaching, putting simple pictures into the pupil's mind and even more simple drills into their bodies that have the best opportunity to make a vivid, long-lasting impression. If what I accomplish makes the club and ball create pleasurable results, then I am very much on the right path in this teaching avocation leading down the thrilling, ever pleasing path, a part of the trip in the GOLF Journey, a rewarding life-long leisure skill indeed.

Complexity is best solved with simplicity. With simple picture words I can hopefully continue to paint scenes where the technical things may take care of themselves when you remember and trust the pictures and the feelings.

Create a stable safe address from which you can execute. Repeat the address. Develop a feel that can make your comfortable shots repeat. Repeat the feel. Let a little physics and some mechanics promote the stability and reliability. Then nurture some basic geometry and feel to keep life on the links a joy.

Trust your Clubs. Trust your Swing. This combination is attainable and will withstand the tests of pressure over time producing much pleasure throughout life unlike any other sport.

11)           **VIDEO CAMERA:**

Over the years I have seen or used about every teaching aid you can think of but seldom use the video camera unlike other teachers.

There is a story that a prominent lady touring pro once told,

"Years ago, our Women's Golf Association had someone set up a T.V. camera on the first tee and tape everyone's opening drive in their tournament. At the after-party banquet, the tapes were shown to all. For the next few weeks, women's play at our club fell off 80 percent. Some things are best unseen!"

I feel that to simply show a student his/her swing early in the learning process is counterproductive. When we used this modern marvellous device nine out of ten who viewed their swings remarked "Boy is that ever terrible!" If we want to see good golf motions all we have to do is turn on the television during the weekend. We have all seen great swings and had the privilege of viewing masters at work. They make it look so simple and effortless. With us it is strangely different.

I do not want to start my teaching process walking uphill or nursing a bruised psyche. When I create any negativity in my client's mind, I am increasing the slope of the treadmill. I make our trail through the golfing wilderness more precariously steep and cluttered than it already may be. This is not to my liking as I too am walking it with you and I am basically efficient in my discipline and walking over level terrain. Some people might accuse me of being too lazy to produce the video and that is quite alright with me.

When it is time perhaps I might like you to see the 'Before and After' but absolutely not up front. Damage repair is necessary at times but I am not going to create it and make work. Your swing might never be pretty but it may win tournaments and it is the end results and the fun along the way that really count.

12)           **THIS GRATEFUL TEACHER:**

Q76)

**"The day I stop learning, is the day I stop teaching."**

**Harvey Penick**

I am certain this writer personally learns as much from a challenging student as does the student from this teacher. Never a day goes by without learning something of substance from this 'Great Kingdom of GOLF', from it's clergy, bishops, dukes, squires, knights and most of all, from it's commoners of whom I am proudly one.

13)           **A GENTLE TOUCH:**  
              (a great insight)

Q77)

For years I have touched ladies gently on the elbows and said, "Let go of the tension here, and the first thing they do is to let go of the club and drop it on the ground. This tells me that they often think of their elbows as part of the grip and thus as novice golfers they have a tendency to attempt to hit the ball with their elbows. This is likely due to the upbringing of girls during which they have not had to swing at things with a stick as boys do."

Harvey Penick

This writer, whose clientele is about 60% female, has also discovered that ladies do not want to strike the ground hard for fear of either damaging the turf or hurting their hands. We teachers must gently show them that the clubhead is meant to 'Rip' the Ball and take some turf. I do this by getting them to swing the golf club like an axe and actually make several high and hard chopping actions on the ground or matt to show them that it does not hurt either the Clubhead or their Hands.

Once this is accomplished, you can get them to start dropping their hands down from the Top Of Backswing ('TOB') and hitting through the bottom of the ball ('BOSA'), right where the leading edge of the Clubhead touches the ground. The first few attempts may cause 'Fat Hits' but then just have them keep their 'CHIN Tallish' to keep the arms swinging from the armpits to the bottom of their comfortable swing arc with some push from their Brace Foot, Clubhead back where they started it from, ('Address Set Up Position'), where the ball sits passively waiting to be struck. (B.S.P. Ball Set Point)

Sitting Passively is the Ball's job, you know!

Our job is to swing '**IMPACT FIX to IMPACT**'. 'SET-UP and Repeat that Powerful IMPACT FIX'!

It is essential to impart the thought and motion picture to women that we need to swing the clubhead up and down freely, gripping the club firmly (but not squeezing) with the Hands on the Grip at the end of longish arms (with soft Elbows) swinging under a Tallish Chin, while seeing the 'Butt' of the ball very clearly.

Get them to enjoy the hit and do so very early in your relationship. Remember, ladies need to swing, using centrifugal force to get the job done. They cannot, as men usually can, generate the 'Clubhead Speed and IMPACT' from any piston action of the Brace or Hitting Hand and Arm, the Brace side of the Lever Assembly. A lady can swing big and thus hit hard.

14)           **A TOUCH ON THE ELBOW IS ALLOWED:**

"I may have to touch them on the Shoulder and even the Wrist and Hands as well, to release 'TENSION', but the Elbows first, as a general rule, does the job."

If you do not get this task attended to, you will soon find the ladies trying to 'Lift The Ball Into The Air' with reflexed elbows while what is really required is for them to try to hit 'Worm Burners or Daisy Cutters' and in doing so, swing the Clubhead rather flatly THROUGH the Ball and allowing the Clubface Loft or the factory to do all the lifting or driving of the ball into the air. After all, allowing the clubs to do the work is why we bought the golf clubs in the first place. Otherwise we should have bought a hockey stick!

You want to help the ball go up? Then let the Tension out of your Hands, Elbows and Shoulders and make a strong, efficient driving CHIN Tallish swing Down and THROUGH the Butt of the Ball. This is the only way it can be done. It makes good sense to begin right here.

Remember, swinging Down and Through the Ball gets it Up directly proportional to the design characteristics of the Clubhead. More Loft equals more Height. The formula is simple.

15)           **GET A NEW TEACHER:**

If you are having trouble understanding and learning from your teacher, it is not your fault. Find someone new who can effectively, positively and clearly guide you as an individual with immediate positive results.

16)           **WHERE AM I AIMED?:**

Sometimes, when a student asks where they are aimed, I answer,

"Hit a solid, free-wheeling, 'Swing the Clubhead THROUGH the Ball Down the Line to the Pin' shot with good Clubhead Release and '**IT**' will tell us both."

Once your Clubhead is doing what you desire with seemingly little effort, do it many times and pay very close attention to what it is doing and what your are doing to cause it so easily and repetitively to recur. '**REMEMBERED FEEL**'.

17)           **LISTEN TO YOUR SWINGING CLUBHEAD:**

If you listen to or really '**FEEL**' the Clubhead working (SWINGING & IMPACT) and pay particular attention to it's '**FEEL**', it will tell you about your swing and performance. I think the golf club will become not only your best friend but your most effective teacher. Swing naturally, '**IN COMFORT**' and then the swing will do its job making the Clubhead go to the PIN through the patiently waiting Ball, causing the Ball to go along for the ride, to the Pin of course.

If you do not feel 'Uncomfortable and Forced' and can '**FEEL THE STEEL**' throughout your entire swing, you are likely going to perform very well indeed.

You can tell a great deal simply by the 'Sound of IMPACT' so listen to this 'Event'. When I am teaching, especially in our indoor 'Hitting Cages', I can tell, with considerable accuracy and in

great detail how my student is performing without even being in the same room. The sound of good IMPACT is a reliable 'Finger Print'.

Remember, those great shots only go 'CLICK'! They are not a work of labour but of finesse, a 'Work of Art'.

18)           **APPRECIATE YOUR STUDENTS:**

Read on and I hope, I know, we shall both see the subject more clearly very soon, together. I learn every day from people just like you and I thank you for your investment in me.

I know all too many golf instructors who dislike instructing but do it out of financial necessity. If you feel this to be the case, do not continue. It's worse than a dead-end street. It leads to a poor destination where you need not travel. Do not waste one more minute. Find a new profession so you do not harm more trusting students.

To my students, past and present, I am glad we met.

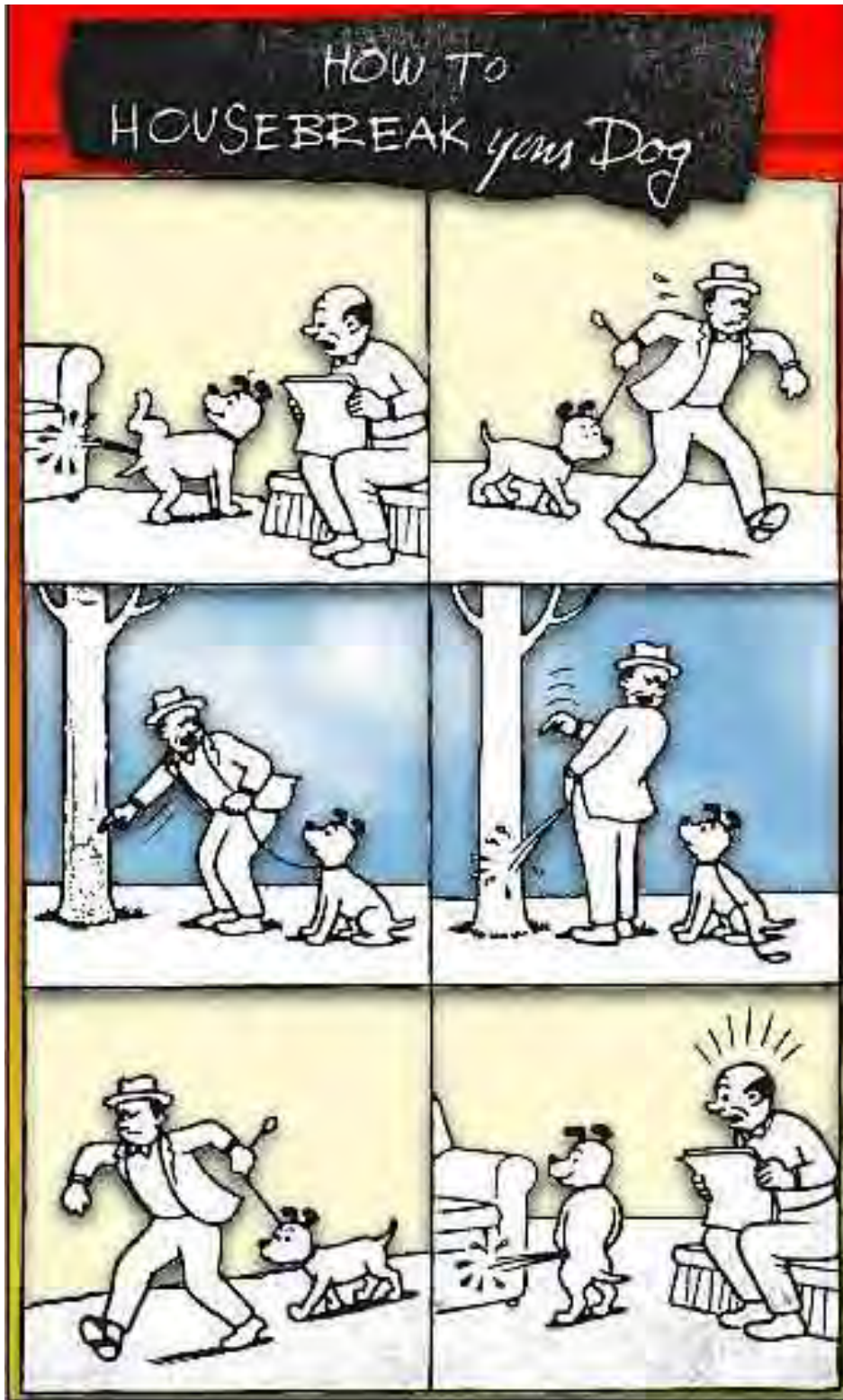
Q78)

"Without some history and knowledge being passed on to us, we all must painfully reinvent the wheel. Thus we are doomed to unnecessarily repeat the mistakes of those who walked the trail before us."

How unnecessary!

How masochistic!

How To Housebreak Your Dog





### WHAT THE TEACHER SAYS

What a teacher says and how he or she is interpreted is surprisingly fickle, but it is the success of this information exchange that leads to our growth and fulfillment in life. If what a teacher says the first time does not sink in, he must deliver and you must be open to receive the message in a slightly different manner as many times as is necessary to get the transaction completed.

Be patient as a student or teacher.

Q79)

"The highest function of the teacher consists not so much in imparting knowledge as in stimulating the pupil in its love and pursuit."

Karl M. Fischer

Q80)

"To know how to suggest is the art of teaching."

Amiel

Q81)

"In the education of children there is nothing  
like alluring the interest and affection;  
otherwise you only make so many asses laden with books."

Montaigne

Q82)

"The one exclusive sign of a thorough knowledge  
is the power of teaching..."

Aristotle

(As a student of Golf, I have never learned so much as in the  
process of teaching diligently with dedication to simple truths and  
imparting what works reliably.)

Q83)

"If a man empties his purse into his head,  
no man can take it away from him.  
An investment in knowledge  
always pays the best interest."

Benjamin Franklin

Q84)

"The secret of education lies in respecting the pupil."

Ralph Waldo Emerson

(a teacher must be supremely confident but not arrogant!)

Q85)

"Don't fall into the vulgar idea that the mind  
is a warehouse and education but a process of  
stuffing it full of goods."

(absorbing every article and offering about the game  
of Golf and all its intricacies is a similar pitfall.)

Q86)

"All who have meditated on the art of governing mankind  
have been convinced that the fate of empires  
depends on the education of youth."

Aristotle

(Let us not continue forgetting the power of junior Golf.)

RULE #16:

The '45 DAY' Rule

Our love affairs with those new 'Wonder Sticks' may be as fleeting as the bloom on the rose or the blush on a first few dates.

Don't be swept away by anticipation or a few moments of bliss. We almost always behave better on our 'First Date' than we do only a short time later.

Proof of a lasting relationship, is one that has lasted!

See Chapter 'IMPROVEMENT'

C29]

## SUCCESS AS DEFINED BY THE MEDIA

How do you define 'Success'?

If you plug into the media frequently enough, you will tend to form opinions based upon the rich and famous, on the tour players seen on T.V. both on and off the courses. These may become classified as the highest level of entrepreneurs and performers, deservedly or not. These individuals are certainly in the minority and, as such, are a very small target. Should the rest of us use these rare folks as our 'Benchmarks'?

Q87)

'Success is moving from failure to failure  
without losing enthusiasm.'

This statement was likely made by one who had made numerous attempts and come up short, but knowing that there was another 'Kick At The Can' coming up shortly.

Q88)

'If I accept you as you are, I will make you worse;  
however  
if I treat you as though you are what you are capable of being,  
I help you become that.'

Johann Wolfgang von Goethe

Q89)

'Ability is useless unless it is used.'

Robert Half

Q90)

'Behind an able man there are always other able men.'

Chinese Proverb

(I thank my family, my staff, my customers and friends.)

Success is ultimately tied to one's values. As you reflect upon your past, when were the times that you felt most accomplished, most fulfilled and most beneficial to your family, friends and the general population secondary to yourself? Was this a time when you accomplished much and caused good to happen to others or just for yourself? What, in your opinion, was the defining characteristic of the time and event that made you feel or become 'Successful'?

I call these 'Milepost or Benchmark Events or Periods'. Your evaluation of these will define your perspective of 'Success' into humanitarian or personal. Because these past experiences were positive contributors, strive to make more of the same happen because the outcomes should be similar. The old axiom is true: 'Success Breeds Success'! The more you experience events that feel successful, the easier it becomes to find the same situations and behavioural combinations in the future. We are creatures of habit!

A really wonderful common condition in 'Golf' is that of its 'Handicapping System'. This levels the playing field and generously promotes fair competition and being able to compete with players of higher performance levels with the possibility of success. Of course in the 'Open Format' it's all square!

We must learn to define 'Success' firstly by its true relevance to ourselves. Only then can we predictably advance in our 'Pleasures' towards the goals we have realistically set. If you have aspirations, define them, prepare thoroughly, strike out big so you can reach lofty heights! Remember, it is highly likely that when we reach each summit in our 'Golfing Quests' there will magically appear yet another or several just out at the horizon. Select carefully and keep moving forward. Earn your victories!

You one day will be on your leader board. The wonder of the 'Game'!

## THE MENTAL KEYS

If you have not heard of or read Michael Anthony's book he has called '**The MENTAL KEYS**', you need to do so without further ado! It is affordable. It is very simply written to his points. It may be 'Life Altering'. You can get his book at the '555golf.com' site or via Mike's site as well ( [www.mentalkeys.com](http://www.mentalkeys.com) ). Some thoughts from Mike's book that may stimulate your thinking!

- 1) Pure internal awareness increases success and pleasure.
- 2) Your emotional state outside competition affects your ability to perform as well as your emotional state in the arena.
- 3) Everything you experience in the pursuit of your goals is merely a fact. Thoughts are simply 'Facts and Emotions'. It is your emotions that you attach to these facts that determines whether you reach your goals or not.
- 4) Emotions directly affect the chemical balance in and around your brain and thus determine your performance.
- 5) "I Am Always Truthful, Positive and Helping Others." This 'Daily Affirmation' will improve your 'Emotions' and alter your 'Tapes' leading to improved 'Performance'.
- 6) Convert your 'Anger' ('Negative Energy') into 'Determination' ('Positive Energy'). The energy you have is a given. Its state and quality is up to you.
- 7) Strong concern about your 'Outcome' is often manifested in simple and pure 'FEAR'. Most of you have spent your entire life chasing the outcome. Forget the outcome and stay in the 'Present' by focusing on 'Mastering The Process'.
- 8) You can only 'Physically' exist in the 'Present' so you have control of the present. How well you control this 'Present' determines you 'Outcomes' not worrying about them!
- 9) "Understand the profound influence negative emotions have on your brain's chemistry and thus your performance."
- 10) "Use positive emotions to put a fire in your heart and ice in your veins!"



**SIMPLE ENOUGH?**

The Creator provided us with a '**Spirit**' and '**Free-Will**' which are not limited by 'Time and/or Space'. He maintains control over his human creation through our 'Chemistry' which He provided with the 'Free-Will' and our very existence. Good 'Chemistry' flourishes while bad blocks virtually everything in its path. We are thus NOT predestined.

Our 'Spirit' enables our 'Thoughts'. Our 'Thoughts' are 'Spirit Sourced'. They have 'Past Present and Future' (not limited in time). Thoughts are 'Facts and Emotions'. Our actions ('Physical Manifestations') are limited in 'Time and Space'. 'Actions' or 'Processes' are limited to the present, limited only to the right here and now. Don't 'Fuss' with them. 'Prepare and Execute'.

We were born with 'Tapes' (behavioral controls) that are flexible and progressive (youth to age) but resistant to change. They are protective of us. Negative blocked and positive enabled! Instant good feelings are allowed access and freedom to flourish. Good 'Chemistry' is dominant and 'In Control'. We can change our 'Tapes' over time with 'Conscious Effort' and a method. Otherwise, they evolve on their own based on our 'Feelings'. 'Good Feelings' mark the 'Tapes'. 'Bad Feelings' alter them! You can see that we must be consciously very 'Positive' (Good Chemistry) or we drive our 'Tapes' backwards into more 'Protective Modes'. Negative-Minded folks have a lot of 'Blockers or Barriers' in place. Hence they retard their own growth through 'Bad Chemistry'!

**We must run our tapes  
and  
not allow out tapes to run us!**

This is a matter of 'Cause & Effect'. Our 'Thoughts' are a cause and manifest as physical form or effect over time. We must strive daily, moment by moment to have good 'Thoughts'. That is why we would be well-served to affirm to ourselves, "I am always truthful, positive and helping others!" This promotes 'Good Chemistry' and promotes and enables us to project our benefits to other human

being along our 'Journey' in the big 'Voyage' following our 'Mother Ship'.

Emotions are directly 'Tape Related and 'Tape Influencing'. Our 'Emotions' are generally quite spontaneous but can and must be controlled. If we learn to control our 'Emotions' we can control our 'Chemistry'. If we can control our 'Chemistry' we can improve our performance!

We need to learn '**Positive Brain Washing**'.

If we can focus on the 'Process' (Motions which are 'Present Tense' and NOT 'Outcome') we can avoid 'Negative Emotions' (such as 'Doubt and Fear') and thus prevent 'Bad Brain Chemistry' and thus perform at a higher level, 'Physically and Mentally'.

What a life-long gift!

If what I have just written makes any sense to you or strikes accord, you might get onto the Internet and go to [www.555golf.com](http://www.555golf.com) where you can track down multiple sources of valuable information on "How We Might Think and Play Better Golf.

Take advantage of your 'Locker Room Membership' at every opportunity. You are a 'Locker Room Member' right?

If not, figure out how to 'JOIN NOW'!

You are but a few steps away!

## ONCE YOU DECIDE YOU WANT TO

Magically, it is only a decision away!

**"Actions Which Produce Desirable Consequences Shall Recur."**

Thomas and Skinner

What was once an effort becomes a joy when you decide you want to do it, when it fits your purpose, when it makes a positive difference. A great strategy for getting 'YOURSELF' to take effective action is to solidly connect that action with the things you truly desire. Connect 'Actions' directly to 'Rewards'. You may find that a lot like 'Newtonian Physical LAWS' ... 'For every action there is an equal and opposite reaction".

What if the things you needed to do were the same as the things you wanted to do? You would have no problem getting them done. No one would have to nag you about them, much less yourself! You wouldn't have to make up excuses for not getting around to them. You'd just start right in with eager anticipation and get busy. You would very soon discover that the shortest route between you and your goal is a straight and enjoyable line!

The great thing is that those 'Have-To-Do Tasks' and the 'Want-To-Do Actions' can be precisely the same. This happens when you build and maintain a solid connection in your mind between the 'Goals' you 'Desire' to accomplish and the 'Actions' that will make them happen.

You can enjoy any activity you decide to enjoy. You can sincerely want to do whatever you set your mind to do. The difficulty is usually not in the effort, but in your attitude. So decide to take the actions that will move your life ahead. And 'Enjoy' doing those things you need to do.

What you want is truly within reach.

"The people who succeed in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."

George Bernard Shaw

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## DESIRE

In order to truly learn and excel, one must ....

Have a **'DESIRE'**

**'BE HONEST'**

Have an **'OPEN MIND'**

without which you are really fooling yourself.

Dr. Karl does not usually teach any student without these three Ingredients!

Once you have mastered the **'BASIC MECHANICS'**, what is required is to learn **'TRUST'** and then apply the bulk of your **'Focus & Energy'** to your **'MENTAL ASPECT'**. The **'Mental Side Of The Game'** is about 80% of the challenge! The world is full of very capable **'Ball Strikers'** who shoot 65 one day and then, on the same course, without great environmental differences the next day, shoot 80! The difference? **'Ten Cent Heads With Dollar Swings'** produce eleven cent results!

Each golfer owes it to himself to learn improved **'State Of Mind'** and **'Thought Processes'**. One must learn to make **'One Shot At A Time'** and to do so **'In The Present'** without any predilection to the **'Outcome'** where **'Doubt and Fear'** abound.

Solidly designed **'Pre-Shot Routines'** and what we refer to as the **'Four Step Process'** is the cornerstone. You will be well-served if you can stay **'Relaxed and Poised'**. This enables the best in you to be released so it can add to your great performance!

## THE TEN SECOND RULE

We all know what 'FACTS' are. Life is full of them. We all know what 'EMOTIONS' are. Life is full of them too! An 'Event' such as a poor 'Golf Shot' is a 'Fact'. If you are wise you will not attach too much 'Emotion' or if you naturally tend to do so, not for too long! Detach quickly!

Give more credibility to 'Good Events' than 'Bad Events'. In other words, if you make a great 'Golf Shot', give yourself two pats on the back. If you make a bad shot, limit it to only one swift kick in the butt! Emphasis on "Swift"! Delete the bad memory from your 'Cranial Hard Drive' and save the good ones! Make what your '555 TEAM' calls a '**Positive Shot Library**' that you keep close to the frontal lobe so access is fast. When you see a situation similar to one in the past, fetch it up out of memory and execute it one more time. This is 'Drawing From The Past' but not 'Living In The Past'.

If you have a bad experience, appreciate it! Give yourself '**Ten Seconds**' to live its reality and then 'Flush It'! You can get angry and even throw your club a very short distance as long as it comes to rest within ten seconds and it is not damaged.

### **Know And Use Your 'Eight Step Routine' Every Single Shot!**

Facts are Facts! Emotions are Emotions! The two can get together briefly but they are not allowed to catalyze! If they become fused, you will tend to live in the 'Past' which will negatively affect your present and future opportunities and performance.

Venting your frustration is good!

Keep your energy positive!

## JUST BEFORE PSYCHOLOGY

**'PSYCHOLOGY'!** What an enormous subject! One that we might spend a lifetime on. Perhaps you but not me! I have things to do and have thought all about them already! Little time to think much more! My preparation is now adequate. Cast off!

Orient your 'Thinking' to the 'Present Tense' so you can 'Perform In The Present' where 'Doubts and Fears' are precluded. Don't let these demons get in the way of your success! They will big time if you let them!

There are some really sound books written about ones mind and the 'Great Game'. So I shall let you read them. This part of the 'Golfmyth Collection' is just a few minutes devoted to my rather distilled ideas, impressions and opinions. You will have your own and they to will be correct!

To accomplish this silly 'Game Of Golf' we must more develop a really simplistic **'Mental Picture'** about what it personally requires to gain success than to ascribe to what others feel it implies and requires. After all. It is just a sport! It is truly a game that begins and end the same day ... usually!

Try this! Form a mental circle on a piece of '8 1/2 X 11' in which you have written all the important words that come to mind when you dial in the word 'GOLF'. Actually draw a big circle and write in the key thoughts. Sleep on it and let it ferment until you have a distilled view. You can always modify!

Doing this, you may just come to similar conclusions to mine. I'll share and respect yours!

Pleasure seasoned with pain. Beautiful surroundings. Good companionship. Escape from the rigours of mundane daily life. Challenge. Struggle. Reality. A little life on a manicured pitch. Healthy exercise. Deep diaphragmatic breathing. Business outdoors and more.

To me the tasking includes 'Feeling Drawn To The Links' for whatever it might provide to each one of us as the carrot. We must prepare 'Physically' for each round. Having the 'Mental Ship' seaworthy helps! Make sure that the water can wash over the decks

and just spill away back into the sea. Being at least in the right 'Mechanical Realm' is a benefit. Understanding a little 'Physics' might help too. I think the 'Physics Of Rotation' matters, but I already get it due to hours of having it beaten into my eyes and ears by determined others! You need not go through that! The 'Geometry Of The Circle' gets in there somewhere too. At least be aware that the 'Clubhead Travels In A Relative Circle' and strive to feel the 'Big Rolling Wheel' that centres around your sternum. Manage Your Round! Manage Your Emotions. Let them out regularly even if be by that 'Ten Second Rule'. Reach higher regularly! The 'Past' is a reality but focus a lot on the great moments and push aside the poorer ones. The 'Future' holds dreams and moments of lesser accolade but do not dream too hard. The 'Present' produces and governs both these step sisters in time, so let 'Now' make things happen. The 'Process and Motions' in 'Golf' are the centre of the centre. Learn the 'Feel Of Success' and 'Repeat The Feel'. Strive to both understand and become a 'Reflex Golfer' via this 'Remembered Feel'. "Prepare well and ye shall reap the fruits of your labour". The overall 'Feeling' is the key to the magic door.

**'Don't Make Golf Happen',  
'Let IT Happen'!**

Strive to float just a little while you are walking. Keep good music playing! 'Look At The Target Precisely'. Think just a little about the 'Mathematical Aspect' which include yardages and club selection. Once determined, go with them! 'Visualize The Symmetrical Ball Flight and Its Success'. Allow this process to be a bit 'Spiritual'. It is! Fill yourself with good emotions. Trusting! 'SET-UP and EXECUTE'. Get into the habit of that 'Four Step Routine'. Massage the way you evolve right now as a simply 'Present Dedicated Process' and don't worry about the 'Past and Future'. These two periods often produce 'Doubts & Fear'. Goey slippery stuff! The 'Gift Of Golf' is that the 'NOW' takes care of both the 'Past and the Future'. Allow it the privilege! Step back out of the way! Move outside yourself often just so you can have a look as others see it!

Relax, laugh and have FUN!

Enjoy the moment!

Q91)

**Think You Can ...  
Think You Can't ...**

Either way, You Are Right !

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## **GOLF PSYCHOLOGY**

Before I take one more step in this chapter, let me tell you something that has always served me flawlessly and been a benefit to my students and Golfing friends.....

**'DON'T THINK TOO MUCH' and 'DON'T TRY TOO HARD'**

..... either of these personal 'Swing Components' or conditions or behaviours or habits, call them what you will, get in the way of a good uninhibited, **'Don't Miss The Atlantic Ocean'** Swing. Uninhibited, instinctive **'LET 'IT' HAPPEN'**, good old 'Focused-On-The-Target Golf' works best. That's the Swing and approach I enjoy and want you to share as well.

In the long run, I shall allow the professionally astute psychology degrees to wash their wisdom upon your.

However, I tend to think, as a result of attending far too many 'Psychology Seminars' both at university and past doctoral, that many who have 'Mind Knowledge' make it far too complicated for me. I hate to fall asleep during any lecture. Actually getting up and leaving is better, save its reflection your final grade!

To be a successful, even champion athlete, one must fortify ones **'Body Temple'** which houses the **'Mind'**. The great cerebral must have a healthy place to reside. Then and only then can it flourish.

Thus, I tend to think the old statement 'A Healthy Mind In A Healthy Body' ('Mens Sano In Corpore Sane') might have been better written by the ancient Greeks as **'A Healthy Body Supporting A Healthy Mind'**.



## **'Fitness and Mechanics Are Inseparable'!**

Well, this known, 'Fitness and Mental Performance Are Intertwined'.

A well prepared mental state invites 'Relaxation' and this lack of 'Muscular Tension' enables 'Freely Active Natural Performance'.

We must be 'Clear and Positive Minded', as well as 'Physically Ready To Perform' before we can expect much if any magic to come out of our 'Golf Sticks'.

One cannot 'Hope Ones Way Into The Winners Circle'.

It is 'Temple Body First' and then a strong 'Mind'!

### 1) **LIKE A TEENAGER:**

A good 'Golf Swing' is, perhaps, slightly like raising a teenager who is quickly becoming a young adult. You have worked on 'Basics, Discipline, Etiquette, Rules and Routine'. Once these are accomplished, fully or not, one must give '**Trust And Good Equipment An Honest, Good Old American, Centre-Stage Try**'. More than once is likely in order. Work on your 'Procedures and Mental Chemistry'. If you treat your 'Golf Game' to some 'Basics' and a whole lot of 'Trust' you too may be surprised. It seems that today's up-and-coming touring stars operate more out of trust than 'Conscious Mechanics' and 'Active Minute Swing Details'. Working with them proves this nine times out of ten. In speaking with these performance athletes, they wholly support that much promoted method I call '**REMEMBERED FEEL GOLF**'. They strive to become great '**REFLEX GOLFERS**'. Golf is nourished by 'Trust' and fed by 'Desire'.

**'THOUGHTS Determine What You Want.  
ACTIONS Determine What You Get!'**

2)

## DOCTOR & PATIENT

Being from a family of medical practitioners, including a large number of my uncles, adopted or otherwise, I have seen how the medical system works. I know what it is to have a 'Full Team' of medical specialists attending to one's needs. Often a medical problem requires several highly specialized doctors to accurately determine the 'Root Cause' and the most effective cure to a problem. The patient needs the best available professional evaluation and proper procedures to accomplish a successful prognosis.

Golf, although not life-threatening, is very similar. We need the best opportunity to thrive and succeed. To accomplish our 'GOLF' dreams we must purify them, with or without help, and then set out on our own '**GOLF Journey**' to reach that aspired destination.

Rather than being solely 'Under Our Own Steam', would it not make good sense to have a mentor or a sensitive and wise old teacher who can help us keep relative down the middle-of-the-road instead of being often in the ditch? Would it not be safer to have a tug-boat and pilot ship, intimately familiar with the local terrain, to lead us through the night and into the dawning open seas where daylight and bright sunshine are surely to follow? Of course.

With the group of professionals we have assembled at the '555 Golf Academies' and with whom we have associated over the years, it has become apparent that a 'Student Of GOLF' is best served by a team of professionals. These practitioners can look after the 'Equipment' and then ensure the best opportunity to create the most efficient 'Human GOLF Machine', 'Mentally and Physically' possible from that 'block of rough clay' that walks through the door and says "I think I would like to try this Game of GOLF".

Every golfer deserves the attention of a knowledgeable equipment specialist or builder, a fitting technician, a fitness expert and then, most importantly of all, the tutelage of a seasoned teacher. This 'General Practitioner' can make all the pieces fit. He is the captain of the team.

This cooperative scenario makes the challenge of GOLF a climbable mountain which, to so many folks, is and has always been just a peak barely visible in the distance and usually obscured by cloud or an ominous greyish overcast. Is Golf just a frustrating yet alluring dream; allusively here for a moment and then gossamer

gone? ... a fantasia? I think not.

If you have not located such a 'Golf Support Team' to aid you along your many Golf Trips and the 'Journey', keep looking and assembling.

Q92)

"The ablest men in all walks of modern life are men of faith. Most of them have much more faith than they themselves realize." Golfers are no different.

Bruce Barton

(Payne Stewart, winner of the 1999 U.S. Open, one of the best exhibitions of 'Last Pairing Golf' I have ever seen, is living proof of this faith and work ethic. He earned every ounce of that trophy and will serve as a fine example to all of us as our Open Champion twice over. He brought it to mind that he might be getting on in years, but I would caution any doubters that his faith, endurance, dedication and swing will hold up in our minds for years to come. That is a legacy!)

3) **TRUSTING AND TRAINING MENTALITY:**

There are two distinct 'Psychological' arenas or aspects to each one of our games.

**'TRUST YOUR CLUBS' and 'TRUST YOUR SWINGS'.**

Find a 'Teaching Professional' soon, as he will instil 'Training and Trust' and usually in that order.

1) Find this sensitive talented and not haughty or arrogant teaching-building professional who is patient enough to spend some quality time with you analysing your swing and physical needs. At the same time he will be examining your psychological framework as this too directly affects the type of equipment you require, especially in the shaft department.

Clubs that fit you are NOT an accident in this type of professional company. Real 'FITTING' is a learned skill and art. It is a combination of the most objective of measurements combined with the absolute subjective fantasy held together with the glue of knowledge and experience.

Find one of these teacher-builders fast if you want to be 'Confident' of your equipment. It takes both a builder and a teacher to understand your equipment and your Swing. They are two distinct considerations.

This 'TRUST YOUR CLUBS' privilege is the foundation of better play and the second half of the formula ...'TRUST YOUR SWING'... will only, can only, follow and cooperate with the first.

2) On the psychological 'TRUST YOUR SWING' side of this double page, there are two aspects worth considering; a training mentality and a trusting mentality.

In the training mentality, (Conscious Side of your mind) a golfer evaluates his shots critically and analytically. In the trusting mentality, (Subconscious Side of your mind) the golfer simply accepts them and executes.

In The 'TRAINING MENTALITY',  
The Golfer Tries To 'MAKE' Things Happen.

In The 'TRUSTING MENTALITY',  
The Golfer 'LETS' Things Happen.

The 'Training Mentality' is very thought provoked. The 'Trusting Mentality' feels like reckless abandon.

The 'Training Mentality' tends to be impatient. The 'Trusting Mentality' is generally patient. If you feel it becoming less patient, take some deep breaths and focus on the 'Procedure' and not any 'Outcome'. Restore the tranquillity without delay.

The 'Training Mentality' is for the driving range and practice area off the course. The 'Trusting Mentality' is essentially for competitive play, the test of the course under pressure. As we are creatures of habit, we MUST spend a lot of time in the 'TRUSTING MENTALITY' while on the practice surface or we will NOT be able to implement 'TRUST' while on the course in the real 'Game of Golf'. We human beings are creatures of habit and our practice creates or develops what we call '**DOMINANT HABIT**'. If we spend all our time practising in the 'Training Mentality' we will, of course, play in it when the heat is on. Under pressure the dominant habit will prevail.

The 'Dominant Habit' is the one an athlete practises most.

Therefore,

**'YOU MUST SPEND AT LEAST 70% OF YOUR TIME  
IN THE TRUSTING MENTALITY.'**

The closer you get to the championship tee-off the more you evolve into the 'Trusting Mentality'. Once you begin the round, it is all 'State Of Mind' and comfort that must emerge hole by hole as night follows the day. The practice and home-work must have been done before the first tee box. If you have earned the right to become a champion, you will have done it long before stepping up to the first plate, where, in this gentleman's occupation, they announce both your name and where you come from, generally to an applause.

4)                   **CONSERVATIVE & COCKY:**

Any player, whether a touring pro or a weekend duffer, should spend the majority of his practice time on the 'Short Game', on shots of 120 to 130 yards and less. To me this means 'Full Swing Pitching Wedge' and inside. The 'Full Swing Pitching Wedge' should be your most reliable tool being able to strike a ball to a precise point nine times out of ten. This trust sets up your 'PARS' while, I believe, skill, circumstance and luck produce your 'BIRDIES' and 'EAGLES'.

The short shots around the greens save Pars but the longer wedge shots, from 130 yards to about 80 yards, make the birdies. Players cannot practise these too much.

This '**Calibrated Average Distance**' ('CAD') or what is sometimes called the 'Threshold Distance', whether 130 yards or on the apron, is where one thinks ONLY about holing the shot.

Thus, from your 'Full Swing Pitching Wedge Distance or Threshold Distance In' have NO SWING THOUGHTS whatsoever (other than Non-Action KEY WORDS). Think ONLY of 'T H R O U G H the Ball' along the Line directly to the Target..PIN..Quarter.

**CONSERVATIVE STRATEGY ... COCKY EXECUTION** thus ...

**'CONSERVATIVE & COCKY'**

Q93)

"There may be luck in getting a good job,  
but there's no luck in keeping it!"

J. Ogden Armour

(likewise, a tour player may win once in a career, but when he wins every tenth tournament or once a year, there is more than luck.)

5)           **THE '\$2.00 NASSAU':**

Under Pressure:

a) **'STAY IN THE PRESENT TENSE'** and keep your mind sharply focused on the shot immediately in front of you. One job at a time. What's JOB #1 right now? Attend to it boldly.

b) **'FOCUS ON THE PRECISE TARGET'**. Take 'Dead Aim'. Using a quarter sized 'Target' may take a little courageous imagination but it will reap great rewards.

c) **'FOCUS ON THE PROCESS'** that you have 'Pre-Selected' as optimal to accomplish your task. 'Make The Motions' and do not get all wrapped up in what the 'Components' or parts are doing. 'Position Golf Smothers Alignment Golf'. Our priority is to make 'Moves With A Golf Club' ending up with the 'Clubface AIM' squarely pointing at the Target when the Ball comes off the Clubface'. Remember, the #1` ALIGNEMNT In The Game Of Golf Is Clubface AIM At the Moment Of Separation'. It does not get any simpler than that! 'Keep It Stupid Simple!

d) **'AVOID MECHANICAL THOUGHTS'**, even such as 'Mechanical Tempo' which is not overly mechanical. Allowing mechanical, or 'Position Golf' thoughts to get into your mind will negatively affect your Swing. Strive to become balanced looser, freer and more 'Confident'. I think it was Gene Sarazen who said 'Feel OILY'.

e) **'STICK TO YOUR ROUTINE'** and to your 'Game Plan'. This induces or promotes 'Patience' so necessary over four rounds enroute to holding the trophy.

f) **'ACCEPT YOUR OUTCOME'** embrace it and move on! Be reverent and grateful for the opportunity and mission.

Remember, you 'Set-Up' to give yourself a chance to create your lowest possible numbers by having a 'Conservative Strategy' and a 'Cocky Aggressive Swing'. **'SET-UP FOR SUCCESS'!**

Q94)

"I am so tense at times that I can hear the bees farting."

Mick O'Loughlin, Irish pro

(What would a Scotsman hear?)

6) **CHOKING:**

A golfer chokes when he lets anger, doubt, fear or any other extraneous factor distract him before a shot.

'Choking' is NOT necessarily being nervous.

'Choking' is NOT synonymous with making a bad shot in a pressure situation. Hitting a Golf Ball precisely is a complicated task. No human being can do it well all the time. A player can do everything right and still miss a 2 footer on the 18th hole for the match. In Golf this 'stuff' simply happens. It is not necessarily due to choking, so accept this error as a part of the game and move on.

That is why there are eighteen holes in a round; to allow us to compensate for shortcomings over some distance, one stroke at a time.

'Choking' is NOT synonymous with having a flawed character. Some nasty, miserable people have triumphed under pressure. Some of the finest, most admirable human beings in the world have choked in tight situations. If you play Golf long enough, you are bound to encounter some pressure situations in which you will perform at less than your best. These short-comings will help equip you to cope better next time. Coping with pressure is a skill that must be learned and experienced, and once this is done the ability must be trusted and maintained.

'Choking' is NOT a congenital, incurable disease. It can be overcome if a Golfer intelligently analyzes what went wrong in a particular situation and takes steps to understand and correct it. We must simply learn to avoid the places we do not want to revisit.



'Choking' is NOT the inevitable by-product of a flawed Swing, although you often hear golfers talk about trying to learn a Swing that will "Hold Up Under Pressure". If a Swing is good enough to repeat itself on the practice tee, it is good enough to repeat itself on the golf course, as long as the Golfer's thoughts remain consistent and trusting. Swings do not give up under pressure. People do. And it is human to do so!

This is NOT to say that a flawed or mediocre 'Swing' should ever be tolerated for one second! The good machine always performs at high levels and for longer periods of time under greater demand.

Q95)

"Class is the ability to undergo pressure with grace. So what did I do? What came naturally .... I vomited."

Charles Price

7)           **PREPARING FOR A ROUND:**  
(at a strange course)

The best way to prepare a plan is to walk or mentally review each hole 'Backwards'. Standing on the green and looking back toward the tee usually reveals much more about a hole than standing on the tee and looking toward the green. This reverse format reveals more of the tricks and deceptions that the architect may have built into the hole for your amusement! This reverse view forces you to think strategically about where you want your ball to land on the green, what club would be best for landing it there and what kinds of tee shot or approach shot will set this up most effectively.

Ask the resident pro for tips as to his course. He will almost always be very happy to provide them and should do so even if he is not happy. It is his or her professional obligation.

Always spend some time on the practice green, not only to wake up your 'Putting Swing', but also to get accustomed to the 'Speed of the Greens'. Those 'Putting Surfaces' are supposed to be consistent with the real greens. They are not always so. I suggest you walk out onto the course and actually check them personally, playing round available or not. Pro-Ams help in this regard.

Everyone in your foursome has the same course-supplied challenges, so do not moan about small details as they have a tendency to become weak and distracting excuses when all that matters is

Study the 'Course Book' and prepare you 'Club Selection Score Card' the night before.

#### **THE REAL OBJECTIVE:**

Q96)

**'Hitting The Little White Ball Into The Hole In As Few Strokes As Humanly Personally Possible On This Given Day'.**

Don't allow your mind to wander off-line, becoming distracted by course idiosyncrasies or short-comings. Just make it happen.

**'BALL To PIN' 'A To B Golf'**

Winning is always a thrill and always beats losing.

8)           **USE WHAT YOU TRUST:**

Q97)

**'HIT THE SHOT YOU KNOW YOU CAN HIT TRUSTINGLY RIGHT NOW,  
AND NOT THE SHOT YOU CAN RECALL  
SOMEONE ELSE MAKING ONE SUNDAY WEEKS AGO ON T.V.'**

Play in the 'Present Tense'. You're here and they are not.  
It's your party and they weren't invited!  
(or didn't show up)

Be secure and solitary!

The pencil lead on the score card belongs only to you.

(One of my close friends commented when reading this that the "The best wood in my bag is my pencil with an eraser!" We all know the scenario and job description.)

Q98)

"A pint can't hold a quart -- if it holds a pint  
it is doing all that can be expected of it."

Margaret Deland

(use what you can to accomplish what you may but always strive to improve while enjoying the trip through life and Golf. Be positively optimistic but realistic.)

9)           **TAKE WHAT YOU GET:**

Q99)

**'NO MATTER WHAT HAPPENS WITH ANY SHOT YOU HIT, ACCEPT IT.  
ACCEPTANCE IS THE LAST STEP IN A SOUND ROUTINE.'**

I always teach my students to evaluate a good or great shot TWICE and each time give yourself a pat on the back. If you made a poor or terrible shot, 'Evaluate It ONCE ONLY and then 'FLUSH IT', hence the reason we call these little monsters 'TOILET SHOTS'!

10)           **GOOD PHILOSOPHY:**

A golfer can and must decide how he will think and behave.  
( 'Pulling Your Own Strings' )

By and large, short and long-term, we become what we think  
about ourselves.

Golfing potential depends primarily on a player's attitude,  
on how well he plays with his Wedges and the Putter  
and on how well he thinks.

11)           **OUT OF HERE ALIVE!:**

It has been said about '**Mark McCumber**' that he was 'Over-Committed' and was far too intense in both his practice and his game. He had forgotten that the 'Absolute Reason We All Golf Is To Have FUN' and once the 'FUN' stops, we best re-evaluate our objectives or begin considering another occupation or pastime.

The story has it that Mark was told:

Q100)

"None of us is getting out of here alive so you might as well have some fun while in the process of life."

The objective of Golf is not trophies and purses, although they factor. Protect yourself from becoming overly '**OUTCOME ORIENTED**' and stay in the '**Present Tense**' which means you stay comfortably engrossed in the 'Procedure' and nothing else. Accomplish your best 'SET-UP or Pre-Shot Routine' and then 'Make Your Best Move'! Work on the 'NOW' and it will certainly become the past and lead us into a prosperous future. 'Let IT Happen' through 'Diligent Routine and Focused Practice' always in that 'Trusting Mentality'. Make every shot count. Treat every stroke as if it were important to you. There can be and should be a thrill at the end of every stroke!

Don't try to force results. You can't. That is in the future where you are not! Just make the 'Motion' as you have prepared to do.

12)           **PERSPECTIVE?:**

Remember, "**However good your are, there is always someone who can and will beat you**". Keeping the big picture in balance, "**Regardless of how poor you are there will always be someone who you can beat, as well**".

Rejoice! You're alive and still on the sunny side or above the grass where Golf is played. Like 'Straight Is Good In Golf', this being above the grass is very good too!

Play Golf with nice people at every opportunity.

13)            'A DIVORCE':

Q101)

January 13, 1995; Nick Faldo, after winning the 'Million Dollar Challenge', was quoted as saying: "I asked my wife, Gill, if she wanted a 'Versace' dress, diamonds or pearls as a present in celebration."

She said "No".

When I asked her what she did want, she said "A DIVORCE".

I told her "I wasn't intending to spend that much!"

Q102)                            "I never hated a man enough  
to give his diamonds back."

Zsa Zsa Gabor

Never hate Golf enough to throw your clubs  
or go back for more of the 'Same Old Same Old'.  
Strive with a plan to improve.

14)           **'BRONK RIDING AT MESQUITE':**

Once a neophyte golfer has started, with or without any instruction, he or she often feels ready to take on any course, including a 7,000 yard championship layout, and doing it from the 'TIPS' no less!, making sure to get one's money's worth by using all the course, and by this I mean not intending to take a 10,000 yard meandering or zig-zag foray into the greenery, but so often doing exactly that.

With certainty I advise my students to play par threes for the first year! or as long as they can stand it; then to play executive layouts until the second anniversary, or as long as they can fend off the alluring big courses; and then NOT to play any full length courses without sharing the experience with but the finest player they know or can find; even perhaps two or three rounds, providing the seasoned player can be enticed and is tolerant.

There may be some surprise in this procedure. One may find that the seasoned long-hitting player always tees up from the second set of tees. When asking him why, he likely would reply that he hits the ball as far as he needs to in every situation and that he prefers to work on smooth and straight! To your amazement, this proficient player may even play the occasional 'Par 3 Course' as it provides him only the short game eighteen times in a row.

If one does not take this path of gradually increasing the skill and demand level, it might be compared with a starting horseback enthusiast, having just begun riding the most seasoned dude horses, the ones that know more than the rider and are determined to not be pushed too hard or far, and then without notice or any intelligent consideration entering the Mesquite (NRA) Rodeo 'A' Division Bronk event throwing caution and reason to the wind, along with sanity which includes some real concern for one's own best physical interests.

There is no wisdom in going out looking for a beating, even it is at the hands of a tract of land called 'Links'. Walk before you start to run! Golf develops best like this and it is more respectful of our psyches.

15)           **BE COURAGEOUS AND A LITTLE COCKY ...**  
                  **Get on with Striking the Ball in the Hole!**

'Most difficulties are mental, not physical; They are subjective, not objective; They are the created fantasies of the mind, not the veritable realities of the course. Bad lies on good links now days are the exception, not the rule'.

I have heard of the cruel wind-blown hardpan and dirt in Texas, which is perhaps why that 'Lone Star State' has produced some of the best and lasting champions. Tough practice and conditioning.

Ever heard of Ben Crenshaw or Tom Kite?

16)           **CLAUDE HARMON TO LANNY WADKINS:**

In 1985, having just played and won the L.A. Open and the Bob Hope with a combined '47 Under Par', Lanny Wadkins came to Houston's River Oaks Country Club to practise and play 27 holes per day. Lanny shot typically 5 or so under '**FOR EACH NINE HOLES**'.

For one entire day Claude Harmon (Butch's famous father) followed and observed, pondering the minute nuances and skill level as he had done for so many decades, finally commenting,

"You're shooting bullets like that 250 yarder on the fifth hole with your III Wood that lipped out. A U.S. Army sharp-shooter could not get that close. You can't hit it much better than you are, but I do have some advice for you ..... First thing I'd do is make sure you get to the tournaments in plenty of time, know when you tee off, make sure you have your clubs, make sure your shoes are clean and that sort of thing. The second thing I would do - and this is important - is take a different route to the bank each week just in case someone is trailing you!"

17)           **HUMBLY CAUTIOUS:**

I think it is very important for teachers NOT to reinvent or even alter the wheel when it is rolling smoothly, or even not so smoothly, but still scoring well. 'If it ain't broke, don't fix it'. So very often it is the little comments or simple aspects of one's Swing or Game that need to be touched upon and often gently so, but not adjusted with a hammer, needless to say not a sledge



hammer.

I think all Golf Teaching Professionals (GTP), and also instructors (they are two different animals) must be very humbly cautious and respectful not to 'Jack Up The Radiator Cap And Replace The Automobile'. We have the influence and respect to do so and must not accede to the temptation to sometimes do too much either at one time or at all. **'INCH BY INCH, IT'S A CINCH!'**

18) **CERTAINTY? :**

As much as we would like to think this Golf is some purely accomplishable scientific precision, accept ambiguity and uncertainty. Pinning down our stroke requirements may sometimes seem like trying to 'Nail Jell-O to a Wall'. We are always faced with new tasks, expectations, shifting priorities and different course management. Our roles may at times seem vaguely defined and our tasks become constantly altered. Thanks 'Mother Nature'!

There may be more questions than answers, but if we base our actions on sound swing principles and keep it simple and focused, we will perform better than if we are purely spontaneous and lacking in discipline. I occasionally use the saying "Do not throw the baby out with the bath-water" when I see or suspect a golfer is fishing in deep water for reason that his or her game is failing, thus scrapping virtually everything that comes along as 'Bad Procedures'. More often than not, the breakdown in the swing you just made was not several but one basic failure. Tend to it simply and do not 'Throw the baby out with the bath-water'.

Knowing that we are 'on course' is better short-term than heading into the open sea. **'THE CERTAINTY OF MISERY IS BETTER THEN THE MISERY OF INCERTAINTLY'**. Have a well-thought-out game and practice plan and do not alter it capriciously. Execute it daily or as often as your goals warrant.

**'Stick to the 5 X 5'**

19)           `**SOLITARY**` is GOLF:

Q103)

"We're all in this **ALONE**."

Lily Tomlin

Golf is a wonderfully solitary but social occupation that in reality makes being sociable so much more tolerable.

20)           **COMMIT, PERSEVERE, ACCOMPLISH:**

Q104)

"There are two kinds of people; those who finish what they start and so on..... "

Robert Byrne

21)           **ACCOUNTABLE:**

Hold yourself accountable for outcomes and adjust your routines and objectives to make your 'realistic' goals happen.

22)           **BUILD IT:**

Don't be afraid to experiment but do it methodically before you make any significant changes. People traditionally resist early and fundamental changes because they have established a personal pattern at some cost. Do not be so naive and stubborn as to sacrifice your future in defence of your past. Be flexible. Seek and take good advice. Trust your instincts and play courageously.

Q105)

"They laughed at Joan of Arc,  
but she went right ahead and built it!"

Gracie Allen

23)           **PRACTISE 'KAI ZEN':**

A strong personal organization puts you in the best position to establish and to protect your career. But this 'organization' cannot improve unless we want to improve.

**'CONTINUOUS IMPROVEMENT'**, (the Japanese call it 'KAI ZEN'), offers some of the best insurance for us personally and for our careers. This **'KAI ZEN'** is the relentless quest for a better way, for higher quality craftsmanship and performance. Think of it as a daily pursuit of perfection so that we keep reaching, stretching to out-do yesterday. 'Inch by inch it's a cinch!' Enough of these inches, these small incremental gains, will eventually add up to a valuable competitive advantage, generally paying big dividends in one form or another, certainly more fun.

If we are not advancing, we are retreating or degenerating. It's really simple;

**"If we ain't getting more out of our game, better and faster than 'They' are getting more, better and faster, then we're getting 'Less Better and More Worsen' than 'They' and our competitors will prevail."**

Granted, this drive toward an ever-improving performance doesn't guarantee job security, increased income or even more wins. We can still fall prey to circumstance, even in a strong, well organized dedicated environment. The competition is tough out there! But if we passionately practise 'KAI ZEN' we will have built a competency level and this track-record will always help sell ourselves and meet the demand of the moment. Even if we miss the mark, we will be better tooled mentally and physically to resume our winning routine on another day, in another setting.

24)           **'AN APPROACH TO THE GAME':**

This concept has been slotted into the 'COURSE MANAGEMENT' section of these books, but I think it may be more of a mental facet than a physical or a playing discipline. In any case, I hope you find it possibly worth consideration in your pursuit of the 'Ball and Stick', thinking really precise 'Approach Shots'.

25)

**'CHIPS AND PUTTS ARE ALWAYS A LAST SHOT.  
Everything else is a SECOND LAST SHOT'.**

(I think 'Approach Shots' are bold last shots!)

What is meant by this?

Thinking 'Billiards Golf', and reading on you will soon find out what this is, we always plan for the next shot and not just perform 'Hail Marys' hoping for the best. There are so many folks using her that this 'Guardian Angel' has developed some deep tarnish and may not always be available to assist. This is now the modern era you know. Rules are changing I am told, but not reality.

Until you are on the green, **'DANCING'**, you generally have at least two (2) shots left unless you 'Hole Out', and we will take those 'Ones', "Thank You Very Much". We must always play smart and plan for two strategically placed shots.

When you are Putting or working the Ball from just off the green, every stroke is approached as 'THE LAST STROKE'. In other words, think positively and expect every short approach shot, such as a 'Bump & Run' and putt to find the bottom of the cup. **'THINK CUP'** Always visualize that very nice rattling sound at the conclusion of every stroke with a 'Zero Lofted Club' or when inside the fringe.

**Think IT. Trust IT. Believe IT. Make IT happen.**

Having surveyed the 'Putting Surface' carefully, visualize the 'Ball Flight/Roll Line' dead into the hole.

It all starts in the mind.

P.S. I think every 'Approach Shot', full pitching Wedge in and most certainly from the apron or say twenty feet off the dance floor, should be '**THE LAST SHOT**'! Now that's 'Positive Thinking' for you and who else better deserves the results?

26)           **"IT'S IN MY MIND, DAD!":**

I used to question my son, Erik, about his chores and routines. "How have you organised your day so as to avoid surprises?" His very youthful and sincere response was often "I Have It In My Mind DAD!" and eventually, with fatherly persistence, supported by notes and simple routine systems, he made his statement quite a reality. Great boys, Chad & Erik, both of them! Now, in their own ways, leaders as well? Margo and Melissa, as far as I know, never gave golf a thought!

Q106)

"Ability is a poor man's wealth."

M. Wren

Q107)

"They are able, because they think they are able."

Virgil

Q108)

"Most of the things worth doing in this world had been declared impossible before they were done."

Louis D. Brandeis

27)               **ORDER OF PRIORITY:**  
                    (the Command Control Sequence)

- 1)    the **'BRAIN CONTROLS'**    (other than Lady Luck and Environment)
  
- 2)    the **'EYES'** collect and feed raw data to the Brain  
                and thus effectively **'CONTROL THE HANDS'**
  
- 3)    the **'BODY'** transports the **'Lever Assemblies'**
  
- 4)    the **'HANDS'** control the **'CLUBHEAD and CLUBFACE'**
  
- 5)    the **'CLUBHEAD and CLUBFACE'** controls the **'BALL'**
  
- 6)    the **'PIN - TARGET'** should NOT control us but become our  
                ultimate pure goal or destination.

**BALL   -   PIN**

28)               **'THE QUAY AT ATLANTIC CITY':**

Perhaps some might think the following anecdote might be placed in a section dealing with some 'Golf Mechanics'. Knowing that at least 70% of this Game evolves, is manifested or stumbles from between one's ears, this is 'Heady Stuff' in my opinion and the pen is in my fingers. Like Golf, solitary and based on momentary judgement, the conditioned but spontaneous analysis of the situation, it's my stroke. This is the right place.

Some years ago, sitting around and chatting with the pros after a tournament, a story was told. I am sorry I cannot give credit to it's original author, but like most of Golf, when you hear of or come up with an idea, it is likely not virginal as very little in this wonderful occupation has not been thought of or discussed before. Interestingly, the same applies to the equipment.

## **STRUGGLING :**

A student of Golf was struggling with his driver and in searching painfully for answers about daylight one morning, strangely as it may seem, at the crap table in one of the Atlantic City casinos, he mentioned his plight to a fellow gambler, a tall slender, deeply-tanned and slightly leathery-skinned fellow whose eyes were intense while his demeanour was very calm. The stacks of chips in front of him may have been the reason or, I guess, his demeanour may have been the reason for the stack of chips. He was a visibly a cool character.

**"I've had enough of this place for a few hours. Come on, let's get out of here"**, he said to me firmly grasping my left biceps with a hand that felt more like a vice. Convincingly I followed his lead toward daylight and the real world outside.

**"Where are your sticks?"** he said in a rather deep Charlatan Heston type of voice that made listening easy. So now I am following and listening like an adolescent pup in obedience training.

'Sticks?' I thought. What in heavens sake is he on to? So I asked. "What sticks?"

**"Your golf clubs, of course, what other kind of sticks would one have, other than for a Boy Scouts' camp-fire and I am no boy scout? Preferred nurses"**, he said just under his breath. **"You have them here close by ... your golf clubs? The amount you have complained about their performance over the past hour makes that a good bet. God only knows, you have distracted my betting more than I can tell you. So where are they?"** he growled.

Caught in this personalities grasp, like a log moving downstream in a swollen northern Maine River, I blurted, "In the trunk of my Jaguar. Right over there in the secured parking lot. See! Right there! The metallic blue XJ-12 Vanden Plas."

Without further to-do, he dictated **"Go fetch them!"** So I did.

"Now what?" I asked with my heart-rate climbing from the walk and some apprehension of the scene set on this strange and surreal eastern seaboard stage. 'Who the hell is this guy?'

**"Follow me!"**

We walked briskly down a narrow lane, clubs shouldered, half a block, to the board-walk and right out to the very end with wind and waves in our faces. I was puzzled to say the least. Glad that we were still early in the day and very much alone. A man with his golf bag laden pup following at heel listening to commands, the scene was strangely austere yet beautiful. The relatively low cloud layer, as defined as a sheet of dove grey plywood, drew directly to the horizon where the early morning sun glowed eerily, some of it's light reflecting off the vast, restless ocean which was mottled with white caps but still a much darker grey-blue than the converging cloud-deck. Sea birds, mostly gulls, were noisily, with that distinct screech, plying their trade in search of anything that might resemble food.

Yet, overall, it was quiet.

I was momentarily mesmerized by the setting and mystery of it all. Coming to a halt,

**"Pull out your driver"** he ordered. So I did precisely that, took off the head cover and handed it to him directly, head first. He placed his hands moulded on the grip. I immediately knew he was familiar with this golf tool. He 'Waggled' it several times and gently but purposefully pushed the head-end back towards my gut where I again took hold of it.

**"Nice golf club. You give it some swings. Talk to it. That's what they need you know... 'To Be Talked To; ...politely! Bet you have not recently or often talked to it ...politely."** I did not answer as there was no need. He knew.

**"Your Swing looks quite adequate. On Plane, Inside-Out with good Rhythm and the Timing of a bugle-corp drummer. Grip's O.K. Your Wrist-Cock is a little weak but acceptable and your 'Clubhead Lag Pressure' seems workable. 'Flat Target Wrist' through impact? We'll soon see. Golfer's Eyes? Yup! I could discuss those feet but not at present",** he taunted.

I felt a little bombarded and somewhat threatened as this guy obviously knew Golf.

**"More Swings"**, he demanded while unzipping first the tee and then the ball pocket in my golf bag, taking out a long tee and one of my expensive new creamy balata balls.



**"I know my way around old bags"** he said with a wry chuckle and a glint, upon which he stepped closer to the end of the pier, stuck the tee in a crack in the planking, placed precisely on it my brand new balata, stood erect, stretching to the extent of his tallness and blurted, **"Take a couple more warm-up swings, good big ones, full swings and get those muscles loose and long."** I did so immediately. **"Get those feet nice and solid under your shoulders. Point that left toe toward where you intend the Ball to fly. Feel 'Strong Footed'. A nice big free-wheeling swing. That's it. You've got it."**

I felt more comfortable now. The swing was actually working and breaking the ice, but there was still no Ball.

My worst fears came crashing down..... **"O.K. now step up to that ball, aiming dead out to sea. Yes that's what I mean. Set-up! Right down the middle of the wharf looking at France."**

I was subserviently in a 'Do As You Are Told' mode, in case you had not noticed.

**"Now..... make another of those big free-wheeling swings right through the backside of that new balata watching it leave your Clubface. Feel like your club will travel half way across that water and "DON'T MISS THE ATLANTIC!",** he growled.

I felt just a twinge of vacuous ethereal light-headed mystery as I gently pulled the clubhead away from the ball. Remembering nothing other than 'Free-Wheeling Big Circle' and not missing the Atlantic, I swung smoothly and powerfully through the ball drilling the Atlantic right in and through it's bread-basket. The ball sailed like an arrow eastward, with no tail on it, far into the surf. It felt like three hundred yards and all I remembered was the sensation of 'Free-Wheeling' and the aura of 'Reckless Abandon', letting it all hang out, so to speak. There was no fear of missing my target. A swing rarely absent of fear!

**"There laddie! A swing like that will always knock the stuffin' out of the pill and put it right where your feet are pointing. 'Free-Wheelin' you know is the answer to great driving"**, he said affirmatively but now with a growing Cheshire grin. I was still in some dream-like shock at this whole event when he quickly turned and strode off on the mossy planks back shoreward.

Five paces only and he turned abruptly on his right heel, **"By the**

way, you hit the ocean dead centre! Play your drives just like that and learn to 'Trust That Swing'. It's the swing of a very good ball striker laddie."

I never even got his name. For the next two days he did not reappear at any casino so I could not thank him for whatever it was he did.

I will never forget that rare event or the poignant message, which fifteen months later I now understand . The ocean is a big fairway made small by good feet and a trusting '**Free-Wheeling Swing**'. Narrow fairways are conversely made as big and wide as the Atlantic by the same reckless, committed abandon.

"God! I love this game!"

29)            '**THE FUNNEL**':

I think this analogy might be helpful. I have used it with many very solid ball strikers to stimulate their thinking more clearly and efficiently about their game from a strategy point-of-view. This is a little Mechanics, more Feel, much more Visualization and a whole lot of Focus on the '**IMPORTANT END OF THE BALL-FLIGHT**'. I think far too often, struggling ball hitters, operate more with the ball coming out of a funnel with it's small end closest to the teed-up ball. This means their image is one quickly fanning out toward the margins of the fairway leading to rough and trouble. Which way will their Ball travel. You guess is likely as good as theirs!

Try to use this reverse image. Visualize the wide mouth of the funnel facing the fairway centre with the narrow exit end reaching right down and into the cup. FEEL very much like your swing is '**FEEDING THE FUNNEL**' and thus the very 4.25" cup.

This induces a very much more positive state of mind and we all know 'Thinking It in the Hole Comes First'.

**'If You Think You Can ...  
You Can and Will.'**

Point your funnel and Gof cap the right way!

'Trust Your Clubs and Trust Your Swing'.

Q109) 'It is better to light one candle  
than to curse the darkness.'

Any small improvement in our game, be it mental or physical, is a wonderful alternative to more of the same, that crippling bondage to the darkness of mediocrity without but one slender beam of sunlight to spark hope. Golf is always fulfilling if we approach it respectfully as being capable of nourishing our souls, reducing cholesterol and slowing the workaday heart rate. We can all improve far more easily than imagined.

30) **VISUALIZATION:**

This subject is covered in the 'Course Management Chapter' as well as in other contexts throughout the 'Collection of Books'. (see INDEX) But, I think 'Visualization' is truly a 'Psychological' consideration. We need to be in the proper 'State of Mind' so that we can utilize practical discipline and 'ROUTINE' to efficiently accomplish our objectives. With adequate accurate knowledge and some experience, we then can 'Visualize' the 'Destination or Target', the finished product before we begin. This 'Seeing the End' before starting is a key 'Component' in the 'Recipe for Success', be it Golf or just Life. Notice how this approach still holds true to my original 'Component and Procedures' game plan. Although 'Visualization' is not a material aspect, something you cannot touch, taste or smell, it is as real as the very Golf Ball and Club!

**'GET THE PICTURE IN YOUR MIND'** ('fantasize realistically'), 'Make some Practice Brush Strokes' and then simply 'Paint The Big Picture On The 150 Acre Green Canvas'. That will work every time!

31)           **FOCUS AND BLINDERS:**

There is a simple procedure to follow that might help you zero in on the task at hand; a little 'Tunnel-Vision'.

Have a 'Narrow Focus' during your 'Shots'. I call this 'Blinders Golf' names after the 'Blinders' that were and are placed on horses heads to restrict their 'Field Of Vision' while working. You have all seen the 'Budweiser Team of Draft Horses'. Well they all wear 'Blinders' so that their focus is on what's in front of them and nothing else. These 'Blinders' help keep stray or extemporaneous data, distractions, from influencing their 'State Of Mind', 'Behaviour' and 'Actions'.

This 'Narrowing Of Focus' is practised quite a lot by the pros we see on television, especially in 'Putting' and short 'Approach Shots'. We have all seen them crouched down before a shot, placing their hands on the sides of their heads just by their temples or seemingly making the bill of their golf cap bigger and rounder, like looking down a big tube; 'Tunnel-Vision'. This is purely an exercise in 'Narrowing Focus or Zooming-In' so that we can both see more minute details and block out the visual stimuli that are of no or negative value.

Have a 'Wider Focus' between your 'Shots'. Take your 'Blinders Off' and let your vision and mind wander somewhat. Try to not think about Golf except in very general broad terms between shots. I like to think about fishing at Nimpo Lake in central northern British Columbia's Chilcotin, steelhead fishing on the Atnarco or the Chilliwack Rivers, flying in the Caribbean, relaxing on the beach with my favourite lady and these types of things. I awaken from these relaxing scenes when I walk upon a marker in the fairway that is within twenty or thirty paces of my ball. Now I need to focus on the yardage and shape of my next shot. I like to rather 'Ease' my way into this 'Getting Back Down to Business', no surprises or rapid acceleration; very gradual increase in heart-rate. This is not rush-hour in L.A. but just another successful well-struck Ball dead at the Target.

From a telephoto perspective, '**ZOOM-IN**' when preparing and making shots. '**ZOOM-OUT**' between shots.

If you can adopt this discipline, you will conserve 'ENERGY' and be more efficient during your rounds.

32)           **DIMENSION:**

Perhaps the best to last?

'Dimension', like 'Visualization', may be just a touch 'Ethereal or Nebulous' but when you get a 'Grip' on it, you may be rewarded just like accomplishing a solid '60 Yard Knock-Down #9 Iron', with Back-Spin, giving the green a bit of a bite!

We have all heard of our 'Five Senses' including 'Seeing, Hearing, Touch, Taste and Smell'. We have heard of our having a 'Sixth Sense', which may be a 'Sense of Forecasting or Telling the Future' or just suspecting what's about to happen and being right more often than not. Well I, along with a considerable group are of the supported opinion that we '**HUMAN BEINGS ARE MULTI-SENSORY**', meaning that we have many more subconscious capabilities and senses. We can perceive more dimension in our lives than just the 'Three Dimensional World' in which we are supposed to live. Perhaps our vivid, experience-supported and faith founded imagination is an additional 'Sensory' aspect. I think it is. Whatever your belief, use your imagination and 'Visualization' to it utmost. Golf and Life depends upon its effect, be it direct or indirect.

Along the same lines of 'Expanded Perception or Focus', it is also my firm opinion that we live NOT in this 'Three Dimensional Space' to which I just referred above. I know we exist in a '**MULTI-DIMENSIONAL SPACE**' which affords us huge alternatives and vast realms of personal development.

We experience and modify 'ENERGY' throughout our lives; Energy that can 'Neither be Created Not Destroyed'. We know this to be scientifically true. Well, if it is true, how long does this 'Personal Power or Energy' last? How long does it influence our lives and the lives of others? The answer is 'Forever'. When we end this 'Earthly Voyage' (the Mother Ship and the Little Boats travelling the vast expansive oceans), our legacy is finite but becoming 'Infinite' and shall go on forever. Every deed, good or bad, that we accomplish all our lives shall remain a fact for eternity, written on a piece of paper or not! All our 'Personal Energy' constantly affects all other 'Energy'.

How does this relate to Golf?

Every thought process you go through to make every 'Stroke' requires 'Energy' which is cumulative. Every 'Shot' you accomplish

becomes a distinct part of your 'Golf Mental Library' upon which you can and should draw at will. Practise doing so. With this store-house full of memories available, you should engage in this 'Visualization' every shot with great 'Trusted Positive Outcomes'. When you learn to recall your 'Past' you will have better or improved opportunity in the 'Present' and naturally more hope for the 'Future'. We might know this as the study we call 'History'. When we do not know our history, we are doomed to randomly repeat it. Some things we had best not repeat!

Please, consider this 'Multi-Dimensional and Multi-Sensory' realm in which we exist. Pick one of your most important subjects. Find a quiet place to sit and ponder its meaning. Get deep into its inner aspects; down to the most basic features you can perceive. You will learn more every time you do this, so do it more often to become more intimate. Spend this type of time deeply reflecting on Golf. Your thoughts will lead you back to your thoughts, each cycle intensifying and clarifying the former.

Be specific you say! Take your 'Back Swing'. Close your Eyes and 'Visualize' its taking place. Even stand up and make 'Slow-MOTION' 'COIL Turns' to the 'Brace Side' (Where else?) Hold for a three count and 'Let The Coil Release Its Stored ENERGY'. 'Feel the Motion'; the process. Get intimate! Do this for a few minutes every day and think about the very core functions that are taking place. In this 'Added Dimension' to your ordinary 'Life Routine' as it exists, you will grow in knowledge and experience greater depth and breadth to your existence, be it only as simple as your 'Back Swing'. But, if you are a 'Golfer' and grow in 'This Dimension', your real performance in the course will become unavoidably elevated. I think we need to get 'Purpose and Sequences' firmly 'Envisioned In Our Inner Minds' before there is solid hope to make it happen in the 'Flesh'.

I believe this 'Multi-Dimensional' realm is functional in all our lives every minute of every day. It is as simple as developing 'Positive Thoughts' about key aspects of your life. When you have sincere hopes and aspirations that become 'Central' to your 'Being', to your 'Subconscious', they shall happen. Our Energies shall be channelled. We truly can become what we can think we can become.

If you want to stick a Golf Ball 'Dead Stick' or even 'In The Hole', you had better firstly 'Believe You Can Do It', then 'Visualize Its Happening' and then 'Do It'.

## **'Control Your Mental Energy' so you can 'Control Your Physical Energy'.**

There is simply far too much 'Negative Energy' in our 'Sphere' which never does anything positive. When you perceive or 'FEEL' this 'Negative Energy' block it out. Replace it immediately with the 'Positive' variety by whatever method required. Immediately think 'Positive Thoughts' about the current subject or change subjects. Do not dwell in any 'Negative Plasma', period! It will decay your 'Harmonics' and deplete your precious finite 'Energy Reserves'. Do not allow this.

In this manner you will be able to truly 'Control your own Destiny'. Don't believe to this degree? Well, you will absolutely be able to 'Influence Your Destiny' and, when you get really good at this, then you may one day 'Control It'.

Set yourself up to win and then Win!

### 33) **TENSE:**

I know, you don't want to be! Well this is a different type. It is again the 'Literary or Grammatical Variety'. We touched on this topic in the 'Psychology Chapter' but I want to run it by you one more time if you will indulge me just for a moment.

**'PLAY GOLF IN THE PRESENT TENSE'**. It is a 'Here and Now Game'. The shot behind you is 'Yesterday's Newspaper'. It is in your 'Rear View Mirror'. It is 'History' and cannot affect the present unless you allow it to creep into that arena.

Do not live in the 'Future' as it will become what I call 'Out Come Golf' and your reputation will reflect this 'Forward Looking-ness' which does very little ever to enhance the Present. It generally creates, perhaps just a little, but it still creates 'FEAR', 'Anxiety' and 'TENSION'. (you know the #1 Killer of a Great Golf Swing)

Do not live in the 'Past' as the results will be very similar to the above. If you want to reflect on the past to keep historical events in perspective, which should help us manage better tomorrow, great, but save it for the 'Nineteenth Hole'.

So, 'Play Golf One Shot At A Time, One Hole At A Time and One Round At A Time'. We have quite enough to do right before us , on this plate, thank you very much! Do not let your caddie throw things at you that are not both 'Positive And In The Present Tense'. If you have a 'DEMON or Gremlin' on your Shoulder, kick the little 'S.O.B.' off right now! And get a 'Non-Jurisdictional Restraining Order'!

34) **COURSE MANAGEMENT IN VERY FEW WORDS!:**

This important 'Golf Discipline' is 'A to B' or '**BALL-PIN GOLF**'. It is sound 'Environmental or Elemental Assessment' combined with a controlled 'Mental Side' which leads to wise moves applied in a timely fashion around eighteen holes, four strokes per hole, that when artfully combined are called a 'PAR Round'! '**DO THE MATH!**'

35) **JUST HOLE IN ONE'S:**

Let us make our 'Course management Psychology' as simple as possible!

**QUESTION:**

What is the purest goal in a '**PAR 3**'?

**ANSWER:**

To make a '**Hole In One**'!

We are doing well at this 'Q&A' so let's keep at it!

**QUESTION:**

What is the purest goal in a '**PAR 4**'?

**ANSWER:**

To make '**Two Hole In Ones**'! The first off the 'Tee Box' to the



'Precise Target or Quarter'. The next into the hole!

**QUESTION:**

What is the purest goal in a 'PAR 5'?

**ANSWER:**

TO make 'Three Hole In Ones'! Just like above but one more in the sequence! One off the 'Tee Box'! One to the 'Approach Target'! The third into the cup!

Think this way! It costs no more than being weak-minded!

Cocky & Courageous!

36) **SWING THOUGHTS:**

"How many 'Swing Thoughts' are too many?" This is a question I get all the time. It has, in my opinion, an answer.

Let me firstly define 'Progressive Swing Thoughts'. These are thoughts that are sequential or that fit into the 'Pre-SHOT Routine', the 'EXECUTION Routine' or the 'Post-SHOT Routine'. There are some for each but you may not be able to handle more than one per each segment. If you have two, they must not overlap or require simultaneous 'Mind Space' or what I sometimes call 'Mental Hard Drive Space or Memory'. You are NOT 'Conscious Multi-Task Capable' or very few people are and the more pressure we are under, the less we can do more than one task at a time. As we have discussed, some people void their active 'Mental Hard Drive' of any thoughts at all. **'CLEAR MINDS PERFORM CLEAR TASKS'**.

Here is what I think is the 'Bottom Line'. You can have as many 'Swing Thoughts' as you like and 'Feel' you can handle until any one or more of them interfere with the absolutely essential **'BALL TO PIN THOUGHT'** that must be an ingredient or 'Component' of absolutely every shot, big or small, short or long.

Remember, we talked very distinctly about this 'Game Of Golf's'

being one of 'Two Points' or 'A to B'. We must at all cost be aware of these 'Two Points'. And we must do so being **'BALL AWARE AND PIN FOCUSED'**. We must avoid being **'BALL BOUND'** as it produces 'Tension' and the tendency of 'Striking At The BALL' and not 'Through The BALL'. You know the story!

37) **A THOUGHT:**

Simple as this may sound, **'Become Your Own Best Coach'**! I think you can benefit from knowing me and my fellow teachers, but you must ultimately 'Make Your Own Moves' and do so 'Alone' and 'In The Heat Of Battle'! Learn about 'The Golf Swing'. Apply this knowledge to your 'Own Swing'. Keep updating all this knowledge and correlating it to your 'Own Swing'. Keep it simple and related to the 'Basics'. (You might find '555 GOLF' useful here) 'Visualize Your Shots'. Allow your actual 'Swing' to become 'Subconscious'. 'Let IT Happen'. Always 'Finish And Hold' so as to be able to effectively go through a 'Post-SHOT Routine' which the 'Evaluation Phase'. Remember, **'YOUR BALL FLIGHT IS THE NUMBER ONE CRITIC OF YOUR PERFORMANCE'** and it shall be ruthless, unforgiving and perhaps the most beneficial ally you will ever develop in the 'Sport' that must remain a 'Source Of Pure Personal Pleasure'!

By the way, you can and should share your own 'Coaching Notebook' with your 'Personal Swing Doctor' and do so with candour. This confidant, if worth his weight in salt and having earned the right, will know the truth even if you perhaps fail to tell the 'Whole Truth and Nothing but the Truth'!

38) **TWO WAYS TO ANALYZE YOUR SWING:**

I think there are 'Two Basic Ways to Analyze Your Swing'. They are as follows:

1) 'From The Ground Up' and 'From The Inside Out' as the 'Golf Swing' evolves. ('Physics and Mechanics')

2) 'From The BALL Back to our Brace Foot' which is by 'BALL FLIGHT' and practical results. ('Geometry and FEEL') This is your 'Number One Critic'. Remember?

Please work at understanding the difference between these two distinct approaches to the 'Post-SHOT Routine' and 'Grading Your Own Performance'. Evaluating 'Ball Flight' is one of a good instructors best 'Tools' and should become yours as well.

39) **ALWAYS KEY:**

**'THE BALL GOES WHERE YOUR HANDS GO'**. I cannot put it more simply! A good 'GRIP' is and will remain your best ally in making a 'Great Golf Swing'. They are your only connection to the 'Golf Club'. Learn it well!

40) **AN 18 HOLE GAME:**

Always remember that a 'Round Of Golf' is comprised of **'EIGHTEEN INDIVIDUAL HOLES'** each of which is a separate little 'Battle or Challenge' to be overcome or won while keeping score. Each hole is a singular 'Test Of Character' while being a 'Test Of Discipline' which when combined with the other seventeen, make up the 'Round' one shot at a time! I think the name 'Round' was applied because we generally walk hole to hole getting fully back to where we started or 'Around The Course or Links'. Perhaps you can tell me if there is another explanation and I shall make an addendum in the next printing with credits to you for your kind effort and contribution.

41) **POWER:**

'Boy Oh Boy', do we all know something or have our own personal opinion of what this is. So I won't help you further! But I just want to help you gain perspective. Golf should be **'EFFORTLESS POWER AND NOT POWERLESS EFFORT'!**

42) **'FEEL THE POWER':**

It is very useful, in fact I think essential, to learn the 'FEEL OF POWER' and where it is generated. This includes awareness of 'Rhythm, Tempo, Timing, Pace and Cadence'. You are well advised to put some effort in the pursuit of better understanding these separate yet inter-related aspects. A method of doing so is to 'Make Full Swings At Half Speed' or to do what we at the '555 Golf

Academy' call '**SLOW MOTION DRILLS**' and '**ISOLATE THE PARTS DRILLS**'.

Of course, the 'Flipside' of this approach is to 'Make Half Swing At Full Speed' which you DO NOT want to do. Such moves produce what I call the '**ONE TWO SWING**' which is a 'Golf Swing' without any 'Rhythm', with too fast a 'Tempo', with excessive 'Tightness' and lacking in 'RPM, Timing, Pace and Cadence'. You know a 'Golf Swing' with 'Cadence' is a '**ONE AND THROUGH**' Motion! '**We do not Hit At The BALL**', but '**Swing the Clubhead THROUGH the Butt of the BALL**'.

Your 'Golf Swing' must not be or become a 'Make IT Happen' but a '**Let IT Happen**' event. I will say no more.

#### 43)           **OFF TO A GOOD START:**

How many of you good folks have found yourself 'Tight On The First Tee Box'? Not good!

Soon thereafter, about fifteen to twenty minutes, being specific, after about three holes, just mumbling your way off the 'Number Three Green', you are behind the 'PAR EIGHT BALL' or what might have become known as 'In The Hole'!

So how do we prevent this common quandary?

There are several useful preventions which are just good 'Routine and Preparation'.

- 1) Warm Up with useful 'Stretches'.
- 2) Warm Up on the 'Driving Range and Practice Green'.
- 3) During the final stages of your 'Driving Range Warm Up', play the first three holes, 'Shot for Shot', 'Club for Club', with good 'Visualization and Imagination' from your matt or stall. This will build 'Familiarity and Confidence' so that, when you arrive at the real '#1 Hole', '**You Can Play Your Fourth Hole**'!

This enables you to play with less 'Fear and Tension'; to get under way or 'Off To A Good Start'.

44)           **FEARFUL?:**

I have heard a very large number of clients or by just eaves-dropping, say "I will just work my way into this round!" Well it just does not always 'Work That Well!' You may just fall into what I call the 'Slow Start Syndrome' from which you struggle to recover. You know, 'Digging Yourself Out Of The Proverbial Hole!'

So what then? Simple! Never fear getting the first three holes under your belt with at least two birdies and no bogies! Now that works for me!

45)           **BEFORE WE MOVE ON:**

Golf is not a matter of life and death, but in this vane,

Q110)

"You never know how much you really believe anything until its truth or falsehood becomes a matter of life and death to you. It is easy to say you believe a rope to be strong and sound as long as you are merely using it to cord a box. But suppose you had to hang by that rope over a precipice. Wouldn't you then first discover how much you really trusted it? .... Only a real risk tests the reality of a belief."

C.S. Lewis

I quote this great modern day author, who died on November 22, 1963, the same day J.F.K. was assassinated, because I believe there is some relevance to the 'Real Life of GOLF'.

46)           **POSITIVE CHEMISTRY:**

At any and all costs, keep your attitude positive. This will instantly produce the optimal 'pH' to invigorate your 'Cellular Vitality' such that you can perform at peak.

When you have 'Negative Thoughts', at the speed of chemistry, you shall pay a performance price and wellness price!

A reduction in 'Cellular Environment' ('pH') decays physiological imperatives.

Work hard at inviting a 'Trusting Mentality'.

Good things will happen!

#### **WITHIN YOURSELF:**

It is important that we learn from the best teacher we can find. Reliable correct knowledge is essential.

It is useful and necessary that we spend 'Training' time on the driving range practising our skills; learning 'Trust' and growing 'Confidence'.

But it is only on the course that we can become proficient at making shots that matter, grow adept in 'Course Management' and learn the art of truly 'Trusting Our Clubs and Our Swings' enabling us to score, which is, after all, what the Game is all about. Work hard and play hard.

Stay 'Cool' and 'Within Yourself'.

**'SAVE THE DRAMA FOR YOUR MAMA'!**

Not Life and Death, just a Game!

Play both well!

## THE EIGHT STEP ROUTINE

Golf is a repeatable discipline. When we know a 'Motion', as one might in a factory situation, assembly line production, the trick is to keep the 'Process' moving over and over again so the 'Product' is 'Consistent'. Sound like 'Golf'? So we design efficient 'Routines' in order that we do not leave steps out! Most of us have 'Routines' in the morning between getting out of bed and closing the garage door! So you know! I hope! We likely take our shower before putting our clothes on. It is wise to open the garage door prior to shifting the car into reverse and stepping on the gas! Little things matter!

### 1) **PRE-SHOT ROUTINE (Conscious Process) 'SET-UP'**

The first aspect of this interval is to '**VISUALIZE**' and to produce optimal and optional 'Confident Mental Images' of the 'Ball Flight'. Very quickly the actual 'Ball Flight Visual' will form. After taking into consideration the 'Natural Elements', 'Go with your Gut'. '**Good Routines' make for 'Good Chemistry' and strong 'Performance'**'.

Go through the 'Formal 'Pre-Shot Routine' that suits the 'Procedure' you have 'Pre-Selected'. This includes making your 'Club Selection' and going through all and not part of the aspects. Your 'PSR' is your friend! It produces 'Comfort & Confidence' which is essential to good sound and successful '**EXECUTION**'.

### 2) **EXECUTION (Subconscious Process)**

Very simply, once you have done the three 'STEPS' above and you are 'Confidently Ready', in 'Balanced Pace' ('One & Thru'), '**TRIGGER' and 'EXECUTE**'. Allow your 'Spirit and Mind' to run the 'MACRO', remembering that the '**Mental or Focus**' then 'Lateral' the 'Process' to the 'Sub-Conscious'. It is key to NOT obstruct this transition from 'Conscious to Subconscious' or you shall prevent 'Trust' from functioning and likely remain 'Conscious, Mechanical, Manipulative and get bitten by 'OUTCOME GOLF' so often stung by 'Fear and Doubt'.

### 3) **POST-SHOT ROUTINE (Conscious Process)**

This is the 'Post-Shot Evaluation' where we respectfully 'Grade Our Performance'. If we do terribly, it is a 'Toilet Shot' and we 'Flush it' with very little attention to anything but the 'Root Cause'. If it is a great shot, we give ourselves two pats on the back. This gives our 'TAPES' two separate opportunities to pay attention and adjust. These two recognitions also, simultaneous to the 'Tapes' provides us an opportunity to load this 'Procedure' to the 'Mental Shot Library' where it is stored for immediate future use. (SHOT MACRO) Automatic or '**REFLEX GOLFER**'. Winner Magic!

### 4) **RELAX and RE-ENERGIZE (Conscious Process)**

This is a very important interval. Embrace your results! After the 'Post-Shot Evaluation', we all need time during battle to simply relax. From the 'Ball Location' towards the next shot location, we just walk and '**RELAX**' with specifically pre-selected 'Thoughts' being organized or defined. 'Beach, Wine, Lady, Fishing, Flying, Music, Mantra, Dreaming, .... We only become 'Retrieved' from this 'Away Process' when 'Proximity' beckons us back. We know instinctively that we are getting closer to the 'Ball Location'. We step on a 'Yardage Marker' and start gently counting our paces. When we get to the Ball we know how far we are in front of the 'Yardage Marker' so we do a little math and thus know how far the 'Ball' is from the 'Centre or Leading Edge of the Green'.

It is said that '**ACCEPTANCE**' is always the last item in any 'Routine'. I agree! Until you have ownership in your deeds, you shall not translate beyond them! Stuck in the past! Fearful of the future! High prices for any lack of 'Truth & Acceptance'!

If you do not have efficient 'Routines' designed for your own game, find a savvy old teaching professional and make some without further delay! You need then as well and shall be rewarded by identifying a few as I have above.



C38]

## THOUGHT YOU MIGHT WANT TO KNOW!

Over the many years of coaching nice people to play better, I have used a lot of 'Mental Pictures or Exercises' to accomplish my passions and objectives.

I know we would all like that infernal 'Golf Hole' to be bigger more often than not!

Occasionally we teachers like to make it smaller as well!

There are devices that you can place over the actual 4.25" cup to make it physically smaller. They are for sale in the 'Masochistic Golf Shops' around this continent!

Here is how I feel we might work bigger and smaller to our advantage without making purchases.

Any student of the game who might have lost his or her confidence for getting the 'Little White Ball' into the cup is well served to picture the opening to be 'Bigger' than it actually is. If your are a doubter, make the hole a foot wide in your mind and then execute your stroke. This builds confidence, reduces 'Doubt and Fear' and allow your powerful 'Fantasy' to factor.

Any student who is a bit cocky, lazy-minded and feels that the 'Putting Stroke' is a blasé undertaking might picture the cup as being smaller than the real 4.25 inches. Leave the pin in and make yourself strike the stick!

Those golfers who 'RAM the Ball Into The Cup' know what I mean. Their effective opening is reduced by the speed so they must be considerably more accurate. With a fast 'Ball' that 4.25 inches can become very much smaller by about 1.5 inches (two half ball widths) when excessive speed is factored!  $4.25 - 1.5 = 2.75$  inches. Now with a 1.6 inch ball or projectile, that is a very small opening!

The flip side is true when your speed is slow or you adopt a 'Die In The Hole' technique. The math is  $4.25 + 1.5 = 5.75$  inches or two half balls bigger. That us a huge difference from 2.75 inches!

Find a happy working medium.

C39]

**'DON'T GET PISSED OFF'  
'WORK SMARTER'**

The other day I actually injured myself slightly due to pure anger and stupidity. Even right now, typing this message to you, my right wrist hurts and its friend, the left wrist knows it as well!

I am a very good 'Putter' and used to be even better.

Well I got a new putter and was practising. I know how to 'SET-Up' perfectly and pride myself on that fact and ability. I surveyed my practice area and hole. The roll was dead straight! With my 6 foot, nine foot, eighteen foot and twenty-seven foot tees in the ground, on-line, I proceeded to make some gentle warm-up 'Putts'. 'LEFT! So I adjusted my 'Alignment' to the right just a touch and made another. Still a little left, so I adjusted farther.

Over the next twenty to thirty minutes I must have made this 'Alignment Adjustment' a dozen times, always checking my heels to be true. They were.

I was getting exasperated so I switched to 'Chipping'. That worked just like programmed and expected.

Of course I went back to my 'Putting'! It still was really inconsistent. Now I am getting a little steamed! The German in me is talking. I have suppressed that and made it to stay on the inside very well over the years, but even there it has cost me!

After another almost half hour (eternity), I decided to check the 'Grip' even though it was just put on the week before. Seemed unnecessary but I was running out of ideas and logical options. It was rotated counter clockwise about 10 degrees!

I always generally do my own club repairs but am getting lazier and only do and check the major tasks. Should always check your equipment (pre-flight) regardless of who or what. The score on the card is your!

The story gets worse! Now I am a bit pissed! Hope the language does not offend you, but that is what I was!

I tried to turn the 'Grip' but it was solidly in place. So I tried harder. It was still solidly in place! Well, you know, if you take a deep breath and summon up all the 'Hand, Forearm and Shoulder Power', surely it will turn. I want to practise more! Well, I have a stronger than average 'Upper Body' and damn 'Golf Grip' was not going to beat this cowboy! The grip was actually getting hot with me! And it actually turned a little. But not all along the top line. So I persisted and managed to get it improved to a point where I was making straighter rolls.

When I finished practice, my right middle digit pad on my middle finger hurt. Small blister! Pretty stupid I realized.

That night my right wrist ached. Pretty stupid. I realized that my left wrist was sympathetic and hurt too!

The next day I took the 'Putter' over to the shop and had a new 'Blue and Black Winn Grip' installed. It was straight! I think we should call the Winn a 'Black and Blue'!

It has been over a week now and the soreness and strain is still lingering. So I stressed and wrestled with the grip for an hour. Figured it out, which was good. Ground my way to a little FIX! Then promptly got a new grip installed! Stupid right?

Heat in the kitchen may be useful, but 'Heat Between Your Ears' is not!

Anger produces 'Tension' which is quite contrary to performance! Certainly to that 'Gently Little Touch Stroke' we have come to call 'Putting'.

We all have our weak moments, but when your body is talking, you had better be listening!

Bad thoughts and certainly 'Anger' produce bad 'Mental Chemistry' which reduces your ability and certainly your chances of performing well. The good things you have inside you will not come out if you are angry!

**'WORK SMART'!**



'WORK SMART LOGO'

Q111)

'I work 40 hours a week to be this poor?'

Sometimes Golf 'Practice and Play' send us the same message.

Ignore it!

Practice and Play smarter,  
and, perhaps with less intensity.

It's a game of 'SMOOTH and COOL'!

It's a Game!

Q112)

"My butterflies are still going strong.  
I just hope they are flying in formation."

Larry Mize  
(playing with a big lead)

## **BLUEPRINT**

Q113)

'Dreams are the Blueprint of Accomplishment.  
God looks after the Truth and Reality. We only assist.'

Q114)

## **LOFTY GOALS**

'To make it big,  
we must strike out Big  
and aim high'.

Q115)

## **NEW OCEANS**

'You cannot discover new oceans  
unless you are prepared to  
lose sight of the shore'.

(Think of the story 'The Quay At Atlantic City'.)

C40]

## GET BASIC!

There has never been even one aspiring golfer come to this 'Old Country Gentleman Teacher' looking for game improvement that has not got a gentle ear full of '[Personal Management Hints](#)'.

The first 'HINT' about any 'Golf Future' is to '[Master Golf Basics](#)' and never leave home without them! No foundation? No sense contemplating building!

So, above all else 'Get Basic'!

And get very qualified help getting there without delay!

The sooner the better!

You are not going to fool yourself or anyone else on your way to the top where players lurk and abound! Even the company you find at your top, wherever that might be, will not be fooled about the level of your play. You can fool a raw beginner but not even very long if they just play a few rounds.

'Golf' suffers from endless real earned results!

It is steeped in reality and very simple math skills!

Lowest numbers win!

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**NO INTENSITY?**

**SELDOM VICTORY!**



## PERSONAL MANAGEMENT HINTS

### 'My Life Is In Order'

#### 1) DESIRES, HONEST PLANS AND REAL ACTION:

Let's keep this very basic. "There ain't nothing gonna happen 'til I get the urge and make the move!" Keep a clear mind!

#### YOUR DESIRES:

We should daily sit down in our '**As Soon As I Wake Up Moment**' and '**Define Our Desires**'. Best do this just as we flip our feet out from under the 'down-filled comforter'; perhaps as I am getting the coffee on for an 'Hour Of Power'. You will learn more about this soon. Call them what you will; 'Wants', 'Hopes', 'Wish I Could's', 'If Onlys', etc. The reason we must define them is the growth process starts in our 'Addressing A Subject'. If you are not thinking about an area in your 'Life' you probably will not develop it. Focus! It's 'Country-Boy Simple'! You can tell me that you do not have 'Desires', but you do. I don't even care if they are a bit risqué; more lude than you can tell your Grandmother; totally realistic or diverse enough that your boss might be disturbed. They are your personal business. They are necessary in your overall happiness. You have distinct desires. Distil and nurture them!

I want you to do an exercise right now! Yes, not later. Tomorrows never come. Yesterdays are in the 'Rear-View Mirror' or are 'Yesterday's Newspaper' '**From Which We Can Learn But Never Return**'. We need to learn from our 'Yesterdays' and 'Plan for Tomorrows' but we are here and now, the '**ONLY PLACE AND TIME WE CAN ACTUALLY DO**'.

Put the book aside but not too far!

The subject is '**Your Desires**' and I want you to 'List' them.

Take a clean piece of '8 1/2 by 11' and write with something! Number the items 1 through whatever. Don't meditate on it as I want some spontaneity. Write down any item that comes into your head. Don't sort or select.

Your list of 'Desires' may look like this:

- 1) Increase my 'Circle of Friends'
- 2) Increase my 'Income'
- 3) etc.

See you in a few minutes. GO!

OK you're back.

Now go through your 'LIST' and mark each item with an 'A, B or C'. This is so you 'PRIORITIZE' and attack the 'First Things First'.

Your list of 'Desires' may now look like this:

- 1) A      Increase my 'Circle of Friends'
- 2) A      Increase my 'Income'
- 3) etc.

Now you know what you want most. You can add or delete any of these item at will. Be aware, at first, you need to sit twice a day with 'List' in hand and think about it; review it so you ensure that what you listed is the real thing. I want you to be productive in these new 'Disciplines' we are designing, otherwise, with no definition you get no positive results, no 'R.O.I.' (Return On Investment) and then you abandon ship. We must complete this voyage. The water is still deep and cold! No port in sight!

Bluntly? You 'MUST' complete this voyage. I 'AM' completing mine! You are your own keeper. I am merely the facilitator who cares, but, by the 'Grace of God' will be around to accompany you to the destination or one of them. There is a chance I may not so I must equip and prod you into 'Habits, ROUTINES and Procedures' that you own and can utilize without me. This is my 'Number One Priority' right now. I am 'PASSIONATE' about your 'GETTING THIS STUFF'. And I intend to succeed so you are in good hands! Stay with me.

The 'List of Desires' is ongoing but at least in the formative stage now. We have one!

### **YOUR PLAN:**

Once you are 'Listed' you must get 'Directed'. We need to develop a 'GAME PLAN' which I sometimes end up calling a 'Battle Plan' depending on how big and how smoothly the 'Desires' are fulfilling.

Have you ever seen the 'Mouse In The Maze' chasing the very small piece of stinky cheese. (Of course that is a matter of perspective. Smelly as in ugly. Aroma is a matter of ones nasal preferences. Beauty is in the eyes of the beholder. Limburger?) Well we do not want to scurry about in the 'Maze Of Life' without using 'Good Planning and 'Appropriate Tools'. Don't know about you, but were I to chase that hunk of cheddar, in a maze, I'd find a cartographer who know the route! And did not want too big a piece of the action.

There is that word! 'ACTION'. We will get to it in detail momentarily, but suffice for now, you notice this actual word, 'Action', refers directly to 'Getting Results'.

Back to 'The Plan'.

I think it is productive to 'List Plan Options of How You Expect, most effectively, To Get Your Desires Accomplished'. Here we go again. Fetch another piece of clean paper. Take your writing device and 'List the Plan Options'. Write down the different way by which you might accomplish your 'A' Desires'. Remember, we always tackle the 'A's' before the 'B's' or certainly any 'C's'.

The best way to do this is to put the number 1 in the first column at the top left of the page. Secondly, put the 'List Number' of your 'Desire' in the second column, write the 'Desire' and mark it with an 'A' that it already has in the 'ABC Desire List'. You can

always reprioritize your 'ABC's' later, which is a good idea.  
Your 'Plan Option List' may look like this:

- 1) 1) **A** To increase my 'Circle of Friends'  
By one person per week
- 2) 2) **A** To increase my 'Income'  
By ten per cent each quarter
- 3) etc.

Notice I have left a triple space between each numbered item so that I can write notes about my 'Plans'

See you in a minute.

OK. We are back together.

Now read your 'Plan Options' one more time but now 'ABC' the items as you did in the 'Desire Category'. We are working on big hits! It will look like this:

- 1)**AA** 1) To increase my 'Circle of Friends'  
By one person a week.
- 2)**AA** 2) To increase my 'Income'  
By ten per cent per quarter.
- 3) etc.

This grades, or begins to grade, the likelihood of success of the 'Plan Options'. Consider all the known factors, circumstances and conditions related to each 'Option'. Your list will 'Define' what we become to know as 'AA' 'Desire Options'. Now we are 'Sorting' and advancing in this process. We can smell and taste the rewards, even a little.

## YOUR ACTIONS:

Our next job is to '**CREATE SOME MOMENTUM**'. To get something happening. This is a good stage because most of the preparation has been done in the previous two stages, 'Desires and Plan'. I like to think we are now ready to 'Take Massive Initial ACTIONS' so that progress comes early and quickly. We need this as stimulation and to prove to us that the first two stages were not a waste of time.

So what do you think is the first 'ACTION' necessary, usually? To get up off your current 'Dead Butts' and get moving! Don't be offended. There are exceptions and this is all relative!

One more task first. 'Everything In It Place and a Place For Everything'.

So now, to facilitate this, you guessed it, take another piece of paper (not the Soft and Gentle type) and write down the 'Sequence of Actions. I call this my '**ACTION PLAN**'. Your events should closely resemble the 'Plan Options'. Take a moment now to go and make the 'List'.

It should look like this:

- 1) **AA** 1) To increase my 'Circle of Friends'  
By one person a week.  
Say hello to Joe and Anita first thing tomorrow morning and let them know that their friendship is important. Stop by Harry's office to see how things are going.
- 2) **AA** 2) To increase my 'Income'  
By ten per cent per quarter.  
Asses my job and decide how I can get a raise or make more money. Set a minimum time frame on this 'PLAN' to speak to Harry, my supervisor.
- 3) etc.

You have returned!  
You know the 'Drill'! 'ABC' you 'Action list'.

Your 'Battle Plan' should look like this. The 'Bull's Eye' is narrowing a lot:

- 1) **AAA** 1) To increase my 'Circle of Friends'  
By one person a week.  
Say hello to Joe and Anita first thing tomorrow morning and let them know that their friendship is important. Stop by Harry's office to see how things are going.
- 2) **AAA** 2) To increase my 'Income'  
By ten per cent per quarter  
Asses my job and decide how I can get a raise or make more money. Set a minimum time on this 'PLAN' to speak to Harry, my supervisor.
- 3) etc.

This is 'AAA' (Triple A) stuff!

Neat! Now we have completed or 'Works In Progress' three key pieces to your puzzle; the 'Flight Planned Route for your Journey to the chosen Destination'. They are **1) Defined DESIRES, 2) Defined PLANS and 3) Defined ACTIONS.**

This process may seem involved at first but read this twice and you will see it can be done on one piece of paper as long as you initially leave enough space on the left side of the paper and triple space or more. Leave lots of room. This will work!

You trust your preparation. You have double-checked the validity and likelihood of success by your repeated 'ABC'.

Take the 'First STEP' to initiate 'ACTION'.

Be 'Courageous and Cocky'!

Above all else '**Stick to Your Action Plan**'! It is in writing and you might even '**SIGN IT**' in front of your best friend whoever that might be. This is a pact with the most important person in your life.

**YOU!**

### **EVALUATION OR TRACKING:**

There is one more 'Phase or Component' necessary to accomplish the 'Procedure'. (Remember I am a 'Components and Procedures' man.) This is the necessity to 'EVALUATE' our results or progress. From my aviation perspective, the winds blow, change direction and velocity, so we make 'Course Corrections'. Weather situations present themselves to which we 'MUST' respond. (Musts vs. Shoulds) In Life internal conditions, known and unknown, dictate our operations and influence our 'Behaviour'. We need to be flexible and resilient; quick of mind and fleet of foot.

I suggest that you '**EVALUATE YOUR PROGRESS**' at first on a daily basis. Then as your 'GAME PLAN' start to progress and the picture come more into focus, you may adjust your review frequency to once every second day, once a week or even once a month, or biannually and annually. On the Flight Deck we called this 'Status Reporting'. The team is best served while knowing the 'Mission Progress'. This keep all the players involved and apprised.

What if I am in this 'On My Own'?

Treat yourself as a 'TEAM'. You have three players, '**Desire, Plan and Action**' with their defined 'Components'. Treat these 'Entities' as small 'Skirmishes' in the overall 'Battle Theatre'. Look upon your different 'Skill Levels' as 'Artillery or Parts of the Team'. You have 'Listed' them so you can, with a little imagination, treat each as individuals. If you manage this 'Fantasy or State Of Mind' play it out.

Its 'Rehearsal Time'. Make one last 'Test Run'. Project your Actions one, two, three, four and five days into the future. How does it look? OK! Right?

**GO!**

Take 'Relatively Massive Steps' at first. Cover a few miles and then 'Assess or Evaluate'. But '**KEEP GOING**'. Don't lose your 'Momentum'. Remember, we are in this for the 'Long Haul'. We are '**COMMITTED**' to not one stage but three. Our hopes and aspirations can smell like 'Victory'. We can envision the 'Destination'. The worst 'Outcome' could be 'Abort'.

This process you have willingly embarked upon, shall determine the quality of the rest of your life. Your very 'Core' is '**ENEGIZE**' and your 'Team Trusts In Your Integrity'. Even if the quality of this 'Single Trip In The Overall Journey' may not come up to expectations, your failure to complete it, will inflict damage beyond your current scope of understanding. You must accomplish even if your final opinion is that your mission was not quite complete up to par. On this early leg in your 'Journey' the goal is 'Getting Something Done' more than achieving perfection.

I think my job here, I know my job here, as your 'Coach' is to introduce you to 'Now Limitations'; to unleashing your shackles so you can take bigger strides and '**FEEL**' the freedoms to accomplish that which you to date have not felt either worthy, deserving or capable. Your limitations today are much smaller than today's dreams. This '**Taste Of Deliberate Success**' you are about to experience will lead to more bites and better things that certainly, absolutely lay ahead. The horizon is a vast stretch along and over which you will find waiting the 'Hopes and Dreams' of kings and emperors. There are some out there good enough for you!

**IMAGINE:**

Can you imagine what your social status and wealth and 'Pleasure' might have been were you able, as I am today, to transport one of the Pharaohs in ancient Egypt in the 'Upper Deck' of a 400 Series 747 from a paved strip on the banks of the Nile or Rift Valley for an 'Incredible Journey' through the South Pacific, Fiji, Samoa, Hawaii, New Zealand and back safely to his people? You would not even have to stop off for shopping at Bloomingdales in New York to make this experience one never to be forgotten. Were you to have taken the controls in hand and 'Accomplished' this fantasy, your life would have changed forever.

Today is no different. Opportunities abound.



The only aspect that I want to direct, the change in this scenario of 'Accomplishment and New Horizons' is that **'YOU'** are the 'celebrity' and the 'Special Person' which is 'TRUTH' this very moment.

**'DESIRE, PLAN and ACTION'.**

It is all up to us!

2) **PHYSIOLOGY AND PSYCHOLOGY:**

It's time to make measurable and lasting changes in your life! Golf included!

Learn how to manage all your 'Assets' both 'Mental and Physical', 'Psychological and Physiological', because you are going to need all of them in co-operation, in 'Balance and Harmony' in order to complete your 'Life Journey' however long or brief.

I want to tell you that, even though the statement is 'Mens Sano in Corpore Sane', 'A Sound Mind in a Sound Body', I truly believe that **'Physiology Equals Psychology'** and not the other way around. I believe that **'If You Can Change Your Motions, You Can Change Your Emotions'**. Body same-nesses directly affect Mind same-nesses. We need, with dedication, to direct a great deal of attention to the 'State of our Bodies'; what we eat to produce ENERGY and then how we create Motion with this ENERGY. This revolution between 'Mind and Body' is a total package that may exist arduously but must exist in unison. As in Golf, 'From the Ground Up', we must give our bodies the respect and attention they deserve. The body is the **'Temple'** in which the mind resides. Let us keep the house in order!

This 'Personal Management' is central to the 'Satisfaction and Fulfilment' that is available in the 'Great Game of Golf'. I have stated that what takes place between your ears is 60% to 70% of the Game or perhaps even more. Whatever the balance, we must utilize our munitions and assets to their best ability from the 'Temple'.

As a close and privileged ally to high calibre players, 'Touring and Club' as well as simply ordinary 'Joes and Janes' who have the gift or have just been 'Bitten', I am constantly confronted with personal questions that relate to being on tour or playing 'Civilian Competition' as I have come to call it. That is any

variety of competition not taking place in the 'Tour Arena or Battleground'. The four best know North American arenas are the 1) PGA, 2) Senior PGA, 3)the Nike Tour and the 4) LPGA. There are others such as the Austral-Asian Tour, the Australian Tour, the Japanese Tour, the European Tour, The British Events, the South Afrikaner Tour and many more regional and local varieties of the same theme.

Regardless of the name, all these events involve stress, fear and all the 'Mental and Physical' composure one can muster. Each and every one of the Players needs all the sharpest and best-honed tools that can possibly be gathered about him or her. This includes both 'Psychological Tools' and the very important 'Physiological Tools' that I feel so strongly about. If one is in first class physical shape and understands the basics of Golf, such as provided by '**555 GOLF**', the '**5 SET-UPS**', the '**5 EXECUTIONS**' and then supports these '10 BASICS' with the '**5 CONTROLS**', I can assure you 'Striking the Ball With Authority Dead-At-The-Stick', 'On Line and On Length', will all but guarantee a 'State Of Mind' that can provide the foundation of a champion. He who strikes the Golf Ball with exceptional authority will need very little 'Mental Handling' other than perhaps to tender some open humility on the way to the bank! Amazingly, 'Success does Breed Success'!

As in life, one, in Golf, should spend no time 'Majoring in Minor Things'. This 'Physiology' is no minor component. Give it major attention. In your 'ABC or To Do List' this 'Temple' is a 'AAA'.

Golf, for one who is just embarking on the 'Journey' or just perfecting one of its many 'Trips', is a tangible destination in which 'Change is Inevitable but Progress is not'. When is the last time you stopped to reflect on who you are and what you want to be or become? In Life and Golf it does us well to do this at least once a month. The process of evaluation give us some perspective. When you go through this process of self-evaluation, do it with a pencil and paper. Write down the 'Questions' and the 'Answers'. They will formulate the 'Action Plans' by which you wage your campaigns. They always unfold better when realistically organized and defined, especially by ourselves.

When we are well prepared 'Physically and Mechanically' for the task of 'Striking the Little White Ball Dead-At-The-Stick', the amount of anxiety, stress and fear diminishes. Then higher performance or even 'Performance Excellence' is within comfortable reach. It always has to be earned, of course.

3)           **SHOULD**S and **MUST**S:

How many times have you said to yourself or others that you "Should Go Out And Practice" and then fail to do so. This makes me think of the saying '**No One Plans To Fail, Just Fails To Plan**'. When we clearly define our 'ABC LIST' it reveals our 'MUSTS' and gets us past our 'SHOULDS'. '**MUSTS ARE A's**'. Always do your 'A's before even considering any 'B's or 'C's. In this manner your 'Sound Body' will easily entertain your growingly 'Sound Mind'. In this orderly manner, you will be able to 'Live Life With Real Passion, Purpose and Drive'. We all get our 'MUSTS' but more rarely our 'SHOULDS'.

The '**Real Edge In Life Is Living It On Your Own Terms**'. This we can accomplish by following the above simple 'Evaluations and Procedures'. It is better than 'Great' when you make a plan and it comes absolutely together at the right time and place. '**PLAN TO SUCCEED**' and do it every day.

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**'SHOULD**S and **SHOULD HAVES**' reside in '**Yesterdays**'.

**'COULD HAVES**' get addressed in '**Tomorrows**'.

(They are then '**Lost Opportunities**'.)

**'MUSTS**' reside at a local address called '**TODAY**'.

**Yesterdays** make very poor places to start.

**Today**s and '**Right NOW**' work best!

'**Woulda, Coulda, Shouldas**'  
don't cut '**IT**' for achievers !

4) **THE TEMPLE:**

Let us stay on this topic of the 'Physiology That Makes Psychology' a tangible reality.

Schedule 'Daily Deliberate Dynamic Movements'. In other words get yourself up out of bed a little earlier than usual to perform what should become a 'Ritual of Physical Routine'. In this perhaps 'New-Found Morning Hour' you can spend the 'Brushing Teeth or Shaving Time' producing a 'Mental Platform' from which to spring into your 'Physical Arena'. Practice looking in the mirror and saying good things to and about yourself. You can create real positive images that will stimulate real positive Actions. See yourself as a winner. Groom yourself daily to be more useful to your fellow man. Use this 'Morning Hour Of Power' to get the 'Psychological Images' in order. They are the 'Menus of Management'.

5) **EXPAND BY DEMAND:**

Thinking of both your 'Mental and Physical' remember that you '**EXPAND BY DEMAND**'. It is only when you challenge limits that you can overcome and progress. By meeting and overcoming '**RESISTANCE**' we grow stronger. Overcoming 'Resistance' builds '**SELF-ESTEEM**'. You recall my just saying the 'Change is Inevitable but Progress is not'. You must actively 'Plan For Progress'. Use the morning 'Hour Of Power' the get focused. Then '**FOLLOW THROUGH**' with the 'Promises and Commitments' you make to yourself. If you cannot exercise loyalty and 'Fulfilment' towards yourself where can you? The more you expand and answer your 'Passion' the more support you will get from it. It is in this manner that 'Physiology Equals Psychology'.

6) **GRATITUDE:**

We need to be 'Grateful' at every opportunity; even, as the saying goes 'To Thank the Lord for Small Mercies'. This 'Gratitude' helps us keep '**Relationship Balanced**' and prevents our becoming to 'Self-Centred'. We are not isolated islands but more like a huge fleet of various sized 'Dinghies' following or orienting to a 'Mother Ship' that provides guidance and centring. In your 'Hour Of Power' you might find a few moments to be thankful for simply being alive and well; for simply being in the fleet!

Just the opportunity to enjoy the 'Great Game of Golf' is a blessing that alludes most people in the world. Everything in

perspective, remember! By the way if you are so in demand as to not have '60 Minutes' in the morning, take 'Thirty for Thankfulness or Fifteen for Fulfilment'. I feel like I just gave you an excuse or let you off the hook. No way! **'MAKE IT ONE HOUR OF POWER'**. Get to bed a little earlier and up that sixty minutes closer to sunrise.

Regardless of the amount of time, we call these **'MAGIC MOMENTS'**. You might as well.

Keeping the little things, the simplicities, in perspective. If you live to be sixty years of age and spend eight hours a day in bed, you will have spent **'TWENTY YEARS'** under the covers! If you 'Discipline Yourself To One Less Hour Per Night', you will 'BUY' 913 extra days to accomplish waking tasks; things that are your very favourite things in life! By the way, that is 2.5 years! It may seem a little morbid but my job here is to 'Stimulate ACTION', so here's another thought. Let us envision being on our death-bed or close. The family is not quite all summoned. Were you to have a genie appear and offer you another vibrant, healthy 913 days, 2.5 years, with no strings attached, would you take them?

I can assure you with some scientific certainty that looking after your 'TEMPLE' will buy you another even longer period if you do not wait too long to accept the challenge.

It may be stretching your patience or imagination a bit, and my credibility more than a little, but, everyone I know who has developed an 'Hour Of Power' and a time for 'Daily Deliberate Dynamic Movements' loves every minute of it. I can tell you that once you have done this for a period of three to six months you will not be able to stop it. Endorphins are directly linked to exercise. Good health is habit forming. Fitness breeds fitness. Here's a statement you might want to try on (literally): **'NOTHING TASTES AS GOOD AS FITNESS FEELS'**.

## 7) **THE ENGINE OF THE BODY:**

Your 'Lungs' are about as important an organ as the Good Lord provides. We need to use them at least towards or in the direction of their capacity. These organs exchange carbon dioxide for hopefully good clean air containing abundant oxygen. A full complement of healthy lungs is essential in our ridding ourselves of waste, toxins and particulates. **'DEEP DELIBERATE DIAPHRAMATIC BREATHING'** ('DDDB') is essential to our overall well-being.

Shallow breathing is not!

I used to feel ever so slightly 'Silly' telling my students 'How To Breathe'. Once I got over the insecurity, I realized there was little of more importance in the Golf Swing and Life itself! So now I am hooked on the 'Ritual Of Bossy Breathing'.

Here's how first. Breathe in until your lungs are 'FULL' and breathe out until they are 'EMPTY' and I do not mean 'Sorta EMPTY'. I mean exhaled to the point of your lungs feeling slightly 'Collapsed' or very void of air! There is a process by which you can easily accomplish this natural 'Physiology' naturally, but with just a seasoning of technique.

There is a 'Method'. We call it the '10-40-20 Rule'. Simple numbers with a simple message works for this 'Old Country Boy! What is there in the 'Numerology'? Whatever amount of time you take to 'Breathe In', take four times as long to 'Breathe Out' and then 'Hold Your Breath' for half that amount of time. You might want to develop a 'Counting or Cadence' for your exercises however complex or simple they might be. Simple works for me! So here's how you might do that too!

#### 8) **INCANTATIONS:**

With 'Non-Instruction, Non-Judgemental' words running through our minds which we are exercising we can set as Pace and operate with some 'I got RHYTHM Baby'!

Incantations are NOT 'Affirmations' such as 'I am Great' or 'I am the Best' so allow me to suggest a word sequence I have come to use with great flexibility and good results. Of course you can and will develop your own renditions in short order. That OK!

Here's mine in its raw form:

**"EVERY DAY IN EVERY WAY  
I'M GETTING BETTER AND BETTER"!**

You will notice as soon as you get up off your 'BUTT' and take some steps while saying this 'Incantation' that the words absolutely fit this 'Daily Dynamic Deliberate Movements'. Try it. This too is a 'FEEL' exercise as you have come to know so well throughout the

entire book. You can even carry or swing your #PW as you are walking along. We discussed this very early on in the book. This is a memory test just to stimulate your 'Sound Bodies Sound Mind'.

Renditions:

**"EVERY DAY, IN EVERY WAY  
MY LUNGS ARE GETTING CLEANER AND CLEANER  
AND STRONGER AND STRONGER"**

**---- I'M LIVING LONGER AND LONGER**

**---- MY HEART IS GETTING STRONGER AND STRONGER**

**---- MY LIFE IS GETTING BETTER AND BETTER**

I want to pay tribute to your Body. It is genuinely a 'Work Of Art' by a 'Master Craftsman' which evolved by no mistake, regardless of your spiritual inclinations! For those of you who might tend to a 'willy nilly' approach to evolution, who might tend to shun a 'Higher Being', I believe in an 'Order' for which I am 'Grateful'. Not believing in any form of 'Evolutionary Spirituality' is liken to holding the tenet that **'Webster's Dictionary Is The Result Of An Explosion In A Print Factory'!**

The unfolding of this vast universe with its variety or species of Golfer was by no means an accident! Gravity, Energy, Centrifugal Force, Momentum, Inertia, Force, Work, Acceleration, Velocity, Drag, Lift, Spin-Rate, IMPACT and all the rest of the 'Scientific Terms and Reality' about which I speak endlessly in this Book, are all perhaps explainable. Nevertheless, they were no accident!

### **SOME CAUTIONS:**

As explained, 'Incantations', if chosen carefully and used properly, are words that 'Enhance Your MOTIONS' and directly influence both your 'Physiological and Psychological' Balance, Rhythm, Timing and Cadence. These 'Incantations' set the stage and act as the 'Drum Major In The March' or the 'Maestro in the Masterpiece'.

What if we do not say Incantations? No benefit.

What if we cannot hear them? No benefit.

If you are writing a fundamental document that takes some very basic thought in order that you can get to the inner focus and be stimulated and productive, can you do this with the T.V. on in the same room? If the answer is, 'Depending on the programme', you cannot. While in Pre-Med I used to be able to sit and effectively focus with the world coming apart around me. This not only takes concentration but discipline and practice. Don't compromise your current strategy with any distractions. This is too important.

Here is my point:

Some people do their morning constitutional, i.e. taking a thirty minute brisk walk, wearing a 'Walk-Man' or other audio device as background to the exercise. You know, your 'Thirty Minutes of Thoughtfulness'. I think this is quite alright but 'NOT' when you are doing 'Incantations'. You need your carefully-chosen message getting to you 'Cerebral Cortex' uncluttered and, especially when you are just starting using this method of focus, you need all the 'Sensory Pathways' (auditory) to be receptive to their maximized capacity. BY the way, keep your eyes working too. I do not want one of my special students walking into a lamp-standard or in front of a moving vehicle. Always stay safe!

Don't use a 'Mobile Audio Device' (MAD) when your 'MUST' is to accomplish the benefits of 'Incantation'. Later on, when you just need to get your heart-rate and circulation elevated, the background melody is fine. Once you get proficient at 'Incantations', you can select very subtle and 'message-less' background melody by which to spend your 'Hour Of Power'.

This 'Change In Personal Direction' deserves a front row seat and all the prime-time you can supply. Remember, 'It's a Priority'!



9) **FEELING GRATITUDE:**

**'FEELING GRATITUDE'** in any form is beneficial to ones overall health. **'GRATITUDE IS THE SECRET TO WEALTH'**. We must know from whence commeth our treasures and then keep the paved way clear of impedimenta. We should be 'Grateful' for simply being alive and having the potentials offered. IF we do not like where we are we can and should 'change Course and select a alternate destination'. This is a freedom we generally feel we do not have, but we do. Feeling this 'Gratitude' starts the daily cycle on a positive 'Reverent' note which stimulates an 'Empowered' recipe of hormones and brain patterns. This 'ROUTINE' steadies our 'Psyche' and enhances 'Performance' just as with our 'Pre-SHOT ROUTINE' in Golf. Remember, we have a 'Post-SHOT ROUTINE' as well. It evaluates the 'Performance' which plays a substantial role in our **'Learning To Be Better Or The Best We Can Be'**.

Use these tools and constantly keep adding more to your personal 'Tool Box'. It is this equipment that enables our accomplishing daily chores with ever increasing efficiency. Focusing properly is a key 'Tool'. Don't hesitate to find a 'Coach' to render guidance in this 'Mental-Physical JOURNEY'. You know, 'That Mother Ship'!

Attend to your 'Dingy'. Little leaks never get smaller! If you do not take care of your 'Physiology' you may be, too soon, the 'Richest Man in the Graveyard'!

Speaking of this 'GRATITUDE', we, each and every one of us, had better often give thanks for our 'HEARTS' as they get **'NO TIME OFF'**! The muscle need no complete rest. Is it not truly a marvel? Our 'Pumps'!

**DID YOU KNOW?:**

Did you know that your heart is a heavy-duty pump that beats over **'100,000'** times every twenty-four hours? During this time, it pumps about 1,800 gallons of blood! With this amount of gas your car could travel for 40,000 miles which would be equivalent, over 365 days, to going around the world approximately 600 times!

## BACK TO BUSINESS:

Remember, these 'Incantations', in whatever form, are all said with '**Deep Diaphragmatic Breathing**' (DDB) and, conversely, 'DDB' is always performed while saying an 'Incantation'. Good old 'Country Boy Discipline and ROUTINE'!

What is the benefit of this 'D.D.B. Breathing'? Science has been working diligently on the answers to such good questions by equally good people like yourself. It is a known 'Physiological' fact that such '**D.D.B.**' stimulates the 'Lymphatic System' in the 'Thoracic Duct-Work' which programmes and elevates the Immune System'. Not a bad side affect for doing what we '**SHOULD**' have been doing all along!

This 'GOLFMYTH Book' is all about '**REMEMBERED FEEL**' as you well know by now. So get at it. No, '**KEEP AT IT**'! Breathe deeply, in and out. Create the 'FEEL' and 'Repeat It'.

Just checked and you are still with me!

I'm flattered.  
Well done!

### 10) '**SHOULD**S and **MUST**S':

I just used and '**ITALICIZED**' the word '**SHOULD**' up there a couple of inches for a reason.

I just want to reemphasize to you that we all '**MUST GET OUR MUSTS BUT SELDOM GET OUR SHOULD**S'. Evaluate your Life. Make good deductions. Come to wise conclusions. Prioritize! Then waste no time 'Taking Actions or Steps Towards Your Destination'; big ones are good and more often than not very necessary to get the 'Machine In Motion'.

'Prioritize and asses your Progress Daily'. Remember, if we either do not know where we are 'Going' and 'From Whence We Commeth' we may be lost! Best case scenario is that we will not have any history nor future plans. This 'Wandering About', as it will evolve, happens as time passes but the lack of destination diminishes purpose and 'Fulfilment'. Bobbing about on the immense ocean does little towards getting us to the 'New World'!

I will leave it simply at that!

Get up off the couch right now. 'Walk and Breathe' with '**Incantations**'. This will be the key that opens 'Pandora's Box' and your tracking on the 'Road To Recovery'. I use the word 'Recovery' because we are all out of balance in some personal areas from which we need to recover.

Q117)

**"EVERY DAY, IN EVERY WAY  
I'M GETTING STRONGER AND STRONGER".**

Do It Now!

It's the first step of the rest of your life!

11) **FOCUSING ON WHAT YOU WANT:**

While you are doing your 'Exercises to Your Incantations' focus on what you want to come to reality, '**VISUALIZE**' in your 'Mind's Eye or your Inner Eye' what you want to come true and it likely will. Make sure you practise '**IMAGERY**' in all your endeavours, big or small. Have a picture of your tasks before they unfold. In this manner or sequence you will develop a great 'Library of Scenes' which you can 'Replay at Will' for reflection and guidance. You will have learned the 'Route or Trail' so to speak, and thus become a 'Savvy Old Guide'. The 'Power Of Positive Thinking' is no mystery. Certainly in Golf, the 'Pre-SHOT ROUTINE' must include developed 'Visualization Skills' in order for you to play to your expectations. Whether you are a 'Hacker or Tour Veteran' you need 'Images'. (you know 'Of Sugar Plum Fairies')

As in Life in Golf! Be '**Cocky and Courageous**'!

And "Never, Never, Never Give Up". (Sir Winston Churchill)

12)

Q118)

**'GIVE MORE TO YOURSELF,  
SO THERE IS MORE TO GIVE TO OTHERS'.**

13) **DIARIZE YOUR PRIORITIES:**

When you make your 'To Do List', and you come to define your 'MUSTS' and 'SHOULD'S', put it down in writing. Get it 'Visual and Recorded'. In this simple manner we have a more tangible 'Destination and Definition' for our 'JOURNEY'. Once you write your 'Priorities' down you can change them from time to time, but you may not 'Abandon the List'. This is a 'Purely Selfish Commitment' that deserves the utmost attention. If you or I fail in this venture we will one day be saddened by our lack of constitution and resolve! 'No Guts!' Mark my words.

When a plan has so much merit, why would anyone stray?

**'SUCCESS IS CONSISTENCY'** as you have heard me say so often in this literary exercise! The **3 C's** 'Confident, Comfortable and Consistent'. Remember?

Measure your 'Goals and Destinations' at least once a month. Whenever we have a active 'Flight Plan' we need to chart our progress. Keep that positive attitude.

14) **LIFE IS A GIFT TODAY.  
TOMORROW IS NEVER PROMISED TO YOU!**

Capture your 'Magic Moments', 'Replay Them' and 'Celebrate Them'. They are your 'PATHS TO FULFILLMENT' which is so central to your very being. We need to be 'Self-Actualized' so we can be more useful to our fellow 'Shipmates' on this so short an 'Earthly Voyage' whether on land or by sea. Time's a Wastin' matey!

15) **BELIEFS THAT PROMOTE ACTION AND SUCCESS:**

Here as a few thoughts that I like to suggest to my clients as useful in the creation of 'Positive Mindset' and 'Action'.

- 1) Each Step Builds Momentum
- 2) Set the Game Plan up for Victory
- 3) Plan Progressive Rewards
- 4) Victories are Cumulative
- 5) More accomplishments promotes more investments
- 6) Success Breeds Success
- 7) Life is a Journey, Take the Steps
- 8) There is manifold Hope
- 9) This task is doable!
- 10) I am going to 'Do IT Now'!
- 11) It's going to be great!
- 12) I'm not waiting!

Remember, that 'Discipline' alone will not last. The 'Process' (Trips and Journey) must provide 'JOY and REWARD' so that it is not an exercise of simply 'OUTCOME or DESTINATION'. We need the taste of victory to sustain us through the 'Agonies of Defeat' which form an integral part of the 'Voyage'.

16)           **GOOD THINGS ALWAYS:**

Find good things in yourself daily. Catch yourself and others doing 'Good Deeds' regularly. This too builds 'Self-Esteem'.

We must learn to like ourselves. **'Others Will Not Like Me Unless I Like Me'!**

Likewise, spend time with quality people. As in the game of tennis, you always get better by carefully selecting better players as your court associates. You will be a direct reflection of the expectations of your 'Peer Group'. Spend time with 'Uplifting People' and you will soon be leading followers yourself. This is a tremendous 'Self-Esteem Builder'. Don't miss it!

There is a wonderful, very 'Picture Saying a Thousand Words' quote all this brings to mind;

Q119)

**'If You Lie Down With Dogs  
You're Gonna Get Fleas'.**

Work on improving the quality of your 'Peer Group' every day. If you want to get healthier, to lead a different life-style, best you find a 'Circle Of Friends', no matter how small, that already embodies your aspirations. Otherwise yours is uphill!

Develop a 'Reinforcing Environment that Supports Tasking'. Focus on success. Correct any basic easy errors immediately. Strive constantly to generate positive 'Direction and Motion'.

Q120)

**'Give Up The Story. Get the Results'!**

Once you have defined the 'Game Plan' be ever conscious of the 'Process to Stronger Physiology' so you can achieve a more resilient 'Psychology' for life!

Q121)

**'Love Your Family.  
Select Your Peers'!**

You may be asking "What the hell does this have to do with Golf?" Our total 'Mental and Physical Well-Being' directly affects our ability to average or excel. That includes Golf. Perhaps just one of these sections might make a small difference in your personal 'Procedure' or just 'Perception'. Then it is worthwhile.

17)           **ENERGY AND VITALITY:**

Remember these bodies are our 'Temples' in which, among other things, our 'Minds' reside. In real estate parlance, we need to take special care of the 'Land and Improvements'. There ain't no place for 'slum lords' in this 'Temple'!

And as I said before, '**Life Ain't No Dress Rehearsal**'.

**'Increased ENERGY Means Increased Productivity and Longevity'**. Both are good!

We are constantly subjected to 'Stress or Resistance'. The biological by-products of these two are '**Wastes and Acids**'. In the process of living in our environment which includes the quality of our foods, we produce '**Toxins**' that are counterproductive. They must be continually eliminated from our 'Temples'. Housecleaning I suppose. I used the word 'Environment' above referring to our 'EXTERNAL WORLD' but the ultimate 'Environment is found Within Our Bodies' and directly affects our minds. Every movement every day, we are wearing out little by little, yet, if we look after our 'Metabolism', the constant damage is constantly repaired in a never-ending wonderful cycle.

I do not want to get too deeply into this 'Physiology' but any Golfer with any 'Staying POWER' must understand this subject matter to some degree. When we experience 'Depleted ENERGY' we are automatically burdened with 'Depleted Resistance'. Toxicity cannot be combated without '**Physiological Resilience**' which we must nurture and protect daily.

Under this heading we must apply some attention to good 'Nutrition' in the right quantities. We are all about 'Energy Specific Tasking' on and off the Golf Course. We must carefully determine priority nutrition and keep the 'larders' properly stocked. When we load our stomachs with food, we must generally rest to digest and assimilate the load. We must, therefore, eat both good content and reasonable amounts to establish and maintain a healthy balance between 'Rest and Activity'; between 'Depletion and Replacement'. A balanced weight or Mass reflects the quality of our Habits and Routines. It is better to eat four conservative meals a day than even two big loads of foods regardless of its quality. Make time!

It is very useful to make a list of your preferred healthy food and to abide by it if you want that 'Longevity' to which we referred.

The time to start preventative maintenance was yesterday!

18)           **THE SECRET TO ENERGY:**

The following is fundamental to the art of staying healthy and living a quality life. Think energetic and act healthy! Actively oppose illness! Shun maladies like the common cold and flu! Just don't tolerate them! Cast them out. When you 'Pee and Poop' get rid of them! Believe this function to be reality!

In order to thrive as a carefully balanced 'Biological Machine', we must be aware of and maintain '**ACID-ALKALINE BALANCE**'. The whole internal well-being of our Machine depends upon this '**PH ISSUE**' which stands for 'Percentage Hydrogen Ions'. The strongest acid rating is a PH ZERO. The strongest basic or alkaline rating is 14.0 and our 'Body Biological PH is ideally about 7.36 so we are best suited to operate in a slightly 'Basic or Alkaline Environment'.

When we manage our systems properly we keep our 'Electrochemical Balance' so that the most fundamental functions take place naturally. The very activity of every muscle depends upon 'Electrochemical Balance' for 'Nerves to Synapse or Fire'. If our 'Electrolytes' get more than a little modified, we cease to function. Our '**Cellular Level Activity**' depends on '**Acid-Basic**' balance in root functions such as the '**Krebs Cycle**' which is about the very 'Fuel Burning' upon which we absolutely depend.

This relates to Golf. Being alive and vibrant help us to play better! 'Physiology is primary over Psychology'! We can be very alive in a vegetative state. This will not score low numbers! Be truly 'Grateful' for all your faculties!

'**STRESS PRODUCES ACIDITY**'. Our 'Auto Immune System' is activated which further produces acidic results or by-products. '**Stress Causes Cellular Degradation**' which produces acidic conditions as waste by-product. '**Stress Causes Electrolytic Imbalance**' which hampers the very 'Electrochemical Nature of the Engine'. '**Stress is Peril**' unless it is better understood and controlled.

Whatever your '**Life On the Golf Tour**' might be, whatever your life at the office in the workplace might be, 'Strive Daily Diligently to avoid Stress'. Terrible common maladies such as 'Osteoporosis or Brittle Bone Disease' may be 'Genetically Based' but is certainly



'Environmentally Affected'. Genetic weakness invites 'Acidosis'. Acidosis promotes or invites tissue replication to go astray better know as 'Wrong Mutation or Cancer'. Lowered PH causes 'Cellular Protein Degradation' resulting in both breakdown as well as even 'Genetic Code Alteration'. Today properly modified nutrition is effectively combating cancer.

**'AGING TISSUE SHRINKAGE'** is due very significantly to **'Calcium Leaching by the 'Imbalanced Electro-Chemical Body' in order to strive to maintain our 'PH Balance' or 'Alkaline Satisfaction'.** **'Alkaline Reserve Depletion'** is a very serious condition. Not we, but YOU must learn about it and prevent your becoming a statistic.

So comes the very scientifically correct and pertinent statement **'ALKALIZE AND ENERGIZE'**. When our PH falls but the slightest amount below 'Normal' we open ourselves to a whole host of very negative 'Contraindications'.

Companion to 'Stress Reduction' one must strive untiringly to consume healthy food stuffs. We must eat lots of 'Live Green Foods' that are full of **'HIGH GRADE ENZYMES'**. I caution you to not cook these vegetables but the minimum you can tolerate since heat at above 160 degrees Fahrenheit for a moderate period of time will kill the live 'ProBiotics' and 'Enzymological' nutritional value of what you eat. Once the 'Live Nutrition' is cooked out of vegetable all you will have remaining is 'Fibre'.

I scientifically caution you to reduce or minimize your **'Sugar'** intake as sugar, when processed by the body creates **'ACIDIC By-Products'**. Also be cautious how much fruit you eat as well. Oranges and grapefruits are prime examples of 'Citric Acid' providers which **'Directly Deplete our Alkaline Reserves'**. This is the issue of **'FRUITS vs. VEGETABLES'**.

Sugar and Protein are **'ACID ASH RESULTANT'**. This term means that your Sugar and Protein intake 'Electrochemically' tends to lower your 'PH Ionization' and make your 'Cellular Level' acidic. Thus 'Alkaline Reserves' are drawn on and often stressed beyond tolerance. It is a downhill slide from there. One which must be stopped without delay. Horrifying as it may be, **'MOST'** North Americans have been on it for decades without the slightest inkling of the reality or the risk.

Here is a chemical fact that will, or may shock you. Our bodies, remember, are 'Electro-Chemical Engines'. We truly **'CHEMICALLY BURN**

and REDUCE NUTRITION DOWN TO BASIC '**COLLOIDAL NUTRIENT PARTICLES**' that can be assimilated or transported to the huge regions of our bodies where tissues require nutrients. '**MARGERINE**' in its so promoted 'healthiness' when cooked converts directly to 'Linolaic Acid' which is a primary agent in the sensitization and degradation of the cellular lining of our '**Blood Vessels and Arteries**'. When we suffer from this '**Internal Cellular Damage**' we get '**Coronary Arterial Disease**', '**Atherosclerosis**' which is '**DEADLY**'. Yet we have been led to believe by the FDA and such venerable institutions as the 'CANCER and HEART and LUNG SOCIETIES' that 'Lowering Cholesterol is critical and the primary objective of Margarine'. Let me tell straight. The margarine industry alone is a 'Billion Dollar Industrial Giant' that knows full well of the 'Electrochemical Truth' yet continue their financial campaign along the 'Cholesterol Hoax Trail'. Profit before Ethics!

Plain and simple, a lowered 'Blood Stream PH' (below your healthy Norm) is a living time-bomb that will go off! But a small handful of us is immune to the imminent explosion. Knowledge is the first step to direction change and recovery. Treat this subject matter with the seriousness it deserves and research further if you have either doubts or more curiosity.

There is a whole science called '**PILOMORPHOLOGY**' that is dedicated to the understanding of how '**PH and ENERGY BALANCE**' affect the 'Morphology of the Blood'. We know facts now that only a few short years ago were just speculation and we have discovered some of what we took as gospel is no longer valid. Who will tell us 'public' of these risks? So far not the agencies that we have come to trust as the guardians of our health. You know who they are.

Back To '**ACIDOSIS**' :

I even caution you 'NOT TO WORK OUT OVERLY STRENUOUSLY' and most importantly too often. The 'Krebs Cycle' mentioned above is the 'Lactic Acid Cycle', which is directly more drain on our delicate 'Alkaline Reserves' which become even more fragile with age. Everything in moderation make sense.

This topic of 'PH BALANCE' has direct bearing on our 'Immunity' and our 'Hormonal Balance'. Need I say more? There is outstanding, very up-to-date scientifically accurate information on this entire topic of 'Electrochemical States' bearing on disease and general well-being. (Dr. Stanley Robbins, Harvard, 'Pathological Relationship to

Disease) If you feel curious, do not hesitate to call us for more information.

The 'Body' is the 'Source of Energy' while the 'Mind' can only manage and trigger its management and expenditure.

A topic you might pursue is 'ALKALINE HYDROSIS' which means we need to be at a PH of 7.36 and be quite full of good clean water. One final bit of pertinent information: **It takes '20 Molecular Units of Alkalinity to Neutralize 1 Molecular Unit of Acidity'**. This is some serious ratio consideration. We need to get at it, every day! A right step is 'Low Sugar and Protein Diet, Super Hydration with nutritional 'Alkaline Balance' to provide the essential 'Acid Buffer' we need to survive and thrive long term'.

Please find some time to investigate 'Body Cleansing or Enzymatic Cleansing' as it is also called. There are well researched techniques, such as 'Chelation Therapy', to rid our 'Electrochemical Machines or Engines' of toxins and detrimental waste that has accumulated over periods of time during which we are not 'Tending to the 'TEMPLE' as good shepherds should!

19) **A SECRET TO WELLNESS:**

Along the same lines as the 'PH or **Alkalize so you can Energize**' is the topic of '**CELLULAR FREQUENCY or HARMONICS**'. This is what I call '**ANATOMICAL MUSIC**' and I will tell you it can become as 'Discordant' as today's 'Punk and Acid Rock'. Quite appropriate names. I might add.

When our 'PH' gets but a very little below the established 'Healthy Cross Bar' of 7.36 we, of course, get more 'ACIDIC'. As I mentioned, when we get more 'Acidic', our internal environment deteriorates 'Cellularly' and we become susceptible to 'Cellular Breakdown and both bacterial and viral invasion. Your cells in a healthy state can fight off the host of 'Invaders' that we are constantly exposed to. Our 'Auto Immune System' (AIS) tend to cleaning house an a full-time basis and directs the 'Antigens and Leucocytes' to march on the 'Imposing or Invading Troops', very effectively, I might add; as long as we are '**VIBRANT**' and healthy.

I high-lighted the word '**VIBRANT**' for a specific purpose.

You know that all your 'Body Cells' (Billions of them) are not dead

but alive. Not unlike their 'Work Of Art' (YOU), they are in constant but varying degrees of MOTION. Not unlike their owner. You rest and go like mad. They rest and go like mad. But they are never 'STILL'.

If you have ever had the pleasure of viewing a live healthy human cell under a high-power microscope or even an electron microscope you will see a relatively regular circular, three dimensional mass, that is 'Oscillating' or 'Vibrating'.

When anything vibrates, like a guitar string, it has a 'FREQUENCY' and makes a sound that is directly related to its 'Frequency'. The high pitched violin produces that high musical note because the string is thin and tight so it 'Vibrates' at a high frequency and makes high pitched sounds which when properly combined with other sounds, and with a violin or not, makes a pleasing recipe of frequencies with their own distinct 'Characteristics'. We call this a 'Melody' or 'Music'.

#### **BACK TO OUR BODIES:**

Our cells vibrate at certain frequencies which range from 'Death at Zero Hrzs' to a very high range that exceeds three to five hundred Hrzs. Generally, however, healthy tissue and cells will vibrate in the range of 54 to 64 Hrzs.

Not unlike your car's internal combustion engine, when you stall it, you have pulled the 'RPMs' below their operating minimum. When you do this, intentionally or not, you slow this 'Mechanical Engine' to a point at which it is no longer viable to function.

Our 'Physiological Engines' and bodies quite resemble this automobile engine. We have 'Criteria and Parameters' by which we can safely function. Violate these boundaries and there are penalties, some more severe than others.

When our 'Cellular Vitality or Frequency' drops below about 52 Hrzs we soon will experience decreasing or deteriorating health. Cells that exist in a '54 to 64 Hrzs Environment' are not susceptible to viral or bacterial invasion. Cells whose 'Cellular Vitality' falls below the '52 Hrzs' standard are becoming suspect and vulnerable. When your 'Cellular Vitality' falls below '48 VPM' or even lower to say '42 Hrzs' your likelihood of sickness, cancer very much included, are very high indeed.

Tie this 'Cellular Vitality to PH' ('Alkalize and Energize') and you will get the picture.

You 'MUST' at least be aware of these 'Physiological Realities' so that you do not feel as though you 'Fell Victim' to illness when you really 'Invited It' long-term rather than short-term. We really have a great deal of 'Control' over our personal 'Well-Being' from the 'Inside-Out'!

## 20) **WHY LIVE GREEN PLANT NUTRITION?:**

Simple!

**We humans are 'OXYGEN BURNERS and CARBON DIOXIDE BIPRODUCERS'**. We discard Carbon Dioxide (CO<sub>2</sub>) as waste and need Oxygen (O<sub>2</sub>) as a primary positive or beneficial 'Electrochemical' component.

Plants are 'Symbiotic'. This means they operate on the '**Reverse Electro-Chemical Order**' that we utilize. They are tremendous allies. Of course, we know that plants thrive on or take in 'CO<sub>2</sub>' and respire or give off 'O<sub>2</sub>'. What the plants discard we need to survive. Great Bed Fellows! Sleep next to a plant or a vegetable. If you think I am going to carry that one syllable further, you are mistaken!

Breathe the Plant and Eat the Vegetable?

So when we consume the 'Vital Juices of Plants' it is like an 'Oxygen Transfusion'. Plants 'Physiology' is primarily 'Alkaline or Basic' which balances our naturally state.

**'EAT LIVE GREEN VEGETABLES RAW'**. You get fibre and lots of benefits from this simplicity. They are 'Enzymatically Alive'.

I do not mean you are to become a vegetarian but you had better increase you intake above the 'Steak and Eggs and Beer' threshold! Candy Bars (sugar weights) and Junk Food hardly satisfies any nutritional criteria, even on the 'Wrapper'. If we were to read the wrapper, would we listen? We had better. It is a long trip back from poor or deteriorated health! I've made the trek. The price of apathy is as high as one has ever experienced. But likewise the reward for some appropriate common sense is beyond worth and can have no price.

Now is the 'First Day of the Rest of Your Life'!

Take steps!

### **THE ROLLER-COASTER:**

Many of my 'On Tour Golfer Clients' suffer constantly from a 'Roller-Coaster Ride of Emotions'. They lack the 'Emotional Stability' to withstand the rigours of weekly travel, of the 'Tour Pace' Sunday through Tuesday and Wednesday through Sunday. I know this 'Pressure' exists in the more spontaneous Golfing Venues of the 'Off Tour' folks as well. So we all need to learn to cope and better still 'Manage the Frenzy'! This is a key purpose of this Chapter. It is still about Golf and our precious Lives, 'Daily Lives'!

### **21) EMOTIONS TRIGGER ENERGY:**

You 'MUST' learn to use your 'FEELINGS and EMOTIONS' to trigger controlled ENERGY. In Golf we absolutely utilize 'Endorphins and Adrenalin' during the rounds and their Balance changes from Shot to Shot, from Hole to Hole.

We need to pay attention to our '**Internal Signals**'. You may call it '**INTUITION**', call it what you will, but 'Pay Attention'!

Emotions are the core that calls us to Action. We must learn and know how to deal with these emotions. There are 'Four Essential Ways';

- 1) Avoid or Barrier. This is a form of Denial. We can shut out Reality but to no avail. It is real!
- 2) Disassociate or Denial. Hide from the truth and reality of the matter.
- 3) Competition or 'Bag of Marbles' where Emotion come into conflict and not harmony. We need to 'Balance Emotions' and not to produce 'Divergent ENERGY' which is a deliberate distraction.
- 4) Learn to Utilize. Take the Mental Power and Opportunity and run with it to good places.

I spoke earlier of 'Creating a Mental File in your Psychological Library'. Well here is some of its usefulness. **'RE-Presentation of Events'** enhances appropriate 'Rehearsed Emotions'. It is safer and less spontaneously risky to 'Play Back Tapes that have a Proven Track Record'. When you handle or 'Manage Your Emotions' please use 'Forward-Looking Radar' or interpretations. You must prevent negativism and the habit we have to drive while looking out of the rear-view mirror. Interpret into a 'Controlled or Planned Future' so as to minimize dynamic errors. They are unnecessary and seldom come without, like a package, the 'Wrappings of Stress'.

We truly have the capacity to control our Emotions, positive or negative and it is in our best interest to do so 'At First Light'! Before the scouting party steals off into the waning cover of night and we, soon thereafter follow.

Mould **'Hopeful Future FEELINGS'**. Remember **'Hope is Passive while Expectations and Knowing is Active'**.

Work towards your Emotions being 'Action Generating' or 'Motion Stimulating'. Make 'Future Expectations Tomorrow's Reality and Yesterday's Newspaper'. This builds libraries.

Poorly managed Emotions often become 'Self-Fulfilling Prophecies'. I am not saying this is naturally bad, but it needs to be 'Managed'. 'If we do not run our business, our business will run us'. You know the drill!

Q122)

**'NEGATIVE EMOTIONS ARE A SIGNAL OF THE NEED FOR CHANGE'.**

Hear them! Head them!

22) **TEN EMOTIONAL SIGNALS OR CATEGORIES:**

Once we understand the various 'Message Givers' we can actually, at will, 'Change Our State of Mind'. We can practice 'Emotional Control' or what I have come to call '**MASTERING YOUR EMOTIONS**'.

We have categorized these 'Ten Signals' to assist you to simply 'Have A List' which you can meaningfully vary from time to time. This list is a proven winner so do not alter it until you have mastered it.

If I 'FEEL'

- |                  |                    |
|------------------|--------------------|
| 1) Uncomfortable | 6) Disappointed    |
| 2) Fear          | 7) Guilt or Regret |
| 3) Hurt          | 8) Inadequacy      |
| 4) Anger         | 9) Overlooked      |
| 5) Frustration   | 10) Lonely         |

What shall I do?

Everything, every 'FEELING', good or bad, is not based on the 'Reality Of Life' but on 'Interpretation'. There is no 'Meaning to Emotion' except in the meaning we wilfully apply, and often wrongly so I might add.

Always ask yourself the '**ONE BIG QUESTION**' when you 'FEEL Emotions'. "**WHAT ELSE COULD THIS MEAN?**" In other words, "What might be an Empowering way of looking at this same situation?" Look for something good under every rock, inside every big black cloud! This may not succeed, but it is better than the alternative!

When we get struck broadside with an Emotion, take a brief moment to evaluate it. Identify the Signal before you allow it to become an 'Action or Reaction'. The sequence I like to utilize goes like this;



- 1) Get the Message
- 2) Identify the Signal
- 3) Change Your State (If you feel uncomfortable)
- 4) Clarify what you want to receive from the situation
- 5) Clarify what you want to give or share as a result of the situation
- 6) Take Action Slowly (until you are no longer 'FEELING the Emotion', until it has spent its Energy on a course you have directed. This makes 'Intelligent Actions'. There is a Latin saying 'Festina Lente' which means 'Make Haste Slowly'. When not totally sure, this is good advice.

We need to clarify what, 'SHOULD or MUST', change.

It is 'Central To The Management Of Emotions' that we do two essentials;

- 1) carefully check our '**PERCEPTIONS**'. Is the 'Signal' appropriate? If it is not and we respond spontaneously, we may 'FEEL' pain for no purpose. We do not need to worsen the situation and become our own enemy; to become 'Part of the Problem rather than Part of the Solution'. This relates to our 'Standards'.

- 2) careful Pre-Select the '**PROCEDURES**' that we may or may not have 'Catalogued in our Mental Library' to use as an appropriate response. This is 'Behaviour'.

23) **SIX STEPS TO DEAL WITH EMOTIONS:**

I like the analogy or saying regarding Emotions that '**It Is Wise To Kill The Monster While It Is Still Little**'! We will be well-served by dealing with those spontaneous 'Emotions' early and decisively. This does not mean we cannot revisit them at a later time, but we must 'Deal With Them' in the 'Present Tense' so we can meet the Future head-on with clear vision, without baggage.

As we stated 'ANGER', for example. Is a matter of 'Perception and Procedure'.

Six Steps to Deal with Emotions are;

- 1) **IDENTIFY**
- 2) **APPRECIATE** so you can reduce the risk of 'Pain, Fear and Acid-Producing Stress. This 'Appreciation' triggers or precipitates 'New Emotions' which may even be much better. Ignoring any Signals causes 'Intensification'. If you ignore it, 'IT' will not go away! Deal with the situation 'Head On'.
- 3) **GET CURIOUS**
  - a) How Do I Want To FEEL?
  - b) What Do I Need To Do?
  - c) What Am I Willing To Do To Change?
  - d) What Am I Learning From This?
- 4) **GET CONFIDENT** Go over the Emotion and Situation.
- 5) **GET CERTAIN** Imagine 3 or 4 way to respond.
- 6) **GET EXCITED** Take Positive Action in a Positive Direction or Course. You can 'alter Heading without altering Your Flight Plan Route'. Be reasonably flexible.
- 7) **GET ACTIVE**

Notice that this 'Procedure', made up of 'Steps', is very much designed to be an 'ACTION PLAN' and NOT a passive consideration.

24)           **AN EXERCISE:**

We think that you need exercise! So do some!

This simple task takes but a few moments and presents us with 'Options and Choices' so effective and necessary in our 'Management of Emotions'.

Here it is.

Take a full sheet of 8 1/2 X 11 clean paper and **'Make a List of the Favourite Ways You can Make Yourself FEEL Good'**. Nothing is too insignificant. There are no 'Negative Side Effects' to this 'Procedure'! And your 'Perceptions' may be beneficially altered!

When we physically produce such a 'List', we define or identify 'OPTIONS' for altering our 'Behaviour' by having 'Identifiably Available Alternatives'. **'OPTIONS ARE ESSENTIAL'**.

So what do I mean by 'Identifiably Available Alternative'? Well my 'List' certainly includes good music in many forms. When I have a 'Twinge or Urge To Eat', I prepare a 'Green Drink' and turn on one of my favourite pieces of music. The 'Urge is Intelligently Replaced' and my weight, Blood Sugar, Acid-Alkaline Balance is protected. I am clearly aware of what my 'CHOICE' just created, what 'Direction I wisely selected'. I am pleased and my good Habits and Behaviour is 'Reinforced'. **'Positive Reinforcement' and 'Good Feedback' are two sure-fire ways of 'Altering Behaviour'**.

This is the easy evolution of a **'Proactive Process'** that enhances my long-term well-being.

Acting properly in the first place enables or gives us the opportunity to 'Pull Our Own Strings' and perhaps to 'NOT' have to 'React' to those '10 Emotions' in a risk situation.

Finally for 'Tour Players' as well as us more average 'Ball Strikers', there is a very sound 'Belief' that I urge you to adopt. It is the 'Attitude' and the 'Statement You Should Say to Yourself in Situations of Stress or Fear'. Here it is.

**THIS TOO SHALL PASS.**  
and  
**THE BEST IS YET TO COME!**

You might again be wondering, just a twinge of a question, **"What The Hell Has This To Do With Golf?"** If you are wondering, my answer is still the same. We all have 'Private Lives' whether 'Touring' or 'Civilian' and we must be equipped to manage them. When the 'Home Fires' are well-tended and we have 'Contributed', the 'Home Team' will be **'Comfortable Allowing Our Psychology and Physiology To Tend To Business In The 150 Grassy Arena'**, 'The Big Grassy Billiards Table', where we should love being for specific periods of time; doing our jobs! Our focus must be on the 'Task At Hand' or we shall surely drop the Ball! We cannot win while being in conflict, especially with ourselves!

I want to tell you that any 'Outside' stimulus that gets your attention warrants evaluation and to be dealt with, even if the 'Choice of Action' is to disregard it. Any event or moment that you just brush over may come back to haunt you or simply accumulate in the 'Garbage Can Of Life' which will certainly need to be emptied periodically. If one does his 'Little Chores Daily' the tasks will be in a 'Daily Proportion'. If you 'Put Off Today 'til Tomorrow', tomorrow may never come (If what you put off is an opportunity) but if it is 'Little Daily Chores', you are in for a big 'Clean Up Day' coming at you, sooner than later!

"You're sounding like my Mother!"      **YUP!** ('A Caring Teacher')

25)      **JUST SOME POINTS OF INTEREST:**

I think we are all deep in capability! Just some are more gifted in some areas than others. We must figure out where the talents lie and work to increase and improve in the areas we select as our passions! I know some of us are better organized and managed (internally or externally) than others. The professionals I know and work with have talents and capabilities that others do not have. These gentlemen and women have some basic disciplines that I have discovered over the years. They have earned them and not simply stumbled upon them during the night guided by a bright light in the corner of their room or some mystical dream!

You might find the following of interest. This is a random list of attributes and assets the pros have over the rest of us!

1) They play one shot at a time and stay in the present tense. This keeps them from getting distracted by their own thoughts and demons or by others who will deliberately try. In order to become successful at Golf, we must be able to sustain efforts and momentum over the full eighteen holes. How many great rounds have you see ruined by just one or two bad shots or decisions over the last few hole or, perhaps, the first few? It does not take but a bad shot or two to fall of the leader board when you are playing with the best who are just waiting for you to falter.

2) Practise your skills. They must be earned.

3) Practise your 'Short Game' where the scoring takes place.

4) Develop a 'Short Game' that is second-to-none. When you think you have reached the pinnacle, as good as you can get? Strive on! The skills you hone and use inside your 'Full Swing Pitching Wedge' will save your bacon every round!

5) You cannot work on your Swing during a round, but ever so minimally. You may 'FEEL' a very basic move but you must NOT transition into mechanics! As you recall my saying 'Golf Is the progression of converting 'Mechanics to FEEL'. I still am committed to this philosophy and reality! So, when you finish a round that had mistakes, go directly to the practice area and work on the errors or faults while they are still fresh and painful!

6) Play the Game and not your Golf Swing! Play the course using your imagination and be courageous in doing so. Trust in your self.

7) Play within yourself. Don't attempt the magic you saw on the T.V. last week! That 'Low hook and run around the tree with a little under spin so it checks up"! Sure!

8) Develop a 'Game Plan' or a formula for success. Do this off the course or during a practice round and never change it during the actual heat of battle. Stick to your guns; the ones you loaded or you may be firing blanks!

9) In the same vane, you should have a clearly-defined 'Risk and Reward Formula'. Know when to hold 'em and when to fold 'em!

10) Be focused and concentrate. Visualize and Actualize! See the picture before you attempt to put the brush to the canvas or you may have a mess to clean up!

11) Be positive. Kick out the negative thoughts and images. Be your own best friend and never kick your own butt!

12) Be affirmative. When you decide, when you pull a club, trust it and use it to its limit! 'FEEL the Possibility'!

13) When you make mistakes, take it on the chin and get on with the 'Game Of Golf' as in the game of life! It is your medicine! Frank Sinatra's 'New York, New York' says it pretty well.

14) Live your fantasies right into your daily 'Routine' as they must be an intrinsic part of your very soul! If it is 'Golf', then make your lifestyle a golfing adventure. Dress and play the part sincerely!

15) Relax and have fun! Think of that good old past time of making love!! What are your necessary conditions? Take some of them with you to the course! Oh, the ice is getting thinner and warmer!

16) Develop a 'Bullet-Proof Pre-Shot Routine! Stick with it. Otherwise, when the chips are down, you will fold!

17) Decide on the validity of our '555 Basics' (or some proven basics) and, when you trust them, use them. One I can think of

right now that I feel to be key is our 'Trigger Words', '**Sweep and See IT**' or '**One & Through PIN**'. These are the 'Tempo Generators' that so help us to keep our 'Timing', 'Rhythm' and 'Pace'.

Remember, you use these words with 'Every Stroke' from your Putter to your Driver. Your 'Full Swing' requires its 'Back Swing' completion and fullness. I know the 'Less Than Full Swing' does not have the text-book 'TOB' (Top Of Back Swing) and you might, therefore, not put in the 'TOB' word 'And', but I am of the opinion that you might use the full 'One and Through' with all swings and just control the 'Swing Length', the 'Clubhead Travel Distance', to develop desired or appropriate 'Clubhead Speed' which you know controls your 'Ball Flight Distance' and more. Every Swing, big or small, long or short, 'CHANGES DIRECTION' at the limit of the 'Back Swing' and that is why I think every Swing has a 'TOB'. Make a few Putter Strokes and see if that is not true? Use the words and 'FEEL' the revolution. Then eliminate the 'AND' and make several more. You will, I am convinced, 'FEEL' very abbreviated and then 'Quick'. Bad stuff!

18) Find a teacher you test and trust. He or she must not only be a teacher, but a friend for you shall be in need and more often than you think! Share your thoughts candidly. Tell all! What you put in, you shall get out! Don't hold back. Listen to the advice and try everything you are instructed to try so you will know and get closer to the truth of the Game.

19) Get and stay healthy. If you do not you will fade in the stretch under the full scrutiny of the hot Sun and cameras. Remember to get your 'Core Strength' in order. No core not score! You will need assistance in doing this. Select the practitioner carefully and 'Get At It! Shed that fat butt and fat gut! Trade it for some tone! No offence meant, of course!

20) Be grateful!

21) Be a little cocky and courageous!

Keep it simple!

26)

**LITTLE ANECDOTE:**

I recently had a touring pro come to me for some much-needed help. His scores, 'Physical and Mental Reserves' were 'Depleted' to say the least. After about an hour of just 'Listening' with a few good, stimulating questions thrown in, we came to a 'Mutual Conclusion'; that he should go home, tend to 'Domestic Chores' first for two days, spend some quality time with his two beautiful children and make very sure his wife knew he still loved her as 'Number One' - 682'Numero Uno'! How he did this was personal business!

This '[Slump With A Bump](#)', the noise made when you hit the bottom of the hole, is just a temporary 'Reality Check' as long as you take and heed it! If you don't, it will reach up and bit you! The bottom of the hole may have been dug as your final resting place!

I suggest any Golfer, any person, who 'FEELS' uncomfortable about his or her current 'State Of Affairs' to read this Chapter again and implement some or all the suggested 'Procedures'. Nothing to lose! Everything to gain! It may almost be 'FREE' if you borrowed the book, video tapes or DVD!



**LOSERS QUIT WHEN  
THEY ARE TIRED . . . .**

**WINNERS QUIT WHEN  
THEY HAVE WON!**

C45]

## FACTS & EMOTIONS

A fact is a fact!

It's raining! That is a fact.

**"We cannot stop the rain by complaining!"** That is a fact as well.

Do not get all distraught because it is raining. After all, the Earth's vegetation needs water. We humans do as well. We also eat a lot of the vegetation. Next, we eat many of the animals that eat the vegetation. Look for the connected good in every situation. Keep your 'Chemistry' and 'Attitude' as realistically positive as you can.

If you experience a bad situation, accept it. Understand it! Then move on to new 'Time & Space'!

Facts without 'Emotion' attached are relatively castrated, non action oriented or non action generating. They are benign!

When we attach 'Emotions' to simple events or realities, we can quickly get ourselves into trouble or downward negative situations. This unavoidably 'Lowers Our Chemistry' and 'Performance'.

In your 'Golf Game', expect to make poor shots. Accept them! Learn from them! Be grateful for the 'Learning Opportunity'.

**Treat 'Facts & Emotions' differently!**

You will be relieved with the results.

C46]

## HAVING GOOD OBJECTIVES IS DISCIPLINE AND MANAGEMENT

Perhaps I should leave this for 'Book F' under the heading of 'COURSE MANAGEMENT' but I think it is central enough that 'Sooner Is Better'!

If you were to ask me to define my 'Ultimate Goal or Objective As A Player' and describe my 'Discipline and Management' over a round of golf, I would have to say ...

## "FAIRWAYS, GREENS & PUTTS"

If you are on a PAR 3, just hit greens!

On all PAR 4's and PAR 5's 'Hit The Fairways With Your Drives and Fairway Shots'. Then 'Hit The Greens Close With Everything Else' so you can 'Putt Once or even Twice and Get The Heck Out Of Dodge!'

Once on the 'Dance Floor' the talents you have 'Earned' will rise to the top! Follow your 'Routine'! When you have mastered the ability to 'Read Greens' impeccably all you need to do is 'SET-UP' and EXECUTE' 'WITHOUT MANIPULATING'. Keep your 'MOTIONS' very reliably simple! Let the 'Biggest Muscles Available In The UPPER BODY MACHINE do the WORK'.

Read the 'Putting Chapters' and utilize as much of the information and discipline as you can comfortably use. Bull and Horse Feathers! If some of it is a twitch 'Uncomfortable' at first, use it anyway!

Be the 'B.E.S.T.' 'Putter You Can Be'!

C47]

**SELF**

Q123)

"If somebody tells you you have ears like a donkey,  
pay no attention.  
If many people tell you,  
perhaps buy yourself a saddle!"

Sholem Aleichem

Q124)

"Ay the Lord the Power giftie gee us,  
to see ourselves as 'ithers see us'".

Robert Burns

Your Golf teacher has this ability, especially if you have chosen well and listen to the wisdom.

Q125)

"Self-laudation abounds among the unpolished,  
but nothing can stamp a man more sharply as ill-bred".

Charles Buxton

Tom Watson said that there is no place in Golf for the arrogant.

Q126)

"We never understand a thing so well,  
and make it our own  
as when we have discovered it for ourselves."

Rene Descartes

Work hard at your Game and you will discover lights that will  
allude you otherwise. You must 'Earn the Right' to play and  
prevail.

Q127)

"All are needed by eachother.  
Nothing is fair or good alone."

Ralph Waldo Emerson

The Golfing community is something we might all be better by  
joining at our first opportunity. So far it has been a quality  
neighbourhood for its residents!

Q128)

"What you have outside you,  
counts less than what you have inside."

B.C. Forbes

Q129)

"You give little when you give of your possessions.  
It is when you give of yourself that you truly give."

Kahlil Gibran

RULE #17:

The '**CLUB HANDSHAKE**' Rule

**A WELL EXECUTED 'Handshake' IS A VERY GOOD WAY  
TO COMMENCE A RELATIONSHIP or BEGIN A PRODUCTIVE MEETING.**

Do your rhythmic and balanced '**TICK TOCKS**' religiously before every swing. It loosens you up. It introduces you to your new weapon of the moment and erases any residual mental image that will certainly linger from your just-completed shot.

This '**Golf Club Howdy Do**' helps.

If you are just coming off the 9<sup>th</sup> green and have pulled your 'Driver' out for the 10<sup>th</sup> tee box, you had better prepare for a different 'Golf Swing and Procedure' than the one you just completed. 'That Big Stick Ain't No Putter!'

Your 'Pre Shot Routine' ('PSR') requires that you get politely acquainted!

Never leave home without your 'PSR'!

And use it thoroughly!

See Chapter '**TOOLS**'

Q130)

"With all thy Getting, get Understanding."

Malcolm Forbes

(Materialism and Wisdom)

Q131)

"Abilities wither under faultfinding,  
blossom under encouragement."

Donald A. Laird

(Always find good things in your students, however rare  
and tell them ... often!)

Q132)

"Ability and Necessity dwell near eachother!"

Pythagoras

(If you desire and need a straighter Drive,  
you will find a way . . . diligently, of course!)

Q133)

**HAPPINESS IS NOT HAVING WHAT YOU WANT  
BUT WANTING WHAT YOU HAVE.**

(Love the ones you are with. Stay with the ones you Love.)

**THOUGHTS ON GOLF**  
**Our Approach To GOLF**  
 ('Attitude & Discipline')

1)           **CONCEPT, TRUTH AND REALITY:**

Golf is an '**EYE-HAND CO-ORDINATION**' exercise, which, when co-ordinated can become a pleasure and not drudgery or cruel and unusual punishment.

**"You've been bad. Go out and hit balls for a whole hour!"** Oh how I wish my father, after I had caught the Golf bug, would have made the determination that Golf was punishment! ... and put the meeting-out of that punishment in the hands of truly a great teacher of Golf. I was horribly self-taught up front. Bad flight plan! Well executed!

My father, although exceptionally strong and born with all the natural tools, felt prey to what today is a regularly cured illness. He came out of the battle physically handicapped which was a serious wound to that strong minded and gifted-giver. He, along with my mother, were a very respected, dedicated and loved medical team decorated so many times by their patients and peers, but my Dad was unable to teach me 'Golf'. I am sure he knew the game's worth and that is why he bought me a set of clubs. I ventured into that sport's wilderness without a guide and got lost off an on. I have paid a price for inventing my swing poorly by trial and error. You see, I not only understand the plight of most of my students, I share it.

I initially taught myself. The process was flawed and had to be corrected which is much more difficult than if I had learned it right from the beginning. Don't try to invent or reinvent the wheel or grope lost about in the low light of deep woods. Find a good guide and put your trust in his hands! Life is a long journey and heading in the right direction makes it more productive and much more fun.

2)           **HIGH-ENERGY AND LOW-ENERGY:**

We are beings of energy and the Game of Golf is significantly a



matter of converting energy to desired results. 'ENERGY LEVEL' warrants discussion as it relates to ball flight and the fairway. This is a rather unique '555 GOLF' guideline that is useful in understanding '**Geometry & Feel**' and '**Physics & Mechanics**' which are the chromosomes and physiology of Golf. I like to think of Golf in terms of these studies.

Looking right down the heart of the fairway from the tee box to the pin (for a right-hander) and assuming that the feet are properly aimed or aligned, any ball that flies to the right of centre-line is on the 'LOW ENERGY Side' of the fairway, while any ball to the left of centre-line is launched on the HIGH ENERGY side.

'Pulls' fly farther than 'Blocks or Pushes'.

The pulling action (#4 Pressure Point) delivers more '**CONNECTED**' Body Energy through the Club to the Ball. This is because you maintain '**POWERFUL CONNECTION**' to your 'Brace Foot' through all your articulating joints to your Live Hands down the Shaft to the Clubhead and onto the Butt of the Ball. During Segments #1F and #2F the Swinger-Hitter is more muscularly tense 'Braced and Connected' right from Address or IMPACT FIX Through the IMPACT Zone.

One should maintain '**BRACE FOOT PRE-LOAD**' through the entire swing, meaning you should feel your Brace Foot working at all times during the swing. Feel like you are 'Driving Through The Ball' in the forward swing segments, even fully T H R O U G H IMPACT.

When you hit a 'Little Dinker' out there, (We have all been there, done that!) it almost always goes to the 'Low Energy Side' or to the right side of the fairway for right-handers. Remember this is assuming you were still properly 'ALIGNED or GUNSIGHTED'.

If you are living on the 'Low Energy Side' and do not like it, 'ADD SOME ENERGY'! That's simple. All of this energy is naturally delivered to the clubhead via the live or active 'Navigator Hands' which must firstly be properly placed on the club. So, a mentally and physically correct and effective improvement procedure to adopt would be to simply increase or decrease HAND POWER, that 'Rolling Over Action' (Brace Hand over Target Hand) using your '**EYES**' via the '**HANDS**' to the '**SWINGING CLUBHEAD THROUGH the BUTT of the Ball**' and '**Down The Line**' all the way to and Through the '**TARGET PIN**'.

You ask in amazement; "...the EYES? I don't hit the ball with my eyes!"

The '**EYES ARE THE WINDOWS OF THE SOUL**' and are also the very central providers and controllers of the 'EYE-HAND CO-ORDINATION' sequence and process.

As stated before, your '**EYES**' gather the bulk (80%-90%) of the information that the brain computes to determine when and where to fire the whole body machine to get the job done. Nerve synapses fire muscles. Eyes signal, via a complex circuitry, the brain that quickly processes data, makes decisions and transmits commands again via nerves and neurons to responding soldier muscles and appendages. Eyes ultimately are the primary source of information and stimulation that gets the ball-striking job done.

**'Ocular Intensity' directly affects 'Muscular Intensity'!**

It is worthwhile to mention here that through smart practice we build solid '**Brain MACRO Computer Programmes**' that are capable of subconsciously repeating thus enabling us to perform great physical feats of strength with Golf Clubs in those rather unique parks called Golf Courses. With this in mind, I guess we need considerable 'Mental Strength and Conditioning' to make it all work as well.

Although these 'Brain Macros' are important, the instantaneous 'Visual Information' enables us to adjust the 'Canned Programmes' to directly fit or suit the individual 'Shot Needs'. 'Great Golf Swings' work better and better as more pressure is put upon them to perform. Isn't that an incredible proposition or an ultimate accomplishment. It is what Ben Hogan said he expected his swing to do. So much for us mortals!

3)           **THE BAIL-OUT:**  
              ('Ocular Acuity & Kinesiology')

Your eyes stimulate action and energy. As soon as your eyes '**STOP GATHERING and TRANSMITTING INFORMATION**', or the instant you stop looking intensely at the inside bottom cheek of the ball, you '**OCULARLY BAIL OUT**'. You turn off the power. You take your foot off the throttle and the motion starts immediately to decelerate and to decay. It's over. There's no more spark going to the plugs in order to fire the fuel, which drives the pistons that force energy down the drive-shaft and through the wheel to the ground. In Golf terms, this is where the ball sits passively and patiently waiting for the speeding Clubhead.

The general outcome of the 'Ocular Bail Out' is first and naturally 'Leaky Low Energy Side Of The Target Line'. The next reflex is to 'Fix' this 'Ball Flight Error'. Thus we do the 'Flip Handed Fix' to offset the 'Block or Leak'. The 'Fix' can be as bad or even worse than the 'Fault'! (see 'Faults & Fixes')

#### 4) **PIVOT CENTRE & THE PRIMARY ENGINE:**

We can activate our imagination just a bit and see ourselves , our sternum ('breast bone') as the hub of the wheel, the centre of rotation and thus our chests as the wheel. With arms (spokes) attached and hands holding the golf club, when our sternum and chest turn, this turning and the resulting swinging motion (centrifugal force) of the clubhead is created. Of course, all this is intended upon the butt of the ball, that is sitting 'On the Ground' defensively waiting for our attention.

Consider '**SEEING THE BALL COME OFF THE CLUBFACE**', if the job is not yet accomplished and you take your eyes off the impact point of the ball, your tendency is to look up toward the Target / Pin to see where you have ended up, good or bad. I do not want to paint this looking up to see where you have gone in a totally bad light, but I do want to define it. When you do it, when your eyes leave positive visual contact with the bottom inside cheek of the Ball, the shot is over, possibly before it should be. As soon as your Captain Eyes stop gathering and sending information to your brain, your brain thinks the job is accomplished and ceases sending impulses or instructions to the body, which then conserves energy and goes 'On Break'. The swing is over.

Ford says "Quality is Job #1" and in 'Golf Job #1 is IMPACT & SEPARATION'. There is absolutely no point in progressing to another job until this task is fully accomplished. There is no point in looking up to find where your Ball has been struck until it has actually been fully struck. If you are looking at the flag when you strike the Ball, you may well only 'Attempt' to strike it and fail. Your EYES are the Captain and must be working with your HANDS intimately through IMPACT.... '**Completely THROUGH The IMPACT & SEPARATION Zone**'.

**"What happens first? Do we strike the Ball or does it go in the Hole first?"** The answer requires no comment. This being the case, always, always, always get the first job done fully before even beginning to think of the second. Besides, the second is on it's

way and you can no longer influence it's outcome ..... 'Ball Flight to Target'. Just sit back and enjoy the ride.

**'TWO POINT GOLF'**

- 5) **PRIMARY FOCAL POINTS:**  
(the #1 & #2 Visual Reference Balance Points)  
V.R.B.P.

The 'TWO OBJECTS of EYE CONTACT' or concentration, the two points of focus are simply;

1) the '**BALL**' and then after the IMPACT has occurred and the ball has been sent on its precise journey

2) the '**PIN**' or TARGET, the QUARTER.

In other words, we are greatly advantaged by playing this game of Golf as a '**A TO B or BALL to PIN**' exercise. Golf is a dedication of making the ball go to the pin.

Every stroke: Driver, Fairway Woods, Long Irons,  
Mid Irons, Short Irons and Putter:

You either have NOT or should NOT have ever made one single stroke without both a 'Precise Ball and a Precise Pin' in clear consideration, centre stage throughout the entire performance.

BALL-PIN BALL-PIN BALL-PIN BALL-PIN  
(#4 & #5 of the 5 EXECUTIONS)

Note: The above term '**QUARTER**' derives its existence in this book because the Flag is supported by the Stick. At the end of the stick is the Pin which fits into the centre of the Cup. The Pin-Hole in the bottom of the Cup is the size of a QUARTER.

Don't shoot at greens, they are too big! '**SHOOT AT THE QUARTER!**' There is no risk in doing so and the challenge 'Taking Dead Aim' is really more a state of mind than a test of skill.

6) **ONE THOUGHT AT A TIME:**

Your primary thoughts should be developed into a '**KEY WORD SEQUENCE**' used in your 'Pre-Swing Routine'. (i.e. LOW & SLOW, BALL-PIN) As we cannot think or say two (2) things at once, this 'KEY WORD' exercise will prevent our thinking distractive thoughts:

**"WHAT A CRAPPY SHOT I JUST MADE. NOW I'M IN TROUBLE AGAIN."  
Ready to make another one? Then Just GO!**

Reduce negative thoughts. The action behind you has been written on the scorecard. It's useless runway behind you. It's 'Yesterday's Newspaper'. Always remember over the course of 18 holes (unless it is the last putt on the 18th), there are great swings ahead that can erase the foregone bogie or add to a previous birdie. That is precisely why Golf has eighteen holes and hopefully less than eighty strokes per round.

Keep sharp and do not follow a bad shot with a stupid decision.

7) **THE POINT:**

Our '**CAPTAIN EYES**', from just before 'TRIGGER' (start of swing) to completed IMPACT, LOOK AT THE BUTT OF THE BALL. 'See the Ball Come Off the Clubface'. If you do not think you can, 'Think Differently' right away or 'Blind or Night-Time Golf' will be your plight and punishment!

Once we have accomplished this energetic hit, we naturally 'Turn Off The Throttle'. Our eye contact is off the ball naturally as it is gone, and now, as we are released and relaxed, breathing out and staying comfortable, our rotating shoulders carry our head on

around toward the Target. Now there is no difficulty in seeing where our ball is going or has landed. If it has been topped, it will have quickly made contact with Mother Earth and failed to travel on that so gracefully arched Flight Path we all so long to create. If you didn't create it this time, you can and you will, so do not despair.

READ ON!

We naturally look up, our eyes rotating away from the address position, and our head turning away and up. This head movement is necessary so 'DO NOT IMPEDE IT'. Let your head float on top of your spine and release following your chest, turning and raising slightly trailing the swing path to the target. Our head is turned and raised, forced to do so, by the momentum of our bodies. Do some **TICK TOCKS** right now and you will 'FEEL' this natural movement of the head as a result of the turning body.

Do not get lazy in this subtle segment of the swing. Keep your 'CHIN MATADOR TALLISH'. I call it the FINISH and FOLLOW (Segment #5) It is not without defined purpose. There is a Destination to every single stroke. You must fully finish it, be it a 'Full or Less Than Full Swing'. They all must '**FINISH**'.

'**IF WE HAVE NOWHERE TO GO, WE GO NOWHERE**'. Always shoot the 'Ball at the Quarter'. 'TAKE DEAD AIM'. So what am I getting at?

The second precise sight, '**#2 Visual Reference Balance Point**', (V.R.B.P.) that we must empirically attend to is the Pin or Quarter. (the hole in the bottom of the cup the pin fits into).

Our 'EYES', after gathering general course information, winds, fairway slope, green topography, location of risk and hazards, etc. focus precisely on the BALL ('**#1 Visual Reference Balance Point**') and then the PIN; one before and during impact; the other after release and finish. Mentally and physically, we must work intensely to the PIN and if we do not do this we, as Jack Nicklaus put it, are '**QUITTERS**' and will suffer from results that reflect our deficient focus. Not having a precise Quarter Target is what I call a 'Soft Target' or being 'Soft Targeted'. '**Soft Targets Produce Soft Results**'

At 'SET-UP' see if you can IMAGE your TARGET as if through a magnifying glass. Make the cup crystal-clear and very dominant in your 'MIND'S EYE'.

See if you can transition from the BALL to the PIN smoothly during your Pre-Swing Routine and ensure that you see the PIN QUARTER as though you were 'Zooming Into It' with your personal telescope. Feel like you are magnifying the 'PIN QUARTER' with your Eyes looking precisely at it ... FOLLOW - FINISH.

In other words, do not shoot 'In The Vicinity Of Your Target'. Put it in the hole. A lazy Target produces what we at the '555 Golf Academy' call 'VICINITY GOLF', the type of golf that separates the weekenders from the winners.

Don't think close to the green. Don't think greens. (even if the statistics 'Green In Regulation' are kept) THINK PIN! This will make your chipping unnecessary and lower your scores. What a great problem to have!

8)           **VISUALIZATION:**

**'BUILD A PICTURE & ROUTE MAP IN YOUR MIND'** (We will talk more later about this subject of 'IMAGERY' or mental preparation so essential to firm, positive execution of planned shots.)

9)           **THE JOURNEY :**  
(not quite a crusade!)

GOLF is a journey, a very rewarding and worthwhile excursion, that has many opportunities and junctions in the road along the way.

Never turn a deaf ear or close your eyes to the options arising out of GOLF. There are many. Make good decisions and travel with a seasoned scout, a leathery-skinned, tough-footed, thermal-under wearing guide who will keep you out of the potholes, away from shale-slides, and preventing your making the same mistakes as multitudes of former travellers who have worn out their moccasins over the same trail. Search out good guides (teaching pros) and choose your playing partners wisely and selfishly. Always play with better strikers and scorers than yourself. Likewise, remember **'A BEND IN THIS ROAD IS NOT THE END OF THE ROAD ....UNLESS YOU FAIL TO MAKE THE TURN!'** Keep an eye on the centre-line at all times and

warily test the shoulders. If you see the gravel coming at you, Pave it first! Then paint a centre-line on it. Now proceed.

10) **THE DISCOVERY:**

This choosing solid teachers in all of life's endeavours has much merit. Otherwise we will just repeat the historical mistakes of other who suffered before us. There is a saying of some prudence;

Q134)

**'IF WE DO NOT CAREFULLY STUDY ACCURATE HISTORY, WE WILL BE DOOMED TO REPEAT THE MISTAKES OF THOSE HAVING TRAVELLED AND SUFFERED BEFORE US'.**

The great tragedy in this learning experience is that in the end, with a closed-minded failure to refer to our predecessors who have written their tales and memoirs, we simply get no farther down the road than they. We have not improved .

This '**Legacy**' is perpetuated by so many golfers.

Q135)

"I have played for twenty-five years and have still got the same old handicap."

The saving grace is that he shares his golfing experience with nice people and has had twenty-five years of enjoyment. The flaw is that, with very little investment, in perspective, he could have won a great deal more often and had more fun with the lower



handicap. Perhaps it might be true that the first handicap we have as golfers may be in ourselves, in our fear of a lesson and our lack of trust in ourselves. A lesson is an adventure in itself. When it puts your game in better position to score consistently, it is a 'DISCOVERY in the Journey'.

Golf, being a 'Lifelong-Leisure-Skill', is both predictable and true to those who undertake it. We learn every round from playing and by playing. Our GOLF learning curve never fully flattens out. Like life itself, it never finishes teaching us. Here is a test to find whether your mission on earth, the links part, is finished:

**"IF YOU'RE ALIVE, IT ISN'T"**

Golf for all of us is a combination of some opportunity, a little chance, a touch of discipline, some rules, a bit of etiquette, a distinct flavour of 'Physics and Mechanics', a dash of 'Geometry or Feel' and putting in the time to earn the level of results you desire and thus, when earned, deserve. You must put in the time.  
Q136)

**'IF YOU WANT YOUR DREAMS TO COME TRUE....DON'T OVERSLEEP!'**

Q137)

"It takes the hammer of persistence  
to drive the nail of success."

(and no man, however mature, should ever stop improving, especially in his 'Short Game' which he can play right to the very end and make money.)

11)           **PRACTISING SMART PRACTICE:**

**THINK SMART, PRACTISE SMART, PLAY SMART....always!**

Set specific goals and execute the game plan. Discipline yourself to stay on track. Do not stray far from the route chosen to get 'From Here To There'.

Set far less than gruelling practice durations. 30 to 45 minute sessions are more than enough to accomplish a simple task. If you are drawn to groove a movement and are on a roll, after 30 to 45 minute at least sit down, have a soft drink and let your mind do the exercise briefly. Make sure you are on track. Contemplate your results, cause and effect and scrutinize your game plan to ensure it is being realized.

If, during a bucket of balls, you start to come unravelled, lose that nice fluid swinging impact, do some TICK TOCKS. (the pendulum BACK and FORTH motion) FIND your swing FEEL FAST! (the 555 Golf Academy 3 F's) If this does not work, sit down and rest. Once you get back up onto your hind legs and make some more shots that fall far short of getting anything accomplished, other than creating mounting frustration, give the balance of your balls to someone who looks like they might benefit. You will make a good impression and then 'Get The Hell Out Of Dodge' before you do harm to the good work accomplished.

Remember, you can undue your one hour session's progress in the last five minutes. Never think you have waste the last balls in order to get your full value out of the bucket. If you do, the only winner will be the owner of the range....and your psychologist!

12)           **WORK ETHIC:**

Q138)

Great golfers like TOM KITE 'Get Lucky' about eight hours a day .....on the Driving Range first before on the course. They make their games work the 'Old Fashioned Way'

... they earn it!

Q139)

**A MAN WHO IS TOO OLD TO LEARN  
WAS PROBABLY ALWAYS TOO OLD TO LEARN.**

On the other side of the fence, however, '**DO NOT OVERDUE IT**' Take your corrective drills and work on them short of fatigue. If someone invites you over for a drink, that is a nice gesture which you might want to accept. But do not get carried away and drink the whole bottle. Having a quality malt scotch is a pleasure. The latter is called a 'Hang Over'!

Q140) We are never too old to start or improve our Golf:

Age is something that doesn't matter,  
unless you are cheese or human!

13)

**THE WONDERS OF YOUTH:**

(Clear mind, simple tasks, adventurous trust)

I think of all the children I have had the pleasure of influencing; Little soft sponges empty of habit and full of wonder. They have not been hardened by hard adult miles along the gravel roads of life. Their wide-eyed attention and trust, that childish adaptation to gentle suggestions by 'Powerful Teachers' who deliver the potion gently and with great flavour, makes them very special. "Give me your child at his youngest opportunity to start swinging a club through a golf ball; come to me with no habits, good or bad, and I will deliver back to you as parent, a growing, enthusiastic linkster with few or NO bad habits ... IN MINUTES!"

It's both wonderful and an awesome responsibility to be entrusted with these 'Living Clean Slates'. The teacher is in a position to influence not only thought patterns, attitudes and skills, but also a little piece of the rest of their lives.

Being young has its advantages. We are less aware of all the pitfalls and disappointments and we are likely to be less affected by them if and when we are confronted by one or the other. Children have not developed as many habits as older folk ... the bad ones that plague us are always given more attention (moaning time and excuses) than the good ones it seems. Youth let bad results, like water, run off the duck's back while those of us twenty-one seem to treat shortcomings more like a clutch of duck eggs than the water.

Children with the mental software and computer tapes still quite empty, create new habit and routines, new memories with ease. This is easier to handle than erasing old inefficient ones.

Here is an example.

14)           **DIANE WILSON:**

Diane Wilson, just 5 1/2 years old, with the professional aid of her golfing father, often went out with adults and played 'Nine Holes of Golf from the lady's tees **'IN UNDER 80 STROKES'**. She one day played to a 71 and felt that was "a fun round" and announced that she was looking forward to some upcoming tournaments but doing them in her own age group was quite boring.

Her only instruction included some basic 'Posture, Grip and Stance' guidelines. There was some attention to 'AIMING the Clubface and ALIGNING the Feet'. The primary focus was on feeling the 'SWINGING Of The CLUBHEAD'. (see '**FEEL THE STEEL'**)

We are such naturally talented human-beings that if we gave those natural talents an '**Uninhibited Opportunity to Shine'**, we would be amazed. A little more 'Positive Thinking' thinly brushed over the project of just letting the 'Swinging Clubhead' strike THROUGH the 'Butt of the Ball' and putting it in the hole, which is always clearly in the centre-stage of our minds, would serve our needs magically. Let it happen.

15)           **'RADIATOR CAP' :**  
                  (Analogy)

Wise teachers work only with what they have, always suspecting that there is likely some magic hidden just under the surface of every student, and it's this positive attitude, hope, aspiration and belief which properly fuels our steadfast commitment to progress. Never give up!

Don't be discouraged if you feel like you are learning or progressing slowly. There is time and if one simply persists and keeps improving slowly, that person will likely pass all the fast starters. GOLF is not a game of fast. It is a game of steady improvement and repetition.

When working on a vehicle doing maintenance on would generally not jack up the 'Radiator Cap' and replace the rest of the car! Not in GOLF either. Full rebuilds are seldom either wise or necessary.

16)           **ROCK SOLID FOUNDATION AND STRONG BASICS:**

Very early on in our maturity, our GOLF ability, if not grounded or based on some reliably sound Physics and Mechanics, combined with Geometry and Feel, based on Newtonian Motion Laws (the action of the repeating pure pendulum that provides all the good attributes of a great golf swing or in the swinging of anything) will not be reliable and repeat itself so we can hit 2 or 3 or 10 similar and effective shots in succession, unless we understand.

Remember, if you can hit one great shot, you can hit 2 or 20, but you have to 'EARN This REWARD'. The road to that 'Pot Of Gold' passes through the hamlet called 'Despair' and visits along the way the village of 'Hard Work'! We need lineage and roots. We acquire these through our relationships with those who have earned the skills. There are no short-cuts that I know of, as yet that is!

17)           **FIRM FOOTING:**

There is an old very root biblical saying that **'IF ONE DOES NOT STAND FOR SOMETHING, ONE WILL FALL FOR ANYTHING'**. We in GOLF, as in life itself, desperately need basis ....FIRM FOOTING.

Think of this in GOLF terms; in terms of your own very personal

honest experience with the little white ball and stick.

Develop the '10 **BASICS**' or the **5 X 5**

<b>5 SET-UPS:</b> (Passive)	<b>Posture,</b> <b>Grip,</b> <b>Stance,</b> <b>Ball Location &amp;</b> <b>Alignment</b>	'COMPONENTS'
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<b>5 EXECUTIONS:</b> (Active)	<b>Swinging Motion (Tick Tocks),</b> <b>Hands (Touch Touch Touch)</b> <b>Eyes (See It, See It)</b> <b>Ball (VRBP #1)</b> <b>Pin (VRBP #2)</b>	'PROCEDURES'
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and then protect them with **5 CONTROLS:** Tallish **CHIN**  
Deep Feeling **HANDS**  
**FEET** properly set  
**BALL** (VRBP #1)  
**PIN** (VRBP #2)

Of course you remember them!

18)           **THE LEARNING PROCESS:**

Students often ask me if I think about certain actions in the golf swing while I am making shots on the course. My answer is that I don't think about swing particulars while I'm playing, but certainly did while I was learning them.

To learn something, you must think about it consciously until you reach the point where you can do it SUBCONSCIOUSLY, trusting your body to perform the act without your mind's interfering.

The length of time it takes to learn something new varies. The more complicated the undertaking, the longer you must allow. You can't possibly learn a whole golf swing in the same period of time it takes to refine one part of the whole swing.

Depending on how long and how regularly you work at it, studies show, developing a new muscle habit or motor skill usually takes from 21 to 35 days. But, replacing a part or all of your golf swing you will require more time than that, because you are trying to eliminate the old software and install a new programme at the same time.

When we discuss how long it takes to develop a new habit, we have to look at the extent of development and how thoroughly the bad is ingrained. Developing the new muscle pattern to an extent where you begin to see some success doesn't take all that long. Developing the new pattern until you don't have to think about it any longer and still have it happen regularly and reliably is quite a different matter. That takes time.

19)           **TRAINING SPECIFIC BODY PARTS:**  
(Learning What They Actually Do)

**'ISOLATE THE PARTS'** to understand them better.

Talk personally to your GOLF swing body parts. (I can read your mind again and still like that unwavering sense of humour)

The whole beautiful smooth and flowing swing that repeats itself over and over is the sum of its parts. For us to grow into this 'WHOLE' we are advantaged by understanding the parts, their assets and liabilities, the goods and the bads, the better and the bests.

Be cautious not to overdo it, but take your swing apart (if you have to) always remembering how to put it back together. The danger of tinkering, without basic knowledge, is that one might be, in fact, rejecting a necessary and beneficial component or habit.

**'DON'T THROW THE BABY OUT WITH THE BATH-WATER'.**

Golf is so simple, get it BASIC FAST and keep it there ALWAYS!  
Do not hesitate to seek proven help.

When tinkering a little, in pure practice, it makes perfect sense to isolate the part (you want to speak with) so you can feel it as an entity or a single unit. Then it will play a more co-operative roll in the 'Sum Of The Parts'.

Feel the swing as a unified movement as soon as you can do so. This may require a thousand swings but it will come to you sooner or later. Once a pupil has become reasonably competent, he must guard against giving too much consideration to movements of isolated parts of the body and too little to the continuity and rhythm of the whole co-operative movement.

20)           **H A N D S:**  
          ('The Navigators of the Golf Ship and Voyage'.)

By the way, when on the topic of 'HANDS', although we try to make the two work as one, they have different jobs.

**the JOBS:**

a)    the 'SWING or TARGET HAND Controls the Clubface'; sets it up 'Square to the Target' at 'IMPACT FIX' and delivers it back to this position where the Ball patiently waits to be ripped. It also establishes and maintains 'Swing Radius'.

b)    the 'HITTING or BRACE HAND Takes the Lag Out of the Clubhead and PISTONS it powerfully through the backside of the Ball'. This 'Hitting Hand' has a primary job and function of firing the 'Wrist-Cock' out and it is this Action, the removal of lag or the restoring of the Wrist back to straight (Extensor Action to IN LINE) that is so fundamental in generating 'Clubhead Speed'. (See 'Bend and Straighten Drill')



- 21)           **ISOLATING THE PARTS:**  
          (will purify our understanding of each  
          and the 'Sum Of The Parts')

A perfect example is to take your #7 iron in your Swing / Target Hand with a fully set up 'ADDRESS READY' positioned body (long arms under a Tall CHIN). Now with your 'Brace Hand' placed on your 'Brace Thigh', start the club swinging and increase its range or length gradually to almost a full swing; 'BOTTOM TOP BOTTOM'. You now know a lot more about what your Target Lever does and how it FEELS. Remember, when it has to work all by itself, the action or moves are more 'Pure' and the Swinging Motion is quite 'Uninterrupted'.

I want to point out that if your 'Brace Foot' is providing some 'PUSH' through the 'Bottom of the Swing' (IMPACT) and you are thinking of 'TARGET' where the Clubhead is to be travelling, you will be well 'EXTENDED' toward the Pin through Segment #3F. Your Clubhead will want to travel to the QUARTER. This 'Clubhead PATH' is essential if you are intending to make the Ball go to the Target!

**If Your CLUBHEAD Does Not Travel To The Pin  
Your Ball Will Have Little Hope Of Doing So.**

Now do the same drill with the Brace or Hitting Hand starting small and increasing to Full Swing. Make sure the motion is 'Smooth' and 'Fluid' and 'Circular' while 'FEELING THE STEEL' throughout. Next, put both hands properly on the grip and without delay make full swings...two handed. Feel the 'WHOLE SWING' but focus on each hand's performance and then it's 'TEAM ROLE'. Feel the entire effort '**TOE NAILS to FINGER NAILS**'! Feel balanced, powerful and in control. 'Relax, Breathe and Swing the Clubhead Through the Butt of the Ball', FOLLOW and FINISH still relaxed and looking intensely at the distinct 'TARGET' or Quarter.

With you Target Hand swinging the Clubhead 'Down The Line' as it does '**ISOLATED**', when your 'Brace Hand' joins in the motion, '**Do NOT Allow It To Interrupt The Swinging Motion Of The Target Hand**' but to join in making it happen. Make sure your 'Brace Foot' is 'Pushing Through IMPACT' forcing your belt-buckle strongly square to the Target.

I often get a student who is 'PULLING His Ball Flight' to the 'HIGH-ENERGY Side' of the fairway to 'FEEL' more like his Brace Hand is 'PUSHING' the Clubhead 'Down The Line' precisely toward the Pin through and after IMPACT (Segment #2F and #3F). Neither 'Pull nor Push' alone is beneficial, but if you are suffering from one or the other, use the other to assist in correcting the faulty 'Ball Flight' result.

Pretty simple 'Country Boy Stuff'! Right?

22)           **NEGATIVE MINDED:**

At times my students get into a habit of finding fault with everything in their swing and games. '**FIND YOURSELF DOING GOOD THINGS OFTEN!**' Little things matter a lot. Don't forget, we generally '**SOLVE COMPLEXITY WITH SIMPLICITY**'. Don't be too hard on yourself in this process of improving.

The story has it that Milton Mulligan played more than his share of very sound golf shots, but was notoriously negative to the degree that the club regulars would not play with him. One day after truly a marvellous strike with equivalent results, Milton was praised by a club guest with whom he had been paired.

'Great Shot! What I would give to share your skills!'

Milton Mulligan sternly barked back,

"Yeah, but you didn't see me hit my practice shot FAT!"

23)           **DRIVING THE NAIL INTO THE POST:**

ISOLATE THE BODY PARTS:

'Bullet Proof Exercise'

Fully set up, '**IMPACT FIX POSITION**', (both hands properly on the grip); Remove your 'Target Hand' from the club and in a relaxed state swing the clubhead with the 'Brace Hand' (Hitting Hand Only) with relatively short (TICK TOCK) back-and-forth motions gradually increasing this range of motion to full or nearly full one-handed swings.

Make sure that during 'Swing Segment #2F', the 'IMPACT Segment', even without an actual ball on the deck, see a 'MAKE-BELIEVE BALL'. Remember, this is a 'Eye-Hand Co-Ordination' sport so always have both the Hands and the Eyes working.

**'NEVER MAKE A SWING THROUGH THE IMPACT ZONE,  
PRACTICE OR REAL, WITHOUT SEEING THE BALL, THERE OR NOT'.**

Now imagine you are swinging (Brace Handed only) a light, one pound sledgehammer, along the Golf Club swing path just brushing the grass. There is a fence-post in front of your 'Target Chest', just inside your 'Target Heel'. Reach out and place your 'Target Hand' on top of the fence-post. Make sure you are 'CHIN Tallish' and 'LOWER BACK COMFORTABLE', relaxed and with a little 'BOUNCE' in your knees. At the bottom backside of this post, about 2" or 3" above the grass (floor) there is a very large galvanized common nail just set into the post. Swing the sledgehammer straight back, up, down and through the head of the nail, driving it, ONE HIT, fully into the post.

This '555 Golf Bullet Proof Exercise' will show and make you feel the proper 'Brace Hand, Elbow and Shoulder' movements to not only put the hit on the head of the nail, but also on the backside of the ball.

24) **THE OVERALL 'MUSCULO-SKELETAL PACKAGE':**  
(Muscles and Bones: the Sum of the Parts)

We have heard it said that the '**Big Mass Muscles Dominate Or Lead And The Smaller Lighter Muscles Follow**'. I find this to be physiologically unsound or suspect and it is equally distracting mentally.

"What's my right elbow doing RIGHT NOW during this big grunt hit? Humm? Made a hell of a mess out of that!" Just interrupt your smooth swing by thinking about position or parts and you're toast!

It is my opinion, tested over the years but decided very early in my career, that we play Golf from our 'TOE-NAILS to our FINGER-NAILS'. Tell me a part of your body that is NOT involved in a golf swing and then prove it to me. BE REASONABLE IN THE PART!

The 'GOLF SWING' is an orchestral ensemble of well-trained solo instruments. One without the others makes some sound but no collaborative music with the depth required to last and survive the ages. Big slower muscles (the base fiddle, base drum, tuba) create powerful torque-load and movement while the smaller faster muscles (violin, clarinet, piccolo and the right side of the piano keyboard) create the speed and the finesse.

I know the Brace Arm (hitting side of the Lever Assembly) with its three loaded levers, the cocked wrist, flexed elbow and raised shoulder deliver the power through the hands down the lively shaft to the clubhead which applies it to the butt of the ball. Of this I am certain!

25)           **BALANCE AND POWER:**  
          (a demonstration exercise)

Don't believe me? Put your heels very close together and make as full a swing as you comfortably can with a #5 iron through a ball, down the line to the pin. How far did travel in the air? 140 to 145 yards? Now take your normal comfortable stance and make another full swing strike. 180 to 185 yards? So you got forty yards out of your big muscles? You can take this with a grain of salt but you cannot disregard it's reality.

You may have seen the golf professional standing on the huge block of ice striking long balls bare-footed. This gives you COLD FEET, but also an insight into where the power comes from.

The 'HITTING or BRACE SIDE of the THREE LEVER ASSEMBLY' firing out of its cocked position (shoulder, elbow and wrist) generates a substantial portion of the 'Clubhead Speed' that makes golf balls go out of sight and meet our loftiest expectations, fulfilling our wildest dreams!

26)           **CONSCIOUS vs. SUBCONSCIOUS:**

For a person who has never thought much about Golf (especially a child) and who has never held or 'Swung a Club', there are not only '**NO BAD HABITS, THERE ARE NO HABITS**'. (Fresh Start!) This golf mind is like a new Ultra Pentium mother board of unlimited capacity and speed. It has no data or programmes loaded. It's empty.

For a talented teacher, or for that matter not-so-talented instructor, we have to do nothing to erase bad hard-drive information and programmes. The tapes are clean.

With delicate skill, it is at this point in a student's development that gains can be made in huge steep-shale strides. There is no learned disadvantage, just new discoveries being soaked into that thirsty sponge.

I cannot overstate how much of a responsibility and pleasure it is for me as a 'Teacher' to be part of this neophyte privilege, and how disheartening it is to cross golfing paths with one, young or old, who has suffered the ill effects of beginning life in a poor learning association. Good basics practised wisely and diligently enables you to train your muscles to do their correct job without stress and unnecessary tension when you play. In this 'Automatic Pilot' manner your mind is then freed up to help you think your way around the golf course in fewer strokes.

In this fashion, I intend to help my students deal with three (3) specific parts in their relationship with Golf. Their '**STROKES**' should be handled secondarily with 'Geometry and FEEL'. The '**COURSE**' must be understood and mastered with considerable planning and intellect.

Plan ahead one or two shots and predetermine what will be your strategy. The third segment is the '**OPPONENT**'. My best advice is to concentrate on taking the course head-on humbly to it's knees. Now that should be a '**Heady**' or somewhat '**Cocky**' endeavour, but be cautious to leave room for the respect the course always deserves and usually demands. When you handle the course well, that will go a very long way to dealing effectively with an opponent.

I think mostly one must size up the adversary defining his skill level and his ability to perform. Once this is accomplished, quite generally ONLY, get on with doing your job, striking the ball to the Pin in as few stroke as humanly possible on this day.

One bit of small but potent advice. Keep the opponent '**Out of Your Face**' and certainly '**Out of Your Head**'. Take what they say with a grain of salt and leave some pepper for application to your Ball. Tend to 'First Things First' which is advancing the Ball 'Dead at the Stick'. When your '**GOLF STICKS**' do your talking, the opponent will become increasing quiet. This atmosphere always shows up directly on the score card, yours and theirs!

When things are not going perfectly, fear not and let not despair take it's grip on you, for we are a most resilient creature. Our golf journey is not lost but simply slightly delayed and a little off course. The target or destination has just strayed to outside the side cockpit window instead of dead centre heated front windscreen. Take firm hold of the control-stick and 'Correct It Fast'!

27)           **THE SUBCONSCIOUS MIND:**  
                  (Anecdote)

Think of when you were a baby or, perhaps easier, think of your children when they were just learning to eat with a spoon. You know, the tarnished sterling silver one with the twist or finger-loop in the short handle. It's tucked away in your cedar chest.

A child has learned to touch, feel and execute simple tasks even 'In Utero' but certainly during the first year, life's ongoing exploration is in high gear. Babies stick everything in their mouths, one of the few primary sensory mechanisms. When we are introducing them to food, the fine-textured biscuits that ended up as the worst slobbery, gooey messes one can imagine, the child managed quickly to naturally get it to his or her mouth. The early development of HAND-EYE Co-ordination was in rapid formation with positive daily success.

Here comes the hooked spoon. It's time!

For a while it will be on-the-floor during the learning process and the path-of-least-resistance, the good old hand, will do the job. But soon, directly proportional to the parent or teacher's ability and patience, the spoon will be adopted. During this learning process, a lot of food gets on the floor and all over junior's face. Soon this lack of MOTOR SKILL is refined, resulting in the spoon's moving directly up and into the mouth. GOOD STUFF!

Relate this to Golf. Developing new or altering 'MOTOR SKILLS', reprogramming our personal on-board computer tapes, takes effort. Refining software is an art and a real task requiring generally the attention of a professional, so don't hesitate to ask. Be patient but deliberate as it takes three times as long to reprogramme as it does to build original neuron paths.

The learning job having been accomplished, the 'CONSCIOUS' process of learning a new skill having evolved, we shift gears to the SUBCONSCIOUS putting the motions into practise.

Remembering the 'Crooked Spoon', think about your own adult process of eating. With Grandma's great full roast-beef meal tastefully laid before you, all the trimmings steaming, wafting an aroma that can hardly be resisted, making the saliva flow, we, respecting the patriarch Grandfather who presides at the head of the table, begin. Conversations cease, at least for the moment.

CONSCIOUSLY, we select a fine fork-full of meat, add some potatoes, topped with some small green peas generously smothered in gravy. Once this is done, we translate to moving the loaded fork with our hand smoothly to our mouth. This task is 'SUBCONSCIOUS' and requires 'No Thought'. It is automatic and very reliable. How many times in the past year have you missed your mouth and stuck the fork tine into your lip? If you have, the pain, embarrassment and absence of reward soon corrects the shortcoming. After you have created the motion and the food is delivered, the CONSCIOUS side of your brain come back 'On-line' and assesses the results. Great flavour resulting in a filling tummy.

I want to stress that if you 'Interfere' with this automatic process, this 'Subconscious Motion' you will likely get off course and miss your mouth. I have on occasion, been walking down my very familiar flight of stairs (13 treads) to the basement recreation room and in the process of doing so, thought about how many steps there were to go before bottom. I triggered my CONSCIOUS mind to interfere with the routine, to look down and start counting. Of course it is too late and I stumbled down the last three stairs, luckily avoiding twisting an ankle, but feeling very foolish and uncoordinated.

If we have a great smooth golf swing and quality-consistent clubs, allow the SUBCONSCIOUS motion to freely, after proper SET UP, do it's job. Like the pendulum swinging back and forth, (Newton's First Law of Motion ...as reliable and repetitive as the night's following day) with it's swinging happening, do not interfere.

Buy 'Custom-Fitted' clubs and develop a reliable, repetitive swing. Trust Your Clubs! Trust Your Swing!

28)           **"E IN A O !":**  
                  (anecdote)

There is a very high sense of accomplishment and recognition that exists among golfers. Good word travels almost as quickly as the ball flies.

A very senior 'Brit' with a seasoned GOLF tradition basted upon his simmering past and aged frame, walks slowly and deliberately up to you, having just observed your making a sound strike of the ball. He states in a slow, growlly Moorish tone:

**" Eh Laddie, E IN A O !"**

Having never imbibed much in this 'Great Global Game of GOLF' and not being able to speak this man's foreign language, you would have likely missed his compliment. You leaned over cautiously, like a gently tilting and teetering bowling pin and tried to hear better. A bystander, obviously knowing more about the Queen's English than you, politely interrupts:

**"I say 'Well dun Sir, It's in the Hole !"**

Travel as far and often from home to play with great people.

29)           **TRUE STORY:**  
                  (anecdote)

A so-called 'Golf Professional' recently advertised in a substantial printed media that 'GOLF WAS BETTER THAN SEX.' Especially knowing the person who wrote it, I found this ad distasteful.

But when comparing two items, I suppose one or the other has to be BETTER!

This athlete may have been playing Golf more often than having sex; may have been doing both with poor partners and may have been lying about all his scores and certainly leaving no written record.



There is a wise old saying that **"IF YOUR WORK SPEAKS FOR ITSELF, DON'T INTERRUPT!"** You likely do not have to tell others about your prowess or lack of it.

'GOLF IS VENERABLE'. News travels.

30) **PICK REALISTICALLY ATTAINABLE GOALS:**

As beginners and even more advance amateurs, do NOT be unduly influenced by any one single top-performing professional. It may be a very serious and damaging mistake or decision to do so for several reasons. You will undoubtedly have different physical characteristics and abilities. Most importantly you will have a great deal less time and money to spend reaching what is your top form. We all need to be realistic in our expectations based on natural talent, equipment, level of desire and ability to invest the necessary time to attain these realistic goals.

If 'FUN' is the absolute reason we play GOLF, then design your 'CRITICAL GOLF PATH' to accomplish your maximized enjoyment with the least amount of effort.

Of course, I hear you thinking: "That will promote 'Soft Goals', those short of my optimum life-long golf ability." Not so.

Reassess your cross-bar and your 'Golf Performance' bi-annually. Twice a year you can modify not only your goals but STRATEGY. Don't get complacent but equally don't set goals that you cannot realistically achieve in 'THREE MONTHS' or half a season. Think about walking on the ice or better yet along an icy downhill or uphill forest path. Little short steps enable you to keep balanced and adjust quickly when you slip.

Q141)

In Golf become an athletic 'Quick-Change-Artist'.... stay flexible and meet the needs of the moment. Keep your feet and your mind out of the intellectual 'Sand Traps' filled with 'Quick-Dry Cement'!

In my teaching experience, I have seen those who are objective and procedurally lazy BUT as long as their goals are not overly lofty, they will love the GOLF experience. I have also seen cases where an individual is brutally demanding of and hard on himself leaving room only for practice and playing 'PUNISHMENT'. This person will find frustration around each dogleg and far too little excitement and the natural inherent pleasure in that wonderful sound a 'HOLED BALL Makes. Rather than celebrate, this linkster finds fault in a 'Side-Door Entry' complaining "It did not find the throat".

'GET REALISTIC MAN!' What matters is that your ball found the BOTTOM of the CUP. Listen to the applause. Take a bow. Record the score and depart for the next tee box. "It ain't over 'til it's over!" GOLF is never over until 'You're toast!' on the brown side of the green grass.

31)           **MOVING TARGETS:**  
                  Golf Balls

'Honest performance', a soundly-struck pitching wedge, 125 yards 'One-Hop Stop' to one foot or '**INSIDE THE FIVE FOOT CIRCLE**' (where the pros aim) is not hard to understand. Neither is good honest product value.

I find golf balls very interesting and full of wonder and treat them as little servant personalities. One image that I explain to students during our 'HAND-EYE' segment is to see the ball as a little wild deer mouse, standing at the tee, four white legs just a quivering ready to propel the little creature like a shot of light off the tee to the cover of the rough. To strike this twitching, lightning fast rodent one would have to keep a very sharp eye on it, or when you look back it will be gone, just a figment of your imagination. All creative golfers have fervent imaginations. If you don't, work on developing one. Make yours more alive.

32)           **COST OF BALLS:**

"\$42.00 a dozen 'Balatas' or Pro V1x. \$3.50 each! \$3.00 Balls! \$2.50 Balls! \$2.00 Balls! EACH!" a consumer exclaims. All wrapped up in the ball and stick is good, but being overly concerned about the cost of one ball is not productive and focuses on the wrong thought. If you worry about it going into the pond, you are not thinking positively, and it will get wet!

If you are worried about cost buy '3 Experienced Balls / \$1.00' and for the real frugal golfer who does NOT TRUST HIS SWING to get within the five foot circle, (for those who may be working on the 100 foot circle) '10 Really Used Balls / \$1.00'.

My sons, Erik and Chad, started this price point tradition in our stores. 'DAD, There must be something we can do with all the thousands of indoor training cage balls that we replace weekly.' They felt they were too good to throw away. Dad gave them to the boys to sell. Now we cannot get enough of them! That's entrepreneurship with an income!

33) **'HURTING GOLF BALLS?':**

Regularly I get nice customers coming into our facilities telling me or one of our great staff how their irons, especially the shorter ones, higher-lofted and shorter sticked, seem to be tough on balls. They explain that after a few grinding, inside 100 yard, holes their precious balatas look like they got tangled up with a carrot or cheese shredder. "You know, they have little tufts or strands of synthetic polymer delicately decorating their bald dimply heads!"

I can give this customer 4 honest scientific explanations for this ball 'Dermal Malady'; Sharp square grooves, Sharp V grooves, Sharp U grooves and aggressive new space-age clubface materials.

Learn to like it. That's why Golf Balls exist!

34) **LIGHTEN UP!:**

"WHAT'S A BALL FOR?" Becoming a permanent member of your golf bag? Taking a full-time place sitting in you automobiles drink caddy or parking meter coin holder?

No! The little white balls are designed and bought and used to get it's butt 'Rashed' by your club on the way to Birdies or whatever count you manage on a hole. If you have a set of irons that treat Golf Balls aggressively, 'LOVE IT' and follow their example. Get more aggressive yourself! This is what Golf Balls are for. You know you are working a ball 'When It Looks Like It'.

Buy balls frugally because there is very little difference from brand to brand, from the very expensive to the more affordable. Use them aggressively with good aim and a solid swing. Then you will seldom lose them. Golf balls, other than the one that made the 'Hole In One', are NOT keepsakes. They are expendable.

35)           **THROWING DOWN THE GAUNTLET?:**

Customers teach me every day too. Humbly it's the reason I keep on teaching. There is a downside. I have never played less golf and my game shows the neglect. Swing's good but the scores stink. Once in a while I get the gentle spear from golfing buddies:

"Getting a little on in years, Eh Fischer?"

It would not take much of that and I may set aside four or five hours a day on the range or practice facility and then grinding on the course. There would soon be an end to this 'Getting Old nonsense! Of course, these friends never allow me any handicap strokes which I think would be gentlemanly, sportsmanlike and considerate!

36)           **SURPRISING INSIGHT:**

Q142)

"We are more embarrassed by our failures than we are encouraged by our successes."

Things are not always as they seem.

We are really built quite backwards.

**Our Noses RUN, and Our Feet SMELL !**

( I bet you never noticed. )

Work consistently to evaluate failures and deal with them swiftly. When you make a poor swing and duff a ball into the creek, analyze your effort **ONLY ONCE** and discard it. When you strike a climbing, long-flying rocket shot dead to the flag, **THUNK**, one hop stop, analyze it **TWICE** with a pat on the back during each review.

37)           **BALL - PIN:**  
              (#4 and #5 **EXECUTIONS & CONTROLS**)

I have said to you earlier 'Never Swing Your Target or Swing Arm, the one that controls the Clubhead, through IMPACT Point, (inside your Target Heel) without seeing a Ball', imaginary or real.

Never Swing at a Ball without a precise place to send it.

**BALL-PIN      BALL-PIN      BALL-PIN**

Equally, do not be all-consumed with just 'Killing The Ball'. I call this 'Pointless Variety of GOLF' ..... '**BALL BOUND GOLF**' which means having but one primary goal which is to simply crush the Ball, while forgetting we have to put it somewhere very specific such as a 4.25" cup located usually quite a long way off.

Relentlessly play GOLF      '**BALL - PIN**' .

38)           **THE LIVING ROOM FIVE (5) BALL:**  
              (Bullet Proof Exercise)

This is an 'Eye-Hand Coordination Exercise' that will help us to learn how to and to gain control of our Clubhead, with especial attention to the 'Toe of the Club', remembering that the 'Brace Hand #3 Pressure Point', the first and second knuckles of the index finger (Second Carpel Pad) control the 'Toe of the Club'. It is this 'Brace Hand' pressure that has a great influence and control over the Toe's turning T H R O U G H Square and IMPACT.

Take five golf balls and your #7 iron to the living room or recreation room. You can have the stereo on or even be talking to a friend at the same time.

Starting with the right hand only on the grip, gently place the leading edge of the iron against the backside of the ball and push it about five to six feet to a precise, predetermined spot on the carpet. Now gently and smoothly push another ball precisely so it stops just touching the first, and so on, until all five are sitting in a cluster. You can aim the five at a sofa or chair leg if you like.

Do some with your left (Target Swing Arm Hand) as well. Make sure you have both hands knowing the isolated feel, doing it correctly separately, so that they can ultimately do it together or co-operatively. This exercise develops 'FEEL and CLUBHEAD CONTROL'.

### **EYE-HAND CO-ORDINATION**

Q143)

"I love it when a golf plan comes together!"

George Peppard

39)

**THE DRIVING RANGE ... 'LITTLE PILES':**

(not unlike the little piles in a horse parade)

They are both found in a line !

(Bullet Proof Exercise)

CALIBRATING YOUR BAG

Know Your Tools and How They Perform

Our sessions at the range should be fun but firstly productive. Make a carefully-designed practice plan and stick to it. Do not change or abandon it until the job is finished.

Develop a 'Flight-Plan' setting the course and stay on it until you arrive at your destination. Slight heading deviations or course corrections may be required to compensate for prevailing winds aloft but these are seldom more than 5 or 10 degrees. Also, the sooner you make the correction, the smaller it will need to be and the less you will be 'Off-Course'!

40)           **ROUTINE:**  
              **Smart Practice is Practising Smart!**

Always start a driving range session with your short irons, preferably your pitching wedge (#PW). They are easiest to swing and will get you accurate and warmed up efficiently. Additionally you make your golf pocket money from 100 yards in, so spend most of your time exercising these clubs to keep them fit and happy. They hate being stuck in the bag and ignored while you attempt diligently to wear-out your Driver. This is modern Canada where even your clubs may have a Charter of Rights and Freedoms, every other even less worthy special interest group does, so one had better not exercise any undue prejudice. Be POLITICALLY CORRECT!

When you have worked up through your bag (short irons to long irons, through the woods and back down) you should ideally have ten or so '**LITTLE CLUSTERS**' of balls in ten yard increments starting from your pitching wedge distance and progressing to the driver. With proper '**TARGET LINE MAINTENANCE**' created by comfortably swinging the clubhead down-the-line to the PIN, these clusters will all be laying in a straight line to the Driver Target at 290 yards. A point at 240 yards will do quite well too.

Ask good questions; Get good answers. Pick good Targets and get accurate results. You can do it, so don't give up enroute.

41)           **HANDICAPPED?:**  
              **ANECDOTE True Story.**

There was a great teacher and person named Ernest Jones, born in 1886, and competing efficiently, winning, at the age of nine. At eighteen years of age, extremely young especially considering it

was a very traditional England, he became assistant professional at Chislehurst Golf Club in 1905. In 1915, fighting for the British Army in France, he lost his right leg just below the knee due to severe shrapnel wounds also involving his right forearm.

Four months later, his '**FIRST DAY OUT OF THE HOSPITAL**', walking on crutches but swinging the golf club balancing from one leg, he went out in 38 for the first nine holes. Tiring badly on the back, he shot a 45 earning a round of 83. By the way, this remarkable event was in the company of Arthur Havers, who later became British Open Champion. Havers spotted him 'One Stroke Per Hole' but by the time Jones went out in his 38, it became 'NO CONTEST'.

Soon after, with constant adjustments, Mr. Jones shot 72 on a course called Clacton Glen and then soon after played to a 70 during his first week back at Chislehurst where he won the Kent Cup playing on an artificial leg. Jones was 5' 5 1/2" tall and weighted about 130 pounds. Daryn Hammond, a period golf writer recorded that "His swing was accomplished by less suggestion of power, but perhaps even greater suggestion of speed."

This puts things in better perspective when we think we may have a chronic problem or handicap!

An old codger once gently implored me to 'Stop your complaining. Things could be worse!' So I did and sure as hell, things got worse!

'Never Give Up' and 'Don't Lose Your Sense of Humour'!

Q144)

"Some guys get so nervous playing with their own money, the greens don't need fertilizing for a year."

Dave Hill, pro golfer



42)           **ATTITUDE:**  
          (The Little Train that Could)

If we think we can and have a plan founded on solid principles, we will be able to get there from here.

We all know the 'Little Train' nursery rhyme: A little engine pulling a string of cars up a steep hill, said to itself "I HOPE I CAN. I THINK I CAN." and came up short of the top. A wise conductor worked his way up to the front and spoke to the 'Little Engine' telling him that if he said "YES I CAN" he would make it. And, on the next attempt, it was over the top, no sweat!

43)           **TURN ON THE HEAT:**  
          Know when to turn it on and off.

We apply the muscular effort, make muscles fire, in 'Swing Segment #2F - #3F' through the bottom of the Swing Arc. After all, that is where the Ball is!

Thinking of the 'Little Engine', getting over the top, one must remember that once you get the job done, once you have reached the bottom and made the strike on the ball, 'IMPACT', turn off the heat. Take your foot out of the throttle. Like driving a loaded transport truck up a steep hill, once you have reached the top and the road is levelling out, you would naturally let up on the gas. Do the same in your golf swing. Once you have impacted the ball and feel it has gone away, breathe out, relax, FLOW in behind your hands, 'FOLLOW and FINISH' tall, eyes clearly looking at the target.

Remember, this 'GAME of GOLF' is one of two (2) distinct and major focuses: (#1 and #2 Visual Reference Balance Points)

**BALL - PIN,    BALL -PIN,    BALL-PIN    and    BALL - PIN.**

**Nothing more and nothing less!**

44)           **MUSCULAR DIFFERENTIAL:**

Golf is not a game of extremes but an exercise, a life-long leisure skill of 'DIFFERENTIALS' put together to accomplish a singular objective ...'Getting the Ball in the Hole in as few Strokes as Humanly Possible'.

Think about a 'PHYSICAL ENGINEERING' analogy for a moment. The internal combustion engine creates force through exploding fuel in a closed area called a cylinder which drives a piston down moving the crankshaft and ultimately moving the automobile or mass.

It is temperature differential, fuel exploding causing the air above the piston to expand and drive parts to do work.

Let us say exploded fuel and air mixture created 1100 degrees Fahrenheit of heat which violently expands the piston air mass. If the air outside the engine were at 1100 degrees, would the internal piston explosion do the job as efficiently as with the outside air's being freezing cold? I think not.

It is muscular tension that creates the force to move the clubhead quickly, creating clubhead speed and increased energy that is transferred from the clubhead to the ball, making it rocket to the pin.

It is the difference between relaxed and tightening muscles that does the work or creates the movement. This difference is called 'Tetanus' and 'Tonus' or flexation and relaxation.

It is the difference in general relaxation during Set-Up and the back swing from the gathering momentum and smooth muscular tension of the front swing right to and through IMPACT that creates the Clubhead Speed and Force. Tight from start to finish will not get the job done at all.

45)           **POTENTIAL DIFFERENCE:**

If there is no '**POTENTIAL DIFFERENTIAL**' in the muscular tone during the golf swing there will essentially be no work accomplished. In other words, if we are squeezing and as tight as we can possibly get at 'SET-UP IMPACT FIX', can we generate any MORE Muscular tension or work when it comes time to deliver it to the 'Butt of the Ball'? If we are as tight as we can get, we cannot get tighter,

or even make the motion. Being that tight at ADDRESS, we'll never get the swing off in any case!

Without getting too technical, our body, generally, is made up of muscle pairs, those on the right side and on the left, the one on the inside and the other on the outside, etc. Let me see it I can give you a clear example. Standing back-tall, relaxed, FEEL your sides, hips to your armpits. These muscles are generally referred to as the LATS or laterals, but staying very NON-SPECIFIC, in this posture, you should feel neutral; no pull or tightness on either side. Now turn strongly and slowly to the 'Brace'. Your 'Brace Side Muscles' are in tension and getting shorter, while, in order for this move, rotation 'Brace' to work, the 'Target Side Muscles' are getting longer or essentially relaxing.

Because this is so important, lets think of one more example. Sit on a firm chair, your back against the chair back, with both your feet on the ground (a foot apart), in front of the chair. Place ten pounds on your right foot and lift your leg up until your knee is straight. FEEL the leg muscles. The top Quadriceps (QUADS) are tight and shortened while the muscles on the under-side of your thigh are loose and lengthened. Can you feel and understand this balance in muscular torque or tone?

Back to this 'Potential Differential'. If we have both sides of the pairs tight we basically CANNOT MOVE. If both muscles, or group of muscles, are relaxed, we can make a move and efficiently do the work. **'Coil Is Potential Difference'**.

#### 46) **THE OTHER SIDE OF THE COIN:**

If we produce 'ZERO Tension at IMPACT FIX', maintain MINIMAL tension throughout the swing back and forth to the ball, and still have ZERO tension or power when the hit is supposed to take place, we don't make a hit. 'WE GET NO SMOKE' and 'where there is no smoke, there is no fire'.

Golf comes out of a relaxed 'Muscular Potential Differential' posture or condition. We make the hit in the BOTTOM of our SWING, where the ball is so we must necessarily NOT put on the heat until we get there, or are getting there, or we will not be able either to smoothly get there or make the hit efficiently as we are already tight. Hence, the '555 Golf' 'FLOAT UP, DROP DOWN, HIT THROUGH the BUT of the BALL, and not jerk the golf club back and up with a big

yank it down hit. You can see the CHOP evolving and Chops Aren't Cool! The better we can relax, with good 'POSTURE' (SET UP), the better we can develop or generate clubhead speed and impact.

47)           **MARTIAL ARTS** (Tae Kwon Do):

This physical discipline is beneficial to Golf. Accomplished participants learn breathing skills, relaxation and work as primary routine. Relaxed, breathing in and moving to the armed-position the artist can strike a blow, very efficiently and powerfully always breathing out. In a way we are again like the internal combustion engine. If we were to weld the exhaust system closed, so the engine could not exhale, it would stop running.

Golfers who hold their breath or do not breathe efficiently, do not swing the clubhead smoothly. They deliver abrupt hits. Holding-their-breath golfers generally PULL to the high-energy side of the fairway or out of the same problematical set and muscular effort, block out their shots to the right. In other words they have difficulty getting the ball to fly 'Down The Target Line' and find the flag more than occasionally. Such golfer, who want to be players, will suffer from working both sides of the fairway, living in the rough and suffering the 'Slings and Arrows' of O.B.

Q145)

"The golfer who stands at the ball as rigid as a statue usually becomes a **monumental** failure."

Dick Aultman, golf instructor

48)           **PACE:**

We need to have a reasonable rhythm to our entire game and approach to a 'Round of Golf'. It is not a race, yet it is not a rush-hour 'Traffic Jam' either.

When we are tight, mentally and physically, we tend to COMPRESS our game, to squeeze it into tight little corners or places. None of us plays well with our backs to the corner. It tends to be defensive, when we want our games to be a balanced blend of being capable of defending but generally attacking. Strive to be 'Positive And Not Negative' in your overall approach to Golf.

**'DECOMPRESS'!** Trust your clubs. Trust your swing. Know you can get the job done over 'Eighteen Holes' one hole, one shot at a time. If you make a bad shot, analyze it once, **'FLUSH IT'**, (we call this a TOILET SHOT) and never look back until you are signing your scorecard. When you make a great swing, sticking the ball precisely where you planned it to land, analyze it twice, (pat yourself on the back twice) and, maintaining the PACE, get on with the round.

49)           **VICINITY GOLF:**  
(What I call Golf without a Specific Target)  
Somewhere in the vicinity of the green.

Think of the western hit song 'In the Vicinity of Your Heart'. This is O.K. in line dancing and romance, but simply more or less around the green does not CUT it!

Pick good small well-defined targets,  
put the ball right there and score better.

Look out into the distance, about 160 yards, and there is a well tended green, 150 feet across, (that's a big target) the flag is dead-centre, telling you where the 4.25" cup is located. We have all been on-course and heard the 'HOOTING and HOLLERING' soon finding out that someone on the next hole, a PAR 3, 'Got On The Green In One Stroke', but was still 60 feet from the cup. Being fair, that is wonderful but think how much better it would be to have struck the ball within five feet!

What I call '**CRAPSHOOT GOLF**' or striking the ball 'Just Out There Somewhere, I Hope, Close To The Green' will never give you the results you desire and deserve. With the 'Vicinity Golf' attitude, you are really making the elusive 4.25" cup 150 feet across as you have made it your target instead of the cup, which is the REAL TARGET. If you aim at GREENS you are going to miss them frequently. If you aim at the CUP you are going to miss them frequently, but think of the next shot, likely a putt, being right on the pin and not just inside the fringe of the green.

I can hear you thinking, "Maybe you Mr. Fischer, but I am me!" It's a bit PURIST, but your progress and accomplishments are relevant to YOU not me. So, if YOU don't take dead aim and strive for the cup, believing you can get there, you are damned to mediocrity by your own hand. The first step to the cup is in your mind. '**IF YOU THINK YOU CAN, YOU WILL!**' This attitude cost you nothing, gives you a chance and a great deal of hope. This attitude improves your game. Makes you have more fun ...FASTER! (less strokes will be the result)

**'TRUST YOUR CLUBS' and 'TRUST YOUR SWING'.**

Q146)

Most golfers, both on and off the course,  
don't '**Plan To Fail, But Simply Fail To Plan**'.

Dr. Karl M. Fischer

50)           **MENTAL PREPARATION:**  
                  (IMAGING)

First make it work in your mind. Then translate this formula or game-plan to your clubhead. What's in our mind's eye will come out of our clubhead, show up on the course and leave indelible marks on our scorecard!

We have all, at one time or another, read in a book, seen in a video or heard from another golfer, teacher or not, to visualize our shot before we set up and then make it happen. VERY GOOD ADVICE! It helps us to 'SHAPE our Shots'; something most golfers think is 'Out of My Range' or capability, but it really is not. It remains an 'If Only I Could' facet of most golfers games while it should be sought with a deliberate academic certainty.

Here is a useful scenario we use in the '555 Golf Academy' to set up some discussion on 'Imagery and POSITIVE TARGETS'. Remember we never swing our club through IMPACT without seeing the golf ball, there or not. GOLF is this 'Eye-Hand Co-ordination' that is central. The two parts of the body 'HANDS and EYES' are primary personal tools, so use them at all times.

Now to this 'IMAGE and POSITIVE TARGET'. Do not ever strike a ball without a precise place to put it and that is the PIN.

We are standing 140 yards from the approach-side of the green and thirty more feet to the pin. The 150 Yard High-Flying, Soft-Landing Tool in our bag is the one to use. Here's why. The throat to the green is bunkered so there is not direct roll-in or run-on access. There is an ominous lake left and a transport-size bunker right filled with the whitest, fluffiest sand in the county. Buried lies are a given. This green is pear-shaped, with the body of the pear (the big end) left toward the water. The flag is centre right so it's not a 'Sucker Placement'. It's NOT an invitation to flirt with danger.

You have reservations, fear of water, don't like bunkers especially filled with flour and flying in high and soft is not your forte. Running the ball in with a low flying iron is. Now what?

Trust your clubs and trust your swing. BE COURAGEOUS! IF an #8 iron should do the job, pull it out of your bag and 'Shake Hands With It'.

51)           **MANNERISMS :**

As a teacher, I watch players' mannerisms and like to focus on their eyes to determine what their focus is on. Our primary sight points are BALL-PIN and nothing else matters as much. Where is this golfer's target? Where is his focus point? Knowing the scene that was set above, I notice his attention is dominated by the lake. He has looked at it nine times since he pulled his club. He has looked at the transport-sized bunker, a full ladder deep, only twice. He has only looked at the flag and pin once!

He sets up, tensely taking two more ominous short, 'I don't want to see it' glances at the lake, (that's now eleven (11) times) pulls back his bow and hits a mighty blow tight from address through impact and never finishing; a very abbreviated swing...PULLED LEFT. A perfect example of a 'HOLD YOUR BREATH, TIGHT-CHESTED, SHORT-ARMED, OUTSIDE-IN' disaster going to the only place it was ever going ... **SPLASH!**

We need to create a 'TARGET IMAGE'. Our minds do not differentiate between a 'Positive or a Negative Target' as long as we have one. You could take a swing without any target, but in this scenario, I am assuming we have progressed beyond 'NO TARGET GOLF' which quickly informs us we are missing some thing primary. This golfer making the approach shot to the well guarded, in fact harassed green, never had but one '**NEGATIVE TARGET**', the one he looked at eleven times, the WATER and thus, where else could he send his ball. It is the only place he concentrated on. His mind computer, when it was selecting the ballistic target accepted the data it was fed. The negative target was, indeed, the ONLY target.

The way you accomplish this approach shot, with all the perceived trouble, is to erase the trouble in your mind with that big 'PINK PEARL' like we had in grade-school. The trouble or hazard is still there but you are not going to be distracted by it. This is not a 'Sucker Flag' so fire at it with your best full swing and correct club-selection.



Q147)

**NEGATIVE TARGETS ASTONISHINGLY PRODUCE NEGATIVE RESULTS!**

(see I told you I was a simple folk prone to making basic observations.....and passing them on!)

52)           **START EARLY:**

On the day of a tournament, or even just a good round with the pals, start preparing mentally the moment you awake. Do your 'Hour Of POWER' or your 'Thirty Minutes of Thankfulness'. Think wellness and look forward to spending quality time on course. A gradual building up for the first tee works much better than the 'Freeway to Fairway' scenario. Keep you heart-rate under control, breathe rhythmically and fully, be confident and have FUN!

By the way, scoring better and better is more FUN! Possibly a bit of a confession, Winning beats Losing!

**'No Decision Is A Decision!'** In Golf, make choices and execute! You'll learn to make more good ones than bad, and quickly!

Q148)

I get enough exercise just pushing my luck!

53)           **PHYSICAL PREPARATION:**  
                  (muscular fitness)

Firstly, physical preparation and maintenance is a daily must. We should "take good care of the equipment" as Arnie says standing beside his old farm tractor doing the Pennzoil commercial. Do not leave getting fit for the last day before the tournament ....it's too late! Keep fit doing a regimen of reasonable daily exercises including especially well designed stretches and bending work. Take brisk walks in fresh air. Eat carefully chosen food from all groups. We are what we eat!

54)           **PHYSICAL EXERCISES:**

I want to throw out a thought for you to consider and not make a crusade out of fitness. I'm not Jane Fonda. There are adequate 'Physical Fitness' books full of routines and all the 'LINGO'.

Take a piece of paper, right NOW if you like, and write down a brief list of all the light weight training and resistance exercises you can think of.

You may have written down arm-weight-curls and bench-presses or similar weight lifting. All I want to point out is that you should design a fitness routine that 'fits' GOLF. **'Do A Curl, RIGHT NOW'**, with or without a weight. What do you ever do in golf that requires this muscular action? (other than pick up your loaded bag to put it in the car). I think some exercises may be less productive than desired or even counterproductive.

Design a cybernetic or resistance routine that creates light load on muscles used in golf and in the same manner that they are employed in the golf swinging energy. Remember it is long strong lanky muscles that do the best work in golf. There are no great body-builders winning on tour. Corey Pavin, Tiger Woods and many others bear little resemblance to Mr. World! Bulky muscles are usually slower moving than GOLF demands. The shot would be over before you got the fire into the 'Pumping Iron' bulk.

Keep your **'Range Of Motion'** extended by working light loads with more reps and some pace. You can do a lot of this in your office, in your car and even while walking up the driveway, the flight of stairs instead of in the elevator, while sitting in your executive chair and during the evening news. Little bits make the big bytes.

The sound mind in the sound body, as corny as it sounds, as idealistic as it may be, makes good golfers and better scores!

55)           **PHILOSOPHY:**

Is your game stagnant? .....Stuck at the same old level of efficiency and scoring capability? .....Going nowhere and situated where it was a decade ago? ....Status Quo?

Q149)

**"THINK WHAT YOU ALWAYS THINK. DO WHAT YOU ALWAYS DO.....  
.....AND YOU'LL GET WHAT YOU ALWAYS GET!"**

56)           **NATURALLY SIMPLE:**

It is my opinion that a great deal of the foundation mechanics and behaviour portrayed in Golf as complex 'MOTOR SKILLS and NEURO-DYNAMICS', (I use these big terms when I feel a touch cynical), are really 'NATURALLY SIMPLE'.

We teach absolute 'Root Stuff' at the '555 Golf Academy' and I am certain this philosophical approach we adopt translates to daily tasks and routines that get the job done.

Strive to keep your approach simple and practical.

Q150)

"I try to put myself in a great frame of mind before I go out .... then I screw it up with the first shot."

Johnny Miller

Q151)

"Chip Beck is such a positive, upbeat person, if a car ran over and killed his dog, he'd marvel at how peaceful the poor beast looked."

Gary McCord

Q152)

"I told Mac O'Grady that he had to learn patience. Damned if he doesn't go to Palm Springs and do nothing but drive behind elderly people for an entire day. I don't know if that taught him patience, but it almost got him arrested twice." (following too close and stalking!)

Gary McCord

Q153)

George Bernard Shaw once said,

"Common Sense Is Instinct, Enough Of It Is Genius!"

C49]

## WELL-BEING

Q154)

### GRATITUDE

'Give thanks to your Heart.  
It gets no time off!'

'Physiology' (Body) comes before 'Psychology' (Mind)  
so  
'Physiology **IS** Psychology'

Schedule 'Daily Dynamic Physiological Movements'.  
(30 minutes minimum)  
Be 'Daily Deliberate' in your 'Body Maintenance'.  
It's your 'Physical Temple'.

Strenuous Physical Work or 'Resistance'  
challenges our Physiology and makes us stronger,  
thus we grow 'Physically and then Mentally'.

Self esteem comes from doing things  
that are challenges for us.

## BEFORE WE PROCEED

I want to make it quite clear that we should NOT strive specifically to make ourselves 'more Powerful' in our exercise Routines, but faster and more flexible. We get more 'Balanced Power' as a freebie!

Although those glorious, almost spell-binding three hundred and twenty yarders would make a useful weapon in any golfer's artillery, be realistic. Maybe with a gale-force tailwind shooting the 'Little White Pill' down the centre-line of a very downhill runway, and you will not find one! In our dreams. Right?

'Stretching and Strengthening' must be balanced as well. All 'Strength' may get you too bulky and restrict 'Range Of Motion'. All 'Stretch' may cause you to get into a 'State of Greater Leverage' and become vulnerable. As existing 'Stretch' increases, existing 'Strength' needs to increase as well or you may put your 'Bones and Joints' at risk.

When you design and perform your 'Stretching & Strengthening' regimen focus on 'Aerobics, Light Loads and More Reps'. Work on the muscle groups that intelligently promote better 'Golf Moves' and not just better shaped poses for the opposite sex.

Do you think Golf and Sex are related?

## PERHAPS OF INTEREST?

When we average folks think of 'Physical Work or Exercise' we might have some very basics thoughts. I think we should have!

We are born with whatever the 'Good Lord' provided to us at our inception. Our parents are very real contributors. The familial heritage is a strong personal blueprint with which we shall spend the rest of our lives either enjoying or disliking. Might I suggest that, if you are not fond of any of your traits, accept them, get used to them and change them if you can reasonably do so (breast implants not included). You can modify your lot if your are practical and persistent in your approach!

Key factors in our 'Physical Realm' include 'Attitude or the Mental Realm' which is a very real factor every moment of every day. We are and can be virtually what we think we can be.

Our natural ability is the foundation.

Our 'Fitness Activities' contribute to and modify our behaviour, attitude and accomplishments. Make plans followed by huge strides in their direction.

Over the years, I have found this of interest. When we are fit enough to perform 'Athletic Motions', we have a few very basic factors that are germane to their accomplishment. Let us look at walking or running as an example. If we can walk at a certain 'Pace' and cover specific 'Distances Per Hour' we are fortunate and know our performance criteria at that moment. If we want to increase our performance in walking, we need to accomplish a few improvements. We must 'Stretch and Strengthen'. This makes us better capable to generate more 'Force' and thus perform more 'Work'. If our moves are not as efficient as they might be, we need to improve that aspect of the athleticism.

If we have a certain amount of 'Power' at this point in time and want to 'Walk Faster and Farther Per Unit Time' we need to do two things. Strength is now a constant or given. To walk faster and farther per stride or pace we must 'Increase our Stride Length' and then we must increase our 'RPM' or the number of strides we accomplish per minute or unit time. This applies to running as well. If we want to increase our performance we get more 'FIT' and then take longer strides and make more of them every minute. Long

distance runners are marvels at this process.

I used to swim competitively. Archie McKinnon told me that I had to get stronger in the right places. So I worked diligently at his exercises and drills designed to get my muscles 'Longer and Stronger'. I got much stronger with significantly more endurance. He trained me to be more 'Physically or Muscularly Efficient'. My performance improved. Then, one day when the timing was right, he brought it to my attention that I need to increase my '**Stroke Length and RPM**'. So now you know where I got these guidelines and discipline.

Interested in a little bit more about the technique? I made big strong 'Swooping and Arcing Hand and Arm Movements to Pull Me Powerfully through the Water'. My Shoulders would rock. My Hands got too far from my body or sides in both the 'Return and Power Strokes'. Archie pointed out to me that every Stroke I made I had to cover a certain 'Distance'. That made sense. He also said to me that long powerful Strokes were accomplished by getting your Hands as far out in front of your Chest and stable Shoulders as you could manage followed by again getting them directly down your side to the very extended 'Bottom Of Stroke'. He made it quite clear that "Directly" meant 'In A Straight Line' and NOT in any arcing or radiusing action. So I began to get from the 'Bottom Back To The Top' or most forward-extended position of my reach in a straight line. Then I 'Pulled' as hard as I could back to the 'Bottom Of Stroke In A Straight Line' with big cupped hands. This worked! I made '**More RPMS More Efficiently**'. Strength, Technique and RPM! I won most of the event I entered and some in record time. Thanks to Mr. McKinnon, I now understood. Thus my mind translated the 'Knowledge' into 'Action' and 'Accomplishments'.

Oh, 'Desire' is one more ingredient!

I was just an average adolescent listening to his mentor and earnestly following the lead and instructions. By the way, I never ever saw Archie in a bathing suite or in the water! Great teachers are seldom great performers or competitors. They have known the taste but chose to teach rather than compete and excel there. A teacher is a very powerful and rare asset.

I hope you have one in all of your athletic endeavours, in fact, all your endeavours, even when they are not athletic. Parents are usually our first great teachers and they deserve great credit for being so! I hope you were as fortunate as I!



## A GREAT TEAM

I want to tell you why we all need support teams and how ours works.

For well over a quarter of a century (now that I have got that off my chest, age creeping up), I have been observing and building 'Sports Medicine Teams' that function within the broad confines of the 'Game Of Golf'. There are 'Four Categories' or departments if you will. They are; **1)Psychological, 2)Physiological, 3)Golf Skills or the 'Use of Tools' and 4) Game Management (Pre-SHOT, Execution and Post-SHOT Routines)** which is a culmination of the first three. Once we have all the 'Physical and Mental Components', the knowledge of and skills needed to use the 'Weapons', then it is time to go to battle with a plan.

I have never seen these 'Four Categories' taken care of by one individual, hence the 'Team' you need and deserve. If you do not have a support team find the individuals and build one!

You will recall my general description of the '**Learning Process**' that relates to 'Golf'. We must '**Conceptualize, Intellectualize and then Actualize**'. To do so we would be best served by becoming acquainted with the '**PHYSICS and MECHANICS**' of the 'Golf Swing'. Once this is accomplished, we then need to focus on the '**GEOMETRY and FEEL**' of the Golf Swing supported by the science and the 'Laws Of Nature'. Golf clearly operates under these 'Laws' and does not take place by chance although our games may occasionally cause us to think it does. **We must acquire 'FEEL from Mechanics and not Mechanics from FEEL**, otherwise we will learn the version of the Game I call 'Crap-Shoot or Get Lucky Golf! This proper evolution will enable us to gain that wonderful '**Remembered FEEL**' that enables us to participate in what I call '**Reflex Golf**'. You know, the kind of Golf where you simply investigate or scout out the scene, where the Ball rests, and then contemplate where you want it to come to rest next; then 'Execute the Plan'! That is '**A to B Golf** or **BALL-PIN Golf**' which is perhaps Golf at its best!

So back to our complementary 'Team'. It does not matter from what direction, from which of the above 'Four Categories' you approach us. We will respond to you at a 'Mastering The Basics' level and can 'Get You There From Here'!

My team members and I know each other's specialties very well so that we are both rather 'Universal Team Players', but his 'Passion is the Physiology'. These dedicated folks know what makes the 'Body Do Work' efficiently and in comfort and safety. They understand the 'Skeletal' (bones and their leverage) and the 'Muscular' or soft tissue components. All our general sports patients are evaluated for their general 'Fitness' very early in our programme. If we discover deficiencies, my fellow '555 TEAM' and I tend to the 'Body Golfing Machine'.

So you can begin the 'Elite Sports Performance - 555 GOLF Experience' the 'Fitness End' ('Stretch, Strengthen and Range Of Motion' or 'ROM') or enter our overall world from the 'Battlefield'! My end of the spectrum!

If I rub shoulders with you first, the 'Team', through me or one of my assistants, will understand how you have come to make the 'Ball Go Away', the results of your learned 'Golf Skills'. We will know the strengths and weaknesses and we will naturally relate these to your '**Physiology**' and report our findings to the 'Fitness Team' who will be seeing you very soon as a normal operational procedure. If these trained professionals do a 'Physiological Evaluation' first, we will be aware of the findings before we begin working with the 'Tools Of Your Trade'. So the 'Physiology and the Skills' go hand-in-hand and are almost simultaneous; certainly complementary.

Several members of our staff, including myself, have significant expertise in the third area of concern, the '**Psychological**' so we would next balance your 'State Of Mind' to the 'Fitness and Skills' which are already becoming compatible and productive.

The final step is to the subject of 'Course Management' which comes from both 'Strategy and Experience'. I can tell you with some certainty that, if you deal with 'Physiology and the Skills' and then temper it with some 'Psychology', your 'Course Management' challenges will be most easily dealt with. You will be able to play 'Billiards Golf' in short order. That is the 'A to B Golf' I just spoke about.

So success and 'Pure Personal Pleasure' derived from the 'Great Game Of Golf' best comes at you through '**FITNESS, SKILLS, CONFIDENCE and MANAGEMENT**'. The caddie or your playing partner can do the 'Accounting' which leaves you unfettered to simply play.

That is what '**Elite Sports Performance and 555 GOLF**' is all about.

We would like to think of ourselves as 'Part Of Your Team'.

Thank you for being here.

We are here because of you.

Welcome!

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## THE COLLABORATION

This collaboration you are about to read is what you need to read. How fortunate you are to have stumbled upon the skill and dedication of very talented and caring professionals who are far more humble than they need to be. The '555 TEAM' credentials are longer than your arm so I will not burden you with them. Suffice to say, you are about to experience some revelations and better understand your own precious health.

We all work out of great facilities. But these are just buildings and property, structures and assets that will someday crumble, going back to the earth from whence they came. What matters is how we use structures in the present tense. Today! Our bodies are marvellous 'Structures' that want to be used as well you know.

We too, especially in our bodies, tend to decay; creep back to mediocrity. '[Ashes To Ashes, Dust To Dust](#)'. It takes intelligent, well-guided discipline that hopefully becomes 'Pleasureful', while serving 'Priorities', to keep reasonably fit and thus to stave off the inevitable decline. '[Our Bodies Are Our Temples](#)'. We need to treat them as such; daily!

What you are about to read originates not only from the great North American institutions of medicine and wellness, but also from the European and Asian specialties where they have a significant several-thousand-year head start and some very useful proven alternative approaches to the basic matters with which 'The 555 TEAM' and I will deal. Together, this group knows and understands! The cumulative street smarts have depth and are rooted in practicality. You will find these supporting folks know that you shall have to earn your gains. We cannot just give them to you in a prescription bottle!

Of course, we have discussed among ourselves "How Much Do We Provide?" you, our clients? This question has merit. The answer is, 'We shall provide adequate information so as to enlighten your present and stimulate your future through curiosity. How are we to know precisely what statements might stimulate each one of you? We cannot presume. Therefore, in order to be effective practitioners, we must provide a range of safe and accurate, easily understood, knowledge so as to insure our reaching the widest audience possible. 'The 555 TEAM' and I know individuals. We may provide you more than you desire or need, but we shall allow you to be the judge and your own filter. Too much is better than too little.

I personally 'FEEL' the strength and value of this literary exercise, 'The GOLFMYTH Book', is found certainly in its ability to feed you more as you desire more. You will be able to read sections more than once and get more out of them every time. You will be, by reference, pulled on to further investigation and then knowledge grows. We know life is a cumulative process. There is a statement that 'If we are not growing, we are dying'. I think this to be true. 'The 555 TEAM' and I, all our staff, want you to keep growing and stay vibrantly healthy in the process we call 'Life'!

You will find that we, in this section and throughout the entire book, '**PRIORITIZE**' topics and information in various fashions. Some '**Bullet Proof DRILLS and EXERCISES**' are 'SHOULD'S' (They may be marked 'B') while others are 'MUSTS' (They may be marked 'A'). You may be informed that certain statements are of importance while others are 'Essentials or Absolutes'. You remember our 'Primary IMPERATIVE', right? Need I say more? At times in our lives, we need to be led and during others to follow. In this manner we too might someday be leaders. Our key staff are dedicated knowledgeable leaders in the industry!

Worthy of note: Recent tests and studies conducted by a leading biophysics institution proved and concluded that even with people in their 'Golden Years', one can return to one's 'Strength and Flexibility State' enjoyed at the peak of maturity if proper diet and exercise programmes are adopted long term. Sleeping muscles can be awakened. Staying fit is much easier than having to regain fitness! Certainly staying well is easier than recovering from injury which our team sees every day. All recovery is 'UPHILL' and sometimes some very tough slugging.

'The 555 TEAM' helps nice people like you every day to gain and maintain overall wellness.

We, as a team and individually, are both humbly proud and rewarded by the work we do together. We believe it is our 'Calling'.

I know you are about to read and then experience some renewal.

We all thank the key '555 TEAM Members'.

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### **A TASTE OF FITNESS**

Q155)

"The quality of mercy is not strained."

William Shakespeare

The quality of Fitness, your Body, must be!

Q156)

**You cannot play yourself into practising well.**

**You must practise yourself into playing well.**

(If you are not as fit as you can be, you will NOT be able to play as well as you can and your 'State Of Mind' will reflect the deficiency.)

Q157)

**You can neither Play nor Dream yourself into Fitness.  
You must work diligently at getting into 'Winning Condition'.  
This puts you into a 'Winning State Of Mind'.**

(How many times have you been tired over the last few holes and wasted a shot or two? What is a 'Shot or Two' worth on the PGA Tour? I saw one of my and your favourite international players give up \$325,000.00 in one stroke! Worse still, it was during the 18<sup>th</sup> hole and he was 'Two Up' on the tee box and the trophy was only his to lose. He lost the tournament on the first playoff hole.)

Did Bob May, valiantly, give up a stroke or two over the last four regulation holes to Tiger Woods at the '2000 PGA Championship' due, at all to any lack of 'Fitness'? Did he give anything up in the extra holes? Was he sweating more than Tiger Woods? Was his shirt wetter than Tigers? Was Bob May as fit as he could have been? Perhaps we may never know the answers to these questions, but they are good questions nevertheless.

I personally thank Bob for his courage and performance. The dual was spellbinding!

Do you know of many or any occupations more honest than Golf?

There is but one way to play Golf well ... to earn the right to do so! Gifted players, born with talents must also 'Walk the Walk' in order to 'Talk the Talk'!

To perform well over a long period of time, one must stay physically well. The 'Full Swing in Golf' is physically taxing. Unless you continually prepare yourself for it, you will eventually succumb to it to some degree. How many of you play eighteen holes 'Pain Free' with 'Power' to the very last Stroke?

'Physical Wellness' promotes and supports 'Mental Wellness'. Remember, **'Physiology IS Psychology'. The 'Sound Body Invites and Supports a Sound Mind'.**

What Dr. Braden is about to share with you warrants attention and, I would hope, some of your quality time and dedication.

## OFF YOUR BUTT

I have a permanent note on my desk calendar. It states, "90% of all people need an outlined 'Fitness Regimen'. 65% need specific 'Stretching & Strengthening Routines'. 40% need 'Rehab'". Sound purist? The numbers may be higher. Do you have aches and pains?

It may sound a bit blunt, but your 'Fitness' is so primary that I want to tell you that the first move may be located 'In thought'. It's 'Cognitive'. You have to 'Consider and Decide' what good health means or might mean to you and your closest human associates. Truly, I do not think the subject requires any thought. It's a 'No-Brainer'!

The 'First Move', in my opinion, is to **'Get Up Off Your Fat Butt and Get Moving'**. You can do the thinking while 'IN MOTION'. Getting into 'Motion' is the key.

How many of you think a good brisk, 'D.D.B. ('Deep Diaphragmatic Breathing') Walk' might not be beneficial? If it is your position that good fresh air and a frequent regular increase in systemic blood flow is counter to your best interests, your 'Cardio-Pulmonary' organs and all attached parts disagree.

Jack Nicklaus, who had apparently lost some thirty or forty pounds, recently disclosed that one of his primary 'Behavioural Changes' was to unfailingly take a brisk 30 minute walk after dinner! There are very good reasons. Resting during digestion and the associated assimilation of nutrients and storage of 'Energy' directs 'calories and fat' into 'Storage' and not into use or application. Those who eat before they retire for the night are shaking hands with a dangerous fellow! At best he is not a short or long-term ally. Whether we know it or not, the full tummy and ensuing digestive processes that must take place regardless of our state being awake or asleep, keep the 'Body At Its Work Station'. The mind may be partially resting, but the body is not. The body must be allowed and is entitled to some dedicated, uninterrupted rest every day! If you deliberately or unknowingly abuse this necessity, the results are the same; 'Physical Degradation'.

If you think "Life is too short to take the time out for this stuff"; if you think you "Do not have the time"; if you have other priorities, you need an **'AWAKENING MOMENT'**. I hope it is not a

'Myocardial Infarction' that rings your bell! That will get your attention. The very longevity and quality of your life directly depends upon your perspectives and 'Actions' regarding this subject. Twenty to thirty minutes per day in light, properly-designed exercise could add years to your life, very good years. If you are not concerned with more years, the quality of the ones you will have should be of concern. I want to tell you, (not first hand!), that the closer one gets to one's conclusion, the more precious becomes his or her time and its quality. Not because the end is more time-worthy than the beginning, but because, when the well gets almost dry, the water takes on a whole new perspective. Diamonds fetch high values than do glass. It's a matter of precious finite resources.

"Tomorrow and Tomorrow and Tomorrow creeps into this petty pace..."

You will come to a juncture in your Life when extra time will be perhaps the rarest commodity. Fitness buys and banks it!

There is a saying worth mentioning right here; "Air and Sex have something in common. Neither may seem all that important until you are not getting any!"

I think 'Fitness' belongs in there too!

Just a matter of opinion, of course!

Hope you agree.



## IDEALLY REALLY

Just before we get you into the 'Meat and Potatoes' of this topic of '**FITNESS**', I want to tell you that what you are exposed to in the gym in the form of exercises, classical or specifically designed, are designed to promote or create '**IDEALLY FIT**'.

What do I mean by this term?

Your 'Personal Trainer' will likely strive to get you more generally fit than to attempt to prepare you for specific moves that may be required to execute your sports discipline. Being generally sound of body and mind is an adequate place to start.

When you are stronger by the regimen of 'Stretch and Strengthen' and have improved 'Range Of Motion' (ROM) supported by effective 'Cardio-Pulmonary' routines, which will naturally take place when you legitimately do any work-outs, then you can apply your assets to your discipline or sport. This is the '**REALLY FIT**'. Here you take effective general movements, apply 'Tools or Equipment' and strive to get optimal results.

An example of '**Ideally**' might be '**Internal and External Rotations Of The Foot, Ankle and Leg**'. When you '**Really**' apply this to the 'Golf Swing', the studio exercises will not be very similar to the actual motions required on the golf course. The 'Foot' does not leave the ground, so the 'Range Of Motion' practised in the gym will not precisely resemble that utilized on course. The 'Free Foot' moves a lot more than the 'Weighted or Working Foot' during the 'Golf Swing'. Where the 'Training Range Of Motion' may be full, the applied may be 'Less Than Full'.

Is the studio work practical? Certainly! Your '**Fitness Is For Life**' and then you take what you require for the 'Great Game Of Golf'!

Any fully fit body and mind is better capable of meeting whatever needs come at it day by day, moment by moment!

**WORK 4 IT!**

## HOW FIT AM I?

Wouldn't you like to know at least generally how fit your are? Of course you would.

"How Is My Body Holding Up To Aging Or Am I Relatively Fit And Capable Of Performing All My Daily Functions?" you ask. That is a really worthy question!

This 'GOLF' is a 'Life-Long Leisure Skill' suited for all of us! Don't miss the opportunity to get properly involved. You'll get '**Hooked On Golf**' too!

What '**Range Of Motion**' ('ROM') should I have in at least all my major daily and golf functions?

Is there a way that I might find out how I am doing in these areas?

Let us see if we can build a simple series of exercises and criteria by which to judge our '**Baseline Fitness**'. Together we can accomplish this start-up task and we shall do so with some of our most basic fitness exercises ... pieces of our ultimate regimen.

Firstly, let me add that we are all very separate individuals with distinct capabilities. So let us grant ourselves some latitude and room to manoeuvre. Life is a whole series of 'Trips' that make up our 'Journey' in the ultimate 'Voyage' we know as our 'Universal Encounter'. This 'Earthly Phase' is made up of both the 'Spiritual and Physical'. We are very well served when the '**Body Temple**' is suitably prepared to house the 'Spiritual Enlightenment' that we ultimately are becoming via every turn in the paths we walk, the miles we traverse every day, in our own very special way.

### BODILY COMPONENTS:

We have often discussed the fact that we are a '**Golfing Body and Mind Machine**' comprised of both the '**Lower Body Machine**' ('LBM') and the '**Upper Body Machine**' ('UBM'). Let us stay with that theme. It is a good approach to our intended improvement.

If you recall our discussions about the 'Wrist Hinges' and their movements, you will understand that there are three distinct 'Motions'. They are ...

- 1) 'Rotary or Rotational About The Forearm or Longitudinal Axis'. The variations are called 'Turned, Vertical and Rolled'.
- 2) 'Horizontal Motion' about or around the 'Vertical Hinge Pin'. The variations are called 'Bowed, Flat and Vent'.
- 3) 'Vertical Motion' about or around the 'Horizontal Hinge Pin'. The variations are called 'Cocked, Level and Un-Cocked'.

Combinations of these various and distinct 'Motions' contain all the functions that your 'Hands and Wrists' can generally make.

Let us see if we can apply such simplicity when considering the entire 'Golfing Body Machine'.

### **THREE 'LBM' MOTION PLANES:**

This next topic is about our most basic 'Physical Function', the 'Human Tether Ball Pole', the top and bottom of which must be stable throughout the entire 'Back And Front Swing Segments'. If we have many variables, our 'Ball Flight' shall have the same degree of variability. That is not what we are after! Remember, that good old 'Consistency' that we all strive to achieve? That is not expected to change any time soon.

Keep the concept of the 'Balsa Airplane' ('Pivot, Coil or Wind Up Function') and of the 'Human Socket Set' running in the background whenever you are considering the 'Golf Swing'. These simple mechanical models never get old.

When we are standing quite erect, there are '**Three Motion Planes**' about which we primarily function. We are truly dynamic beasts! The first of these 'Planes' is called the

1) '**Rotational Plane**' by which all 'Round & Round Motion' occurs. In physiological parlance this can be called the 'Transverse Plane' as it produces movement about our 'Human North-South Polar Axis' in an 'Equatorial' manner. We might even stretch the envelope a bit and liken our 'Upper Body Machine' to move about its own 'Tropic Of Cancer'. Then the 'Lower Body Machine' moves the 'Hips & Trunk or Abdomen' about the 'Equator' and the 'Knees and Thighs' move about the 'Tropic Of Cancer'. That may work for you too?

We need to be very 'Fit' in this total area in order to perform the personally optimal 'Golf Swing'. As we know this is what your '555 TEAM' calls the 'Primary Golf Engine'. We shall work endlessly on this 'Mind Body Connected Challenge' being able to serve our needs.

The second of these 'Motion Planes' is called the ...

**2) 'Inclination Plane'**. When standing in this quite erect position, we can incline either forward towards the 'Target Line' or back towards our rear ends or the back of the bus. We sometimes call this 'Bending At The Hip Sockets'. This function requires 'Power and Balance In Our Cores' which is inseparably linked as we grow into 'Playing Better Golf'. We shall often refer to 'Body Parts or Components' such as the 'Hamstrings', the 'Glutes', the 'Hip Girdle', the 'Lower Back and the 'Frontal or Lower Abdominal Segment' as we discuss our 'Core Fitness' further.

Have you heard of 'Lumbar Stress' in golf? Well we shall strive to emphasize the importance of 'Core Strength' forever!

The third of these 'Motion Planes' is called the ...

**3) 'Lateral or Side-To-Side Plane'** which involves movement inside the barrel so to speak. Again, when standing in this erect configuration, we can 'Target or Aft Tilt'. That means bending the upper portion of the 'LBM' towards the 'Target Side or Aft Brace Side' at the 'Hip Girdle - Hip Sockets' as required.

All these 'Motions' involve the movement or transfer of 'Weight or Mass' from one 'Datum Station Or Point In Space' to another. The 'Golf Swing' requires that we do so!

To keep physical things in perspective, all these 'Motion Considerations' are present in such athletic endeavours as the 'Baseball Swing', the 'Tennis Swing', the 'Badminton Swing', the 'Racquetball Swing', 'Throwing' and more. In all these activities we 'Load and Un-Load' muscles in order to accomplish specific enjoyable and productive 'Work' (see 'ALSDR'). Thus your 'Golf Fitness' will compliment all your life activities. If you can be inspired by 'The Great Game Of Golf' to become more fit, we shall be 'Life-long Enhanced'. Better get at 'IT'!

We must **'Stretch & Strengthen'** ... never the one without the other!

### **FITNESS DRILLS:**

With a few specific 'Fitness Drills', we can 'Quantify' and perhaps 'Qualify' our overall physical condition. Let us see if we can pull several primary physical skills out of our repertoire to see how we are doing in general.

1) How is our leg strength? ('LBM') We can all do **'Squats'** right? Let us make it as easy as possible. Hands at your side, stand 'Lock Kneed' against a wall with your feet about 12 to 15 inches away from the base of the wall. Now release your knees and slowly slide your butt and back down the wall until you get to a 90 degree knee bend position. Hold it as long as you can and **'Time The Process'**. If you can then stand back up, sliding up the wall, all the better, but, timing the 'Knee Bent Position' to fatigue, you will not likely be able to stand back up.

2) How is your general 'Upper Body Strength'? Men do full **'Push Ups'** and ladies can do them from the knees. Simply count your repetitions. Marvellously and universally simple! Right?

3) How are your 'Abdominals'? You can do simple **'Crunches'** in order to determine this 'Core State'. Sit straight up, tall backed, on the floor with your knees bent at 90 degrees. Lean back ('#2 Backward Inclination Plane') about 12 inches until you can feel tension in your lower gut and hold that position for as long as you can. 'Time The Process'.

4) Another great 'Abdominal Measuring Device' is what your '555 TEAM' calls **'Butt Raises'**. Lie flat on your back on the floor. Slide your heels towards your Butt until your knees are at about a 90 degree angle. Press your feet tightly to the floor until you raise you butt up about six inches. How long can you hold this elevated position? 'Time The Process'. Additionally, raise your butt until your tummy is flat with your thigh line. Position and hold! 'Time The Process'!

5a) How are your **'Hamstring or Hammies Flexibility'**? You can determine this in two very easy well-know manners. Stand erect

against a wall, heels in contact with the wall. Knees locked, bend over and slide your finger tips down the front of your legs ('Quads') as far as you comfortably can. Breathe out and extend the reach. Position & Hold! 'Time The Process'.

**5b)** Additionally you can simply lie flat on your back, stretched out on the floor. Hands 'Palm Down' beside your butt. Raise one knee up towards your chest until the 'Knee Bend' is 90 degrees. Then 'Extend or Straighten Your Leg' ('Quadriceps Extensor Action') up towards the ceiling as far as you can. Record if you can get it straight. Position & Hold! Breathe Out and Extend'. Position & Hold! 'Time The Process'.

**6)** How flexible is your '**Core**', that 'Abdominal Trunk'? Go back to the previous test #5 and set up in the same manner. Instead of raising one leg to 90 degrees ('Thighs or Upper Leg Vertical'), lift both into this position. 'Palms' stretched out flat on the floor about chest high. Shoulders flat on the floor. Breathe Out and Relax! As you breathe out, roll both your knees and hips to one side as far as you can comfortably accomplish. See if you can roll them (touching each other) all the way to one side until the lower knee, the one closest to the floor, makes positive contact with the floor. Breathe Out and Hold! 'Time The Hold Process'. Record how long you can 'Position & Hold' as well as how far you can rotate you 'Trunk & Abdomen'. 'Core Flexibility' is very important in your 'Golf Swings'. Remember, 'Coil, Load and Wind', followed by the reverse process (Un-Coil, Un-Load and Un-Wind') are your 'Primary Golf Engines' that produces all the 'Horizontal Motion' or 'Round & Round'. (see 'Clubhead SPEED')

**7)** How strong and flexible are your 'Upper Arms' especially in a downward motion as opposed to upward which is called 'Curls'? Golf does not require very much 'Hand & Arm Lift' but the opposite, 'Brace Lever Extensor Action or Down Force' is important as a 'Compressor Action' necessary to 'Compress The Ball' against the 'Accelerating Clubface'. (See 'Compression & Line Of Compression') We may call these '**Reverse Curls**'?

Lie flat on your back on the floor. Attach a fitness rubber band or strap to a fixed object about 12 inches above the floor above your head. A door hinge or leg of a heavy couch will do nicely. It should fit loosely in your 'Operative Hand' while your 'Hand' is at

the top of your head. Now pull the 'Training Elastic or Rubber Band' down your chest to your side. 'Position & Hold'! Time The Process! Count the repetitions. Record the results so that we can 'Quantify and Qualify'.

There are more 'Primary Physiological Functions' ('Fitness Tests') that we shall discover along the way, We will add them to our repertoire and use them to judge our success as we evolve. So now you know more about yourself!

We are on an 'Exploration & Growth Path' here! We are going to 'Stretch & Strengthen' and, thus, improve our opportunity to excel at our **'Love Of The Game'!**

**COIL:**  
( 'ALSDR' )

Remember, this 'Spinal Pivot or Rotation' over the 'Brace Hip and Leg', onto the 'Brace Heel' or 'Brace Side' stores all the 'Horizontal Energy' by which we can 'Re-Turn' the 'Speeding Clubhead' through the 'IMPACT & SEPARATION Zone' producing the 'Pre-Selected Distance'.

You can understand that a weak 'Core' will not support a strong 'Swinging Motion' that is 'On PATH and PLANE' meaning that your 'Ball Flight' will not be as desired either!

We must not only 'SET-UP' properly but also 'EXECUTE' properly in response.

A good 'SET-UP' almost insures a good swing.

Fitness enables our 'Physical Golf Dreams To Come True'.

## **FITNESS AND MECHANICS ARE INSEPARABLE**

Get on board the '555 Fitness Train'.

We are departing the station.

## **STRETCHING BEFORE, DURING & AFTER**

Please remember, this subject or 'Stretching' is inextricably joined at the hip to its sister term 'Strengthening'. They are 'Con-Joined Twins'!

You cannot accomplish the one without the other! Don't waste your time trying! If you do, you will have 'Soft Tissue Injury' written all over you. When we extend our reach ('Leverage') without getting stronger or better suited in our 'Soft Tissue and Bones', we are headed for a 'Pain' and a '**Bodily Wreck**'.

We must be powerfully supple at all times while playing 'The Great Game Of Golf'. That means 'Before, During and After'. We would all be well-served to stretch a little between holes. Have you ever seemed to tighten up and struggle to execute any shot during a round? We can prevent this occurrence if we 'Work Smart'. Plan ahead and anticipate negative events, just like all good '**High In The Thin Cold Air, Left Seatiers**' must manage to do in order to survive. The high seas and moving about in the great thin ocean above the Earth forces one to project!

There are two distinct types of 'Stretching' as you already know. They are 1) '**Static or Passive**' and 2) '**Dynamic and Active**'. There is a place for each of these in our 'Golf Lives'.

The 'Position & Hold' 'Breathing Out' variety as we so often discuss them are the 'Static or Passive' brand of 'Stretches'.

The actual 'Motion Discipline' is what we aptly refer to as 'Dynamic or Active'. We usually accomplish these before we 'Position & Hold'. Common sense! If we are going to 'Stretch', that 'Condition' requires us to 'Move' from the 'Flaccid or Passive' 'Dynamically' to the 'Stretched Condition'. We never exist in the 'State Of Tension' for long. At rest we are 'Flaccid'. We must move into the 'Stretch Conformation'. We must add 'Muscular Power' to create 'Stretch' and then relax or relieve it in order to return to the 'At Rest State' where we 'Re-Energize and Recover From The 'WORK' We Accomplished In Order To Stretch'.

All 'Muscular WORK' produces 'Cellular Waste' that must be evacuated so that we can produce more 'Work'.



We are 'Human Cellular Engines' that run marvellously for many years and miles without ever having any warranty!

All 'Muscular WORK' destroys 'Body Cells' and expends 'Energy' that must be replaced in order that we might beneficially 'Repeat The Process' ('Behaviour') and accomplish the same task as we found to 'Achieve The Desirable Consequences'. It is in this manner that we 'Thinking Higher Mammalian Vertebrates' improve and no other!

What a lofty title!

#### **BECOMING INFORMED:**

Knowing quite a lot already about 'Stretching and Strengthening', we can 'Stretch At Will' any time we are 'Before - During - After' the 'Great Game Of Golf'.

Let me tell you right here and now, 'You Can Do Virtually All The Fitness Drills' in these books even while your are reasonably 'Clothed' in your own corporate office! Or that owned by someone else! They may ask questions, but your answers will surely impress them and keep your image separate from the 'Hoi Polloi'!

You can do most all of these 'Fitness Exercises' anywhere in your home or that of your neighbour! Test the waters! You will finally learn more about those seemingly strangers on the other side of your fence! Who knows!

You must learn to be 'Good Shepherds and Carpenters' and thus 'Keep Your Body The Fit and Worthy Temple Of The Mind and Spirit'. It is a very short trip and the 'Quality' merits your attention as much as the 'Quantity'. If your years remaining to 'Get Fit' and 'Play Better Golf' are limited, may I suggest that you '**Get Up Off Your Dead Butt and Get At 'IT' Right Now!**

Remember,

**'You Do Not Have To Get 'IT' Right!  
But You Do Have To Get 'IT' Started!'**

Exercising my 'Poetic Liberty And Justice'! Hope you do not mind! This and these books, '[Your Golfmyth Collection](#)', is full of good advice and many pictures to help you succeed in your 'Playing Of The Game'! If you require more information, any member of the '555 TEAM' can readily connect you with vast specific resources that can help you advance as far up the ladder as you desire.

We are a highly complex 'Symphony' of 'Components & Procedures' or 'Parts & Movements'. We are a highly complex array of '13 Articulating Joints' attached generally to connected 'Bones' that are supported by, wrapped or draped in 'Soft Tissues' that include 'Muscles, Tendons and Ligaments'. By these inter-relationships, we are blessed with movement! Life's adventures unfold by our 'Spiritual Physiology'. Thus we must keep our '[Bodily Temples](#)' in good repair whereby we can reside effectively as good long-term tenants lest we become 'Unfulfilled Transients'.

## **'Life Is A Short Trip'!**

The study of '[Human Muscular Kinesiology](#)' is fascinating and applies to all our locomotion and every hour of our well-being here on 'Planet Earth'! Many 'Trips' make up the multiple 'Journeys' that blend into our personal 'Voyage' that never ends and for which there is no 'Destination'!

How exciting is that prospect and reality?

**"Welcome Aboard!"**

**"Enjoy The Ride!"**

C59]

## TWO CORE THOUGHTS

Nice to have 'Things Golf' boiled down or distilled into 'Two Core Items'?

**Simplicity Gets My Attention!**

**Simplicity Solves Complexity!**

Here are these 'Two Core Thoughts' ...

- 1) **"FIRST WE DO THE WORK, THEN WE GET PAID"!**  
(Success ain't no accident!)
  
- 2) **'FITNESS FEELS BETTER THAN FOOD TASTES!'**  
(Prepare for success!)

There is little magic along the way.

Keep your path 'On Line' and out of the ditches.

Make each mile an adventure that bears personal gifts.

**'GOLF', Like No Other 'Sports Discipline'  
Is Truly Made For A 'Life Time'!**

## QUICK SUMMARY OF YOUR GOLF BODY MACHINE Your Own Personal 'Golfing Machine'

We must know what we are talking about or that with which we are dealing. The subject herein is 'Our Own Personal Body Golfing Machine' that we are entrusted to utilize for life! There are no trade-ins or substitutions. There is no life-time parts and labour warranty! But we are still expected to learn to be efficiently more 'Machine Like'?

We have aptly defined our '**Golfing Machine**' as comprised of the 'Lower and Upper Body Machines'.

The '**Lower Body Machine**' ('LBM') is made up of all the 'Components' located from the soles of our 'Feet' all the way to the 'Top Of Our Heads'. This is the 'Axial Core' or the 'Axial Skeletal Aspect'. The 'LBM' includes the 'Feet, Lower Leg, Knees, Thighs, Hips, Abdomen or Trunk, Chest, Shoulders, Neck and Head'. This aspect produces all the 'Horizontal or Round & Round Motion'. (see 'PUSH')

The '**Upper Body Machine**' ('UBM') includes the 'Hands, Wrists, Forearms, Elbows, Upper Arms and Shoulder Sockets' as well as the 'Golf Club'. These 'Components' makes up the 'Radial Skeletal Aspect' or what your '555 TEAM' refers to as the 'Lever Assemblies'. This aspect produces all the 'Vertical or Up & Down Motion'. (see 'PINCH')

Let us define some of the really basic 'Musculo-Skeletal Areas'. This will make our learning and understanding process a little easier.

Let us break the overall 'Golfing Body Machine'  
down as follows:

1) The '**Lower Legs**' ('LBM') which include the 'Feet, Lower Leg and Knees' are of real importance in the overall scheme of things. One must have 'Strength and Flexibility' in this area in order to accomplish ones 'Golf Tasks'. It is all about a firm foundation and good footing. There are many bones and muscles that make this region of the 'LBM'. We will learn more about them as we progress. You can continue to learn more from the huge resources that abound

on the 'Internet' by simply typing in a 'Key Word' on your favourite 'Search Engine' such as 'Google'.

2) The '**Thighs**' ('LBM'), which include four different muscle groups on the 'Anterior Aspect' of the 'Thigh' collectively called the '**Quadriceps**'. They help provide the 'Power' during the 'Back & Up' and especially the 'Down & Out or Front Swing'. Here is where we produce 'Acceleration' through the 'Ball'. The muscles group in the 'Posterior Aspect' of the 'Thigh' are called the '**Hamstrings or Hammys**'. These initiate 'Pelvic Rotation' and enable the 'Transfer Of Motion & Power' from the 'Legs via the Hips through the 'Abdomen or Trunk' to the 'Shoulders' and then along the 'Lever Assemblies' down the shaft through the 'Clubhead' to the 'Ball'. This is what your '555 TEAM' calls the 'Power Drive Line'.

3) The '**Hip Girdle**' ('LBM') includes the 'Hips & Buttock'. This muscle region includes the largest in the butt, called the 'Gluteus Maximus' and 'Gluteus Minimus'. These 'Power Generators' are most active in the 'Down, Out, Forward & Through Swing' ('DOFT').

#### **THE CORE:**

4) The '**Trunk or Abdomen**' ('LBM') really includes, as a barrel includes, an entire '**Circular Hoop Of Muscles**'. In order to be 'Powerfully Stable' in a circular 'Golf Swinging Motion', we need to be 'Core Fit'. Few of us are! The 'Abdominal Trunk Muscles' have an important function related to proper golf 'POSTURE'. These muscles hold us erect and stable and help us maintain our 'Address Ready' or even more importantly, our 'IMPACT FIX Configuration' during the 'Golf Swing'.

The '**Back Muscles**', a primary 'Component Of The Barrel or Circular Hoop Muscles', are most active during the 'DOFT Segment' when we are accelerating through the 'IMPACT & SEPARATION Zone'. They also help to support the body during the 'Deceleration or Follow - Finish Phase' of the swing (see 'Swing Sequence #8a to #11' and 'Swing Segments #3F and #4F'). The 'Latisimus Dorsi' ('Lats') are large back muscles that are critical in connecting and powering the 'Thighs & Hips' to the 'Chest & Shoulders'. These 'Lats' also attach the 'Hip Girdle or Core' to the 'Upper Arm' ('Lever Assemblies') thus aiding in the 'Horizontal Movement and Vertical Stability Of These Levers'.

The '**360 Degree Abdominal Package**' may be the most important group of 'Golf Muscles'. These muscles not only aid our 'Posture & Balance', but also make it possible to 'Brace, Fortify and Protect Our Spine' or the 'Spinal Crank Shaft' as your '555 TEAM' refers to it. The deepest of these four abdominal groups is the 'Transverse Abdominus Rectus' muscles. They act like the 'Girdle' in 'Compressing' the 'Abdominal Viscera' and thus stabilizing the entire 'Trunk'. This function also protects the 'Back & Spine' from a preponderance of debilitating soft tissue and bone injury. The 'Oblique Abdominalis' are essential to properly rotating the trunk and providing 'Power' during the 'DOFT Aspect Of The Golf Swing'. The 'Internal & External Oblique Muscles' are located on the sides of the trunk below the 'Rib Cage'. The 'Abdominus Rectus Muscles' helps we golfers maintain 'Forward Inclined POSTURE' during the 'Back & Front Swings'. These muscles play an active role in maximizing 'Rotational Performance', the '**Primary Engine Of The Golf Swing**'.

5) The '**Chest**' ('LBM') is again a key 'Circular Barrel & Hoop Region' and function. The 'Pectoralis Major Muscle' is the largest 'Chest Muscle'. This group functions to help us 'Pull The Arms and Clubhead Down & Through The Golf Ball' while providing 'Vertical Power and Acceleration' to the 'Golf Clubhead'.

Your '555 TEAM' also calls the 'Aft Chest Region' the '**Scapular Stability Region**'. It is really primary in making good solid 'Golf Swings', especially when you are at the 'Top Of Your Back Swing'. ('TOB')(see 'Two Moments Of Low Inertia'). If we are 'Scapularly Unstable' we will be moving all over the place when we are 'Pivot Loading or Loaded and thus Un-Loading'. This or any related weakness makes us '**Rotationally Orbitally Unstable**', which directly causes us to waver in our 'Clubhead PATH & PLANE Swinging Motion'. 'Ball Flight Line' and control will unavoidably deteriorate. When we suffer from this deficiency, we seldom get the 'Sweet Spot' away from and back to the 'Butt Of The Ball' with any reliable 'Clubhead SPEED' that is 'Squarably Applied'. That so desired 'Consistency' remains a myth!

6) The '**Shoulders**' ('LBM') are a most important 'Component'. The most important 'Shoulder Muscles' used during the 'Back & Front Golf Swing' are the 'Four Rotator Cuff Muscles' (Infra & Supra Spinatus, Deltoids, Scapularis and the Trapezius). These muscles work in harmony so as to stabilize the complex 'Shoulder' and to protect the 'Universal Joint'.

7) The '**Hands & Arms or Lever Assemblies**' ('UBM') provide 'Linear and Rotational Motion & Control' during the 'Entire Back & Front Golf Swings'. The overall concept of these 'Muscle Groups' is to remain quiet and more 'Passive' as we learn more about 'Golf Physiology'. Your '555 TEAM' promotes, with scientific basis, that we learn to 'Play Golf Dead Handed' and with the 'Dead Target Rope Feel', that you 'Take The Hands Out Of The Game'. The 'Hands' are really just 'Two Clamps' that hold onto the 'Golf Club Handle' and little more 'Actively'.

The '**Target Lever Assembly**' controls and swings the 'Golf Club'. It **1)** Sets up and Maintains 'Swing Radius', the 'Distance' from your 'Shoulder Socket to the Sole Of The Clubhead', **2)** The 'Target Hand Controls The Clubhead' and **3)** The 'Target Lever, Upper Arm Biceps' is pressed or pressured forward horizontally by the 'Rotating or Pivoting Chest Pectoralis Muscles' that are 'Brace Leg and Side Driven Rotationally Target-ward'.

The 'Brace Lever Assembly' does what its name implies, ('Good Olde Accurate English') it 'Braces The Golf Club' to receive 'Rotation Pressure and Acceleration' in its powerful 'DOFT Motion' that is 'Leg Driven' '**FROM THE GROUND UP**' and '**FROM THE INSIDE-OUT**'.

The 'Both Hands' '**Monitor Velocity and Acceleration**' ('Pivot Pressure Effect') of themselves and of the 'Golf Club' as well as the monitoring of the resultant 'Clubhead Speed' as well as '**Clubhead PATH and PLANE**'.

This is a really substantial 'Ocular Musculo-Skeletal Cerebral Collaboration', one on the 'First Order Of Complexity and Execution'!

Now you know more and are better equipped to dabble in this 'Silliness' we have come to know as 'Golf'!

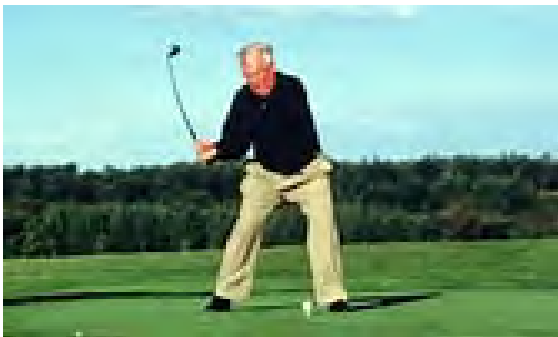
**"Welcome Aboard!"**

**"Enjoy The Ride!"**



You Do Not Want This Chronic Golf Killer as Your Mate!





**THE GREAT MOE NORMAN**



Moe Norman's Unique and very reliable 'Lever Extensor Action'



Mr. Norman always gave us  
pause and opportunity  
to respect and remember!

## **A LITTLE RELIEF**

You have been working hard so it is time for a break! You've earned one.

1) A Question: "Why is there so much month left  
at the end of the money?"

2) A kinder garden teacher was showing a little lad how to 'Zip Up His Coat'. "The secret to this", she said, "is to get the tip on that side to fit into the slot in this side and then to gently but smoothly pull up on the little tab.

The youngster looked up at her and said quizzically, "Why does it have to be a secret?"

3) During a multi-national arctic military training exercise in the late 1970's called 'Desolation Freezer' in Northern Alaska, it was intensely cold. The temperatures were reaping havoc with the vehicles and equipment. Moving parts were not moving all that well and even the electronics were experiencing difficulties, not to mention the manpower. A battery platoon commander was getting exasperated. He wondered what else might break down and when. Everything was being taxed to the limit.

The operations door swung open in the howling winds and a frigid soldier rushed in, slamming it behind him. He reported, "Sir, the Northern Lights are out!".

Tersely and without any delay, the officer barked back, "What the hell else is new? What do you want me to do about it? Get a mechanic and fix the damn things!"

4)When you wife asks "Do I look fat to you?" the smart response might be "Do I look stupid to you?"

5)On the way to Los Angeles, I stepped into the restroom and found this note felt-penned onto one of those hot air blow-dryers that are provided to remove the water from your washed hands. The experience of standing there for five minutes rubbing your hands vigorously together hoping that will eventually dry your 'mitts' is enough to stop a person washing!

The note read: "Please push the knob and listen to a short message from the Vice President of the United States of America." (a lot of hot air!)

6)A couple answering machine messages you might try:

i)"Hi. Now YOU say something!"

ii)"Hello! If you leave a message, I will get back with you. If you leave a sexy message, I will get back with you sooner!"

iii)"'A' is for 'Academics'. 'B' is for 'Beer'. One of those is the reason I am not here." (University Machine)

7)'Is forbidden to steal hotel towels please. If you are not person to do such things is please not to read notice.' (Tokyo Hotel)

8)'You are invited to take advantage of the chambermaid.'

(Japanese Hotel)

9)'Our wines leave you nothing to hope for.' (Swiss Menu)

10)Two elderly not overly worldly ladies from Boston found themselves in Los Angeles one day in late September when the warm season was at its highest temperatures in triple digits.

"Heavens, Louise," one said, "it is certainly very hot here!"

To which her friend replied, "Ah, yes, but one must remember that we are a full 3000 miles from the Atlantic ocean."

11)Doctor to elderly patient:

"Mr Smith, that cheque you gave me came back!"

Patient's reply:

"Then we are even. So did my arthritis!"

12)I took a part time job as an opinion poll sampler. On my very first call, I introduced myself, "Hello, this is a telephone poll." The voice on the other end replied, "Yeeah, and this is a street lamp!"

13)Over a round of golf, two doctors were talking shop.

"I operated on Mr. Lee the other day", said the surgeon.

"What for?", asked the colleague.

"About \$17,000.00 dollars."

"What did he have?"

"Oh, about \$17,000.00 dollars!"

(Medicine and Golf Instruction may have some things in common. Always have a specific purpose, check out your professionals and make sure you get your value.)

14)Filing out an employment application, a man paused over this question.

"Person to notify in case of an accident?"

Finally he wrote, "Anybody in sight!"

15)It's a strange world of language in which "Skating On Thin Ice" can get you 'Into Hot Water"! Franklin P. Jones

16)Nuclear Physics is much easier than tax laws. It's rational and always works the same way! Jerold Rockwald

17)Love truth but pardon error.

18)An ounce of gold cannot buy an ounce of time.

19)About life in the desert! 'It's so hot and dry here that the trees are bribing the local male dogs'!

20)Two guys are golfing on a local course that is right next to the cemetery. After they tee off, one of the golfers notices that there is a funeral procession passing by. He takes off his hat and places it over his heart. When the funeral is over, the other golfer looks at the guy and asks, "Why did you do that?" The man replies, "Well, we were married for almost 40 years. It's the least I could do!"

21)'Camping is Nature's way of promoting the hotel business!"

22)"A proverb is a short sentence based on long experiences."

Miguel de Cervantes

23)How do you know when it is time to tune your bag-pipes?

# HOW TO HOUSEBREAK your Dog





## SEE IMMEDIATE RESULTS

The 555 Golf Academy is the only golf instruction that is truly based on 'Kinesiology' ('The Musculo-Skeletal Movements Of The Human Body').

Created by Dr. Karl Fischer, PhD in Kinesiology and 'Certified International Master Teaching Professional' ('CIMTP'), The '555 Golf Academy' provides broad-based training in all of golf's aspects. It has proven its ability to provide immediate and dramatic results.

Dr. Karl teaches touring professionals to beginners and has advised some of the nation's biggest and most successful golf instruction institutions.

## MAKE YOUR PRACTICE TIME BOLDLY EFFECTIVE!

Learn more at [www.555golf.com](http://www.555golf.com)

## Dr. Karl M. Fischer / Certified International Master Teaching Professional



**Karl is a 40 year dedicated veteran who has come up through the golf trenches. Having provided in excess of 100,000 golf lessons, before long ago stopping count, Dr. Fischer continues helping good people improve and have more fun on a daily basis.**

He says, *"We can make smart changes in clients' swings very much faster than they expect. Our proven system involves less cost and reduced frustration. Quicker smiles are a good thing!"*

It is estimated that the number of 'Junior Lessons' during Karl's career, years ago, totaled in excess of 30,000. Every year Fischer organized golf clinics for bright-eyed youngsters helping them to better understand the 'Golf Swing' and thus have more 'FUN'.

Seventy to eighty students per day, four days a week for ten to twelve weeks every summer adds up. His personal client list numbers well in excess of 10,000 students, a third of whom are still on his mailing list and contact him regularly for advice!

He says, *"This battle tested and proven '555 Golf System' quickly prevents or fixes negative playing issues ... permanently! We do not rebuild our patients. It is more prudent to simply modify rather than doing major surgery! Smart little steps we take are very predictable with certain outcome!"*