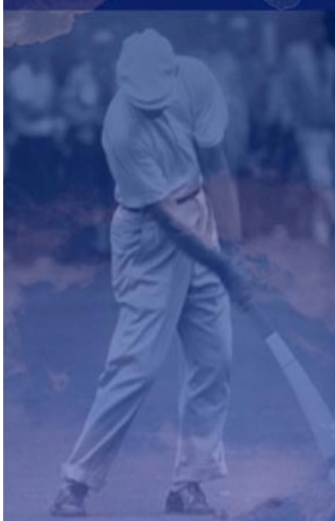
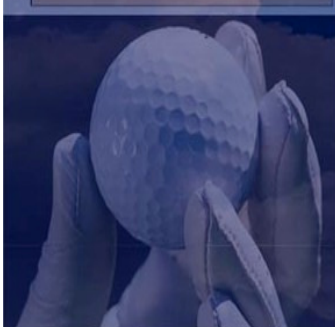


State control—Tiger Woods’ secret

TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN



Tiger Woods has not played competitively for over a month, and then he comes out and wins his first event on the US tour and then the next week wins in Dubai! In Dubai he looks like he’s blown it with a 2nd and 3rd round of 71 and 73, and then savages the back nine in six under to win by one stroke! What makes him so invincible? Why can he turn it on when he needs to? What skills does he possess that the other players do not?

“The person that can control his state can control his world” TIGER WOODS

Tiger learnt early in his life the value of state control. **What is state control?**

Simply put it means your current state of mind. So for instance you can have a happy ‘state’, a depressed ‘state’, an excited ‘state’, a focused ‘state’ etc.

And your mental state is **directly related to your physiology**. Just imagine some one who is depressed—how is their physiology? Looking downwards, shoulder slumped etc.

This link between mind and body is important to understand. So that we can learn to switch into a ‘focused’ state by understand our physiology. Let’s explain this concept a bit further.

Thousands of years ago our ancestors developed an adrenaline rush commonly referred to as “fight or flight”. This helped them to survive when hunting, and kicks in when we are in a position of perceived danger (i.e. threatened). By learning to manage this adrenaline (sometimes referred to as arousal level), we can then get then as a byproduct induce the focused concentration ‘state’ often referred to by commentators on TV as “the zone” - the state whereby all players play their best golf.

‘Learn to understand what your arousal level is when you’re playing your best and then look to develop this state and physiology every time you play’ JON WALLETT

Think back to a time when you were playing your best—how was your physiology or arousal level? Did you feel;

- excited
- Confident, assured
- Loss of fear, feeling of being in control
- Highly alert, feeling of automacity

This state is what we call the “zone”. This is what every golfer is looking for and what Tiger is great at switching on when he needs to. The problem his competitors have is that in the moment when the pressure is at its most (the point of perceived threat) they often get **over aroused**. The adrenaline rush is too much. Or alternatively if they are not playing very well that day they are **under aroused**. Tiger’s secret is that he knows exactly his **optimum arousal level** and he can get himself into this state almost at will. That’s why when he needed to turn it on in the last round in Dubai he can suddenly get into the right state and then make the birdies flow.

“An individual’s ability to put himself into the correct state to perform the function he wants to do, separates people who achieve their goals to people who don’t achieve their goals” TIGER WOODS

So how can you learn to control your arousal level and state?

This is a critical mental skill that Tiger learnt (yes learnt—not born with!) and uses to his tremendous advantage time and time again. Is it a skill you would like to have?!? Well like all skills it takes time and patience to learn—*there are no magic pills*—but with the correct knowledge and techniques **everyone** can learn to improve their state control. Interested in learning these techniques? Send us an email and we will email you back with information on our different programs like the “Distance Learning Program” which is an internet based mental training program, with a free no obligation GMAP (Golfers’ mental profile assessment) which will give you free of charge a current assessment of your mental game. Send an email to info@elitecoaching.com for the GMAP.

Choi, Kim, Lee, Park.....why are the Korean girls so good?

The growth of ladies professional golf in Korea over the last decade is amazing. Sometimes up to 20% of the field at LPGA events are comprised of players of Korean nationality or descent. *What factors have led to their domination of ladies golf? Why have they had less success in men's golf?*



At the end of last year I had the opportunity to spend some time at the David Leadbetter Golf Academy at Woo-Jon Hills near Seoul. The quality and quantity of teenage players was truly staggering and it's clear that Korea's domination of ladies professional golf is here to stay.

I posed these questions to Robin Symes, Academy Director of DLGA Korea. Robin cited that there is **not one reason** attributable to their success, but a **combination of factors**, and these factors when put together form a formidable '**success force**'.

So what factors contribute to their success?

- *Work ethic*
- *Flexibility and co-ordination*
- *Great mimickers and copiers*
- *Ability to repeat*
- *Golf is seen as a career, not a hobby or pastime*
- *Calm, composed disposition with a culture of great emotional control*

Robin cites a common misunderstanding is that people look at the number of course or golfing population in Korea. But he says what people do not understand that most people do not play golf in Korea as a hobby.

There are almost **no social golfers**—young people who play because they aspire to emulate role models like Se-Ri Pak and make a successful career in golf. And older people play for business reasons.

So why hasn't this success been translated into the men's game?

Well this is probably due to multiple factors, and one of the big ones is that at the age of around 20 every man must spend 2 years in the military. The only sporting exception is if you win a gold medal at the Olympics in your sport! This large commitment at a critical stage in a young golfers' development is a tremendous hindrance. KJ Choi is obviously an exception, but it must also be said that he was a late starter, and in fact he was a champion power lifter before coming to golf at a relatively late age.

What are your views on this? We're interested to hear what you think, especially from the Koreans on our mailing list! Send us an email at info@elitecoaching.com

Book review—*Golf Excellence* by Dominic Wall

It's rare to find a book that is totally dedicated to elite players and young touring professionals in particular. It's clear that financially it's difficult to make it work as you only have a very small audience to which to sell the book to. So that's why I was pleased to buy at Christmas a book called "Golf Excellence".

It's basically written by the staff of the Australian Institute of Sport program, a program which is directed at the best young Australian players, and probably one of the most successful programs in the world over the last decade.

It takes a holistic coaching view with advice and information on all areas of life as a Professional golfer. It's a "must have" for all aspiring tour pro's.

It includes advice on;

- What makes a champion
- The road to being an elite golfer
- Preparing your body for golf
- Diet and Nutrition
- Technical preparation
- Mental preparation
- Practise drills/sequences
- Equipment
- Life as a Tournament Professional

Being a tournament player these days is not like in yesteryear where it's all about talent and belief—these days players need to look at all aspects of their approach and in this book there's lots of great nuggets of information and advice that will stimulate the young professional to assess, plan and review all aspects of their approach.

Interested in purchasing the book? It's published by Fairfax books and it costs approximately 30 euro's. Just look it up on Amazon and I'm sure you'll be so enthralled you will read it cover to cover within a week—I know I did!