



Monthly Mental Tip

What a year it's been at the "Majors"!

Just when it looked like we'd had all the surprises - Cabrera, Glover, and Cink - along comes Y E Yang. Despite being ranked 110 in the world he achieved something that no other golfer had managed - to defeat Tiger Woods on the final day of a major when Tiger started in the lead.

How did he do it?

Well, one thing that he appeared to do is concentrate entirely on his own game - not be influenced by Tiger's reputation and not be distracted by the huge crowds that follow Tiger's matches. Where other top players have crumbled under the pressure, Yang kept focussed on his own game.

How many times in a club golf competition have you allowed your game to be affected by the performance or behaviour of your playing partners? How often have you felt pressure from the group playing behind or been irritated by the slow play of the group in front?

There are some things that you can influence in your round and some that you can't.

Keep all your focus for your own game and let go of any negative thoughts about aspects that are outside your control.

For me the technical & mental aspects represent the Chinese "Yin & Yang" of golf - 2 vital parts of the whole. Maybe the name of the PGA winner is no coincidence!

Keep focussed and enjoy your golf!

Denis

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