

Dr Karl Morris 5 Shots Lower Without Changing Your Swing

Intro

- Difference between a "dream" and an "illusion"
- Difference between what we know and what we do
- Who was 100% happy with everything they did with their golf game last year?
- Notes
 - Actual Handicap = 7.3
 - Possible Handicap = 5.4
- Importance of the mind = 75%
- Swing thoughts
 - Halfway back
 - Drop on the inside
 - Clear the hips
- My mental thoughts
 - I am a 5 handicap golfer
 - I can drive the ball well
 - I am a GREAT putter

Perceived Control

- Think about drivers of cars, they "think" they are in control
- You can influence your score
- But you cannot truly control it e.g. a putt hits a spike mark
- Don't get obsessed with your "score"
- Don't think about your score when you play
- Be aware of your score, but don't focus on it
- Thinking Zone
 - What you do before you step in for a shot
 - When you pick a club, put your bag behind you
 - Program the swing before you step forward
- Commitment line is the line between the two
- Playing Zone
 - Everything you do after you've hit the shot

State Control

- Par, par, birdie, double - your "state" changes
- You fly into a "rage" not into a "calm"
- Triggered by the double bogey, or by someone else
- There's that "shot" again
- Wednesday's practice was rubbish
- I'm a rubbish player
- Etc
- A "thought chain" has happened
 - We need to control our emotion about "bad" shots
 - As we cannot eliminate bad shots completely
 - When I hit a bad shot, how do I react?
 - Amy Cuddy TED talk
 - Change your body language
 - 100% up to us how we react/think/feel while we are playing
 - "Instantly recall past success and forget failure" Tiger Woods
 - Say "oops" more not "Oh, David!!!!"

4 Quadrants

Before

- What do you bring with you to the 1st tee
- Your beliefs are "true" to you, perhaps not anyone else
- 1050s. Roger Bannister story and the 4 minute mile
- It was called the Impossible Dream. People thought your body would explode if you did it
- The phenomenon of "the turn". Good front nine, bad back nine.
- Change my thinking to three sixes
- No, six sets of three holes
- Mark a thick line under the holes to make it more visual on the score card
- Look back on 10 rounds. Look for patterns
- Super Six
- Dehydration?
- Drink after every 3 holes
- Lots of people drop shots on 4th & 5th sets
- Slow play?
- Gabrielle Wolf - Attention & Motor Skill Working
- Evidence
- How do we "know" we are getting better?
- The club is an external factor
- Your brain is an internal factor
- 1. Trying to develop a skill
- Think "brushing your teeth"
- Every shot you hit has a consequence
- The last practice ball carries a consequence as you want to "finish on a good one"
- Hit every practice ball thinking "consequence"
- Two types of practice
- 2. Consequence
- Ten minutes, twice per week called the Par18 practice
- One ball + wedges & putter
- Chip from 9 locations around the green
- 3 easy, 3 medium, 3 difficult
- Can only plan the game once in any one day
- Must keep score for each time you do it
- In a book in your back pocket
- Karl says 20 is a good score
- You want consequence based on evidence
- Thumbs right over left etc
- Crossing your arms & then re-cross the other way
- Habits can be deadly for golf
- Don't "start again" on the Par18 practice
- Habits
- Your level of confidence

During

- 80% of golf is NOT playing
- In Between
- The 80% will influence the 10%

After

- 20 June 2001
- Ordinary filing cabinet
- 11-Sep-2001
- We all recall that date
- Elizabeth Loftus - studies human memory
- Store better memories after each game
- Emotion is the glue to memory
- Make sure you remember the emotions of good shots
- Solidifies your memories
- Write down your best three shots
- Reinforces confidence based on evidence