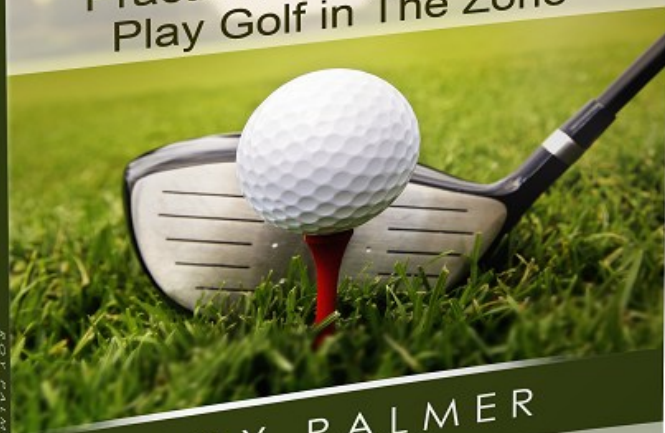


GOLF SENSE

Practical Tips on How to
Play Golf in The Zone



ROY PALMER
ROY ПΑΛΜΕΡ

GOLF SENSE

ROY PALMER

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*Practical Tips On How To
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ILLUSTRATIONS & EXERCISES

Roy Palmer

Illustrated by Sophie Webber

Golf Sense: Practical Tips On How To Play Golf In The Zone

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Fig 1.1 If you're one of the many people who do one or more of the actions mentioned above, you're actually making this everyday movement harder than it should be!

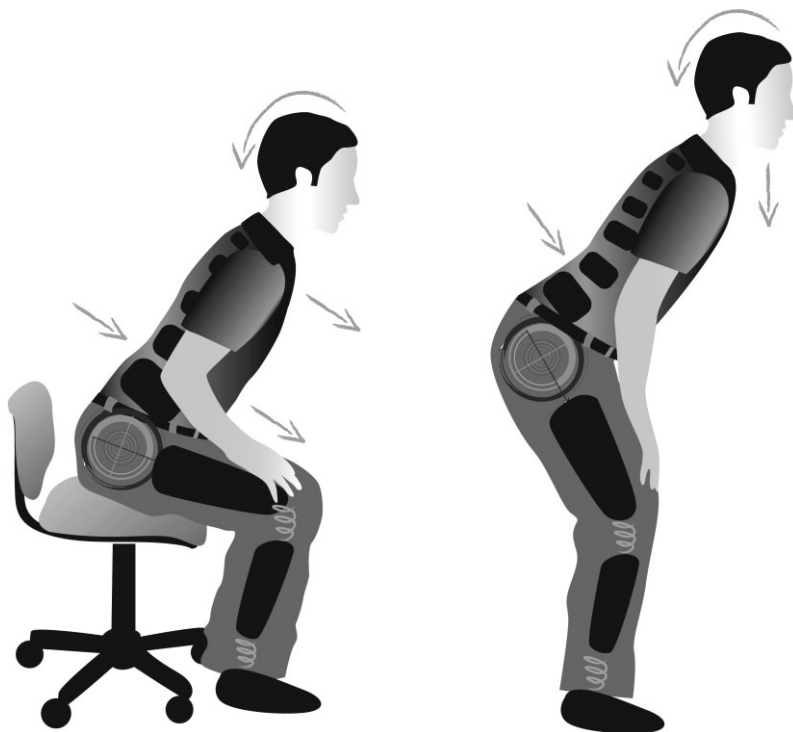


Fig 4.1 You have roughly one third of a second to prevent a habitual response to a stimulus. (a) If you act within this time you'll perform your habitual technique. (b) When you consciously stop yourself acting in this moment you still have the opportunity to do something different.

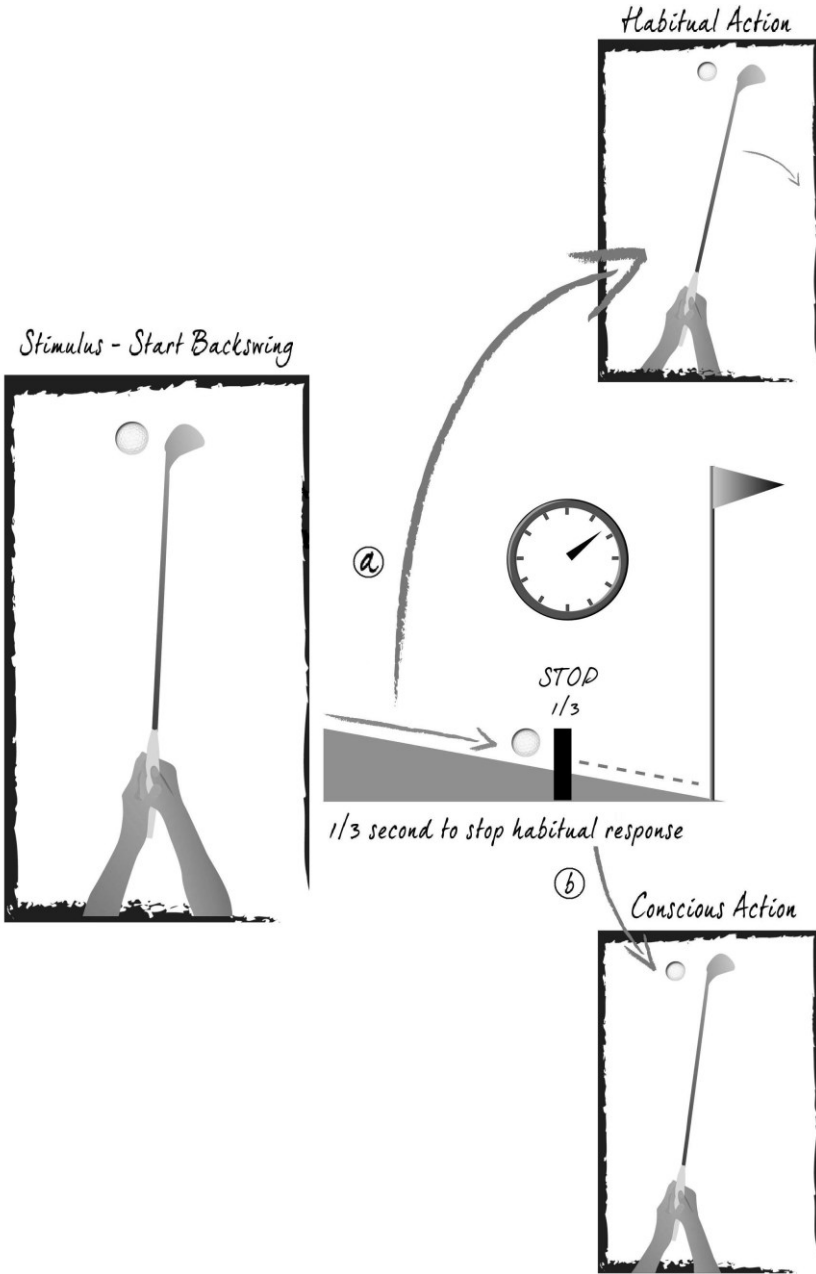


Fig 4.2 The movement selection process. (1) We receive a stimulus to move. (2) Our brain works out what is required and how it's going to feel. (3) and (3a) Comparisons are made with stored patterns of similar movements. (4) and (4a) Differences between the simulation and stored patterns are corrected in favour of the stored pattern. (5) The chosen stored pattern is executed. In other words, your habitual way of performing the movement is the most likely outcome.

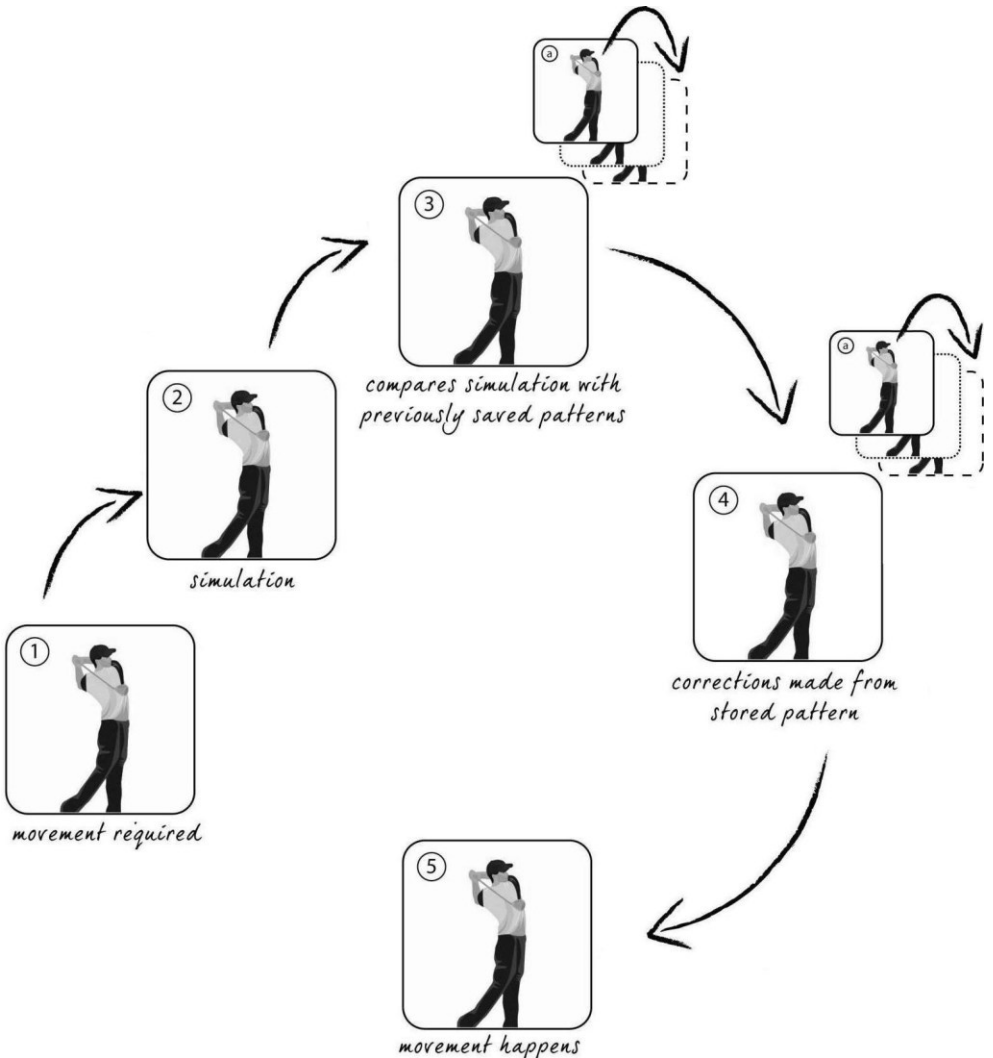


Fig 4.3 By *not* getting set to stand, your reflexes are able to coordinate the movement unimpeded.



Fig 6.1 The atlanto-occipital joint (where your head sits on your spine) is much higher up than most people think.

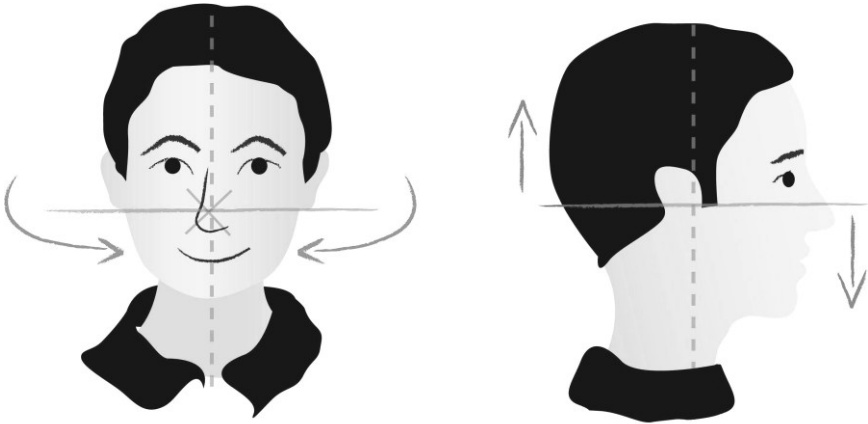
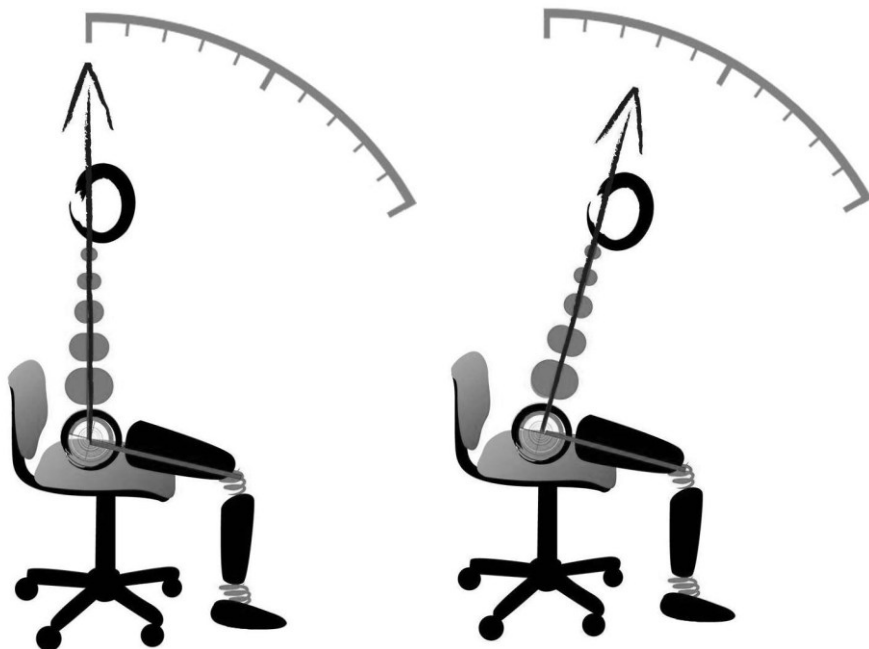


Fig 6.2 The position of your head in relation to your neck and back is fundamental to your posture and performance. Get it wrong and the weight of your head will pull you down causing muscles to tighten in an effort to keep you upright. All this unnecessary effort will also restrict your movement.



Fig 6.3 Moving from your hip joints will keep your pelvis and back together and reduce stress on your lower back



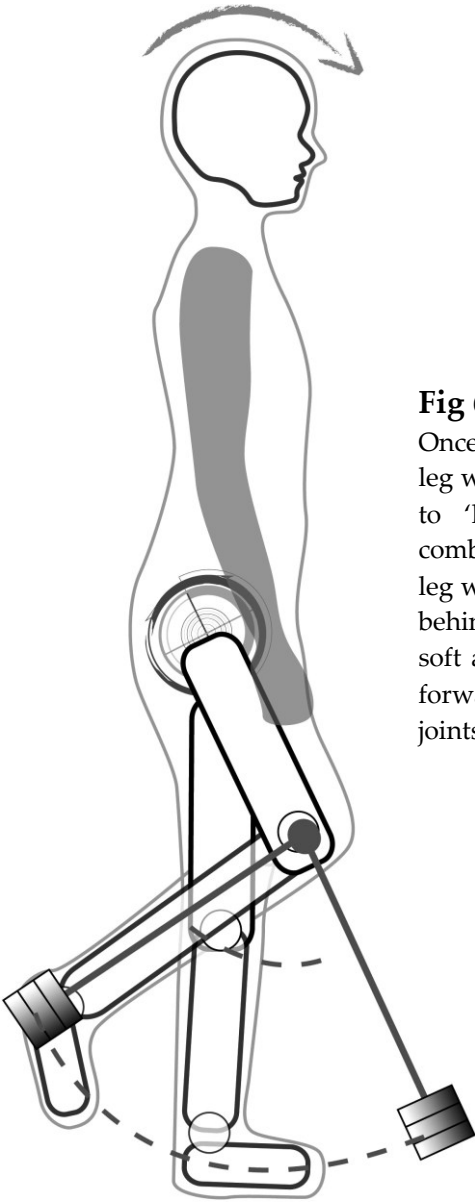


Fig 6.4 Pendulums.

Once your foot is off the floor the lower leg will swing through without the need to 'kick'. Your forward momentum combined with the weight of the lower leg will do it for you. Think of letting go behind your knees, keep your ankles soft and you'll stroke the floor to move forward with minimal stress on your joints.

Fig 6.5 To stand tall requires less effort than to slump or to hold the military style 'stand to attention'. Poise means using appropriate effort for the task in hand. Standing requires far less effort than most people habitually use.

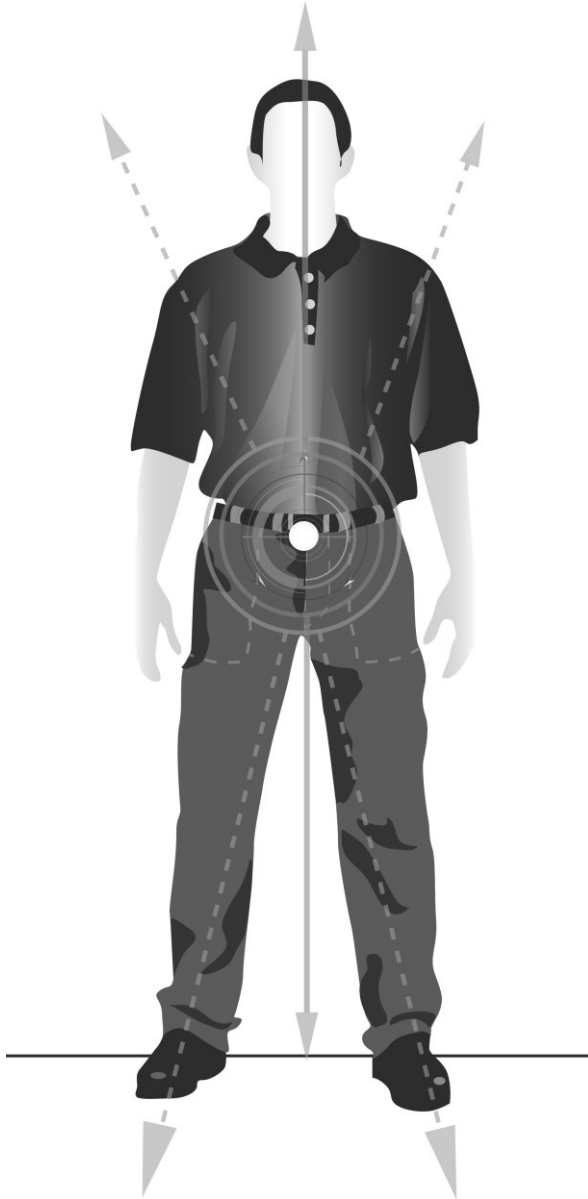


Fig 7.1 Taking the day out of your body. Let gravity put your bones where they're supposed to be rather than where your muscles pull them. Taking the weight off your spine will allow your discs to thicken and push your head and pelvis away from each other.



Fig 7.2 Think 'light arms' and let them rise without feeling you've done it yourself. Using 'light arms' when taking hold of your club will help keep your shoulders and neck free from unnecessary tension.

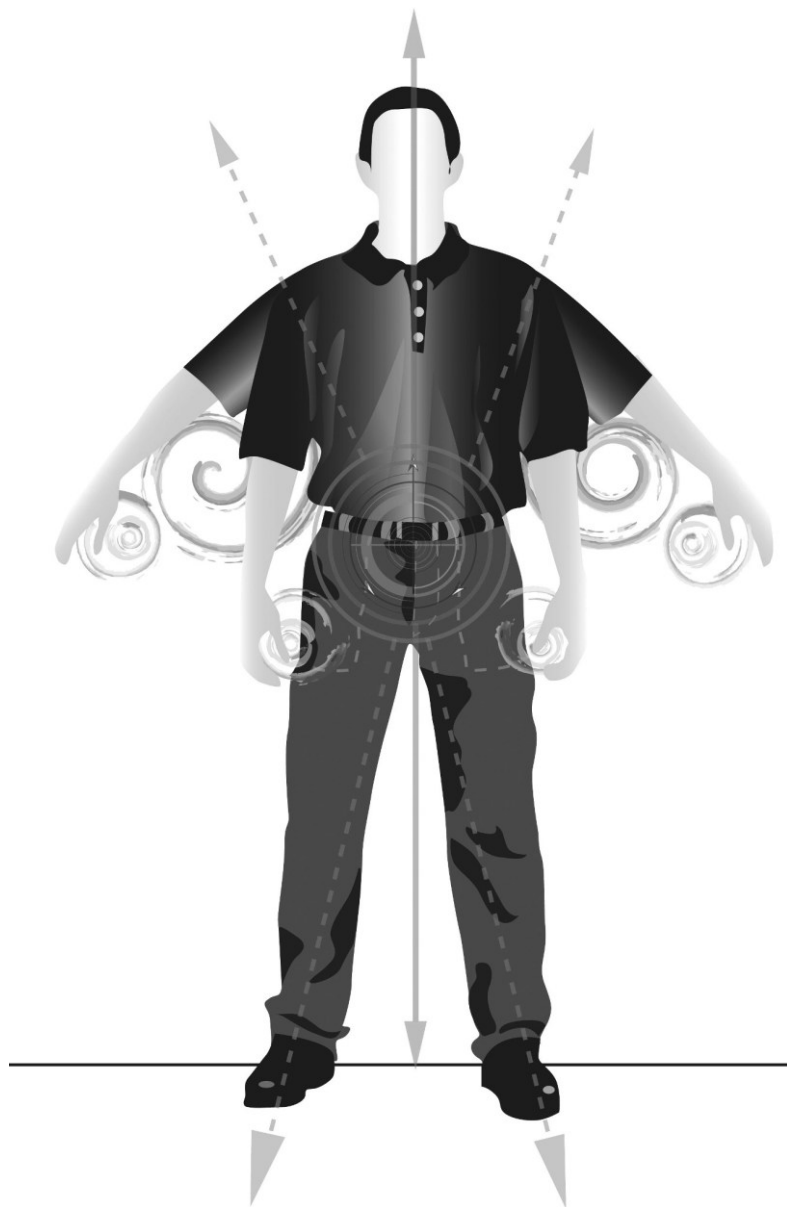


Fig 7.3 When performed correctly this movement will feel like it's happening by itself once you release your neck, hip, knee and ankle joints.

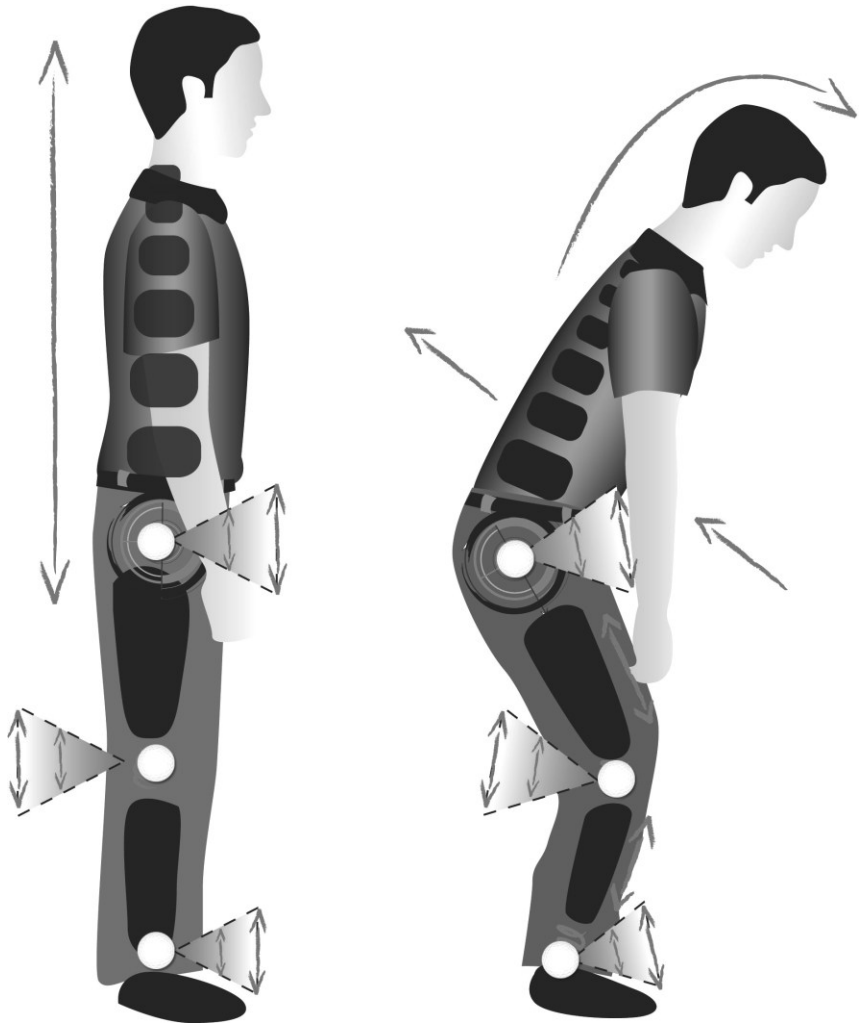
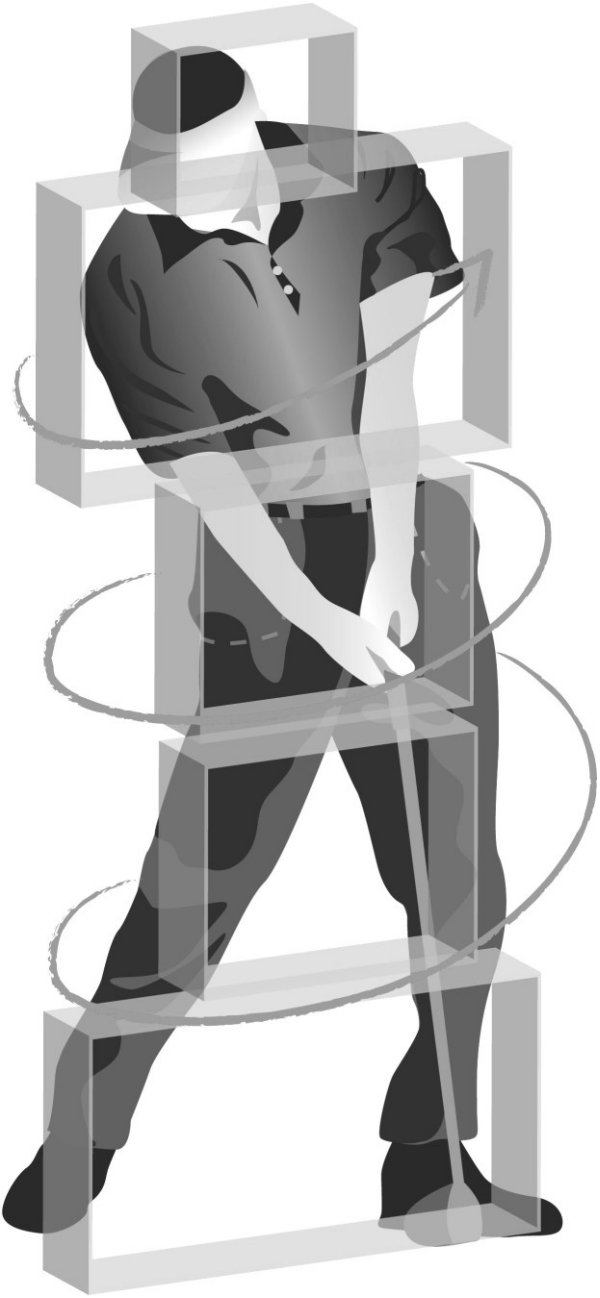


Fig 7.4 If you release and rotate without pulling down, the movement will be easier to coordinate. Note, this does not mean coming up from your stance.



Useful Resources

For more information on The Alexander Technique and how to find a teacher, visit...

UK

www.alexandertechnique.co.uk

US & WORLD

www.alexandertechnique.com

Or visit my website at

www.at-performance.com

You can email your questions to me at

roy@artofperformance.co.uk