

Hey welcome back. I'm Craig Sigl, the no-practice expert.

Let me be clear here. I have never and still do not advocate golfers stop practicing. Far from it. Here's what I do promote and want to teach you in these training videos....there's something you've been missing in your game...there's something really powerful that you haven't tapped into yet. But you know it's there...You've felt it and experienced it for short periods, maybe even a whole round. You see, you really do have the ability for ridiculous consistency, like an iron byron. Everyone does, that is if you have a heart and it's beating...Hahaha.

So on the last video, I introduced you to the idea of creating a separate self that is consistent and can repeat what it has already done. Even if you're a beginner, you will be able to use this technique to build your game one skill at a time much faster whether you put in the practice time or not.

We are going to start speeding up the process now in how to connect with and direct that perfect golfer inside you and this starts with eliminating the hindering beliefs or programs we have about improving our game. As I read in the comments from the last video, some of you are already totally ready to do this and just want the "how to" right now. I get that. I'm an impatient person and always want to get the core of the issue as soon as possible.

In my work with my clients here in my office, I've found by trial and error that you can teach the techniques all day long to someone but if they have underlying blocks, it will do no good and only create confusion, frustration, and eventually lack of confidence...and we all know that golf is a game of confidence don't we? Isn't there a book called that? ;-)) All of that was definitely me until I figured out what I'm about to teach you here.

Remember me mentioning the "static" in the first video? We've got to clear that and here's an old Belief that must be adjusted to move you forward: You have to continually work on or tweak your swing or putting stroke in order to achieve perfect mechanics which is the way to lower your score. Listen, there's nothing wrong with working on your swing and taking lessons to improve it. AND, I am using the

same swing I learned in my first set of lessons 20 years ago. The same swing that used to have me scoring in the 90's now gets me in the 70's. I just played 9 holes with my son in wet rainy weather and all bundled up a couple weeks ago and shot a 3-over not having practiced all winter. This stuff works!

Here's the New belief: I will work on my swing with an instructor I believe in when I can AND, right now, I am focusing on being consistent with the swing I have.

If your consistent, perfect golfer has the program that it's flawed and that the way it swings or strokes the putt is wrong, then it's not going to respond as that perfect, consistent golfer for you. It's going to be on a never-ending search for perfection that has it randomly dialing all the swings in it's repertoire.

Some beliefs are very difficult to change at that unconscious level, fortunately, this one is very easy and it really unlocks your potential. For now, just buy into the fact that your swing is good enough today to hit your goal and the connection to your consistent golfer will be dramatically improved.

By the way, this works at the highest levels of golf. Do you know about Bruce Lietzke?

Lietzke has won 12 times on the PGA tour and 7 times on the Champions Tour...without practicing. I'm going to let Lietzke tell you himself what I've been trying to say so far in these videos....Here's some quotes by him from an article in the St. Petersburg Times before a champions tour event in 2002:

"I still have only one golf swing that I take out on the golf course," Lietzke said. "There's nothing for me to go on the practice tee to work on. I've got one swing that has stayed exactly the same for 27 years. My swing doesn't get any better if I were to go home for two weeks and hit balls. It stays the same whether I hit balls or whether I take two weeks off.

"I don't work on my swing. I don't change my swing. About the only thing that can happen to me out on the practice tee is that I can get into bad habits."

Here's some commentary on Bruce by another legend, Ben Crenshaw:

"Here's the reason (it works) I think: Bruce Lietzke has some of the best rhythm I've ever seen. It never changes. Even on a windy day, he does not try to knock the ball down. He just grabs two more clubs and hits it the same."

Another one by Bruce himself:

"I look to shoot low scores and I really believe the way to shoot low scores is to play one swing all day, all week and all year," he said. "It's human nature to want to be better. I don't want to be better. I want to be exactly like I was yesterday."

This is different thinking...and it flat out works for everyone. The beauty of it, is that you don't have to change ANYTHING that you're already doing to improve your game!!

I want you to keep your swing method or pro instructor. I want you to do the drills to fine tune the different parts of your game. Yes! And by the way, guess what...there are many drills that you can do at home, on your carpet, in front of a mirror, or in your backyard that will be more effective at lowering your score than mindless putting or raking and scraping at the range.

Today's tip is another putting tip. When golfers get out on the course and experience the yips or any time we get tension and anxiety like when we have to make this putt, here's the drill you can do at home in order to completely eliminate that.

You get up for your putt, and right before you're ready to take your stroke, what I want you to do is pick an odd number, somewhere between 1 and a 100 maybe. Let's say, 59...and then count backwards in odd numbers while you're taking your putting stroke.

You've already lined it up, you've already got your direction of travel.

It's about getting the feel of letting go...occupying your conscious mind is one way to do it. Watch how I do this...

I get up, I set up, I've got my spot...I'm just about ready to pull the club back...now I'm going to go: "59, 57, 55, 54, 53..." Ahhh, I even counted wrong. The more you practice that, the more you'll get the feel for letting go. Of course, holding your finish.

Now, I understand that you probably don't have the talent of Bruce Lietzke. I get that. But you certainly can develop that rhythm that Crenshaw talked about to get something of what Lietzke has powerfully tapped into can't you?

Hmmmm....rhythm....consistency....heartbeat....wasn't I talking about those earlier...?

So is rhythm the secret? It's only part of it and not even what we want to focus on. In fact, it just looks like rhythm from a bystander's point of view. In Lietzke's own words, he rarely talks about rhythm. The real secret here is one word: TRUST.

Lietzke has unbelievable TRUST in his swing. He believes in it. Did you get that from the quotes? When you have TRUST in your own perfect, consistent golfer, then you are really starting to make the connection and IT WILL RESPOND for you. Why? Because it's a robot. It doesn't think for itself or make any judgements...you get to do all that. You are the captain of your ship and your perfect, consistent golfer is like your crew. What we're doing here is learning how to combine your smarts, intelligence, course and game knowledge with this other perfect self AND creating a partnership, a connection. Most of us are so disconnected from that inner part of ourselves and this is what causes us all the pain in our life and all the screwups in golf...there's no magic, everyone can do this and it's easy and effective.

Here's how this can work in real life out on the course...it's your turn, you do your preshot routine and stay in Self 1 the whole time. Included in that preshot routine is a thought or directive telling your perfect golfer where to send the ball and maybe a message about

TRUSTING it do the work. You have a final word or trigger to turn the swing over to consistent golfer and then you let go.

You're doing everything intentionally. You are crowding your thinking mind with things to do the whole time and not letting any of those doubts come in. After the swing, if you hit it great or made the putt, you ASSUME that you made a great connection to perfect, consistent golfer and you congratulate yourself. If it's not such a great shot or putt, you take a look at yourself and how well you did in the connection to your perfect golfer. You ask yourself...who was in charge of that swing? Me or my consistent golfer? Did I try to guide, control, steer the swing or did I let go and TRUST?

The one thing that was missing in Lietzke's story and is just assumed in golf is that you have to FOCUS on a target.. Every golf instructor on the planet will tell you to FOCUS on specific targets and so do I...but that's just a part of the formula. Here's the complete formula for how to play golf unconsciously...are you ready? Write this down and memorize it:

Target+Connection+Direction+Trust= Unconscious Golf Results

I'm not going to talk much about Target because it is covered very well in just about every golf instruction out there other than to say "always pick specific targets to aim for."

So after that bad shot, you have to ask yourself: Did I zero in on the target and put all my mind power on sending the ball there or did I let my mind wander? How was my trust factor in letting my consistent golfer play the shot or read the green?

By the way, would a captain of a warship let his mind wander in the midst of a battle? What would the crew do in such a situation? Each member of the crew would just do his own little job by himself and not be coordinated with the other members of the crew. No direction = no outcome.

This leads us into dealing with the next skill that is required to make all of this happen without practice...FOCUS!

FOCUS is what keeps you on that formula I just mentioned. I am convinced that this is the core of most golfer's problems and I don't care if you're a rank beginner or advanced player. Beginner's can benefit even more from this because they're mind's are so full of trying to "control" the swing from their latest instructions. If they FOCUS more on the formula, they would develop a feel for the game and swing much quicker and integrate what they've learned more efficiently into the body. The normal way for that to happen is by just playing and practicing for sure...but you want to speed that process up don't you? I sure did when I was a beginner.

Every golfer knows that the better you FOCUS, the better you will play and going to the range or practice green does not improve most golfers FOCUS and it's not designed to. On the range or practice green is the time to work on improving mechanics. You're thinking about what to do, you're doing drills, you're adjusting to feedback...all good stuff but it's not improving your FOCUS much.

The best way to improve FOCUS is to dedicate a practice round to improving FOCUS. Once again, easier said than done right? During a round, you've got so many things going on including having a good time and talking with your playing partners. Here' how to do it...I'm a big believer in what is called "compartmentalization" out there on the course. And what this means is that when it's your turn, you go into a sort of "trance" of FOCUS for that 1 or 2 minutes during your preshot routine and through til the ball stops or even later. You know how we like to keep track of how many greens in regulation we hit and how many putts we have in addition to our regular score? Do the same thing and give yourself a score after every hole for how you think you focused on that hole. Make this intentional as part of your improvement package.

Work on that with my formula specifically during every round and I promise you that you will lower your scores much faster than mindlessly raking and scraping balls on the range or practice green.

I promised you that I would give you a FOCUS technique that you can do in your easy chair last time remember? I teach this trick to athletes in my office...are you ready? Here we go...

Whenever you have a few minutes to yourself, go grab a spoon. Hold it in your hand, either one, it doesn't matter which. Take a good look at it. Examine it in detail. Notice the color, the reflection of light if any, the shape, the hardness, edges, smoothness, the temperature of it....do not go into thinking about how it was made or what you use a spoon for. Just examine and observe it right in that moment without judgement, just Focusing on it.

Start out doing this for 20 seconds at a time and slowly graduate up to 3 or 4 minutes tops. When you can get to that point, congratulations! That's about the longest you will ever have to focus for any given shot on the course in order to give yourself the best chance for your consistent golfer to play the shot.

Do not underestimate how effective this little exercise will be in lowering your score.

If you do this, you will literally be forging new neural connections in your brain that directly transfer over to the course... AND there's still even easier ways to improve your focus and gain robotic consistency. Stay tuned for that.

In the next video, we are going to go into the third part of the formula to playing unconscious, consistent golf..and that is **DIRECTION**

You're also going to learn how to do visualization...your way...on steroids.

This is next video is going to be a game-changer for you...maybe a life-changer...

I'll see you then. I'm Craig Sigl, the no-practice expert.

Greens and fairways,

