

## The “Lost” Golf Swing

Obviously it's not possible to “loose” your golf swing, yet I hear such comments often in my Kagami workshops after a few poor shots – “Oh I have lost my swing” or “If I start badly I think my swing will never come back”.

If you have been exposed to the Kagami method, you will be aware of how important your thoughts and words are to achieving your goals (not to mention your golfing goals!)

So an affirmation that your swing is gone somewhere is obviously detrimental to your progress – not to mention a rather crazy idea!

If you find yourself searching for that swing feeling you knew once, resist the temptation to start analysing your technique. Instead of pushing yourself into a downward spiral of technical instructions, [here is a](#) detailed a plan of action for you to follow on the driving range.

1. Affirm to yourself that your good swing feeling is still in your body and Cerebellum (the area of the brain responsible for motor co-ordination) you just need to find the key to unlock it.
2. Start by observing your RHYTHM. The Blue Danube is a great Kagami exercise in this respect. You can hum this tune quietly to yourself as long as you hear it. Hum the first note before you start the club away and the next 3 notes in the backswing, so that you can make the downswing with a flourish on the 4<sup>th</sup> note. See Page 75 of the “Kagami Golf” book for a full explanation.
3. Close your eyes and check out while swinging if there are any “black spots” in your swing - parts of the swing where you have no idea where the golf club is. If so put your attention to these areas while swinging in slow motion with closed eyes until you know what is happening to the club. Do NOT analyse anything – just be AWARE.
4. Hit shots as quietly and effortlessly as possible while observing your body and club.
5. Practice watching the tee after the ball has gone. This is such a great Kagami exercise, and really helps to find your natural golf swing as the intellect is quiet.

Good luck and enjoy your golf.

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