



“I Need my Technical Swing Instructions – OR??”

The majority of golfers don't even QUESTION this strongly held golfing paradigm that technical instructions are essential to improving their golf swing. Except those who have read my book or attend a KAGAMI Workshop! Well I have some important news for you - from the scientific understanding of how the brain and body work together, instructions are actually DETRIMENTAL to the learning process.... The intellectual mind, where instructions are processed, can't communicate directly with the body – so a natural, automatic and effective swing is simply not possible. Many instructions actually cause a breakdown in the swing due to misunderstandings, too much thinking about one piece of the swing or muscle tension caused by trying to reproduce the required movement effectively. The good news is you don't need your instructions!

Yes you can make swing changes or keep your newly improved swing on track, without instructions – by using KAGAMI exercises which activate the senses and thereby speak the “language of the body”. They are based on activating the visual (internal or external), kinaesthetic (body feelings) and auditory senses. We have a huge toolbox of exercises for every part of the game and for every technical swing change. Each specially designed KAGAMI exercise during the swing creates a very specific movement, as well as bringing you back to the NOW through awareness and observing what IS.

Awareness in the NOW

The golf swing is a fine motor co-ordination that requires considerable attention and awareness of what is actually happening. In my experience this is something top class players are very good at – they have an amazingly accurate feedback mechanism so they feel the smallest swing change. Most amateurs are so busy trying to “fix” their swing using instructions, they no longer know what is happening during the swing – this finely tuned awareness is no longer available – something essential to success In my opinion.

Sylvia's Paradigm Shift

It was so exciting to observe in a recent 3 day Kagami workshop how Sylvia's swing and enjoyment of the game changed totally by the time we played the course on the 3rd day. At the beginning of the workshop she was very sceptical if she even wanted to get rid of her instructions. They had become a part of her identity as a golfer – always struggling to make her swing perfect, it looked good but the results were far below her real potential. During the first 2 days, Sylvia had experienced the effortlessness of using different KAGAMI exercises in her long game and short game. Her swing actually became more fluid and rhythmic and she was present in the moment fully aware of what was happening. On the course her game was effortless and very effective – with just 2 awareness exercises for her irons and woods. Sylvia had arrived at the workshop very attached to all the instructions she felt she needed to improve her swing, in just 2 days she was convinced by her results that she no longer needed her technical instructions.

The Body/Brain Connection

The reason for such effortless change is based in the science of the brain/body connections. The Cerebellum (Kleinhirn) is the part of the brain that is responsible for motor co-ordination, in particular complex motor skills that are already automated such as riding a bicycle, driving a car, walking up stairs, or playing a sport at a high level. The Cerebellum does not understand instructions and knows only feelings in this moment. Once a movement becomes a clear FEELING it can be “saved” on the “hard drive” of your golfing computer and not before.

A KAGAMI Exercise – Grip Pressure

One very effective KAGAMI exercise is a feeling awareness exercise to ask yourself

“How relaxed are my hands on the club between 1 – 5?”

In order to get to know the scale it's helpful to make 2 shots from a tee, consciously playing grip pressure 5 (very tight) and grip pressure 1 (almost letting go of the club).



Then without any idea of what is correct, just observe your grip pressure, at the point in the swing you notice it most. This could be anywhere in the swing. Also observe if the grip pressure changes during your swing.

When you can give yourself an answer for every shot, then split the hands up and give yourself 2 numbers, one for the left hand and a number for the right hand.

Remember your job is to be the silent observer, not to make a decision about what is right, because on the next day or with a different club, your grip pressure could change. Be aware there is a fine line between “being the observer” or “being the doer”. The “doer” is the intellectual mind or ego trying to take over and give you instructions for something that is not present – some illusory perfect grip pressure in the future that you have to work hard to achieve.

Once you really grasp the huge and yet subtle difference between observing what is actually happening and trying to change something you have understood one of the basic principles of the KAGAMI method.

When you are focused in the NOW with a finely tuned awareness of what is happening, changes occur naturally, effortlessly and far more effectively.

Did I mention the word golf in this last sentence? No, because this principle is just as effective in your “life swing” and your “work swing”.....!

Happy swinging

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