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## The Basic: „Golf Dynamic Breathing“

The University of Chicago was able to demonstrate in a study that golfers who think as little as possible about the game and need less time for the shot are more successful. They almost play hypno-golf. In training it is recommended to use the breathing technique twice per putt in order to achieve a corresponding number of repetitions. Always: At the beginning in the strategy box (behind the ball) and at the beginning in the play box.

In competition you only need to use the breathing technique once. Either at the end of the strategy box before you go into the play box. Or, at the beginning of the play box, if necessary with a view to the hole or target location of the ball.

### **GOLF DYNAMIC BREATHING**

Inhale 4 seconds incl. diaphragm, stop briefly, then exhale with a short roll of the shoulders backwards and ring in the chest a little.

Exhale for 4 seconds and the shoulders accompany the breathing downwards.

It is extremely important to feel an inner sense of well-being and emotional-mental confidence when exhaling. The thought and the cognitive mental preparation is only as much value as you can create and feel this feeling. In addition, the quality of the exercise is only worth as much and the effect in the tournament can be produced the more intensively you have trained beforehand.

If you feel tired during the competition, then sprinkle several 2-3 seconds of breathing in between the strokes and push yourself. It is also helpful to knead both auricles from top to bottom several times vigorously up and down. This activates many energizing meridians.

### **Advantage:**

- *More inner peace (emotion control)*
- *more self-confidence and self-efficacy (self-confidence)*
- *increased mental condition and focus (attention regulation)*
- *improved access to the unconscious (e.g. place of all your experiences and talents).*

# Mental Putts (MP)

## Specifications

- Always perform breathing „Golf Dynamic Breathing“ correctly
  - a. In the strategy box (behind the ball) and
  - b. in the play box (on the ball) breathe once, best three times.
- When exhaling, use your mental film to play the ball into the hole. You can look at the hole or where it is most comfortable for you. When exhaling, successfully putt the ball in front of your mental eye until the ball falls into the hole. Hear the plop-pen with your inner ear.
- Recommendation: min. 10 passes

- **Mental Coins:** 1 point per success.  
If all balls were pocketed by the player in a MC exercise, then there are 10 extra coins, e.g. 10 of 10 putts.

### **More extra points for 50 possible putts:**

All Putts in = 10 Coins (100%)

47 - 49 = 7 Coins (mind. 94% - 99,9%)

45 - 46 = 5 Coins (90 - 93,9%)

- Any MP exercise can also be done with the non-dominant hand or play with one hand or as PRO.
- Your golf trainer can change the target (total number of successful putts) for the training.
- **Speed-Variant:**
  - SV 1: The player has 5 seconds standing on the ball to putt.
  - SV 2: The player has 3 seconds standing on the ball to putt.
  - SV 3: The player must complete the exercise within 15 minutes as many complete successful putts as possible. Incl. breathing.
  - SV 4: The player must complete the exercise within a certain period

of time, e.g. xx putts in 15 minutes.

### **Forecast-Variant / Prognosis**

- Golf trainers gives a forecast which the player must achieve, e.g. at least 45 of 50 Putts, otherwise 10 Coins will be lost from the number of points reached was subtracted.

#### **MP 1:**

- From one club length, from five positions play around the hole, mark with a tee and lay out 5 balls
- Variables: play from 2 - 4 club lengths

#### **MP 2:**

- Mark one playing position and lay out three balls one after the other in three racket lengths.

#### **MP 3:**

- Mark a playing position with four racket lengths in a row and lay out four balls.

#### **MP 4:**

- Mark a playing position with five club lengths one behind the other and lay out five balls.

#### **MP 5:**

- You place five tees around the hole in five different directions, in one to five club lengths.

#### **MP 6:**

- Throw five balls in different directions around the hole. They start by putting the ball that is next to the hole. This must be at least one club length away from the hole.



# Winning Putts (WP)

## Specifications

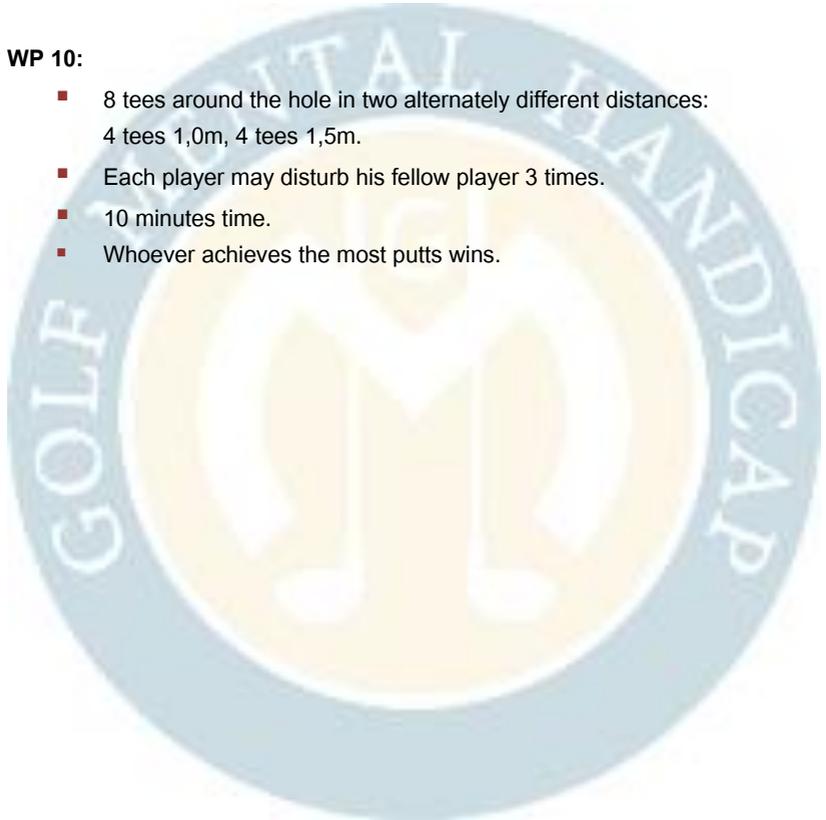
- Two players always play against each other and face each other.
- Integrate the "Golf Dynamic Breathing" into your routine. "Golf Dynamic Breathing" is only used once on the ball. In case of disregard 1 coin will be deducted.
- Each successful putt = 1 coin.
- The winner gets 10 extra coins.
- In some WP variants, minus points are also possible.
- The ball is returned to the tee by the player after the putt.
- Variation 1:  
Instead of 6 tees, your golf trainer can also determine 8 or 10 tees.
- Variation 2:  
Your golf trainer can set different distances between the balls:  
0,5m / 1,0m / 1,5m / 2,0m / 2,5m
- Variation 3:  
Specification by your golf trainer, how many putts have to fall, otherwise the extra coins for the winner are omitted if the minimum putts have not been reached.

**WP 9:**

- 8 tees around the hole in two alternately different distances:  
4 tees 1,0m, 4 tees 1,5m.
- The *dominant eye* is covered with an eye patch.
- 10 minutes time.
- Whoever achieves the most putts wins.

**WP 10:**

- 8 tees around the hole in two alternately different distances:  
4 tees 1,0m, 4 tees 1,5m.
- Each player may disturb his fellow player 3 times.
- 10 minutes time.
- Whoever achieves the most putts wins.







# MENTAL COIN SYSTEM

# Mental Coin System

EXERCISE		COIN System	EXTRACOINS
<b>Mental Putts</b>	<b>MP 1 - 10</b>	Every Putt 1 Coin	All Putts, f.e. 50 = 100% = 10 Coins 47-49 = 94 – 99,9% = 8 Coins 45-46 = 90 – 93,9% = 5 Coins
<b>Pirat Putts</b>	<b>PP 1 - 10</b>	Every Putt 1 Coin	All Putts, f.e. 50 = 100% = 10 Coins 47-49 = 94 – 99,9% = 8 Coins 45-46 = 90 – 93,9% = 5 Coins
<b>Winning Putts</b>	<b>WP 1 - 10</b>	Every Putt 1 Coin	The Winner = 10 Coins extra
<b>Blind Putts</b>	<b>BP 1 - 6</b>	Every Putt 1 Coin	
	<b>BP 7</b>	Every Putt 10 Coins	
	<b>BP 8</b>	Every Putt 20 Coins	
<b>Chip &amp; Putts</b>	<b>CP 1</b>	Every Putt 1 Coin	
	<b>CP 2</b>	Every Putt 2 Coins	
	<b>CP 3</b>	Every Putt 1 Coin	
	<b>CP 4</b>	Every Putt 2 Coins	
	<b>CP 5</b>	Every Putt 3 Coins	
	<b>CP 6 - 10</b>	Winner 5 Coins, Second 3, Third 1 per Round	
	<b>CP 11</b>	Every Putt 1 Coin	Winner 20, Second 15, Third 10
	<b>CP 12</b>	Every Putt 1 Coin	Winner 20, Second 15, Third 10
	<b>CP 13</b>	Every Putt 1 Coin	Winner 20
	<b>CP 14</b>	Every Putt 1 Coin	
<b>Forecast</b>	<b>FT 1</b>	FP fulfilled 10 Coins / not fulfilled: minus 5 Coins	
	<b>FT 2</b>	FP fulfilled 5 Coins / not fulfilled -10 Coins	
	<b>FT 3</b>	Every FP partly fulfilled 10 Coins / not fulfilled: minus 5 Coins	
	<b>FT 4</b>	Every FP partly fulfilled 5 Coins / not fulfilled: minus 10 Coins	
<b>Shoot-Out</b>	<b>SO 1</b>	Every winning whole = 5 Coins.	
	<b>SO 2</b>	Cutting game: 100 points minus result = Coins.	



# MENTAL COIN TRAININGS PLANNER

(e.g. in a TRAININGSCAMP)

