



DARRIN GEE'S

*Spirit of Golf*<sup>™</sup>  
ACADEMY

**Mastering the Mental Game of Golf  
Volume 1: Putting**

**Companion Guide**



## **Mastering the Mental Game of Golf Volume 1: Putting**

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Closing and Credits

Some of the exercises may not be suitable for everyone, so please use common sense and discretion when following along. To reduce the risk of injury, consult your doctor before beginning this or any exercise program. The instruction presented is in no way intended as a substitute for medical or psychological counseling.

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Dear Fellow Golfer,

I want to thank you for joining us at the Spirit of Golf Academy through this instructional DVD! Our programs are designed to help you realize your potential, both on *and* off the golf course, by providing you with the tools and support to achieve it.

Since our inception in 2000, we've helped change the golf games of thousands of golfers around the world. The Seven Principles of Golf™ form the foundation of our golf school, which draws on your inner and mental strength as much as your physical ability.

Many golfers agree that golf is 90% mental, and yet we devote so little time to developing our inner game. This DVD series is designed to help you enhance this aspect of your game, so that you can play your best golf on each and every shot while having fun doing it!

I encourage you to use what works for you in this program and use it often until it is anchored into your mind, body and spirit. Better yet, join us on the Big Island of Hawaii and experience one of our programs for yourself. I look forward to seeing you then!

Darrin Gee  
Founder



## **Mastering the Mental Game of Golf Volume 1: Putting Exercises**

Following is a step-by-step guide of the exercises featured in the DVD. Follow along with the DVD or take this booklet with you to the driving range or golf course. If you have a playing partner, it may be helpful to have them read the exercise while you give it a try. If an exercise feels awkward or becomes uncomfortable, please stop or slow down. Be sure to stretch and warm up before trying the exercises, and don't forget to breathe!

### **THE FIRST PRINCIPLE OF GOLF Balance or Getting Grounded**

#### ***Exercise: Test Your Balance and Find Your Center***

1. Stand on one foot and close your eyes. Try to maintain your balance. Use your arms to help steady yourself if necessary.
2. Switch to the other foot and repeat. Open your eyes.
3. Now stand tall on your toes and maintain your balance.
4. Stand back on your heels and maintain your balance.
5. Now rock forward and backward, slower and slower until you stop at your balance point.
6. Rock side-to-side, focusing on the center of your body located just below your navel. Stop when you find your balance point.
7. Rotate your hips in a circular motion in both directions, spiraling smaller and smaller until you find your center.
8. Root your feet into the ground, creating a strong trunk or foundation.

#### ***Exercise: The Spiral***

1. Start with a 6-inch putt.
2. Set up to the ball, find your balance by rooting into the ground and hit the putt.

3. Repeat the exercise, rotating around the hole and moving out an additional 6 inches in length for each successive putt (i.e., 6 inches, 1 foot, 1½ feet, 2 feet, 2½ feet, 3 feet, etc.) until you reach 6 feet.

**Exercise: Listen for the Ball Falling into the Cup**

1. Crouching only a few inches away from an empty cup, use your hand to roll a golf ball into the cup.
2. Listen for the sound of the ball rattling into the cup.
3. Repeat several times, closing eyes and listening attentively, until the sound anchors in your body and mind.

**THE SECOND PRINCIPLE OF GOLF**

**Developing Feel**

**Exercise: Rate Your Grip Pressure**

1. Hold your putter with your normal grip.
2. Rate your grip pressure on a scale from 1 (feather-light) to 10 (white-knuckle death grip).
3. My current grip pressure is (write in box)


**Exercise: Discover Your Best Grip**

1. Hit 10 putts from 1 foot.
2. Start with a “10” white-knuckle death grip working down to a “1” feather-light grip.
3. Determine which grip felt the best. The majority of golfers at the Spirit of Golf Academy end up with a lighter grip.
4. Hit putts with your new grip pressure.
5. My new grip pressure is (write in box)


**Exercise: Feel the Sweet Spot**

1. As you grip the putter, have a partner tap different parts of the putter head (i.e., toe, heel, sweet spot) with a golf ball.



2. Notice differences in feel and sound depending on where the ball hits the putter head.
3. Hit several putts and notice how the quality of each putt is directly related to hitting the sweet spot.
4. Finish with a series of taps to the sweet spot, anchoring the feeling and sound in your body and mind.

## **THE THIRD PRINCIPLE OF GOLF**

### **Visualizing the Shot**

#### ***Exercise: Visualize the Putt***

1. Start with a 1-foot putt.
2. Stand behind the ball with the hole in the distance and state what you want (i.e., “I want the ball to go into the hole.”).
3. Take a soft look (bringing your eyes just slightly out of focus) and visualize the path. Notice what you see. Is there a line, color or texture to the path you visualize?
4. Use your putter head and trace the exact path that you visualized, from the ball to the hole.
5. Set up to the ball, and with 100% trust and commitment to your path, let it go!
6. Repeat the exercise, moving out one foot at a time until you reach 5 feet. Repeat this sequence around the cup for a total of four times.
7. On the last sequence, see the path, set up to the ball, close your eyes and hit the putt. Listen for the sound of the ball falling into the cup. Repeat for all 5 putts.

## **THE FOURTH PRINCIPLE OF GOLF**

### **Creating Your Own Pre-Shot Ritual**

#### ***Exercise: Four-Part Breath***

1. Stand or sit comfortably and take several regular breaths.



2. Now inhale slowly, feeling your abdomen expand outward.
3. Rest for the same count as it took you to inhale.
4. Exhale slowly for the same count.
5. Rest briefly for the same count.
6. Repeat 3 times.

***Exercise: Create and Practice Your Pre-Shot Ritual***

1. Observe your usual approach to a putt. This is an excellent exercise to do with a partner observing because sometimes we have cues and triggers that we are not aware of.
2. Identify or create a physical cue or trigger (i.e., plumb bob, gripping your club, crouching down low, pulling your shirt sleeve) to use at the beginning of every pre-shot ritual.
3. Take a deep breath simultaneous to your trigger.
4. Include other supportive actions that will help you make your best putt (i.e., visualizing the line, practice strokes, gripping the putter).
5. Create a pre-shot ritual that has a flow or rhythm that feels natural. Experiment until you find a comfortable ritual that will help you relax, elevating your focus and concentration.
6. Repeat the pre-shot ritual before every putt, until it becomes second nature.
7. Keep it simple and remember to do it on the golf course for every putt.

**THE FIFTH PRINCIPLE OF GOLF**

**Finding Your Natural Swing**

***Exercise: Find Your Natural Swing***

1. With your putter, practice different types of putting strokes. Get creative: think relaxed, or assertive, or smooth. What are you like off the golf course? Try expressing your personality through your swing. What is the opposite of your personality? Try that swing as well.



2. Experiment until you find the putting stroke that feels best to you. How would you describe it? It may be a combination of different strokes. Practice it repeatedly. Let your natural swing anchor itself into your body and mind.

## **THE SIXTH PRINCIPLE OF GOLF**

### **Playing One Shot at a Time**

#### ***Exercise: One Shot***

1. At the end of your practice session, prepare for your last shot.
2. Place the ball on the putting green.
3. Focus on the present. Release any prior putts, however good or bad, and don't be distracted by thoughts of the future.
4. Go through your entire ritual, from start to finish: trigger, deep breath, visualize the shot, find your balance, check your grip and then, let it go!
5. After hitting the ball, instead of judging the shot, observe and describe what you see (i.e., "The balling is rolling, breaking slightly to the left, and falling into the cup."). Not every shot is going to be perfect, so enjoy the process of playing, regardless of outcome.

## **THE SEVENTH PRINCIPLE OF GOLF**

### **Transform Your Golf Game, Transform Your Life**

One of the most powerful aspects of our program is how you can take the Seven Principles of Golf and apply them to your life *off* the golf course. At the Spirit of Golf Academy, one of our programs uses the Seven Principles to assess the quality of your day-to-day life, to determine what areas need more attention and to help you get more connected with yourself and your purpose and goals.



The first step is to understand how the Principles apply to your life off the golf course. Use it as a quick check-in or reminder. In addition to being great exercise and fun, golf can be a wonderful mirror to our daily life.

***Exercise: Apply the Seven Principles to Your Life***

1. **Balance**. Is your life (i.e., career, family, personal time) in balance? If not, what can you do to achieve more balance, so that you have a more fulfilling daily life? What would “being in balance” look and feel like to you?
2. **Feel**. Begin to listen and trust your intuition. Trust your body to give you the information you need to perform at your best and to make decisions that reflect your values and goals.
3. **Visualization**. Ask yourself what you want in all parts of your life (i.e., financial, physical, emotional, romantic, spiritual). Then “see” yourself, in as much detail as possible, achieving your goals. “See” the path you’ll take to get there.
4. **Ritual**. What are the rituals of your daily life? A cup of coffee and the morning paper? A five-mile walk? Meditation? Golf? Continue to practice the rituals that support your growth as a person, and create new ones that will help you experience more of what you want.
5. **Natural Swing**. Simply put, *just be you*. Express your true self in all you do: at work, home and play. Learn to recognize what *is* you.
6. **One Shot**. Be present and focus on the moment. Notice your breath. Remember that slowing down tends to be a good thing! Notice your surroundings, especially in nature or on the golf course.
7. **Transform Your Golf Game, Transform Your Life**. Discover and realize your true potential, both on and off the golf course. Be authentic and live to your potential!



## **FREE BONUS REPORT**

As a special thank you for buying this DVD, Darrin would like to offer you his exclusive bonus report, "Darrin Gee's Top 10 Secrets to a Great Golf Game" absolutely FREE. Visit [www.darringee.com](http://www.darringee.com) to register for your complimentary copy.

## **ORDER DARRIN'S BOOK**

Now that you've viewed the DVD, take your game to the next level with Darrin's book, *The Seven Principles of Golf: Master the Mental Game On and Off the Golf Course*. This book teaches you how to achieve peak performance in golf and just as importantly, off the golf course, professionally and personally.

## **MOTIVATIONAL SPEAKING**

An engaging and entertaining speaker, Darrin is available to motivate and inspire your group to reach their potential and achieve peak performance in all aspects of life, including professional careers and personal growth.

## **DARRIN GEE'S SPIRIT OF GOLF ACADEMY**

To experience the Seven Principles of Golf first-hand, visit Darrin Gee's Spirit of Golf Academy, the premier golf school in the country focusing on the mental game, located at top resorts and golf courses on the Big Island of Hawaii.

To order or for more information,  
please contact us at:

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Item	Quantity	Unit Price	Total
<b>Book:</b> <i>The Seven Principles of Golf</i> by Darrin Gee		\$16.95	
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\*Orders delivered within the State of Hawaii must add a 4.166% sales tax. Prices subject to change without notification.



## ABOUT DARRIN GEE



Darrin Gee is one of golf's all-time leading innovators, listed among 47 of the most influential people in golf instruction including Harry Vardon, Ben Hogan, Dave Pelz, Johnny Miller and Arnold Palmer<sup>1</sup>. Since opening Darrin Gee's Spirit of Golf Academy on the Big Island of Hawaii in 2000, Darrin has personally worked with over 5,000 golfers, helping them dramatically improve their golf game.

Known for his simple yet highly effective teaching methodology, *The Seven Principles of Golf™*, Darrin's mental and inner game approach helps golfers of all abilities achieve peak performance on and off the golf course. Some clients have been able to take as many as 22 strokes off their game from a single session with Darrin! Darrin and his school have received national recognition as a leading authority on mental and inner game mastery, and have been credited for bringing thousands of people to the game of golf.

Darrin also works with professional golfers and top athletes, helping them excel during challenging or stressful situations. Corporations have hired Darrin to speak at corporate events on topics including team building, peak performance and personal achievement.

Darrin received his MBA from Northwestern University and holds a BA in Psychology from UCLA. He lives in Hawaii with his wife and business partner, Darien Hsu Gee, and their two children, Maya and Eric.

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<sup>1</sup> *The Secret of Golf* (Workman Publishing 2005) by George Peper, GOLF Magazine Editor-in-Chief for 25 years