



DARRIN GEE'S

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

**Mastering the Mental Game of Golf  
Volume 2: Full Swing**

**Companion Guide**



## **Mastering the Mental Game of Golf Volume 2: Full Swing**

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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 2: Full Swing 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: Find Your Center***

1. Rock forward and backward, like a rocking chair, eventually slowing down and stopping at your balance point.
2. Rock side-to-side, focusing on the center of your body located just below your navel. Stop when you find your balance point.
3. Rotate your hips in a circular motion in both directions, spiraling smaller and smaller until you find your center.
4. Combine all three motions simultaneously: rocking forward and backward, rocking side-to-side and rotating your hips.

#### ***Exercise: Two-Foot Jump Stop***

1. Take a few steps and jump to a stop, landing on two feet at the same time (CAUTION: if you have any knee, foot or back injuries, refrain from doing this exercise).
2. If you fall forward or get jolted backwards, repeat the exercise until you land in balance.

### ***Exercise: Balanced Swing***

1. Stand with your feet side-by-side and make 3 to 4 practice swings. Notice the quality of your balance.
2. Stand with your feet as far apart as comfortable. Make 3 to 4 practice swings. Notice the quality of your balance and flexibility.
3. Close your eyes and move your feet around.
4. Experiment with a variety of stances (i.e., wide stance, narrow stance, pointing your toes in different directions) until you find a well-balanced stance that feels perfect for you.
5. Secure your feet into the ground by imagining the spikes on your golf shoes growing into the ground like the roots of a tree.
6. Place emphasis on the ball of each foot.
7. With this stance, make 3 to 4 practice swings.
8. Close your eyes and make practice swings, until you finish in balance.

## **THE SECOND PRINCIPLE OF GOLF**

### **Developing Feel**

#### ***Exercise: Rate Your Grip Pressure***

1. Hold your 8-iron or fairway wood 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. Take 10 practice swings.
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 shots with your new grip pressure.
5. My new grip pressure is (write in box)



## **THE THIRD PRINCIPLE OF GOLF**

### **Visualizing the Shot**

#### ***Exercise: Visualize the Shot***

1. With your 8-iron or fairway wood, 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 or end up at that spot in the driving range”).
2. Take a soft look and visualize the path from the ball to your target. Imagine the golf ball’s trajectory, apex, and landing spot. See the number of bounces and how it rolls to your exact target spot.
3. Set up to the ball, and with 100% trust and commitment to your path, let it go!
4. Detach from the outcome. Judge the quality of your shot based on the process, rather than the outcome.
5. Choose 5 different clubs and hit 5 golf balls with each club, visualizing each shot.

## **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 full swing. 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 primary physical cue or trigger (i.e., standing behind your ball in a certain way, gripping your club and pointing at your target, tipping your hat) 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 swing (i.e., visualizing the path, practice swings, setting up the ball a certain way).
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 shot, whether an iron, fairway wood or driver, until it becomes second nature.
7. Keep it simple and remember to do it on the golf course for every shot.

## **THE FIFTH PRINCIPLE OF GOLF**

### **Finding Your Natural Swing**

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

1. With an 8-iron or fairway wood, practice different types of swings. Get creative: think relaxed, or assertive, or smooth. Remember Fred Astaire: 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 swing that feels best to you. How would you describe it? It may be a combination of different swings. 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 ground or on a tee.
3. Focus on the present. Release any prior shots, 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 going up, landing, bouncing, rolling and stopping."). 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 (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,  
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## 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