

# Chapter VIII

## Reaching the top



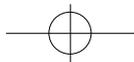
### Introduction

Maybe and in spite of all these recommendations, you still aspire to the same tendency of non-tolerance, that is to say, the way to **perfection**. To these people, I address this present chapter. You should only know that in the conquest of perfection, they will find in themselves a lot of tears for a little happiness, but this joy will be so strong that no sufferings will be able to spoil it.

### The excellence

«Excellence is the advantage of talent born from providence and developed through training». When you take up golf, either you succeed right away or you never do. At first sight, these statements might appear very categorical. It's true though, that the players who are quickly successful always have success later on. It's good that today, with the new available methods, it's easier than before to find out **why** one player is more successful than another.

By writing this book, my aim is also to break the former natural selection law and to offer anybody interested, more or less the same chances of success. However, as you, most probably have understood, excellence is a virtue that you cannot learn but must develop. It's somehow a type of holy gift which will allow you to reach a type of "genius". Face reality



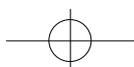
as it comes. Excellence is not within anybody's reach but **within a few** privileged persons only, the "happy few" as Stendhall would say. Fortunately, rarely the best student will reach the summit. In part because of this tendency which shows that over-gifted people get tired of their success and doing so destroy themselves. However, when you are number two, you learn how to increase your efforts.

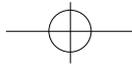
Down below I would rather like to instill in you the notion of excellence. If you assimilate what it means you will come closer and totally enjoy the qualities that you will have developed. You will get optimal pleasure.

## Fundamental aptitudes

To be able to position a ball at a 270 yards distance requires from the player certain physiological and psychological qualities which leaves nothing to chance. No doubt about it. From a scientific point of view, you must accept the fact that only your movements, together with a good grip, will be responsible for your ball trajectories. Since then, you will assign yourself failures or successes to your movements and not to any fault or external cause. They are too often paltry excuses, with no link to reality.

I intend too, to explain that the ball will go away from you only when you will have decided to perform your movement. Don't think that these pieces of advice are some plus platitudes. I want you to be aware of the importance of the movement because it will send the ball to such or such place! Once you will have ended correctly your swing you will feel some happiness, and immediate happiness which lasts after each swing.





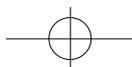
## A harmonious act

If you make an effort to stay a moment in your final position of the swing after you played, your body is going to feel something. A very small sensation which happens after each swing. Ask yourself questions about your sensations. You will be able, little by little, to make a difference between one sensation and another and you will be able to correct yourself without the help of an instructor. Anyway, at some time or other you will have to depend on yourself!

Above all, you should know how to stay flexible and firm. Owing to this, you will be able to best use the resources of your joints to develop the necessary liveness for the rotation and swings of the arms, shoulders and feet. Some suppleness exercises will improve your ease to turn your chest in the right way; it's from the chest axis that a good 90 degrees sideways rotation will depend.

You will coordinate the whole movement described, at a gradual and progressive rhythm and according to the balance principle. Each one of your movements will be harmonious and deliberate until it becomes second nature. The correct performance of the backswing will transform the downswing into a dynamic liberating action. Look at the bowman, he bends his bow then, when he loses his hold, he releases his energy through the arrow which goes towards the desired aim.

Maybe you wish to become a master in the art and manner of golf? So, you must know that you will have to show physical, psychological and technical qualities out of the ordinary but, however, not unapproachable. One is not born a golfer, one becomes a golfer, otherwise this book wouldn't have any justification!





## Capacities

To speak about sporting excellence means to gather certain inseparable qualities from one another. Each one of them requires its own qualities.

### Physical Capacities

#### **Potentiality**

Do you have the required physical qualities to become a champion? I moreover refer to physiological capacities such as rapidity, endurance, strength, rhythm, coordination and health.

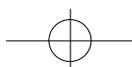
You must as well be in possession of a good metabolism. You must absolutely be realistic concerning your aptitudes, otherwise you will face big disappointments.

#### **Synchronization**

You must be able to perform a sequence of movements or actions in a predefined order, as if each movement had its own place in time and space, like sounds and images of a movie appearing simultaneously.

#### **Mobility**

Do you feel flexible that is, to be able to move in any direction at ease? It's important to be able to move as much as possible and in the easiest way possible. Only an appropriate stretching program will allow you to stay mobile. Don't expect your body to be on guard. If you do nothing, it won't do anything either.





## Psychological Capacities

### **Calm**

When you practice a sport you must have strong nerves and you must adopt a certain expression. If you get over excited, you will lose control of your actions and your sense of reality. Disorder will take over.

Breathe slowly and deeply, remain calm. This means being what you normally are and it's precisely this normality, for lack of another expression, which makes you what you are today. Only the self-confident person keeps a constant psychic and physical state. If you can't keep calm it's because you are trying to perform more than your capacities.

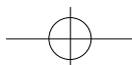
### **Enthusiasm**

You must enjoy practicing. You must have fun doing it and you must deeply live your golf. Your enthusiasm rate for golf must be high. You should not force yourself to practice and take the risk of getting bored. Your enthusiasm should be so convincing that after a competition, you should feel only one thing: the desire to do better next time.

### **Motivation**

What induces you to practice? Do you have a goal, a precise aim which invites you to go even further? In most cases, to be fit will not motivate you as much as the next competition drawing near.

Ask yourself this question: is it more important for me to take things as they happen or should I absolutely win? Do you improve when you take part in a competition?



**Attitude**

You should always keep the attitude of a winner. Do not be influenced by negative feelings. I know it's easier to say it than to do. Mentally, undisciplined people do not have the skill to mobilize their spirit and to recognize what disturbs them. If you have a winning attitude, your training will improve.

Your attitude will reflect on your environment, wherever you are, and others will see you as a succeder.

**Confidence**

You must be confident in your capacities to do what you must do. Don't encourage doubt and above all don't let it influence you. Negative arguments can be destructive if they are allowed to undermine your self-confidence. Faith is strengthened by confidence. You must believe in the invisible. The more you believe, the stronger will be your chances of success and ultimately you will be a winner.

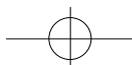
**Self-devotion**

When you set yourself on an aim, you sign a contract with yourself.

You should not change the conditions. You should tell yourself that you are going to train without taking yourself from your work, as diversion will only have bewilderment as a result.

**Perseverance**

Perseverance is the natural extension to an ideal. Practice should have for you a relaxing virtue and a tonic function. You should be enthusiastic when thinking about it, knowing, though, that it's not so easy. You must, at any cost, carry on by constantly trying to do well. The better you feel, the more things you will be able to accomplish. If you persist long enough, you will succeed.





### Comprehension

You must understand before learning. When you are able to understand what you are trying to learn, a certain logic sets up in yourself. This logic makes a task easier. Your success doesn't only happen by chance but will be repeated as time goes on. Only then, you get the confidence that nothing can escape your attention.

### Intuition

It's a phenomenon in which you can feel things that can't be explained. In order to use your intuition at its best you must first of all, cultivate an open mind, receptive to new ideas.

Some of them are excellent and intuitively you see them as so, and others, on the contrary are not as good and you know it. As we grow older we become more and more intuitive if we keep an open mind.

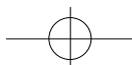
I know some players who, categorically, refuse to try new things. They are somewhat stubborn and narrow minded. Maybe they think they know everything? This is presumption. Even the biggest champion does not know all. He can still learn, discover and improve.

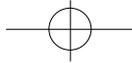
### Concentration

When all the intellectual effort is centered on an object or a task, our attention reaches its summit.

A perfect concentration allows us to forget our **"self"** and to sublimate **"it"**, the oldest instance. «It happened to me all of a sudden!»

Then the miracle happens, the best of yourself is distinguishable, nothing disturbs the perfect transparency of your mind. Not only the performance occurs, **it becomes it!**





### **Charisma**

Charisma links together all the other qualities. Some people state that one has it or not. I do not share this point of view. I think that charisma can be developed and kept up. By charisma, I mean a type of magic in your performances. Your personality is exposed in full daylight.

Other people identify themselves to you and you are capable of casting on to others the image that you want them to see. All the big champions have this charisma. Their presence brings about some warmth and joviality. They are expressive. Each one of their movements is performed with grace and harmony.

### **Technical capacities**

#### **The swing**

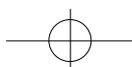
It's the most difficult but most spectacular technical part of the game. Used from the tee off, either the green or the surroundings. Described in detail in this book, it should not be worrisome!

#### **The approach**

Part of the game within a 40-yards distance off-the-green when one plays one's ball as close as possible to the hole.

#### **The putting**

Part of the game when your ball reaches the putting green. One rolls the ball to the hole. The final stroke on a given hole.





## Knowledge and experiments

### Strategy

You are in charge of a big operation: **To go over the 18-hole course scattered with ambushes and obstacles!** Only a perfect organization and management of your knowledge will lead you to success.

All those small things seem to you to be so often without importance. When the issue will come to an end, it's that small detail which will make the big difference because as always victory hangs by a thread.

### Your limits

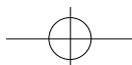
To know your limits and to know which clubs are appropriate in order to reach the target, are some of the most neglected points among golf players. What's the point to practice for hours, trying to perform a perfect movement if your good swing do not reach the greens?

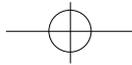
### Resistance

It's well known that any resistance, whatever its origin, represents a performance reduction. **Stress, irritability** and **fright** are the main causes.

Why when you are practicing, everything works out the way you want and when you are in a competition everything fails? Here are some questions without answers or explanations. Next time try to understand where this resistance comes from and why? Quite often a good and especially deep breathing can help you to let yourself go. Do not only look for performance, do not try to do more than possible. Be yourself and nobody else.

Maybe this will help you to relax and doing so to reduce this resistance which leads to so many counter-performances.





## Conclusion

As you can see, each part deserves the utmost attention. The only quality that you might have or not is **potential**. It's virtually impossible to acquire it. You lie in a certain way at the mercy of destiny. Your potential, more particularly your physical potential, has been transmitted to you genetically. It is, unfortunately, the "sine qua non" condition to succeed. **Charisma** is as well mysterious but you can acquire it. It's invisible; it surrounds you with an unruffled strength.

It seems necessary to me to own, in different degrees, the above mentioned qualities, if one hopes to become a champion. Not all are inborn but they can be developed year after year.

It's only when you have understood the basis of these ingredients coming together that you will be able to get very close to the desired ideal of mastership. You will get the feeling of having the ability to perform faultlessly which will propel you towards unexplored and unsuspected spheres. As for an invention full of genius, it's necessary to find the good formula, not to change it and to stick to it, against wind and tide.

«I do hope that you have enjoyed this book, but above all, you had the opportunity to learn what you wanted to know. I would like once more to make you aware of the fact that the main idea expressed in these pages is not to reach the complete mastership of the topic. It's rather a slow plodding towards the pleasure of learning an arduous discipline.

As I told you at the beginning of the book, the ideal solution should be above all to make «a minimum of effort for a maximum of results». Only the apprenticeship of a simple logical and structured technique will help you feel this sensation of easiness which is so appreciated».

