

From Zero to Hero

Terry Price tracks the progress of a Pro Golf IQ student

by Michael Court

AH, yes, the golf 'zone' – every golfer has heard about it and wished they could find it, somehow, when they're on the course.

And let's face it, if we could find that 'zone' we would cut shots off our handicap, easily.

The good news is, we can – by becoming students of Pro Golf IQ.

Leading Aussie professional Terry Price says he was amazed at the power of the product and the potential to improve players mental strength.

Take amateur golfer Kevin McCarthy, for example.

Several months ago Kevin was struggling to break 100 but he wasn't satisfied and instead set himself a target of breaking 90 by the end of the year.

And while he had always been a reasonable ball striker, like so many golfers, he suffered from negative thinking once he got on to the course.

And that was continually holding back his performance.

Then he read Terry Price's comments about the revolutionary new training program Pro Golf IQ (May, 2009 Golfer Pacific), a program developed to coach the amateurs mind to think like a pro.

He decided to give it a try.

And Terry Price himself has tracked McCarthy's progress over the past three months since he began the five-week audio course.

Here's how he progressed in that time:

■ WEEK ONE

Immediately after purchasing Pro Golf IQ McCarthy viewed the short introductory video by developer Dr Jason Gregg before settling down for half an hour in his favourite armchair and donning his headphones to listen to the first audio session.

"I must say that Dr Gregg's voice and his unique patented ISM sound tracks were very relaxing. I

followed the instructions and repeated this session twice in the first week."

Price asked him if he noticed any changes when he played the following Saturday to which McCarthy replied: "For the first time ever, I felt completely relaxed on the tee and my driving was less erratic than any previous round."

■ WEEK TWO

"This week Dr Gregg taught me guided imagery techniques and provided sensational pre-shot breathing and relaxation exercises where I actually visualised setting up for a shot on my favourite course in my own mind."

"After a couple of enjoyable rounds that week I mentioned to Terry [Price] that I was feeling extremely calm and had stopped the negative mind chatter just before each shot."

Price's comment? 'Congratulations Kevin, and welcome to the 'zone'.

■ WEEK THREE

Price says 'the training this week encouraged more relaxation techniques with focus on the short game and putting which certainly gave McCarthy a huge boost as he broke 90, not just once but twice that week. "I actually started to believe in myself and around the greens I was experiencing a confidence that previously I could only dream about," he said.

■ WEEK FOUR

Kevin says his wife of 25 years remarked on how calm and less stressed he appeared in his everyday life: "Clearly this has come from the mental conditioning that Dr Gregg has instilled in my subconscious mind which is not only assisting my golfing prowess but is also helping my focus within my business environment."

Price asked had the program reduced his tension while playing shots?



△ Kevin McCarthy (left) with touring pro Terry Price.

McCarthy replied: "What I have really noticed is if I make a bad shot, that I don't get stressed and take the frustration into the next one and mess up again. I have learned that you can't change the past and the next shot is the most important of the round. At four weeks into the course I shot an 86 and 89 at Sanctuary Cove and was playing more consistent golf."

■ WEEK FIVE

During the final training week Kevin reported Dr Gregg's instructions and techniques had become second nature and during this week's sessions he was guided on the all-important course management.

"I joined Hope Island and within a couple of weeks gained a respectable 21 handicap. I no longer worried about bunkers and other hazards, and certainly have no fear about playing over

water. Previously I would pull out an old ball when I was faced with a lake on a par three. I would literally 'talk' myself into playing a bad shot and sure enough that's what happened."

Price agreed saying that when he played in pro-ams he was amazed how many amateurs said to him before they played a shot: "just watch this one go splash"! – negative thinking produces negative results.

■ THE 'ENFORCER'

Following completion of the main Pro Golf IQ program McCarthy used the powerful 'Enforcer' session:

"I use the Enforcer as often as necessary and always the night before a game as it boosts everything I have learned from the five-week course. More putts are dropping in, the drives are straighter and more consistent, while shots I used to struggle with have become second nature. It's like playing on auto-pilot and most importantly I'm enjoying the game much more."

Now, just eight weeks after completing the program, McCarthy is playing socially four times a week and consistently playing four or five shots below his handicap.

"My target is to play off 16 by the end of 2009," he said.

That's a prediction Price feels is quite justified: "Kevin now has the mental strength to move forward and I will spend some time with him to address the physical side of his game. There's no reason why he won't break 80 on a regular basis early next year."

Price received similar feedback from some of Australia's top amateur players during a recent tournament in Queensland.

"Some of the players involved in the Pro Golf IQ program made a point of telling me that not only are the techniques improving their overall game it really helps them cope with the pressure of the 'win or lose' 10-foot putts."

Kevin McCarthy summed up the program with this quip: "The money I'm saving on lost balls has already paid for the Pro Golf IQ program twice over!"

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