



The 20th Hole at Five p.m.

The Mental Coaching Podcast for the Best Game of Your Life

E-Book and Bonus Materials for Episode 3: “Holes in the Soles of your Shoes”

Contents of this E-Book

1. Episode Transcript

A word-by-word transcript of the whole episode to re-read if you don't have an MP3 player at hand or want to review the contents.

2. Action Steps

The Action Steps for this episode.

3. Printable Cheat Sheet

A ready-to-print card suitable for taking with you on the golf course.

4. Additional Resources

Includes essential reading for aspiring golfers.

About the HeadProCoaching Podcast

Let the Mental Golf Techniques in this podcast improve your mind and your golf game, quickly and easily. Join Mathias Maul, professional mental golf coach and inventor of the HeadProCoaching Technique, as he reveals the secrets to lowering your handicap and impressing your fellow golfers.

This podcast is aimed at all those golfers, all over the world, who still haven't reached that magic threshold: a handicap of 12 or less. Those lucky enough, or hard-working enough, to have reached that level can improve their game even further by working one-on-one with Mathias Maul. For those not so fortunate, this podcast is the next best thing – an easy, fun, affordable way for the “Mental Meister” to guide you, too, to a lower handicap – and this series is designed to work with golfers of all experience levels.

Why “20th hole”? For many golfers, the game stops at the 19th hole – the clubhouse or an after-game pub or restaurant. If you're one of those golfers whose game is finished at the 19th hole, this series probably isn't for you. But for those of you ambitious enough to look beyond the 19th hole, who are on the never-ending quest to improve their golf, themselves and their lives, who seek answers to bigger questions — if you are one of these, then this podcast is for you.

Welcome to what may have been, till now, beyond your expectations: The 20th hole.

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1. Episode Transcript

It's 5 PM...it's the 20th hole ... so welcome to the mental coaching podcast for your all-time favourite game — golf.

You're listening to episode 3, entitled "Holes in the Soles of Your Shoes"

The writer and producer of this series, our Mental Meister, Mathias Maul, has found a surefire way to dumbfound even the most seasoned golf teacher — tell us how you do that, Mathias!

* * *

During the years that I have been in the field of mental coaching, I found that one of the most effective techniques is also the most simple. If done correctly, this technique leads to a huge increase in physical and mental stability, both of which are absolutely essential for a successful game.

I was amazed that most of the professional golfers I talked to did not know about this very simple technique, and they in turn were amazed at the effects of this intervention. Many reported that by just adhering to this approach, they CONSISTENTLY played better.

Still, some of my clients hesitate using this technique when I work with them in personal coaching sessions. They are put off by its utter simplicity and think that such simple things cannot work. But the rewards are huge, so there is no reason not to include this technique in your game.

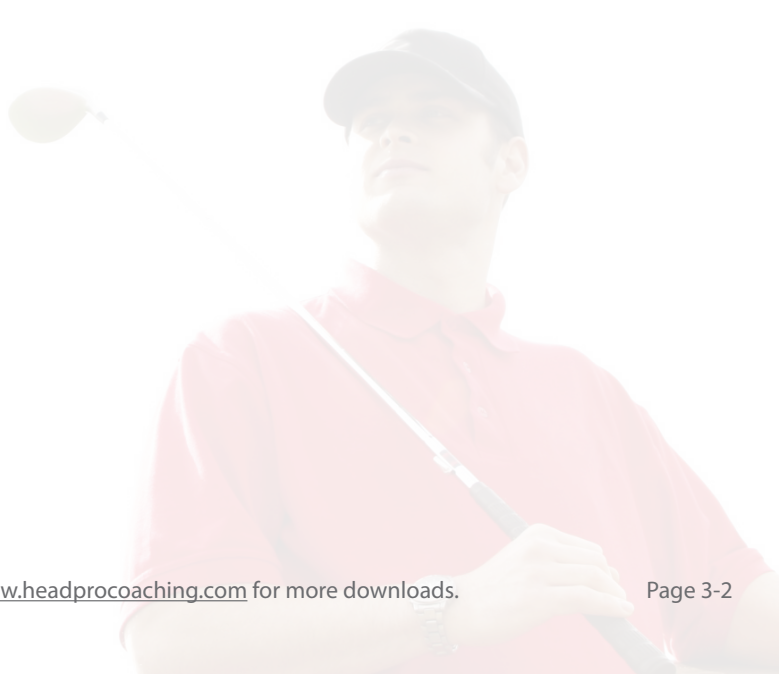
* * *

Thanks, Mathias. So what exactly *is* this technique? What can be so simple, and yet so effective? Well, even describing it is stunningly simple: *Breathe ... through ... your ... feet.* That's it. That's all there is to it: Breathe through your feet.

Now, we are well aware of meditation-related techniques that suggest you spend weeks, months – years, even – learning how to breathe in what some deem to be the "correct" manner. But from our perspective, that's way too complicated and way, way too time-consuming for even the most enthusiastic golfer — so, let's take another Mathias short cut!

To learn how to apply this short cut, so that it becomes yet another HeadProCoaching Technique that will always be available to you in future, we'll follow a set of Action Steps, as we did in previous episodes.

And, as before, please do not start until you're in a comfortable, relaxed state of mind - it will help you learn and absorb more quickly. If you feel you're ready to start now, then ... let's go!



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2. Action Steps

Step One: Go to a driving range or a putting green, or simply take your putter out to your front lawn, or use the carpet in your office - if you do, though, don't get caught by your boss! But, if he does catch you practicing in your cubicle, simply invite him to join us at www.headprocoaching.com — he may even thank you for it!

Step Two: Pick a target – a flag on the range, the hole on the green or that space between your colleague's shoes on the office carpet. Address the ball ... and stop. Freeze. Your breath - where is it? Are you breathing shallowly, is it in your chest? Or is it deeper, down in your belly? Do nothing else. Just be aware of your breathing, then hit the ball and observe the result. Repeat this process several times and, as you do so, just *neutrally be aware* of your breath.

Step Three: Deliberately move your breath up into your chest - if it isn't already there, that is. Breathe shallowly, through your nostrils, and watch how the upper part of your chest moves outward and upward when breathing in, and downward and inward as you breathe out. Hit some more balls and observe the results.

Step Four: Get another ball and, as you address it, settling your feet as you do so, imagine that your shoes have holes in their soles: Holes small enough to be hard to see, but big enough for air to pass through easily. Now, as you breathe in, imagine that you're actually breathing through your shoes, that you're pulling air out of the ground and up through those holes in your shoe soles, up through your feet, your legs, your hips, right up into your belly. Actually, all you need do is simply imagine those holes in your soles, and the rest will follow. Come, let's do it together – concentrate on your shoe soles ... now gently pull air out of the ground ... and, even more gently, let the air flow out, back into the ground, through the soles of your shoes.

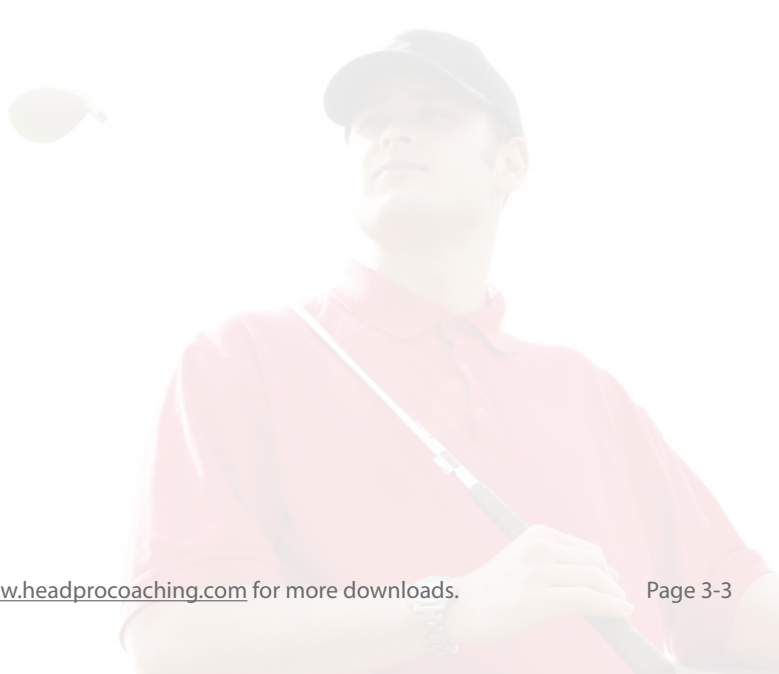
You will notice that your posture changes automatically while you do this.

Step Five: While breathing through your feet, hit some more balls and watch the results.

Step Six: Now, compare the results from step 5, when you were breathing through your feet, with the results from step 3, when your breath was in your chest.

If done correctly, breathing through your feet will improve your posture, your stance and your swing in ways you probably haven't been able to do before.

Mathias tells me of single-handicappers who wept when they were shown this method, with many of them asking: "It's so simple, why couldn't I think of it myself?" There was no need to — the Mental Meister thought of it for them, and for you. All you have to do is master this technique, then watch your scores come down. And in our next episode, you'll learn to flex that mental muscle even more in pursuit of ever lower scores.



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3. Cheat Sheet

This is a handy ready-to-print cheat sheet for your golf bag. Print it and take it with you on the driving range, putting green, golf course, or front lawn to improve your game.

HeadProCoaching Podcast Cheat Sheet

for season 1, episode 3, "Holes in the Soles of Your Shoes"

Suitable Context(s) for this Exercise

Driving Range Putting Green Golf Course Front Lawn Living Room

Synopsis

Naturally gain physical and mental stability by adjusting your breathing patterns.

Action Steps

1. Get a club and a ball, and set a target. Just before hitting the ball, perceive your breath. Is it deep or shallow, is it up in your chest or down in the belly? Then hit the ball towards the target. Use the BESC from episode 1 and write down the results.
2. Move your breath upwards to your chest and deliberately breathe in a shallow manner through your nose. Hit some more balls toward the target with your breath "up".
3. Imagine breathing in through tiny *holes in the soles of your shoes*. Pull the air up from below, through your soles, feet, ankles, etc., into your belly. Breathe out downwards. Notice the increased stability especially in your feet and legs.
4. Hit some balls towards the target with your breath coming "through your feet".
5. Compare results of (2) and (4) and keep on practising until your breath flows easily "through the feet".

Bonus: For a *bonus step* see the current issue of our newsletter. Subscribe for free at www.headprocoaching.com/podcast

HeadProCoaching Podcast Cheat Sheet for Season 1 Episode 3, "Holes in the Soles of Your Shoes"
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4. Additional Resources

This section contains additional information about the topics covered in this podcast episode.

If you have more recommendations, or any feedback to the HeadProCoaching podcast or e-books, drop me an email at matt@headprocoaching.com.

Most of the media mentioned below can be ordered via the HeadProCoaching shop at this address: www.headprocoaching.com/shop

Blandine Calais-Germain: *Anatomy of Breathing.*

A beautifully detailed account of all aspects of breathing, written for the layperson. Perfect if you want to delve into the fascinating topic of breathing.

Midge Ure: *Breathe.*

When I asked a client about his favourite supporting music for practising breathing through his feet, he said "Breathe" by Midge Ure. Give it a try, especially if you don't like those new-agey whale song CDs.

