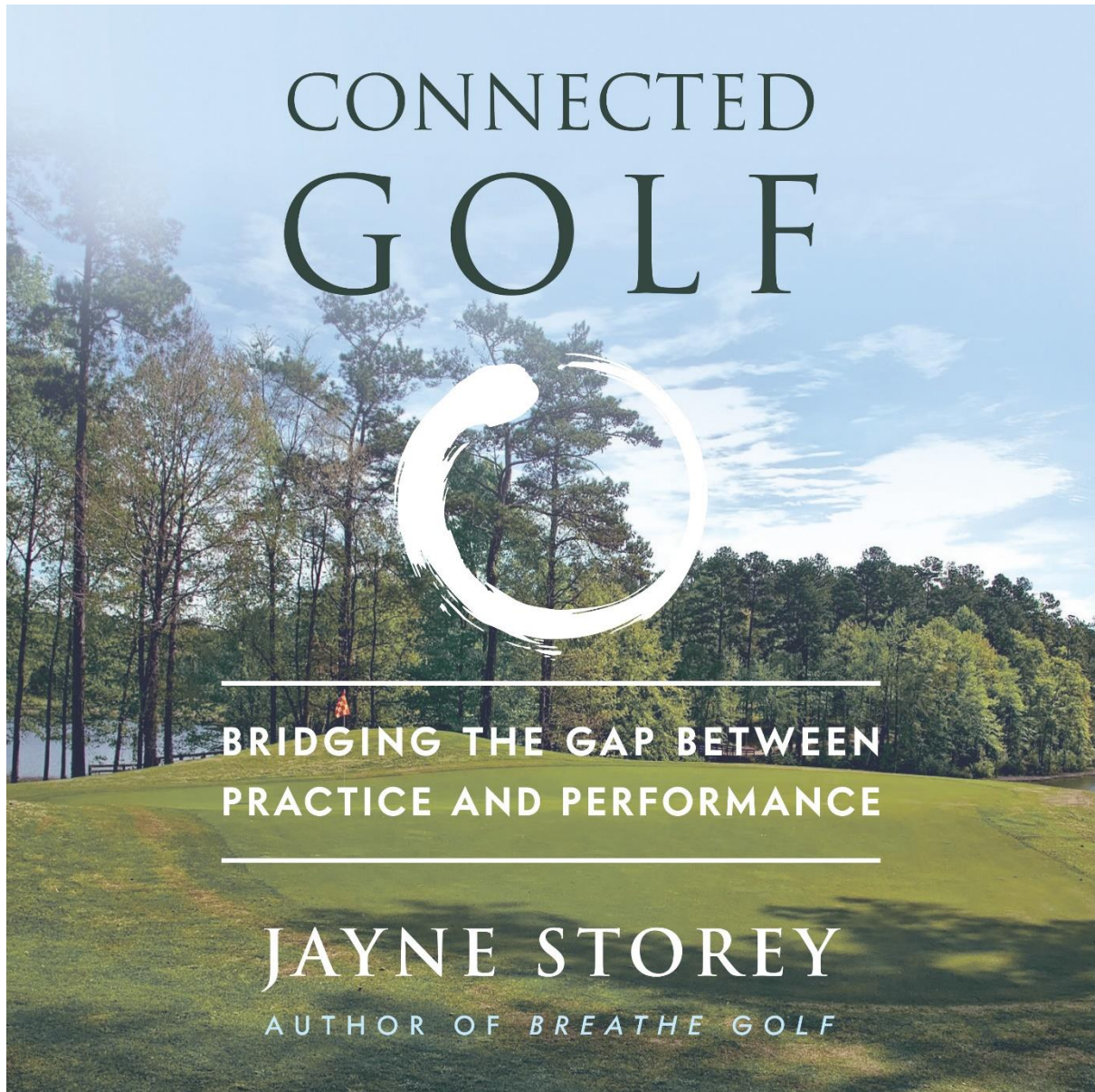




Visuals to accompany audio book.

CONNECTED GOLF

*Bridging the Gap Between
Practice and Performance*

Jayne Storey

Author of
BREATHE GOLF

“He loved to practice as much as he loved to play. That night in the ravine, he told me there was little difference anymore between the two activities; the pleasures of practice had become so profound. If I had stayed in Burningbush, I might have learned more about the ‘second art of golf’... but I have salvaged some wisdom on the subject from Shiva’s notes and some discoveries of my own.”

Michael Murphy, *Golf in the Kingdom*

For Mike,
my staunchest critic and greatest ally.

Thank you.

WHAT OTHERS ARE SAYING

"Jayne's work is a fantastic addition to building and improving people's golf games. As a former European tour player and now a coach, the fundamentals of centeredness, balance, softness and stability that are so important to golf can be enhanced massively by Jayne. It is why Tai Chi and golf are such a good match! Jayne's work and knowledge are brilliant in helping people understand motion, balance and power. All massively important ingredients of a good golf swing."

Andrew Raitt, PGA

"Dear Jayne. Since starting with you, I played and won my first match today, beating my opponent by one hole with a birdie on the 18th! What it comes down to is that I simply do your drills and exercises to my best ability and then just let it happen on the course, trusting my mind and body together to work it out for me. That's the best way I can explain the seismic shift that I am experiencing. It really has been a shock to suddenly strike the ball such distance and to find I am on in regulation! You really have thought all this out very carefully, from the drills to the meditation, and they all work beautifully. Thank you."

Christopher S, Surrey

"Jayne's coaching gave me the missing link to pull my mind and technical ability together, and since then, I have had one win after another!"

Padge S. Winner, Senior NT Open, Darwin

"I have loved working with Jayne on my breathing and becoming more aware of how my body is feeling on the golf course. I have come to the realisation that I don't need to interfere with what I am doing when I am in the zone; I don't need to start thinking or have a checklist of things I need to do like I have done in the past. When I am in the zone on the course, I can just let myself go and enjoy the moment, but when I do start to feel nervous or anxious over a shot, I now know a better way of helping me get back into the zone. When I feel nervous now, I just feel my breathing in the t'an tien and how my feet feel on the ground, and that helps me to get back to a calmer state where my mind and body can work together."

Gemma Dryburgh, LPGA and LET professional player, Women and Golf tour ambassador

"Training with Jayne helps me feel 'in the game' when I'm playing, everything feels right, and I stop thinking about what could go wrong. I'm able to trust myself and commit to the shot."

Denise P. Winner, Swedish Junior Masters Invitational

"Jayne's teachings are the key to better golf."

Phil Scott PGA, Father of Adam Scott, former World No. 1 and winner of 31 professional tournaments

"Dear Jayne, I was fascinated to learn more about how your Tai Chi methods and Mr Nicklaus's philosophy on the game have similar traits. Thank you again for introducing this new approach to us and for your creative thinking."

Andrew O'Brien, former V.P., Nicklaus Marketing and Communications

"My ultimate goal has always been to self-coach. I'm a very intuitive golfer and have never wanted to rely on lessons to teach me what I know is already in there. There is a type of wisdom in me that knows what to do. What blocks this very often is anxiety and overthinking, and Jayne's teachings have really helped me accept my swing and play some of my best golf."

Theresa W. Newport Beach, Florida

"Jayne, I really enjoyed your videos and your very low key way of sharing. For me, your information is spot on and should be addressed with the pros as well as amateur golfers. Keep up what you are doing, and I look forward to working with you in the future."

Michael Hebron, PGA Hall of Fame

"I enjoyed your workshop and have begun practising the standing and sitting, pre-shot routine and set-up that you instructed us on. I played nine holes last Friday with no mechanical thought, only your swing feelings – focus on my navel, empty chest and rooted in my feet – and shot my best score of the year, for nine holes a 42. I only had three less than optimal swings, and even those were good misses!!! Clearing my mind, trusting my mechanics, and feeling my feet throughout the swing made a big difference! Thank you."

Jay P. BACKtoGOLF Physical Therapist, Texas

"Just thought I'd let you know that my daily practice is going well. I'm getting a lovely feeling of power in your Tai Chi-style address position; drives getting out to 250 yards, irons going ridiculously far. Also, during two rounds over the weekend, I finally got properly into using my breathing as you've instructed and was delighted with the results – lovely feeling of release through the ball in the direction I wanted it to go – so thanks so much for this, it's a keeper!"

David Y, Rotterdam

"This is powerful stuff for those who commit to put in the practice!"

Jeff Hawkes, European Masters Champion

"Using her vast experience as a Tai Chi instructor, Jayne has developed an inventive golf specific programme that will allow you to bridge that all-important gap between the driving range and taking your 'A' game to the 1st tee."

Mark Janes, PGA

"I had come to a perplexing crossroads in my golf and was very frustrated that I could not connect my athletic capacity from decades of traditional karate and also softball into a fluid athletic golf swing. Recently after listening to your podcasts and YouTube videos, I shot an 82 right out of the blue, with five pars in a row! Even after my goof-up hole, I parred the next. It was pure delight. As obvious as it should have been, I didn't think of attention and breathing as the way to go. I kept drilling positions and swing thoughts to see if I could make them 'instinctive' like my ball throwing or the instantaneous reaction of a karate kick that flows from the nervous system with no interrupting thought. It is very inspiring to meet someone like you who has taken this fascinating performance conundrum, how to remove trying and thinking, and conveyed it into a practice for golf."

Ginny R. Portland, Oregon

"I recently had the pleasure of talking with Jayne Storey about her work with golfers. I was really excited about and interested in her concepts. Several days later, I competed in a Southern Ohio PGA tournament and decided to focus on her concept of being physically centred as I swung the club. The results were amazing, as I was able to hit 17 greens in regulation and shot an easy 69, a phenomenal ball striking round for me! The feelings of balance, centredness and effortless power were great to experience. I can't wait to learn more from Jayne, as I'm sure she has discovered the secrets of peak performance golf."

Paul Hobart, USPGA, Founder of Golfers' World Summit

"Working away according to your instructions, I have noted a remarkable improvement in my ball striking consistency. Secondly, much more enjoyment and less frustrations! I think I am getting into a new territory with a calmer mind, reproducible procedures, breathing well, and rooted in my feet, swinging round that golf ball located in the t'an tien area."

Erik A, Oxfordshire

ACKNOWLEDGEMENTS

With grateful thanks to Andy Wild PGA teaching professional and Gemma Dryburgh LPGA and LET tour player, for demonstrating the various aspects of the golf set-up and swing.

Many thanks also to Alex Hiett for the illustrations.

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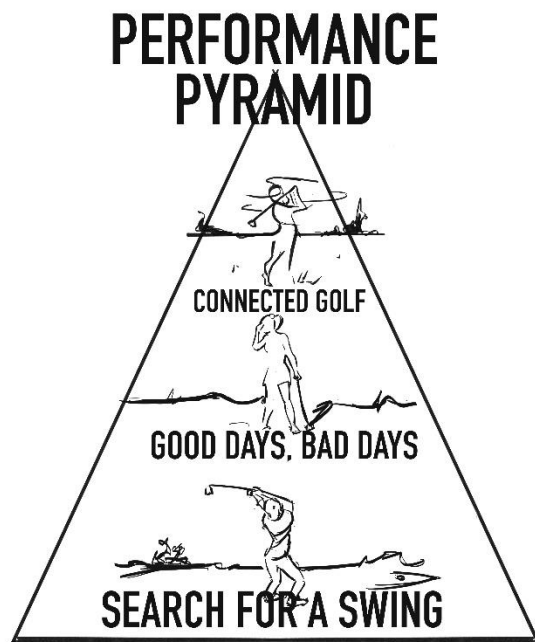
IMAGES FOR PART ONE



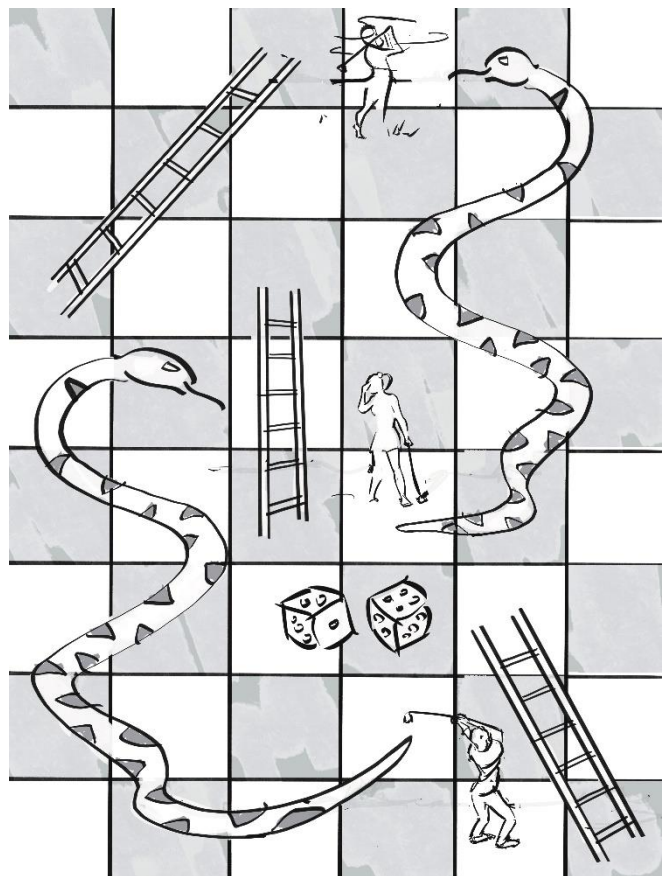
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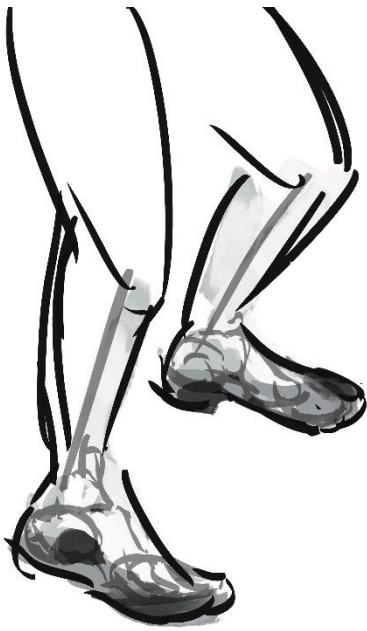


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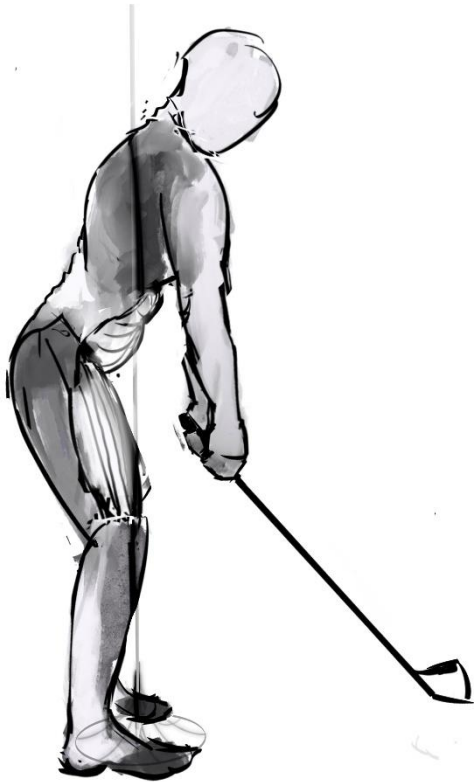


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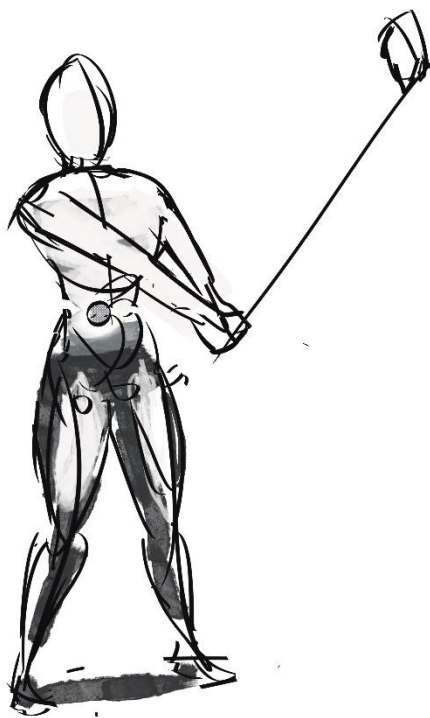


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Figure 19: Exercise No. 2 – Empty, transfer and turn (left)

**Figure 20: Exercise No. 3 – Empty,
transfer and turn, lift the heel
(right)**



**Figure 21: Exercise No. 3 – Empty,
transfer and turn, lift the heel (left)**

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RESOURCES

Other books by Jayne Storey and Re-think Press

Breathe Golf: The Missing Link to a Winning Performance is available online and in bookstores worldwide!

The following are available from www.chi-performance.com

Golf Performance Bundle (eBook, audio and video course compilation)

The Practice of High Performance: 10 Essential Keys to Mastering Pressure
(eBook and Training Guide)

12 Week Mind-Body Performance Challenge (eBook and audio programme)

Connected Putting: Harmonising Mind, Breathing and Movement on the Greens
(audio programme)

Please also visit chi-performance.com and sign-up for Jayne's newsletter to receive your FREE Training Report. You will also find plenty of additional resources, including blog posts and online articles, YouTube video channels and podcasts.

FURTHER TRAINING

Jayne provides 1-2-1 and online training programmes for elite and committed amateur golfers who wish to develop a Performance Practice.

Training is also offered to coaches on an individual basis and can be facilitated as part of the PGA's Member Education Programme.

Accreditation is considered for a select number of individuals wishing to become certified trainers in the Connected Golf methods. Please get in touch via the website for more information.

Group coaching, talks and seminars are also available.

To enquire, please contact Jayne through the website.

www.chi-performance.com

ABOUT THE AUTHOR

Jayne Storey is a Movement and Performance Coach specialising in the mind-body connection. Her expertise is based on over 30 years' training and teaching formal Buddhist meditation (Zazen) and soft-style Chinese martial arts, including Tai Chi.

Her ground-breaking approach uses simple principles of these ancient disciplines combined with traditional, deep practice to help athletes overcome anxiety, nerves and mental interference.

For almost two decades, Jayne has worked with golfers, tennis players and athletes from many other sports, helping them understand and apply this training for performing in the zone (aka *flow*).

Her experience is allied with 20 years' independent research and development of her unique

Chi Performance coaching model, which provides a tried, tested and proven approach to enable the delivery of complex movement skills during high-pressure situations.

Jayne has written instructional articles for a number of sporting publications, including Golf International, Atlantic Golf & Lifestyle, Golf Monthly, National Club Golfer, Kingdom, Women's Golf Journal and Sports Coach.

In her free time, Jayne enjoys trying to speak Italian, walking, cycling, reading and learning to play classical guitar. With her lifelong interest in the martial arts, she has recently started training in Kalaripayattu, which originated in Kerala, India and is thought to pre-date Tai Chi by several thousand years.



www.chi-performance.com

The Natural Way to Perform Under Pressure