



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 4: “Salting the Green”

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 4, entitled "Salting the Green."

Have you ever watched a sumo wrestling fight? Sumo is an ancient Japanese martial art and Japan's national sport, and sumo wrestlers are among the most respected sportspeople in Japan. In sumo, the wrestlers try to push, pull, heave or throw their opponent out of the ring. Not a simple feat, considering that the wrestlers weigh up to 200 kilograms!

Now you might ask yourself ... How does all this relate to golf? No, I am not referring to one particularly sumo-wrestler-like golfer but rather to the surprising similarities between sumo and golf. If you watch a sumo fight, you will see that, before the bout, the opponents perform various rituals, the most noticeable of which is throwing salt into the dōjo, the wrestling arena.

Most of these rituals stem from the shintō faith and are concerned with purification: The wrestlers purify the dōjo and themselves in order to mentally cleanse themselves and enter the bout without mental hindrance.

A sumo fighter once said that every single bout should feel like the first one, with no residual effects from any previous bouts, and with the mind like a blank slate.

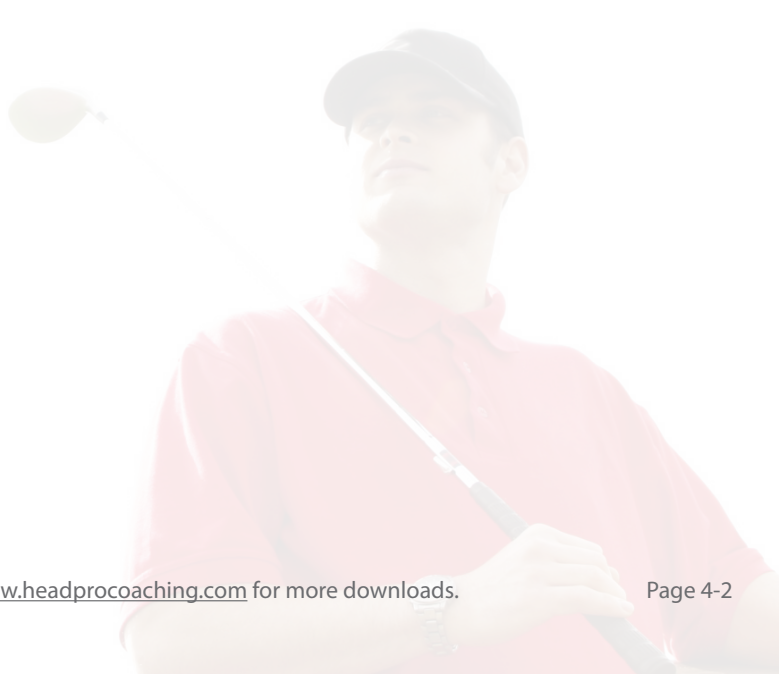
It is obvious how useful this could be in golf. Imagine that each and every time you walk up to the ball, you are free of the potentially adverse effects from previous shots ... wouldn't that be something? Think of it as a mental pre-shot routine, HeadProCoaching style. In this episode, you will learn how to implement this mental pre-shot routine and, as you do, your coach, Mathias Maul, will have you, virtually, walking in the footsteps of legions of sumo wrestlers. In that process, you will see how two sports,

seemingly worlds apart, can indeed connect.

Now, before we start, make sure that you have completed episode 3 of the 20th Hole podcast – "Holes in the Soles of Your Shoes" – about dramatically improving your physical and mental posture by simply changing your breathing patterns.

Meet the Mental Meister!

If you play to a handicap of 12 or better, you may qualify for a **private HeadProCoaching session** with Mathias Maul! Check Mathias' schedule and book your personal coaching session or teleclass at www.headprocoaching.com.



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2. Action Steps

As preparation for this episode's action steps, we *strongly* recommend that you watch several sumo fights on television, or on the internet, and closely watch the fighters' rituals. You can find a list of such internet resources at the last page of this e-book.

Do *not* bother watching golf professionals and then try to emulate their routines. Some of you might disagree with this but rest assured, if you plan to find your very own mental pre-shot routine, the best way to achieve that is to take the purest and simplest form as a blueprint.

These action steps are best done on the chipping range, or putting green ... or on your front lawn. So, are you ready? Then, let's start!

Step One: Get a club you're comfortable with.

Choose a suitable target. Get a ball and put in on the grass. Hit the ball towards the target and notice the quality of the shot, both from a physical and mental perspective. You can use the HeadProCoaching Baseline Evaluation Scorecard from the e-book of episode one to note down your results.

Step Two: Move three steps away from the ball, still facing towards it. From that distance, look at your ball lying on the grass. Visualize, around the ball, an area 2 metres square — for those not in the metric system, that's roughly 2 yards by two yards. This is your private sumo wrestling dōjo. (If you now think that this is weird, don't worry. Mental coaching is supposed to change old patterns of behavior, so a bit of weirdness is par for this course!)

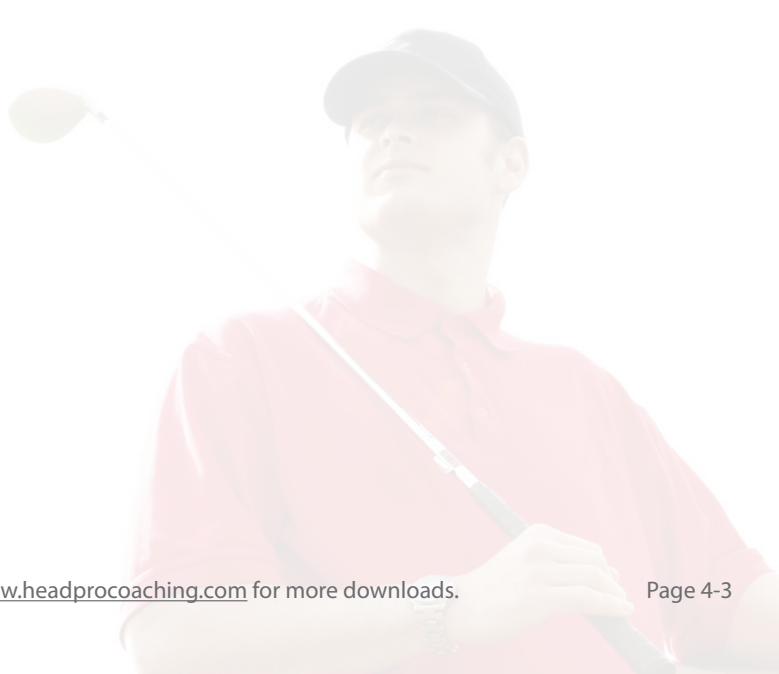
Step Three: Remember the breathing pattern you learned in the last episode? Okay. Start breathing through your feet. As simple as it sounds, this is the first step towards being a golfer with consistent physical and mental stability.

Step Four: Now, don't laugh but ... pretend you are a sumo wrestler preparing for a bout. You don't have to look mean and stomp your feet. Instead, focus on

what the greatest sumo wrestlers focus on: "Purify" the dōjo – that is, the imagined 2 metre square around your ball. Imagine that this square is swept clean of all memories of missed shots, hooks, embarrassing giggles from the audience ... and now, whatever comes into your mind that may be memories of past problems on the course, visualize them also being swept out of your square, until it is totally clean.

Step Five: Now, walk up to your ball and address it, but only after you are sure, in your mind, that you have removed all mental obstacles.

Step Six: Hit the ball towards your target and compare the quality of this shot with the shot you hit in step one. Repeat the procedure several times – try different ways of cleaning your dōjo, of removing all residue – don't stop, keep going, you're practising being a sumo golfer!



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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 4, "Salting the Green"

Suitable Context(s) for this Exercise

Driving Range Putting Green Golf Course Front Lawn Living Room

Synopsis

Develop a mental pre-shot routine by "mentally cleansing" the area around your ball just like sumo wrestlers "purify" the dōjo.

Action Steps

1. During an ordinary golf round or during practise, hit a few balls toward a chosen target and note down your current state of mind, the "feel" of the shots and their quality. Use the BESC from episode 1.
2. Step back three steps and visualize an area about 2 metres square around the ball. This is your sumo/golf dōjo.
3. Turn on your "breathing through the soles of your shoes" mode you learned in episode 3.
4. Visualize the dōjo around your ball being "purified" from everything that might have accumulated from previous shots or rounds. You might even throw some (imagined) salt into the dōjo if this helps. Be creative!
5. If the cleaning process is finished (and only then), go to your ball, address and hit it and note the differences in quality. Develop this routine with each and every shot.

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 4, "Salting the Green"
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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

David Benjamin: *Joy of Sumo. A Fan's Guide.*

A humorous yet comprehensive guide to sumo for westerners. Read this to quickly get a “feel” of sumo and apply some of its principles to your game of golf.

Graham Clarke: *Sumo Prebout Rituals. The warmup is the message*

This nice article detailing some aspects of the sumo rituals can be found at www.magma.ca/~sumo/s101prep.html. Also, check out the “History” section at the “Sumotalk” web site, www.sumotalk.com

Robert Edwards (producer): *Sumo East and West.*

A critically acclaimed movie about the clash of cultures, sport styles and mental principles when Hawaiian Wayne Vierra ventures on becoming a sumo champion. Available on DVD.

