

GROHMAN GOLF GAZETTE

JUNIOR GOLF EDITION

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WHATS UP IN SOUTH CENTRAL

First Tee Program

The First Tee is a national golf program aimed at bringing golf to inner city youth all across America. But more importantly it emphasizes educating kids in life and success skills that mirror the skills necessary to be successful in golf. I know it sounds like they took a page out of Coach Joe's mission statement but Tiger and Earl were behind the creation of the First Tee program. 7 years on Team Tiger gave me the same ideology apparently. It was nice to see similar philosophy when I recently read the First Tee Coaches manual. I didn't know how much influence Tiger and Earl had over the program but it's obvious that it's Earl's mojo that they base the program on. So I'm thrilled to be involved now because First Tee has arrived in South Central at Maggie Hathaway. 2 years ago I tried to get the First Tee to look at Maggie. It's where I was taking the Watts YO Program juniors at the time and is a perfect course for it. It's been a lonely and often difficult struggle as a renegade PGA pro trying to bring the Team Tiger blueprint to the inner city. But my KOC "Best in Nation" junior program award from the USGA in 2001 was with my inner city juniors so I knew I had the right stuff. And with the First Tee program in town I am no longer on my own in the hood. I'm looking forward to a productive alliance!

BOOT CAMP NEWS

Pro Hoopster Visits

Former Pro Basketball Player Carl McGee was Coach Joe's guest speaker recently at boot camp. I met Carl at a recent golf tournament and knew he'd be a great speaker for the kids. He grew up in the area and had been in trouble as a youth just like my boot camp kids. Yet he was able to turn it around and make it to the NBA. It was great to see the kid's interest in listening to someone who had once been in their shoes and his advice on life. The kids had a chance to ask questions after the talk. It was nice to hear the hope in their voices when they did. I am grateful to Carl McGee for sharing an inspiring talk with us. And look forward to teeing it up with him very soon! Coming up a US Ambassador is on the schedule to speak to the kids. Look for the story in next months GGG.

Junior Blind Golf Clinic

Coach Joe's 4th Annual Golf Clinic for the Junior Blind will be on Saturday, August 7th from 9 a.m. to 1 p.m. at Chester Washington Golf Course in South Central L.A. 35 juniors from the L.A. Foundation for the junior blind will be guided by juniors from my inner city golf programs for the event. And all are welcome to come cheer on these special kids. So come join us! I guarantee it will be a day you will never forget!

THE GREEN CROSS OF PEACE

Last month I wrote about Da'Nitra Turner my 18 year old student that was shot in a drive by on April 1st of this year and is now a paraplegic. Because of this incident and the plans to enlarge our junior golf programs to expose the juniors to programs outside the golf course, last month I introduced the Green Cross of Peace. It's a green cross on the back of a shirt, on a hat or on a bumper sticker on a car. This symbol means: Don't Shoot. The Green Cross identifies juniors as Coach Joe's kids and part of community programs that teach skills and experience that help make the community a better place to live. Most of the kids in the programs are from broken families and live in Foster homes. They come in peace as ambassadors of good will and community improvement projects. Their success means community success. And all are welcome to wear the green cross and subscribe to peace under this banner. Violent crime is a very real danger the community has to live with. Let the green cross of peace be a symbol of safety for all that display it, no matter who they are, where they've been or where they have to go. Give all that display a green cross safe passage! The community has a new banner of peace without judgment! It is a green cross, the green cross of peace: Da'Nitra Turner's cross! So don't shoot!

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INSIDE TEAM TIGER

“Yes they will believe when it’s over.” Tida Woods in between rounds at the 95 U.S. Amateur final. It was a tradition that started during Tiger’s first U.S. Junior Amateur final for Tida to call me in between rounds and give me an update on how Tiger was doing. In those days the junior wasn’t televised and even though the Men’s Amateur was Tida kept the tradition alive for all of them. In this particular year Tiger was 6 holes down after the morning round. By then many people knew I was part of Team Tiger and used this moment to mock Tiger’s situation in the tournament or to see how I was feeling about Tiger getting beaten so badly because they were upset about it. Everyone that called couldn’t believe it when I told them Tiger was still going to win and there was nothing to worry about. I remember one person getting mad at me for it and yelling, “Tiger’s going down!” Then hanging up. I really couldn’t believe that nobody would believe me. I even went so far as to predict correctly how the rest of the match was going to play out for some of the callers. By the time Tida called I was pretty angry about the phones suddenly lighting up with so many non-believers. It was a relief to talk to someone who shared my conviction even if it had to be his mom. We were laughing by the end of the call because we knew Tiger would win and make believers out of all those callers. And he did.

THE SECRET OF GOLF FROM THE BOOK **“HOW TO GOLF BEGINNERS GUIDE”** BY JOE GROHMAN PGA FOREWORD BY **EARL WOODS** Available exclusively at **HOWTOGOLF.com**

Available in English,
Spanish and Korean

Just as the bowler doesn’t walk up to the foul line straight-legged and throw the ball solely with his arm, and the tennis player doesn’t swing the racket only with his arms, likewise the golfer doesn’t swing the golf club just with his arms. As in most sports, the secret of golf that allows one to achieve a flowing, unrestricted and balanced golf swing is a proper WEIGHT TRANSFER. In a proper weight transfer, body weight is used as leverage. The bowler pulls the ball back on his approach and using his entire body, transfers his weight from his back foot to his front foot allowing him to fire the ball down the lane. The tennis player uses his entire body to pull the racket back, swing through with a weight transfer from back foot to front foot and fire a forehand down the line. The principle also applies to golf. Weight is loaded up behind the ball on the back foot (at address, during the takeaway and backswing) so that at the top of the swing, the weight is in a position to be leveraged or transferred as

energy (on the downswing and at impact) to the ball, via club head speed, sending it on its way. And with a proper weight transfer, the weight will end up on the front foot at the finish of the swing, just like the bowler and the tennis player.

To imagine the leverage in a weight transfer, imagine a baseball pitcher throwing a pitch. Now imagine how much speed would be lost if the pitcher threw the ball straight-legged, using just his arm. Weight transfer is just as important in a golf swing and just as much body weight is transferred. The difficulty in golf lies in the fact that this similar weight transfer must be accomplished just as completely and accurately, but in an area extending only from the inside of the right foot to the center of the left.

Thus as you read this book and develop your own golf swing, it is important to understand that all the moves and positions made in a golf swing are done to facilitate a weight transfer during the golf swing. A proper weight transfer is the secret of golf, the foundation upon which a successful golf swing is built.

Find more at **HOWTOGOLF.com**

Earl Woods foreword
Letters from 2 U.S. Presidents
Excerpts from the book, Past Newsletters, Magazine articles on Coach Joe’s work, Team Tiger Pictures and much more!

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QUOTEBOOK

Man is born to live and not to prepare to live.-Boris Pasternak

Man is not the creature of circumstances; circumstances are the creatures of man.-Benjamin Disraeli

It is in your moments of decision that your destiny is shaped.-Tony Robbins

I am not discouraged because every wrong attempt discarded is another step forward.-Thomas Edison

We will either find a way or make one.-Hannibal

A man who suffers before it is necessary, suffers more than is necessary.-Seneca

It is the mind that maketh good of ill, that maketh wretch or happy, rich or poor.-Edmund Spenser

We are what we think. All that we are arises with our thoughts. With our thoughts we make our world.-Buddha

Things do not change, we change.-Thoreau

It is not enough to have a good mind, the main thing is to use it well.-Rene Desartes

There is nothing training cannot do; it can destroy bad principles

and recreate good ones; it can lift men to angelship.-Mark Twain

Ask and you will receive, seek and you will find, knock and it will be opened to you.-Matthew 7:7

Experience is not what happens to a man, it is what a man does with what happens to him.-Aldous Huxley

Without knowing the force of words it is impossible to know men.-Confucius

We must cultivate our garden.-Voltaire

Nothing happens unless first a dream.-Carl Sandburg

Where there is no vision the people perish.-Proverbs 29:18

Habit is either the best of servants or the worst of masters.-Nathaniel Emmons

We first make our habits then our habits make us.-Tom Dryden

A mans character is his guardian divinity.-Heraclitas

Take away the cause and the effect ceases.-Miguel De Cervantes

I touch the future; I teach.-Anonymous

We are what we repeatedly do.-Aristotle

Hold yourself responsible to a higher standard than anyone expects of you.-Henry Ward Beecher

Mans mind stretched to a new idea never goes back to its original dimensions.-Oliver Wendall Holmes

Imagination is more important than knowledge.-Albert Einstein

The only way to discover the limits of the possible is to go beyond them into the impossible.-Arthur C Clark

In a full heart there is room for everything and in an empty heart there is room for nothing.-Antonio Porchia

Wealth is the product of mans capacity to think.-Ayn Rand

A mighty flame followeth a tiny spark.-Dante

You can't live a perfect day without doing something for someone who will never be able to repay you.-John Wooden

How to Golf Beginners Guide

**By Joe Grohman PGA
Foreword by Earl Woods**

Available Only at

HowToGolf.com

Or send \$10 to

Joe Grohman Golf

1400 Harmony Lane

Fullerton, Ca 92831

Proceeds support Junior Golf

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GOLF TIPS

When you miss a putt it is always important to keep your eye on the ball as it rolls past the cup. It's a free look to learn the break of your next putt.

Always try to play to your strength with regard to approach shots. If you stick 100 yard approach shots try to hit your tee shot with whatever club will leave you with 100 yards in. In the case of par 5's, choose a club for your second shot that will leave you with the desired distance in.

When chipping choose a shot that you are familiar with. It is unwise to try a difficult flop shot on the course if you have never practiced a flop shot.

Warm up with at least a small bucket of balls and some practice putting before playing the course. Golfers needing the front 9 to warm up then playing spectacularly on the back 9 have lost many great scores. When you are tight you play badly.

A consistent pre-shot routine is as important as any club in the bag is. And like any club the only way to consistency in your pre-shot routine is practice.

Always carry a rulebook in your golf bag. It is only a matter of time before you will be involved in a ruling on the course.

Golf is a game where getting too happy or excited can have the same disastrous effect that getting too angry has. Try to find a nice, comfortable countenance early on and stick with it all day.

Welcome nervous symptoms rather than fear them. They will make you choke only if you start to worry and lose focus on the present shot.

A golfer cannot score as well as possible if he is thinking about mechanics as he plays. Train your swing on the practice tee then trust it on the course.

A golfer's brain and nervous system perform best when focused on a small precise target. Always keep your aim properly sighted and precise by working on it each time you visit the driving range at some point during the practice session.

Players who play well under pressure are comfortable enough to think exactly as they do when they are under no pressure, stay with their routines and stay focused on the present.

It's not what happens to golfers but how they choose to respond to it that distinguishes champions.

Delay only makes muscles tighten. The right choice is the decisive choice.

Learn to enjoy what you are doing or it will never be any fun.

IN MY OPINION BY COACH JOE WHY GOLF LESSONS

I remember when I first met Tiger and Earl how surprised they looked when I told them proudly that I had never had a golf lesson before. They didn't look too impressed and I quickly learned why. I had played college golf but was only able to take my game to a certain level. I thought I knew everything about the golf swing from experience and devouring every golf publication I could get my hands on. What I didn't consider back then was that you can't see your own golf swing. Many times after that day Tiger would use me as a mirror to make sure he was in a certain position at a certain point in his swing. Some of his requests were so minute that it became clear how important having someone look at your swing was. As time went on I would have regular students come see me because their swing had "fallen apart". Usually it would take just one swing to locate the problem and be just a very minor flaw that could be fixed in minutes. But in their minds since they couldn't figure it out themselves they thought something was horribly wrong. All the better players and Pro's I know have their own swing doctor and so should you. So find a Pro that you like and insist on a PGA Pro. It's what we do. And an unqualified Pro can do more damage than good in a very short period of time!