

GROHMAN GOLF GAZETTE

Volume I

Issue II

MAY 1998

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Publisher
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Fullerton, Ca 92831

FUTURE PROS

I first met this month's future pro James Oh at Heartwell G.C. when he was just 12 years old. He was the hardest working junior golfer out there and would give me great battles on the course. Last year at age 14 he became the youngest person ever to qualify for the US Amateur, breaking Bobby Jones 81-year-old record. He came in second at the AJGA and at the Ping Invitational then went on to win the California State Junior. He was on the US Jr. Ryder Cup Team that went to Spain last summer and sank the winning putt for the US going 3-0 in competition. This year he won CIF Individuals shooting a 67 at demanding Lakewood Country Club. He also took 6th in the Club Corp. in Ohio against the best junior players in the world. Remember this name folks. This fine young man has the work ethic, the determination and the attitude to go all the way! And he's only in 10th grade! The last time I knew a kid this good he went by the name of Tiger! Way to go Big Game James!

Note-One year after this article was written, James Oh won the 1999 US Junior Amateur!

PUTTERS CORNER

Last month in this column I tried to stress the importance of practicing one's putting. We've all witnessed how good putting can save the worst of rounds and bad putting can kill the best of rounds. This month I would like to share several tips I think may help you putt better. But first let me remind you of some simple fundamentals of putting.

At address we want our eyes over the target line. Bending the elbows allows us to get close enough to the ball to accomplish this. Shoulders are parallel to the target line. Feet can be open or closed but shoulders need to be square. We are attempting a pendulum stroke with no wrist movement. The legs and head remain still during the stroke. The takeaway is down the target line, away from the hole. And the follow through is down the target line towards the hole. If you are a flat out bad putter I can assure you sight unseen that your legs or your head is moving during the stroke. If you are pretty good but push or pull your putts inexplicably, then chances are great that your eyes are not directly over the ball i.e. target line. Check these positions before you go play or you might be in for a long day!-Coach Joe

Listen for the ball to go into the hole. Especially on those pesky 6 footers and in. If you listen for the ball to go into the hole this will

keep you from peeking, the number one reason for missing short putts! Linda Larsen LPGA

Stroke putter like a pool cue. The cardinal concept of putting for me is that you must take the putter away from the ball low and slow. Think of swinging the head of the putter back on the same path as you would a pool cue. Low and parallel to the table. Follow through the same way. Don't jerk the putter up and away from the ball if you want to achieve a smooth, firm stroke.- Frank Beard

Chart the break from afar. To help solve those rolls on the green, take a look at the putting surface in relation to the surrounding area while as far away as possible. Note the tilt of the green in relation to any vertical reference available-buildings telephone poles or trees. This will give you a better idea of the over-all slope of the putting surface, often difficult to detect close up.-Doyle Manor

Putt in a vacuum. Unless you can close your mind to outside distractions, you'll never putt up to your potential. Once I decide on the line of a putt, I try to feel as though I'm putting in a vacuum. No sound can penetrate it.-Betsy Cullen

Golf is a good walk spoiled.- Mark Twain

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SUCKER PINS

Last month I mentioned the term “sucker pin” in the “Why did I do that” article in this newsletter. Many people have since asked me just what is a sucker pin. It is very important that you are able to identify a sucker pin and stay away from them so I feel the subject merits further discussion. Generally speaking a sucker pin is a pin position that risks certain levels of disaster if you don’t make a great shot. Examples are a pin tucked behind a bunker, next to a greenside pond, on a finger of the green, near the edge of a green, on a small shelf on the green. Basically any position that will punish a poor shot. At Heartwell, all the greens are basically small and built up off the fairway. This means if you miss the green by just a little, the ball will usually catch a downslope and kick 10-20 yards away. So a sucker pin at Heartwell would include any pin near any edge of any green! And remember, tour players only fire at 5 or 6 pins per round. The rest are safe shots. Be aware of pin positions as you play. Become adept at identifying sucker pins and above all, don’t be a sucker!

IN REVIEW

One of the great things about being a member of the PGA is the exposure to quality articles and studies dealing with every aspect of golf. The following is from the PGA of America’s Journal of Instruction Volume 1 Issue 2

1994. The original article is called “Emotional Stability” by Deborah Graham Ph.D. I have edited and condensed it into joebonics for simplification. It’s one of those good to know articles.

Emotions can alter your body chemistry and influence brain wave patterns, both of which can directly interfere with your natural and trained athletic skills.

That’s it in a nutshell, let’s look closer.

Top golfers with a strong understanding of the mental game have identified their own performance inhibiting emotions. These are; anger, frustration, disappointment, stress, insecurity, low confidence, bad attitudes, excitement, elation and anticipation. That leaves calm, cool and collected on the “go to” list.

Understanding and dealing with your emotions-not suppressing or repressing them-is extremely important for competitive golf. Seven champion personality traits can be weakened by your emotions.

Focus-Your ability to narrow your focus over the ball is lost as your emotions distract you from your mental routine.

Abstract Thinking-Your mind gets busier and your thoughts, skewed by emotions, leave you far less clearing thought to make club selections, choose targets or create shots.

Dominance-A good competitive and moderately aggressive attitude can be made too aggressive with anger or too tentative with fear.

Tough-Mindedness-The strong, tough, resilient competitor can be reduced to a sensitive, uncertain player if he is overcome by emotions during an important round.

Self-Confidence-Emotions which lead to negative and degrading self-talk quickly lower personal and/or performance confidence.

Self-Sufficiency-Even the best decision-makers find their abilities reduced when they experience extreme anger, fear, frustrations etc.

Optimum Arousal-Tension levels climb rapidly as body chemistry changes with extreme conditions.

Understand the sources of your emotions. Current life circumstances like death, financial situation, personal or family illness, marital strife etc. will elevate your emotions. Experience and work through these emotions rather than repress them to insure they do not surface in another form during the pressures of competition.

One of the most common mental mistakes you can make is to let yourself be pulled into thinking about outcome instead of process. Avoid this by thinking process thoughts (routine, visualize shots) instead of outcome thoughts. (Score, money, status).

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INSIDE TEAM TIGER

I learned a lot about golf and life working at Navy G.C. with Tiger and Earl Woods there every day to play, practice or talk with. Those 7 years (1989-1996) were full of accomplishments of tremendous magnitude for Tiger. It was nice to sit there and watch my young friend accomplish goals that myself and every other golfer only dreamed about. I also learned why they were just dreams when I learned Tiger's secret that I'm about to reveal to the World for the first time. Having a unique perspective to watch the rise of Tiger Woods, I feel it is my obligation to let all golfers know how they too can wear a green jacket. Earl and Tida Woods are responsible for Tiger's success. You do not accomplish what Tiger has done his entire life without superb parents to guide you. Earl was the architect behind the house of Tiger and deserves credit. His mojo is the best. Earl led by example and by stressing the positives. He practiced harder than any other member at Navy and when I met him had the lowest handicap (1) in the 600-member men's club. Well second lowest. At 13 Tiger was a +2.3. Due to envy or worse, Earl was the target of a lot of critical words from some people that didn't know him well at all. I never told Earl about any of those instances. He had faced them all his life and had learned to be above it. To this day

I have never heard Earl Woods say an unkind or disrespectful thing about anybody. Even when people were blatantly putting roadblocks in front of Tiger, Earl stayed above it and pointed out to Tiger what was to be learned from the situation. Tremendous class is what Earl Woods is all about. And you will be hard pressed to find someone that knows him better than I do. Earl will point out wrongs if he feels it will benefit golf or others in some way. When Tiger's first commercial came out and he stated that there were still courses in America that he couldn't play because of the color of his skin the golf world was turned on it's ear. People were asking me why he would make his first statement a "black thing". Those were the same people that needed to be shocked. They're the ones who make it a "black thing". Earl and Tiger want it to be a "golf thing". The only way to do this happens to be by making white golf America look at a wrong on an international level. Not just golf but the entire world had to look at a glitch in our evolution. The issue was pointed out and golf has benefited tremendously. Just 3 years ago you could draw lines around the golfers according to race. The Asians, Blacks and Whites pretty much kept to themselves. Now everyone feels they belong and is comfortable at the golf course. Tiger has spawned a wave of humanitarian camaraderie that

didn't exist before. Working in the golf business has never been more pleasant than it is today thanks to these 2 men. I remember another issue Earl pointed out about not being allowed to go to the Ryder Cup yet they would allow the players wives or girlfriends to go. He felt the policy was wrong because Tiger didn't have a wife or girlfriend and in this case Earl would have been a great benefit to Tiger by just being there. He was criticized for this as well. He stayed above the criticism and was later hailed to be quite correct in his assessment. Earl and Tiger tear down barriers through exposure, not criticism or negativity. I've often said that by the time he is done Earl Woods name will be uttered in the same breath as Martin Luther King. If you are skeptical, just look at what a great job he has done with his kid. We are witnessing a new dawn in human relations. Some will like it some won't. I believe the greater good will ensure its ultimate success. But Rome wasn't built in a day and people generally don't like change. Only time will tell how far beyond golf Earl and Tiger's impact will be felt. They are in the right place at the right time. They've paid their dues and believe me you ain't seen nothing yet!

Now back to Tiger's secret! The information I'm about to disclose comes from years of eyewitness accounts by me. You too can

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achieve Tiger's success! The secret is PRACTICE! Tiger's secret is that he practiced harder than anybody. Harder, longer, smarter and better. His favorite quote, "Perfect practice makes perfect!" We'll see you on the range!-Coach Joe

HEARTWELL GOLF COURSE

UPCOMING GOLF CLASSES
AND EVENTS INFO FOR JUNE

Victims of Stroke Clinic

June 19th 12:00-2:00 PM

Instructor Joe Grohman PGA

Junior Classes

Saturday June 6,13,20,27

Sunday June 7,14,21, 28

10 am, noon, 2 PM, 4 PM

Instructor Joe Grohman PGA

ADULT BEGINNER

Mon-Wed June 1,3,8,10

5:30-7:00 PM

Instructor Joe Grohman PGA

Tues-Thurs June 2,4,9,11

5:45-7:15 PM

Instructor Linda Larsen LPGA

D-Day is coming!

Sat. June 20th

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**This is by far the funnest golf
tournament you will
ever play in!**

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Golfer of the Month Leticia Lanham

Lakewood High school senior Leticia Lanham is this months Golfer of the Month. Tisha as she is known by her friends, is a veteran of 4 years of varsity golf on the highly rated Lakewood Golf Team. At the girls CIF tournament at Mission Lakes she shot a 76. Good enough for a tie for 6th place amongst the best girls in Southern California. One week later she fired 74-74 to run away with the Anaheim City Women's Golf Championship by 4 strokes. She has received a 4-year golf scholarship to Women's golf powerhouse Vanderbilt University, a Division I school. Tisha already hits it longer than most high school boys and LPGA Tour players. And has a beautiful swing that should get her to the tour. She says she will only shoot for the tour after getting her college degree first. Tisha hones her skills at Lakewood Country Club where she also works as a starter. Look for her this summer in the US Women's Amateur and the Long Beach City Women's Championship. Good Luck Tisha! And congratulations on being named Golfer of the Month!

" I missed the putt for an 11." Arnold Palmer when asked how he made a 12 in a tour event.

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WHATS HAPPENING

My friends at the Youth Assistance Foundation are having a golf tournament on August 3rd at the Navy Golf Course in Cypress and you are invited to swing for the kids! Proceeds go towards Gang Prevention/Intervention. This is a great opportunity to help the community and play one of the most beautiful golf courses in Southern California! If you can't make it but would like to donate a prize call Nora McKie at 714.236.3802. Entry fee of \$95 includes green fees, cart, tee prizes, dinner, Hole in one prizes, closest to the pin, long drive and winning teams awards! Registration is at 12 noon with a 1 PM shotgun start.