
Everyday
**GOLFER'S
GUIDE *to*
SHOOTING
LOWER SCORES**

I LEARNED TO BREAK 80 — *YOU CAN TOO!*

MICK GYURE



PL MOTIVATIONS, INC. • ROSELAND, N.J.

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ISBN: 978-0-615-22208-0

Library of Congress Control Number 2008906719

Editing by Arlene Prunkl

Book Design by Fiona Raven

First Printing January 2009

Printed in Canada



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INTRODUCTION

I love playing golf! It is a wonderful game in many ways. But I didn't always feel that way about it. There was a time when I saw golf coverage on television and simply could not understand the appeal. It looked so boring. Yet many years later I became obsessed with the game. How did this change happen? My real love for golf grew as I began to play and came to realize just how difficult the game truly is and how much it challenged me.

I started playing late, in my mid-thirties. At the time, golf provided me with a hobby when I really needed one. Although I had been fairly active when I was younger, by my early thirties I had become dangerously sedentary. Translation: I gained weight and became very fat! I needed an activity to get me off the couch and get my body moving again.

Once I started playing golf, I quickly developed a passion for it. It challenged me, so naturally I wanted to become a better player. In order to improve, I went on a quest to learn as much as I could about the game of golf and the golf swing. I discovered huge amounts of information in the form of books, instructional videos, DVDs, magazines, and television shows. I imagined that

having all this information would be the key to becoming a very good player. Instead, I saw no improvement and simply became increasingly frustrated.

I was confused by the vast amount of information available, with so many different theories on how to optimally play the game. I would try to implement many of the things I learned, yet it felt as though I was always trying something different and not making progress in any area. I constantly struggled with my game, but even though I was practicing, I was just not getting better. For the first couple of years that I played, I was still shooting scores well over 100. This was very frustrating to me.

Eventually I came across a book entitled *Five Lessons: The Modern Fundamentals of Golf*. It was written in 1957 by Ben Hogan, one of the greatest players of all time. In his book, Hogan wrote that he saw no reason why an average player could not shoot in the 70s regularly. This statement really stuck with me. Being such a poor player at the time, I thought shooting a round in the 70s sounded wildly unattainable. But once I read this statement, I made it my long-term goal to break 80 and I was determined to find a way to do it.

Having this new goal forced me to evaluate all aspects of my game including the sources of my information and my practice methods. What I was doing was not working, so I needed to begin making some drastic changes if I wanted to attain my goal. Finally, over time, I began to see improvements in my game and, consequently, lower scores.

At the time I set out to achieve the goal of breaking 80, I was shooting over 100 regularly. Eighteen months later, I shot my first 78. The rounds in the 70s did not happen all the time, but they became increasingly more frequent, and the more I played the more they appeared on my score card. Since then, I have gotten my handicap down to the single digits and I now shoot in the 70s fairly regularly.

In retrospect, I realize there were certain things I had focused

on, with my new-found conviction, that allowed me to attain my goal and improve fairly rapidly. I subsequently took my experiences and organized them into a series of objectives, which are described in detail in this book. I still follow these objectives today and continue to see improvements in my game. I truly believe that if you follow these principles and objectives, you'll also see improvements in your game.

ABOUT THIS BOOK

I wrote this book primarily for the following two types of golfers.

First, it is for the beginning golfer—someone who has just picked up the game and wants to improve as quickly as possible. When I first began playing, I didn't know where to start or what to focus on. Using trial and error, I wasted a lot of time. I was confused and overwhelmed by all the information available to me, and I didn't know how to apply it properly. If you're a beginning golfer, this book will help you avoid many of the common mistakes people make when starting out. I will help get you on the right track toward making real progress as well as provide you with an overall plan for improvement. There are many things I wish I had known when I started playing. In this book I will share them all with you.

Second, this book is for golfers who have been playing for a while—those who play regularly but consistently shoot high scores without making any real progress. If you fall into this category, you probably spend a good deal of time practicing, yet can't understand why you're not improving.

If you see yourself in either of these descriptions, this book will provide you with a better understanding of why you're not making progress and will explain what you should be doing differently to get the results you're looking for.

Furthermore, this book will help you—whatever your skill

level—to identify realistic goals and expectations for each level of your game and formulate a plan of action so you can achieve those realistic goals. It will help put the golf learning process into perspective so you can learn effectively while minimizing frustration. Finally, it will help you understand the steps necessary to improve your game and how to apply these steps to an effective practice regimen.

It is important to note here that the one thing I do not cover in this book is mechanical golf instruction. I don't talk about golf swing mechanics such as stance, posture, how to hold the club, how to hit certain shots, and so on. So, you may ask, what is left to discuss? Actually, there is a great deal.

What I do discuss is how to best acquire the knowledge necessary to improve your game, how to properly apply that knowledge, and how to correct your practice techniques. I explain what you should be doing on the course, offer guidelines to help you define a plan for improvement, and show you how to commit to that plan so you can realize your goals. This book is about charting the proper course for improving your game and taking the right action to ensure that this improvement is attained.

WHY I AM QUALIFIED TO WRITE THIS BOOK

What makes me qualified to write a book on this topic? The answer, simply, is that I was an average golfer who made big progress in his game in a relatively short period of time. I went through the process of improvement and learned many important things. I was an average guy just like most of the golfing population. I started out shooting rounds well over 130 and have improved my game to the point where I am now scoring regularly in the 70s, and I have a single-digit handicap.

I did not have extensive exposure to the game at a young age. No one taught me how to play golf as a child, and I have not been

playing all my life. In fact, I began playing when I was thirty-four years old and didn't get serious about improving my game until two years later. Until I started playing, golf was never a part of my life. I had no golf gurus, coaches, or mentors around to teach me, and even when I began, no one noticed any special golf talents in me.

I improved my game through sheer determination. I found my own instructors and paid for all my lessons, equipment, and balls. I practiced at the local driving range and played often at local public courses. I was just an ordinary working guy seeking to improve his game, but what I did have was a huge desire to become a better player.

Along the way I learned a lot, and I believe my experiences can help many players who are in the same situation I was. I know how frustrating it can be to struggle with this game, so I offer this book as a template for my fellow golfers, who may be struggling just as I did, in order to improve.