

Zen in Golf Mental training.

Short Line System

The Short Line System and Mastery in the Game Around the Green The game around the green is undoubtedly one of the most critical and challenging aspects of golf. Here, in the 'Short Line System,' we understand that more than half of the game occurs in this vital area, especially in the 18-hole round where each green represents a unique opportunity and a singular challenge.

The Importance of Controlling Distances: The control of different distances is fundamental to bring the ball as close as possible to the hole. This aspect of the game requires exceptional precision and control. In our program, we focus on developing your ability to judge and execute these critical shots accurately. Through specialized techniques, we will teach you to calibrate your swing to adjust the distance and direction, allowing you to adapt to the varied situations presented by each green.

Short Line System: Focus on the Short Game: The heart of our system lies in the mastery of the short game. Here, your ability to perform precise and controlled short shots is crucial. Our training focuses on the total control of the swing movement in these shots, integrating both physical and mental aspects. You will learn to synchronize your body and mind, achieving a state of fluidity and precision that will transform your game around the green.

Mental Aspect: Mentally, the game near the green can be as challenging as it is physically. The management of pressure, anxiety, and expectations are elements that we address with mindfulness and meditation techniques. These practices will help you maintain calm and concentration in critical moments, allowing you to execute with clarity and confidence.

Physical Aspect: Physically, we will teach you to perfect your technique in short shots. This includes posture, grip, balance, control of rhythm, and swing speed. Precision in these aspects is crucial to control the distance and direction of the ball, especially in short game situations.

In summary, the 'Short Line System' in Golf will equip you with the necessary skills to excel in the game around the green. This holistic approach will not only improve your performance in short shots but also provide you with the tools to face any challenge that the golf course presents.

My books on Amazon

Since my my start in Golf in 1974, I have pursued the vision of integrating Zen into the world of golf. This article is the fruit of decades of dedication, reflected in 'Zen in Golf Mental Training'. My approach, centered on the innovative 'Short Line System', is the result of a long career dedicated to combining precision and simplicity in the short game with the serenity of Zen. I also explore 'Zen Concentration', a technique that enhances mental clarity and concentration, essential in both golf and everyday life. This article is not only a compendium of my experiences and achievements, but also the beginning of a series of future works that will continue to explore and expand these fascinating intersections.



Zen in Golf
Short Line System
zeningolf.com

- 1- Mindfulness
- 2- Resilience
- 3- Calm and Mental Control
- 4- Concentration
- 5- Self-confidence
- 6- Self-discipline
- 7- Acceptance

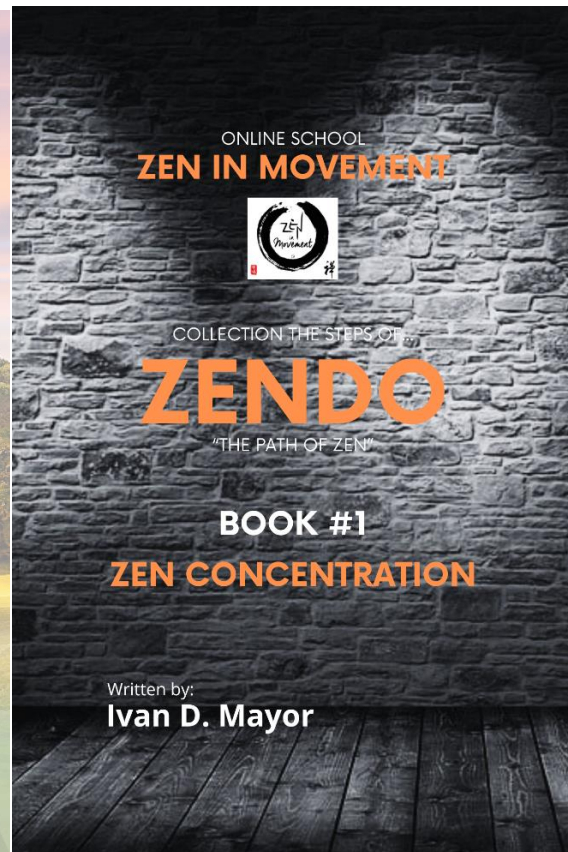


ZEN IN GOLF
MENTAL TRAINING
Shin-Ri-Wan
Our Mind, Energy and Body
IVAN D. MAYOR
Zen and Karate do Master, Prof Mental Golf Coach
www.zeningolf.com


- 1- Precision in the Swing
- 2- Flexibility
- 3- Balance
- 4- Strength
- 5- Breathing Control
- 6- Correct posture
- 7- Consistency in Execution

My book In Amazon

"Zen in Golf Mental Training" is a transformative guide that fuses Zen wisdom and practical strategies to improve golf performance, emphasizing mental attitude, body control, and mental and physical harmony.



ONLINE SCHOOL
ZEN IN MOVEMENT



COLLECTION THE STEPS OF
ZENDO
"THE PATH OF ZEN"

BOOK #1
ZEN CONCENTRATION

Written by:
Ivan D. Mayor

Zen in Golf Mental Training Program

Key aspects of Zen in Golf training:

Focus on Mindfulness: The training emphasizes the importance of full awareness in every movement and decision on the field. This helps to improve concentration and to reduce anxiety and stress, which are vital in a sport where precision and calmness are essential.

Mental and Emotional Balance: Through specific exercises and practices, the training helps to achieve a balanced mental state, essential for maintaining calm under pressure. This emotional balance allows players to face challenges and recover more quickly from mistakes or missed shots.

Breathing and Meditation Techniques: Breathing and meditation techniques are taught to improve relaxation and concentration. These practices help to calm the mind and prepare the player for the game, improving their ability to stay focused and serene.

Body Awareness and Control: The training also includes exercises to improve body awareness and control. This is crucial for the development of a more efficient and precise golf swing.

Benefits in the Game of Golf:

Improvement in Swing Precision and Consistency: By being more aware of each movement and maintaining a balanced mental state, players can develop a more consistent and controlled swing.

Greater Mental Endurance: The ability to maintain calmness and concentration throughout a complete game is essential. Players trained in Zen in Golf can better handle pressure and maintain consistent performance throughout the round.

Quick Recovery from Mistakes: The mental and emotional resilience fostered by this training helps players recover more quickly from mistakes, preventing a bad shot from affecting the rest of the game.

Enjoyment and Satisfaction in the Game: In addition to improving performance, this approach also increases overall enjoyment and satisfaction in the game, as players learn to approach golf in a more relaxed and mindful way.

In conclusion, the onsite physical training based on 'Zen in Golf' not only improves technical golf skills but also provides tools for better handling the mental and emotional aspects of the game. This leads to a more enriching and satisfying golf experience.

Physical Dimension: Development of Muscle Memory

Consistent Repetition: Muscle memory is developed through the repetitive and consistent practice of specific movements. In golf, this means performing the swing many times, maintaining the correct technique so that the body internalizes it.

Focus on Correct Technique: The quality of the repetition is crucial. Each swing should be executed with the appropriate technique to develop the correct muscle memory, thus avoiding the consolidation of incorrect habits.

Feedback and Adjustment: Continuous feedback, whether through a coach or technology such as cameras and sensors, is essential for making adjustments and improving technique.

Mental Dimension: Integration of Zen in Golf

Mindfulness in Every Movement: The mental aspect of Zen in Golf involves being fully aware during each swing. This means paying attention to the present moment, to the sensation of movement, and to the connection between the body and the mind.

Visualization and Mental Focus: The practice of visualization helps to reinforce muscle memory. Imagining the perfect swing in the mind contributes to its physical execution.

Meditation and Relaxation: Meditation and relaxation techniques can be used to calm the mind, which helps to reduce muscle tension and improves the quality of movement.

Management of Emotions and Expectations: Learning to manage emotions and expectations during the game allows for a balanced mental state, which is crucial for a consistent and effective swing.

Integration of Both Dimensions for an Effective Swing

The combination of these physical and mental elements leads to a more effective golf swing. Muscle memory is not just about repeating a movement, but doing so with full awareness and a mental focus that supports each action. This not only improves technical ability but also reinforces the mental capacity to maintain consistency and precision under pressure, key elements in golf.

In summary, creating a specific muscle memory in the golf swing, integrating the mental aspect of Zen, involves training where physical repetition is harmoniously combined with mindfulness, visualization, and emotional balance.

The 'Short Line System' Program

The "Short Line System" program focuses on teaching golfers the correct way to move their body during the execution of the swing, highlighting the importance of balance, equilibrium, and connection with the ground, control of speed, feeling the connection of the club with our body, the perception of the moment of impact, and seeing the result of the shot. Each component of the program is described in detail as follows:

Teaching Correct Movements: The program begins by instructing on how to perform optimal movements in the golf swing. This includes knowing precisely which parts of the body to use in the back and downswing. This involves the correct alignment of the body, the position of the hands, and the sequence of movements from the start to the end of the swing.

Balance and Connection with the Ground: A key aspect of the system is teaching players how to maintain balance and equilibrium during the swing and how to leverage their connection with the ground to create action and reaction. This involves an understanding of weight distribution and how stability and power are influenced by this connection.

Speed Control: The system emphasizes the importance of controlling speed during the swing. This refers not only to the speed of the club at the point of impact but also to the rhythm in the backswing and acceleration in the downswing. In general, we must synchronize the control of the body and its speed with our center (hara), ensuring total control throughout the movement.

Sensitivity at the Moment of Impact: The system also focuses on developing the ability to feel and multiply power at the exact moment of impact between the club and the ball. This sensitivity helps the player adjust and perfect their technique based on tactile feedback.

Visualization of the Shot Result: Finally, the Zen in Golf program teaches players through meditation and breathing to anticipate and visualize the result of the shot before executing it. This involves a combination of mental focus on movement and visualization of the desired trajectory of the ball, anticipating the outcome based on the feeling of the swing.

The "Short Line System" is therefore a comprehensive approach that seeks to improve around the green the technical skills, bodily awareness, and mental connection of golf players, allowing them to adjust their technique based on sensory and visual feedback.

The Pre-Routine in the Swing

The routine to get the body in a position to "act" in golf involves a detailed process that combines shot strategy, physical pre-routine, and technical execution. Here I describe each of these stages:

Creation of a Shot Strategy:

Environment Analysis: Before any shot, evaluate the field conditions, such as wind, terrain slope, and obstacles.

Club Selection: Based on the distance and conditions, select the appropriate club.

Shot Visualization: Imagine the ideal trajectory of the ball, including the landing point and roll.

Physical Pre-Routine and Body Positioning:

Alignment and Posture: Stand behind the ball and align your body with the target. Ensure that your shoulders, hips, and feet are parallel to the shot line.

Approach to the Ball: Move towards the ball maintaining the alignment.

Positioning and Grip: Adjust your stance and grip. Your body should be balanced, with a slight bend in the knees and a straight back.

Relaxation, Synchronization, and Focus: Before starting the swing, take a moment to relax your body and concentrate.

Technical Execution with Mind and Body:

Start of the Swing: Begin the backswing with a fluid motion, maintaining focus and visualization of the shot.

Transition and Downswing: Start the downswing with a controlled weight transfer and a coordinated movement of the entire body.

You must move three types of muscles in a chain to give the hip maximum acceleration power.

Impact and Follow-Through: At the moment of impact, keep your head still and your eye on the ball. Complete the swing with a full follow-through, turning the hip and body towards the target.

Mental and Physical Aspects in the Golf Swing:

Concentration and Mindfulness: Maintain full attention at each stage of the swing, focusing on the present moment and avoiding distractions.

Emotional Control: Manage emotions, such as anxiety or frustration, to maintain a balanced mental state.

Confidence and Positivity: Cultivate a positive and confident attitude, remembering past successful experiences.

Adaptability and Continuous Learning: Learn from each shot, both successes and mistakes, and adapt your strategy and technique as necessary.

In summary, this routine combines strategy, physical preparation, and mental execution to optimize each shot in golf, emphasizing the importance of the mind-body connection and the ability to adjust to the changing conditions of the game.

Schedule of the course.

Advanced Course #1.

First Step Day 1:

On the next page is the program for the first meeting with Zen in Golf.
8:00 am to 11:30am

Second Step Day 14:

14 Days After the First Session: Maintenance and Review of the Swing Movement
8:00 am to 10:00am

Third Step Day 28:

28 Days After the First Session: Taking a step towards mastering control.
8:00 am to 10:00am

Fourth Step Final Day 42:

Day 42: Final Step and Mental Level Change, Checkup and General Review.
8:00 am to 10:00am

beginners Course #2.



Course Short Line System in Golf

Module 1: 8am - 9am

Introduction to Zen in Golf Mental Training

- **Overview:** Introduction to our Short Line System around the green.
- **Key Components:**
 - Balance and Equilibrium.
 - Pre-Routine and Swing Movement.
 - Zen in Action and Reaction with Your Body.
 - Control Over Thoughts, Body, and Energy.
 - System Guidelines for Acquiring Muscle Memory Specific to the Golf Swing.
 - Concentration Levels: Long, Medium, Specific, and Fine

Module 2: 9am – 9:45am

Zen Meditation and Ki Breathing

- **Activities:**
 - **In five minutes of Ki Breathing** exercises, we learn to use the air, transforming it into energy and inner power, enhancing our connection with the body and boosting mental and physical control.
 - **During ten minutes of Zen Meditation**, we focus on finding peace and mental control, essential for enhancing concentration and performance in golf, harmonizing the mind with the body and the environment.
- **Focus Areas:**
 - Energy, Connection to the Ground, Balance, and Equilibrium.
 - The Importance of the Pre-Shot Routine.
 - Harmonizing Mind, Body, and Golf Club.
 - Correct Swing Tempo and Speed.

Course Short Line System in Golf

Module 3: 10:00am – 11:30am

Introduction to the Short Line System

- **Emphasis on:**
Benefits of Muscle Memory and Mindset Approach.
- **Practice Areas:**
 - **Putting - Short Line System:**
 - Pre-Shot Routine, Mental Routine, Posture, Aiming, Active Practice.
 - **Chipping - Short Line System:**
 - Pre-Shot Routine, Mental Routine, Posture, Aiming, Active Practice.
 - **Approach - Short Line System:**
 - Pre-Shot Routine, Mental Routine, Posture, Aiming, Active Practice
- **Close and finish the Zen in Golf Mental Training**

Modulo 4: 11:45am – 12:30pm

- Lunch time



Modulo 5: 1:00pm – 5:00pm

- Play 9 holes Only Advanced

Play 18 Holes:

1:00pm – 5:00pm



I'm Ivan D. Mayor

Zen and Karate-Do Masters and Professional Mental Golf Coach