



The Official Certification Body  
For Teachers In India

# Up To Par

## With the NGAI

"An Initiative of the Indian Golf Union"

Vol 3 - Issue 3 - August 2015

[www.ngai.org.in](http://www.ngai.org.in)

### From the Editor



The month of July belonged to NGAI Teaching Staff Vijay Divecha and his student Anirban Lahiri. Anirban was playing The Open Championship at the Old Course in St Andrews and put up a splendid show, twice coming within one stroke of the leader. We are all proud of Anirban and Vijay and hope they keep the Indian flag flying high. Vijay shares some pictures from his travels including one where he is up close and watching Tiger Woods at the practice range at the US Open at Chambers Bay.

Congratulations are also due to Teaching Staff Nonita Lall Qureshi for guiding young Shubham Jaglan to back to back victories in the US in July. Shubham won the Junior World Championship in San Diego and then backed it up with a win at the IJGA World Stars of Junior Golf in Las Vegas. It is indeed a matter of pride to see golfers trained by NGAI coaches winning at the international stage. Way to go Vijay and Nonita!

July also saw the C to B Course being held at the NGAI, Chandigarh and the Apprentice Course for South being held at the KGA in Bangalore. There were a total of 15 attendees at the Apprentice Course with backgrounds varying from tour professionals to amateur circuit golfers to club golfers wanting to learn more about why the golf ball does what it does and take the first step towards becoming a teaching professional.

In the newsletter this month, I would like to welcome on board John Haime, a world-class specialist in the area of performance and one of the world's leading authorities in Emotional Intelligence. John is the president of New Edge Performance and author of the bestseller "You are a Contender". John will look at the mental side of golf telling us how we can get the maximum out of our students. He starts this month with his article on what confidence is and how we can build it for our athletes.

A special person deserves a special mention! It has been my privilege to know and be coached by Mange Lal ji, the ever present coach at Army Golf Club in New Delhi. I remember, as a young teenager, getting my first lesson from him and to see him coach his students with the same passion even now is inspiring for all of us golf instructors. It is fascinating to hear from him about his early days in golf and his contribution to golf and teaching in India will be remembered forever.

Till next month, happy teaching!

#### Anitya Chand

Editor, NGAI Newsletter  
Joint Director, NGAI

### Junior Golf with TPJ

#### Discovery Based Learning

I recently read an article by Dr. Mariappan Jawaharlal, a professor from California State Polytechnic University and the founder of [www.aplusstudent.com](http://www.aplusstudent.com) called "Teaching is not Learning". In the article Dr. Jawaharlal, said the following:

"A child starts with sitting, turning over, crawling, managing to stand with some support, taking the first step, breaking into running, fumbling, balancing and finally, mastering the art of walking. Learning to walk takes a lot of practice, patience and time. Children do not get frustrated by thousands of failed attempts and decide that they are not going to walk anymore. In fact, each failure seems to motivate them to do better next time. Every child is capable of acquiring this skill on its own by trial and error over a period of time. This is how actual learning takes place - learning by doing. One can't learn swimming without getting into the water. Learning takes place when the learner is personally engaged and allowed to discover".

This kind of learning is called discovery-based learning and although in golf we need guidance to develop the basic fundamentals of the game, it is this discovery process that fuels our ability to learn the game. As children we mimic extremely well but as we get older we lose this essential learning skill and I have seen a disturbing trend of over coaching in the game today. We need to shift our focus back to discovery based learning, providing students with feedback in small doses that guide them to find the solution themselves, then and only then will real learning occur.

Every now and then I pick up Harvey Penick's little Red book, one of the best-selling golf books of all time. This little book is filled with nuggets of wisdom that make you want to go out and discover golf all over again, if you have not read it, pick a copy up, it should be mandatory reading for all golfers, parents and coaches.

'Child centered' learning, where children lead and teachers / coaches facilitate learning is proved to be one of the most effective methods of learning. Learning that is personal to each individual where the child is engaged in this way should be the direction of travel for all of us coaches and teachers, and not to 'teach the sport to the child' at a young age. Physical skills will develop with meaning and purpose if there is motivation, engagement and understanding of what they are doing and why.

#### Dave Phillips

Co - Founder - Titleist Performance Institute

## Learning with the Brain in Mind



### An Over Looked Dimension

Golf swings happen in the three dimensions of space, sequence and time. Often the dimension of "time" is not seen as important as the dimensions of swing shape and sequence of motion. Golfers normally evaluate themselves by the quality of their ball flight. All ball flights are linked to a time dimension that will influence the shape and sequence of swing motion.

Professional golfers Tiger Woods, Ernie Els or Stacy Lewis have the ability to create efficient swing shapes and sequencing of motion. I think it is fair to say that on their off days, the swing shape and sequence dimensions of a touring professional have not broken down, but their timing dimension that has.

Suggestion: One of the most used concepts in golf is to swing the club with the feeling of a "one and two" tempo. I am suggesting that golfers should replace that "one and two" timing concept, with the feeling of using the feeling of "one" tempo, from start to finish. When swinging a hammer, or baseball bat the motion that is used is normally what I am calling a "one". Normally, it is not a swing motion that was broken into a "one and two" with a sudden effort motion at impact.

Traditionally there has been a strong preference for players and teachers to use mechanical evaluations of swing shape and sequence as a way to explain cause-and-effect of ball flight outcomes. This approach has often provided less progress than expected. Perhaps golfers should look to the timing that exists in music to gain insights about the value of time. In music, the timing of when notes are played is essential to creating the greater whole of a song. This can be the difference between good and awful sounding music.

The dimension of time can support or damage the greater whole of a golf swing shape and sequence and should be recognized for its value. I have found that many golfers that use the "one and two" tempo concept often have a sudden burst of over accelerating their hips or hands through impact. Studies show that during efficient swings, when the club head is traveling 100 mph, the hips are only rotating about 3 or 4 mph, and the hands are being moved only about 15 mph with no sudden bursts of effort.

My suggestion from putting to tee shots is to not see golf swing as having separate parts. See golf swings as one whole motion that is using the tempo feel of "one", while avoiding the commonly used "one and two" tempo concept. See golf swings as having a start and a finish with no extra effort in the middle.

A good example of the tempo of one is a swinging door. The door knob, middle and inside parts of a door are all swinging together at the same rate of rotation (rpms), with the tempo of one. That tempo feel of "one" can be slow, medium or fast, but without any sudden efforts.

For golfers who have been training their golf swing mechanics and breaking the swing down into parts and are having less progress than they expected, here is my suggestion: start training a whole swing with the tempo feel of "one" and avoid using the idea the swing has parts or the feel of a swing with a "one and two"

#### Michael Hebron

PGA of America Hall of Fame  
[www.nlglive.com](http://www.nlglive.com) / [www.twitter.com/NLGLive](https://www.twitter.com/NLGLive)

## Understanding Ball Flight



### Key ball flight definitions to understand

Having explained the simple concepts and definitions, let's look at some more numbers that we will cover this month and the next. Launch monitors give us a lot of information and it is important for an instructor to relate that specific information to how the golf ball will react. We will cover ball speed, launch angle and spin rate this month – to achieve the best combination of all three is crucial to maximise your driving distance and potential.

#### Face to Path

Definition: The difference between face angle and club path. The value is positive if the face is open or to the right of the path and negative if the face is closed or to the left of the path (for a right handed golfer).

Note: If the ball is impacted in the centre of the club and there is no wind, a negative face to path value will result in a draw/hook, while a positive face to path value will result in a fade/slice.

#### Ball Speed

Definition: The ball's initial velocity as it takes off after impact. This is measured in miles per hour (mph)

Note: Ball speed is the most important factor for optimising distance, but launch angle and spin needs to be optimized as well. An increase in 1 mph of ball speed results in an increase of 2 yards of carry distance.

#### Launch Angle

Definition: The ball's initial vertical angle relative to ground (horizon) level. This is measured in degrees.

Note: The vertical launch angle is determined by two factors – dynamic loft and angle of attack and always falls between the two.

#### Launch Direction

Definition: The initial direction (horizontal) of the ball relative to target line. This is measured in degrees and can be positive or negative. Positive means that the golf ball has launched to the right of the target line and negative means to the left.

Note: A launch direction within 1 degree (right or left) corresponds to starting the ball down the target line itself.

#### Spin Rate

Definition: How many times the ball rotates per minute when leaving the clubface. This is independent of the orientation of the spin axis.

Note: The spin rate drops during ball flight – typically 4% for each second

#### Spin Axis

Definition: The axis the ball spins around, or the measure of axial tilt. Positive means the axis is tilted to the right (thus resulting in a fade or a slice for a right handed golfer), negative means the axis is tilted to the left (thus resulting in a draw or hook for a right handed golfer).

Note: Having a spin axis within 2 degrees (right or left) will result in an almost straight shot i.e. slight draw or fade

#### Steven Orr

Director of Coaching for Cranfield Golf, UK  
Trackman Master Professional  
Golf World Magazine Instruction Staff / NGAI Visiting Faculty

## Building Mental & Emotional Muscle for Golf



In this three part series on confidence, we will look at what confidence is, the difference between proactive and reactive confidence as well as the eight keys you can use to build the confidence of your student.

In April this year, you saw the biggest test of self-belief you will ever see. 21 year-old Jordan Spieth stood on the Augusta practice tee before the final round of the Masters ...alone... just before having the opportunity to win golf's biggest prize and potentially change history. Spieth was about to make the final walk to the first tee, through crowds of screaming people ... and with his own voice reminding him that the next 4 hours will be the most important round of golf he's ever played.

How can a 21 year old pull off something that would make most gag, choke and stumble?

How can you learn from Jordan's experience and make yourself a better golfer? How can you become a more confident player?

One of the key areas I work on with any athlete client – golfers included - is confidence. Understanding it and building it. Confidence is a golfer's bullet-proof vest. It was for Jordan Spieth on Sunday at the Masters and it can be for you.

### What is Confidence?

Well ... it's a feeling. It's about trust and belief in your abilities and decisions ... and expressing those beliefs and decisions in challenging circumstances. You know the feeling of confidence ... you're playing great and everything is going right for you. There is an easy belief in what you are doing.

You also know the other feeling ... you just don't have it and nothing is going right. There's little faith in what you are doing.

### "I've Lost My Confidence"

When my phone rings, leading athletes or agents on the other end, voice panicked, it's often them telling me the player has "lost their confidence". If it's a golfer, the putter has gone cold and the ball's not going in or they can't take their game from the practice tee to the first tee. They tell me there is little belief in what they are doing when it counts.

I always ask these players where they think their confidence has gone. Most are in the top professional leagues in the world and have risen to the top in their profession. It's funny that these players don't really know where the belief has gone. Something small has triggered some little doubts and the spiral downwards begins from there.

And, this is where golfers get confused. Confidence requires some understanding – and some work. Sports and life is about patterns and cycles. Sometimes you "have it" and other times you don't. No exceptions. So you must work on important areas like confidence and understand how to build it and how to find it. The mental/emotional game is like your physical practice – do the work and it will pay off.

### John Haime

President - New Edge Performance  
www.johnhaime.com / Twitter: @johnhaime

## TPJ Basics - The Lat Test

### Test Objective for the Lat Test

The Lat Test evaluates shoulder flexion which includes the flexibility of the latissimus dorsi muscle group, shoulder joint restrictions and scapular motion limitations. The lat muscle spans the entire back and inserts onto the arm.

Tightness in the lat can lead to loss of spinal posture anytime the arms are elevated, such as during the backswing. Also, the lat muscle can limit the ability of the player to rotate their shoulders on the backswing or the follow-through. Common swing faults caused by lack of lat mobility are, Loss of Posture, Reverse Spine Angle, Limited Arm Heights, and Over-The-Top.

The lat muscle is a powerful internal rotator and adductor of the humerus. Therefore, it is a major contributor to power in the golf swing.

### How to Perform the Lat Test

Use a wall sturdy enough for your client to place a good deal of the body weight against to perform this test. Ask the client to get into a modified wall-sit position, place back against wall and slowly slide back and pelvis down the wall until the knees and feet are just short of a 90-degree angle. The client should appear in a half-sitting position against a wall. Make sure that the feet are directly below the knees and not too close to the wall. Also ensure the feet are approximately shoulder width apart and the lower back is flush against the wall.

Once in the proper half-sitting position, begin the test by having the client extend both arms out in front so they are both parallel with the floor. Thumbs should be pointing upward and elbows should be locked. The distance between the arms/hands should be approximately the width of a volleyball or soccer ball. Ask the client to begin raising the arms up in front of them without bending the elbows as far as they can go, keeping the thumbs in the same direction.

The test concludes when any of the below happens:

Their elbows bend (creates the field goal look) or the arch in their lower back increases off the wall or they reach pain or discomfort or the arms reach the wall.

Once the client has reached the apex of the arm raise (seen by the bending of elbows, arching of back, arrival of pain/discomfort, or touching of the wall) take a measurement using a 6-iron to see what degree of lat raise is present. Place them into one of three categories:

1. Below or equal to 120 degrees - Hands are below or cover the nose.
2. Between 121-169 degrees - Hands are between nose and the wall.
3. Greater than 169 degrees - Hands touch the wall.

This will give a measurement of the mobility of the latissimus and the shoulder joint. Be sure to take the same measurement on the opposite side to rule out any side-to-side differences.



## Meet the NGAI Instructor - Mange Lal



Born in 1928, Mange Lal is probably one of the first teaching professionals of India and is definitely the oldest active teaching professional in the country today.

His journey in golf started way back in 1938, when during the British Raj, he was working as a caddy to a British Army officer and he started to learn the game himself. He did not get the opportunity to teach initially as Delhi Golf Course had its own teaching professional in Ghulam Mohammed. It was during partition in 1947 that the Ghulam Mohammed left for Pakistan, hence giving the opportunity to Mange Lal to start his teaching career.

He taught at the Delhi Golf Club from 1947 to 1968 and then moved to Ahmedabad from 1968 to 1970. It was in 1970 that he moved back to Delhi to join the Army Golf Club as its teaching professional – a position that he has held till date, an amazing 45 years!

Along with teaching, Mange Lal played golf professionally starting with his first event at the Dunlop Open in 1958. He also played the Indian Open in 1964, 1972 and 1976. He still remembers his hole in one at the Modi Open as his special memory from his playing days.

Mange Lal joined the NGAI at its start in 2004 and was given a B Certification by Dr Donato Di Ponziano for his vast experience. He works as the Senior Golf Instructor at AEPTA, New Delhi and is ever present at the driving range. For all the players who have learnt their golf at AEPTA, Mange Lal has helped them become better golfers in some way or the other. His students include Arjuna Awardee Amit Luthra, professional golfers Himmat Rai, Amit Dube and Anitya Chand amongst a whole lot others. His teaching philosophy revolves around ensuring sound fundamentals and correct basics in his students and he is strict in enforcing the same. He has also taught golf to two blind children in 1990.

Today, Mange Lal is a teaching professional with an experience of more than 70 years in the game. In his words 'I am at an age where most of my colleagues and friends are no longer with me but I still enjoy doing my six to eight hours of teaching every day!'

## News from NGAI

**Vijay Divecha at the US Open and British Open** – NGAI Teaching Staff Vijay Divecha had accompanied his student Anirban Lahiri to the US Open at Chambers Bay and to the British Open at St Andrews. Anirban played superbly at St Andrews and was within one stroke of the leader at one time on the final day. NGAI congratulates Vijay Divecha and wishes him the very best in times to come.



**The C to B Course** – The C to B Category Course was held at the NGAI, Chandigarh from 19 – 25 July 2015. The course was conducted by Teaching Staff Karan Bindra and Nonita Lall Qureshi. A total of 15 NGAI professionals attended the course.



**The D Course** - The D Category Course shall be held at the NGAI, Chandigarh from 6 – 12 September 2015. The course shall be conducted by Teaching Staff Indrajit Bhalotia and Nonita Lall Qureshi. To register for the course, please send an email to [ngai@indiangolfunion.org](mailto:ngai@indiangolfunion.org) with your name, golf course, teaching license fee and refresher course details. The fee for attending the D Course is 10000/- + 14% Service Tax equalling 11400/-.

To get more details about the National Golf Academy of India, please visit [www.ngai.org.in](http://www.ngai.org.in) or email at [ngai@indiangolfunion.org](mailto:ngai@indiangolfunion.org)

To get more details about the Indian Golf Union, please visit [www.indiangolfunion.org](http://www.indiangolfunion.org) or email at [info@indiangolfunion.org](mailto:info@indiangolfunion.org)

This newsletter is collated, edited and printed by  for the National Golf Academy of India and the Indian Golf Union

To contact K&A Golf, please email us at [info@kagolf.co.in](mailto:info@kagolf.co.in) or visit [www.kagolf.co.in](http://www.kagolf.co.in)

Copyright to Indian Golf Union. All Rights Reserved. For private circulation only.