



## From the Founder's Desk

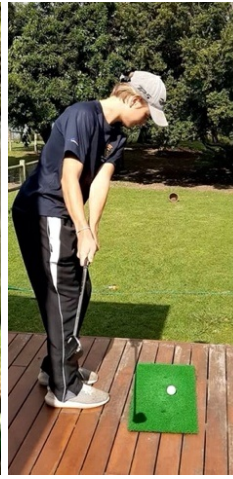
One of the unexpected benefits of training under lockdown conditions is that we are seeing substantial technical improvements from most of our students over a short period of time. I believe this is mainly due to the absence of ball flight and tournament pressure, which are normally at the forefront of the players' minds. Fear of poor performance (whether due to parental or self-imposed pressure) can often negatively affect a player's commitment to technical improvements. Therefore, those who are still training well during this period are taking advantage of an unforeseen opportunity in their development journey.

*MJ BALDERSTONE*

## Before & After

### Practice makes permanence

As described above, here are just a few examples of the technical progress of our students in recent weeks. Well done to all!





The PGA Diploma provides three years of elite performance golf training as well as an internationally recognised qualification to thrive in the business of golf. Spaces for 2021 are limited and already filling up.

[Your golf journey starts here >](#)

## Ask BSI

### Your questions answered

We've introduced a new feature on our social media platforms called Ask BSI, where anyone can pose a question to us within areas of our expertise and we'll answer in a video for all to learn from. We'd love to hear your questions on anything golf training/performance, fitness training, mental game, football training/performance (we run a football academy too), youth development or general high performance related. You can send your questions by replying to this email, or by going to our Facebook, Instagram, YouTube, Twitter or LinkedIn feeds.

Here's the latest question that we've answered, which came from one of our graduates **Alfred Sutton** who works as a club fitter for Srixon and clearly sees this as a common problem amongst his clients.

*Hello BSI! I have a question. We find a lot of amateur golfers really struggle with their long irons. We flush our wedges down to our 6 irons. Come 5 to 2 iron, it's a different story. Some people are confused to how*

*"steep" they need to get with different irons. Some get confused on setup positions or how to use a lower lofted club. The lower the number the harder it gets if you can't tee it up. Please help?*

### *How to hit long irons*



## Performance Tip

**Learn how smarter strategy can lower your scores.**

Below you can find your 10 step guide for better strategy.

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