



From the Founder's Desk

We're delighted to be reopening our Study Centre for classes from June 1st. Although we still have no word on when golf will be allowed, at least this is a step in the right direction. We have a lot of preparation to finalise this week to ensure a safe environment for the students and staff, but we are really looking forward to seeing some of our youngsters in person again.

Our PGA Diploma students are making history this week by doing their mid-year exams online for the first time ever. I'm really proud of the attendance and attitude we have seen from these students during lockdown and I'm sure their results will reflect this.

MJ BALDERSTONE

More Lockdown Improvements

Before and after

Our students are getting better and better



Better lower half stability and torso/arm connection



Improved torso/arm connection and arm plane



Improved rotation, weight transfer and coil



Improved release pattern produces a 'Hogan-like' finish

More Chore Challenge Photos

It was a Mexican feast fiesta!

We have a weekly chore challenge going with our Study Centre students during lockdown. They had lots of fun with last week's challenge cooking Mexican food. Here's a quick snapshot.



Alumni Profile

Learning in golf and in life

Don Wolmarans graduated through our PGA Diploma programme in the class of 2018. During his final year, he started doing marketing activations for our friends at Cobra Puma Golf and this led to him being employed full-time by them as a custom builder/fitter upon graduation.



Don Wolmarans

Here's what he had to say about his journey at BSI and beyond;

"It is crazy how time flies when you are having true fun. I had the chance to live out my passion and now I am working not only within the golf industry, but the sports industry, which will always have a lot of attention. BSI has taught me a lot about the mechanics behind the golf swing and how to reflect on the process of becoming a good player, but it is safe to say that I learnt my patience from my coach at BSI, Martin Briede. This not only taught me a valuable lesson in golf, but it can also be applied to life. I am thankful for my experience at BSI and it is quite unique to say that I really love getting up every morning to do what I love."

If you dream of pursuing a career in golf with international opportunities, then the PGA Diploma or Greenkeeping programmes at BSI are the perfect college options for you. Contact us to start your journey.

Your journey starts here >

Ask BSI

Janus Greyling asks:

Do we want shallow or deep divots in our swing?

Here is BSI Coach and PGA Master Professional **Martin Briede** to provide the answer.



Your questions answered

We'd love to hear your questions on training or performance related to golf, fitness, mental game, football (we run a football academy too) or youth development.

[Start a conversation now >](#)

Performance Tip

Lockdown Lessons: Early Weight Shift

Here's a drill that you can do at the range or at home to develop an early weight shift to start your downswing.



Did you find this drill helpful? I'd love to hear your feedback.

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