

[View online](#) for a better experience

[Subscribe](#) | [Unsubscribe](#)

[Download a printer friendly copy](#)

Thursday, May 02, 2024

[Email us](#) | [www.eogagolfacademy.com](http://www.eogagolfacademy.com) | **Tel:** 021 712 1346



## EOGA tip of the week

### Lockdown Edition

#### How to improve your thoracic mobility

*Tip with André Loots (EOGA Arabella)*

This exercise will help maintain the posture in the backswing which in turn helps with more consistent strikes.

1. On all fours, hold your head with your left hand.
2. Rotate your head towards your opposite knee.
3. Then open up the chest while looking at your elbow. Do 2 sets of 10 reps
4. Repeat on the other side.



**Remember that EOGA is online!**

*Don't let the lockdown take a toll on your fitness or your golf.*

1. For your fitness, we have **live fitness classes** with Honey King and Luke Wewege.

# GOLF STRENGTH AND MOBILITY

MONDAY  
WEDNESDAY  
FRIDAY  
@ 10AM



**Honey King**



**Luke Wewege**

TUESDAY  
THURSDAY  
@ 10AM

# PILATES FOR GOLF

**EOGA**  
Golf Academy

**R100/class**  
**R400/week - 5 classes**  
\*7 classes to choose from each week

**FOR BOOKING:**  
**E: [info@eoga.co.za](mailto:info@eoga.co.za)**  
**T: 021 712 1346**

See the full video [here](#).

2. We also offer 4 **TPI tests** that you can do at home to determine where your weakness lies.

## FOUR AT HOME TPI SCREEN TESTS

- Watch our video (on YouTube at EOGA Golf Academy)
- Do your tests at home
- Identify your weakness
- Book Luke, Honey or Dominique

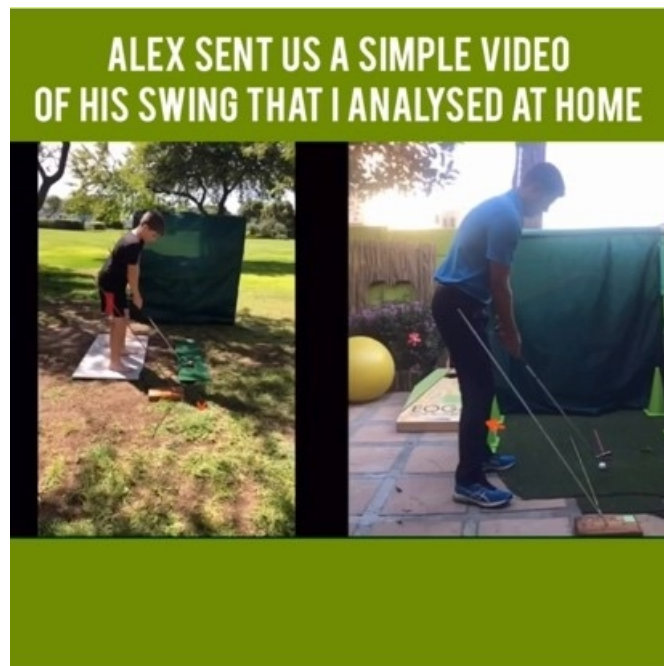
## FOR BOOKING

E: [info@eoga.co.za](mailto:info@eoga.co.za)  
T: 021 712 1346

## R200 / 30minutes

See the full video [here](#).

3. Finally, we also offer **online golf coaching**. All you need to know about it is [explained in this video](#).



Contact your closest EOGA coach for more interesting tips!



# Blowing away another myth

**It's quicker than you think.**

Thinking about your golf game, where would an improvement make the most difference? Not just to your scorecard or your handicap, but to how much you enjoy the game. If you are struggling with enjoyment, then there's a good chance it's one of these skills:



*Too many shots in the rough, lost in the woods, or far too short. Hole spoiled before you start.*





*Can't get the ball up on good trajectory. Too inconsistent. It's a struggle tee to green.*

Too many golfers sit in one or both these categories. They're under 100 sometimes but often struggle with that target. If that's you I'm betting you love your friends, and the outdoors, but the game itself is frustrating. So let's blow a myth away.

~~10,000  
Hour Rule~~

*It might take 10,000 hours to be an elite level golfer, but what if it took less than 20 hours of practice to MASTER one skill?*

### **I'm interested, tell me more**

The key to mastering a skill is not bashing away endlessly with minimal or no improvement. The right improvement identified and explained. Simple steps. The right deliberate practice drills. The right feedback. Pick a skill.

Start a conversation with us. Now's a good time.

[Contact us >](#)

## **Keep moving**

### **Strengthen your foundation**

*Being home doesn't mean you can't work on your golf game. Your physical conditioning is just as important as technique and course management. Improving your mobility from home means that when you're back on the course, you can hit the ground running.*



---

A good golf swing starts at your ankles. Being able to stay in position while transferring weight from your back foot to your front foot during the downswing requires ankle mobility. Lacking ankle mobility leads to early extension and inconsistent ball striking.



*This exercise will help you improve your ankle mobility. And all you'll need to do it is a few square feet of space.*

[Watch video >](#)

## **We're here to keep you mobile**

For more ideas on what you can do to keep your golf game sharp, please

[Give us a call >](#)

Share



*This mail was sent to {{contact.contact\_email}} by Etienne Olivier and is provided as a service for the members and guests of EOGA Golf Academy and has been supported and sponsored by advertisers in this email and our partner suppliers. For any queries contact us on 021 712 1346.*

*Sent on behalf of EOGA Golf Academy by  
RetailTribe: Unit 8 | Blaauwklip Office Park | Stellenbosch | 7600 | 021 880 2693*

Trouble viewing this newsletter? [View it online](#) | [Download a printer friendly copy](#)

[Subscribe here](#) | [Unsubscribe here](#)