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Shake hands with the target

Performance Tip of the Week

By Michael Balderstone, BSI Founder and PGA Master Professional

Here is a great drill to get the correct feeling of hand and forearm release through impact:

1. Without a club; take your golf posture, hang your right arm (for right-handers) down in its normal position and place your left hand on your chest.
2. Take a backswing with your right arm and your normal body motions.
3. From the top of the backswing, swing down smoothly and turn through the impact zone to a position where you are 'shaking hands with the target' (3 o'clock position from face on).
4. You should notice that your right forearm has rolled over smoothly, your weight has shifted to the left smoothly and you have also turned your hips and torso to face the target.
5. Repeat over and over.

The beauty of this drill is that it is simple to execute and can be done anywhere, from the office and living room to the practice tee, or even during your round of golf.



| Improve your game

If you need help with this drill, or if there's any aspect of your game that you would like to improve, get in touch.

[Contact us](#)

Our golfers' games were on fire this week!

BSI Tournament Results

BSI Junior Academy Medal

Well done to **Pieter-Andre van der Merwe** on his 1st place finish in the BSI Junior Academy Medal on Friday 11 March 2022, with a score of 69, a personal best for the year, on Royal Johannesburg & Kensington West Course.

This is Pieter-Andre's second win for the year and keeps him in second place on the Junior Order of Merit, only 475 points off number one spot. Keep it going.

Personal best:

Vuyisani Makama 70

Lefa Maseng 71

Ethan Joseph 77



Pieter-Andre van der Merwe

BSI Premier Medal

Congratulations to **Hilton Bailey** for his inaugural win in the BSI Golf Premier Medal with an impressive score of -5 on Royal Johannesburg & Kensington West Course played on Friday, 11 March 2022. The low score of 67 is Hilton's personal best for the year and we hope that he continues shooting such great scores.

Personal bests from the BSI Golf Premier Medal:

Jamie Senekal 72

Noe Ansermet 73

Victor Prybylsky 76

George Mawere 77

Michael Coertzen 77

Cara Bosman 86



Hilton Bailey

Chris Wright must be very proud of Pieter-Andre and Hilton as they are both coached by him and he has been working on a few things these past few weeks to improve their process. Well done to the three of you.

Our golfers are making us proud

External Tournament Results

Southdowns GC Club Champs

Well done to **Jayson Borchers** on winning the Southdowns GC Club Championships Junior division this weekend with scores of 78 and 73. Jayson has shown a great maturity and looks very motivated for the 2022 year ahead. Keep it up!



Jayson Borchers

Randpark GC Club Champs

Congratulations to **Grant Labuschagne** for successfully defending his title as Randpark GC Junior Club Champion. Grant shot scores of 77 and 71 to win the tournament and claim the top honours in 2022.



Grant Labuschagne

Northern Amateur 72-hole Stroke Play Qualifying Championship

Well done to Reece Mckain for his -6, tied 12th place and Bernard Meyer's -5, tied 15th finish at the rain interrupted Northern Amateur Stroke Play Qualifier played at Country Club Johannesburg. Reece and Bernard have now qualified for the Northern Amateur Matchplay Championship.

Other notable mentions:

David Harrold – T45

Jordan van Niekerk – T53

Let's get to know our partners in the game

BSI has successful partnerships with many international and local companies. Over the next few weeks we will be highlighting these partnerships and acknowledging our close association with each of them.

This week we interview Nicholas Garner from Puma South Africa. Nicholas talks about the long-standing and successful BSI / Puma partnership, which is now in its 11th year.



Not just golf

Introducing The Centre Circle

Welcome to the first edition of BSI Football's newsletter, The Centre Circle.

This monthly newsletter will provide insights and updates on the exciting events and happenings at BSI Football.

In this inaugural newsletter we cover our International Soccer Camp with SC Farensa from Portugal and keep you up to date on the latest events and player movements.

Please click on the link below and sit back and enjoy your read.

[Read the Centre Circle](#)



Let's recap

Catch up on our previous newsletters and re-familiarise with our performance tips.

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