

TapInGolfSpecialReport:

How To Eliminate First Tee Jitters In Less Than One Minute And Start Your Round Out Right!

A bit of anxiety and nervousness on the first tee... we've all experienced it. It doesn't matter if it is the start of the PGA Masters, the club tournament, or a "friendly" scramble among co-workers. Sometimes it is fierce and almost paralyzing, other times it can be quite subtle-but it is always there for most of us.

The major problem with these "first tee jitters" is that they increase the tension in your body. Golf is one sport where excess tension is NOT a good thing. A single degree of difference in clubface alignment at impact can mean that you are scrambling out of the rough instead of being safe in the fairway. It is imperative that you are able to produce a fluid and tension-free swing. And we all know that the first tee shot can set the tone for the entire round.

Introducing TapInGolf: The Ultimate Mental Game Mastery System

I've developed a mental game technique called TapInGolf (www.TapInGolf.com). It is a cutting-edge system that is easy to learn, simple to use, and delivers results almost immediately that you will feel in your body and see on your scorecard.

In this Special Report I am going to introduce you to one element of the TIG system that will work wonders on these first tee jitters.

What is TapInGolf?

Warning—It is a little weird... but give it two minutes and experience the results. The chances are good that you won't care that it's "unconventional".

TIG is simply a do-it-yourself form of acupuncture, except you don't use needles. Instead you simply "tap" on a few "clearing points" while focusing on the negative feeling or emotion (in this case, anxiety on the first tee). Let it's move right into it and eliminate that anxiety!

Step One-Visualize the First Tee and Rate the Intensity of Your Feelings

Intensity of Your Feelings

Assuming you are not about to tee off at this particular moment in time, I will instead have you close your eyes and simply imagine that you are about to do so. The more vivid your imagination, the better—focus on the sights, sounds, temperature, etc. Furthermore, make the scene as intense as possible i.e. you are on the line, people watching you, etc.

about to do so. The more sounds, temperature, etc. rnaments situation, money

While you are performing this mental exercise, make an emotion (nerves, anxiety, fear) or physical symptoms (butterflies in stomach, sweaty palms) arise, and give them an “intensity rating”. We will use a simple scale of 0–10 (0 = no intensity, 10 = very high intensity). For example,

of what particular negative terflies in stomach, sweaty ill use a simple scale of 0–10 (0 fear at level seven).

Please go ahead and do that now.

Step Two—Tap the Clearing Points (Negative Focus)

Next, you will tap three points approximately ten (10) times each while focusing on the negative emotion or physical symptom you identified above. It is important that you focus on the *negative* while tapping

Point One—Collarbone

You will use an open hand to tap this area. Technically, it is the location of the knot of a

ly speaking, it is not the necktie (see photo).



Point Two—Under Eye

Use the tip of your index and middle finger to tap about one inch directly below the eye (see photo).



Point Three-Double Wrists

Simply tap the insides of your wrists together (see photo).



Interesting (sort of) side note: this wrist point is the one that can reduce seasickness. If you have ever been on a cruise ship, you may have used one of those wristbands for your queasy stomach. The truth is, those bands are designed to stimulate these exact wrist points. The manufacturers oftentimes don't tell you that because it seems so weird!

Step Three–Tap the CB Point (Positive Focus)

Now tap the CB Point approximately 10 times while repeating (aloud or silently to yourself) the phrase “ **Let it be easy** ”.



Step Four–Take a DEEP BREATH.

Step Five–Imagine the First Tee Again and Check Your Intensity Rating

The chances are very good that the intensity of your emotion or physical symptom will have decreased substantially or disappeared completely.

If you experienced a decrease but there is still some intensity remaining, **or if a different emotion or symptom surfaces**, simply perform another round or two of this method until you are calm, confident and ready to step onto the tee.

Question: Will this calm feeling actually carry over the first tee on the course?

Answer: Usually. However, if you experience negative emotion while “live” on the course, simply apply this technique on the spot and eliminate them in short order.

Simple?...Sure is.

Odd?...A bit.

Effective?...You bet.

“My wife bought your book for me as a birthday gift. I was a little skeptical at first, but not for long! On my first golf outing **I was out-driving my partners** who usually have me by twenty or more yards off the tee. I was able to relax and my swing felt so fluid. I can't really explain it, except to say that **it felt easy**. That's a first for me.

Thanks again. Please keep me posted on the next book and videos.”

Al Cranston
Phoenix, AZ

This Special Report has provided you with a brief glimpse into the incredible potential of the Tap In Golf Mental Game Mastery System. Claim your copy of the full 118 page manual now to discover:

- How to **enter the zone** at will
- Why no swing thought is the **best swing thought**
- How to **Cure the Yips**
- How to take what you learn in a **teaching lesson out onto the course**
- The **EASY** way to correct **ANY swing fault** (your instructor will thank me)
- Why practice does not make perfect, and oftentimes just the opposite
- How to **Eliminate Fear** and **Doubt**

- How to play to your **true potential**
- How to **never choke** again, EVER!
- Why your Comfort Zone is **killingly your scores**
- A three minute pre-round technique that **guarantees your success** on the course

And much, much more.

The Tap In Golf Mental Game Mastery System comes with an **Unconditional Six Month No Questions Asked Money Back Guarantee**. In the unlikely event that you are not thrilled with the results of these cutting-edge techniques, then insist upon refunding every cent you paid.

Simply use the link below to start transforming your golf game **NOW!**

www.TapInGolf.com

Until next time, make every shot a Tap In,

Coach Stephen