

SIMPLE MIND THEORY of golf instruction by Brian Stitch

PHILOSOPHY:

As mentioned **in my story**, the SIMPLEMINDTHEORY of golf instruction developed from my personal frustration of “overthinking” the fundamentals of the golf swing. Learning each fundamental and then attempting to control these moves during the golf swing only produced inconsistency and doubt. Even questioned my ability after a period of time.

For more than 45 years, this unique method of instruction has helped literally thousands of golfers achieve more consistency in their ball striking capabilities. The initial 3 hours of instruction has brought an increased level of satisfaction to golfers of all levels. Never considered broadening my program or philosophy until a young phenom came into my life.

This young man has been a champion for several years, even though he was only 11 years old when we met. For some reason, **my mentoring capabilities exploded** with him, and I continued to develop ways to challenge and push this young man to higher and higher achievements. His improvement has been very noticeable to his competition. As a result, I have had the privilege of introducing portions of the overall program to 5 other elite junior golfers.

The complete SIMPLE MIND THEORY of golf instruction has been expanded to 3 distinct phases.

MY PROGRAM:

(first 45+ years of career)

Initial Series of 3 hours of instruction. The original philosophy of learning the golf swing in a unique way. Golfers are taught both **POSITION and PURPOSE**. They are taught how to **TAKE ADVANTAGE** of the set-up that they have built and is tied into the swing itself. You are taught how to have **“perfect practice sessions”** or disciplined effective sessions of growth instead of just hitting golf balls at a range. Golfers usually had both increased consistency and an excitement to continue to advance due to their initial success and understanding.

Most golf instruction focuses on the issues or problems you currently have in the golf swing. You are taught or shown how to make a correct move and then work on that until you have improved. You are usually not instructed on **WHY** you should be doing that move, or **WHY** it is better than what you were doing, or **HOW** your set-up or foundation possibly affects your capability to perform. Most instruction contains many different ideas or fundamentals to focus upon. The result is poor execution or consistency, with confusion and doubt the majority of time.

PHASE 1: Made initial 3 hours instruction into a 2 month program

Required purchase of a journal or golf workbook to record progress. Had to establish exact starting point through a self-evaluation survey. Had to write down specific long term, intermediate term and short term goals. Had to develop both a game plan and a timeline to accomplish those goals. Had accountability through email, text and possible phone conversations at times other than during actual lesson. **Included a fourth lesson** that introduced concepts of chipping and putting, but no real practice.

PHASE 2: SCORING

(increased 2 month program into a 6 month program)

Phase 2 came about due to figuring out how to challenge the gifted into more and more success. This is called the “**Learning To Score With The Game You Possess**” phase.

There is an entirely **different set of rules of practice** associated with this phase of the SIMPLE MIND THEORY of golf instruction. Without providing too much information before you invest into this program, Phase 2 is where the majority of your score reduction will take place. Depending upon your skill level, it is expected your **score over 18 holes will be reduced by 6- 8 strokes, possibly much more.**

PHASE 3: MENTAL TOUGHNESS- MENTAL MINDSET

Works on mental mindset. It helps you navigate properly around the golf course. It teaches you how to **PLAY GOLF** instead of merely hitting a ball around a golf course. Most individuals cannot come up with 8-10 concepts of what constitutes “**MENTAL TOUGHNESS**”. We have concepts we discuss from A to Z.

OPTIONS:

3 lesson package is **\$375.00**

2 month program investment for PHASE 1 is **\$795.00**

6 month program investment for PHASE 1,2,3 is **\$2,995.00**