



DYLAN GOLF

PHILOSOPHY

Golf is not a Science.

Science is understood to give us the answers to everything in the Western World. So over the last 90 odd years golf teaching and learning has become a very in depth scientific field that thousands of professional golfers and millions of avid golf learners depend on.

Unfortunately this method of deducing and analysing and implementing how to learn to play golf is a catastrophe when it comes to how the brain actually learns and performs an act. Hence the millions of golfers around the world who are so frustrated with this type of teaching and learning. The professionals are also pulling their hair out as to why their pupils seem not to improve or even perform relatively well compared to many other activities they perform.

Golf handicaps have stayed on average around 26 with no improvement whatsoever over the last 80 years. I only read the other day that 2 million golfers in America a year are so despondent with this great game they simply give up. I think that is a very sad statistic considering it is the greatest game on the planet.

A famous Professional Golfers Association conferences quote was “we know a lot about the swing but not much about how we learn it.”

The problem lies with how our biological brains actually function and learn. We do not need scientific explanations to learn any physical act. For instance, throwing a ball we learned by trial and error until we could throw the ball to specific targets. We did not read books on throwing arm movements, or look at pictures of people throwing balls, or get instruction on how to move our arm or body to throw the ball. We simply tried until we could.

Another example I like to use is learning to play the guitar or piano. We do not look at pictures of great guitarists or piano players or read scientific instruction manuals on how to move our arms and hands and fingers to perform and learn these acts. I think this is self-explanatory and ludicrous to think otherwise.

Our biological brains are very complex and science still doesn't really know how they work. So the purpose of my teaching and learning is simply to steer away from the idea that pupils have to copy positions or movements of professional golfers to learn the game of golf.

The brain simply does not work that way.



Just to give an analogy of how it works in everyday activity, that we are all aware of, is that everything we do from the moment we wake up and go to bed is directed by an intention of what we want to do. For example, when getting out of bed our intention is to get out of bed, and so we do. We then might have a shower and brush our teeth, and so we do. We then get dressed and might do other things too like answering the phone and talk, and so we do. We might then go and make breakfast and have a coffee, read some of the newspaper and make our way to the front door and open it, and so we do.

Now at no point in all of these incredibly complex actions, that millions of pages could be written about, did we instruct our brain on how to move our bodily functions to perform these complex tasks. Not once. The Brain Just Does It!! We have an intention and our learned brain just performs the act. Miraculous isn't it?

So why is it that we as humans when learning golf fall into this horrible trap of trying to learn body movements and positions and complex scientific definitions, such as D Plane, X factor, Shaft Plane, Shoulder Plane, Hip plane, Straight left arm, Extended arms, Head down, just to name a few to learn to hit a golf ball??

Exactly, it is confusing. But it is fact. The brain does not need these instructions to perform. The brain just does it.

Now the main point is this. And that brings me to my teaching. The brain simply needs intention of an outside agency. In other words, the cup of coffee I want to drink. The toothbrush I want to use. The clothes I want to put on. It is only interested in the outside agencies that need to be used to survive. In golf it is the golf club and the golf ball. We want to hit the golf ball with the golf club. That is our goal. That is what we want to learn. As we progress and practice we should like any other act in our lives become more skilled at the act of hitting a golf ball with our golf club. I think watching a 5 year old do this gives you a good understanding of how we actually learn.

My great teacher, Vivien Saunders (OBE) who won the Ladies British Open, use to say to me in the morning before every coaching day, "Dylan you have to bring the adult back to childhood learning to learn this game." How right she was.

So learning under the DylanGolf philosophy you will be guided and helped and motivated on how to use the golf club correctly to become a consistent player. Which will bring much enjoyment and be a very rewarding experience. Because it has been said this is the toughest game to learn on the planet!



For my University Bachelor of Science Degree I wrote a widely acclaimed dissertation solely on this subject. The PGA of England awarded me advanced status for this study and other studies that I undertook in the field of golf learning and teaching. The dissertation is an in-depth study covering everything from where our dependency on science to give solutions to our problems comes from. To how great golfers have unorthodox golf swings and perform at the highest level which devalues the idea you need to learn a scientifically defined perfect golf swing. To the philosophy of action and the downfalls of the last centuries of how science has tried to define it. To document how many great golfers have lost their innate talent through thinking science would help them become even better than they were. To test on how we actually perform with the analytical mind versus the intentional mind and much more. I will be more than happy to discuss this very interesting subject with you in more depth if you wish.

Since 2002 when I completed my degree I have been testing my findings intensively all over Europe and a stint in Asia (you can refer to my CV for details) practically with fantastic results. It has been one seriously interesting journey with thousands of students actively involved in my teaching and understanding. There has been agreement and disagreement, confusion and enlightenment, frustration and happiness, all part and parcel of this great game called golf. But overall mostly success stories due to how the brain biologically works. We cannot escape or change that. Like I say to all my students, 'your golf ball lying on the ground does not have a brain, it has no idea if you had a straight left arm, or you turned your shoulders 90 degrees, or if you started the down swing with your hips, it only reacts to the physics of the club head hitting it!!'This we cannot change...!!