

If you have asked yourself: "How do I improve my golf game?"

Here is a powerful answer:

David Leadbetter and Robert Winters wrote about the Peak Achievement Trainer®. They found that it showed differences between highly-skilled golfers and golf students. They described a study with the previous version of the Peak Achievement Trainer®, which showed enhanced concentration as a decrease on the trend graph.

"...exploratory examinations of touring professional golfers, experienced golf instructors, and golf students with low to mid handicaps showed EEG biofeedback differences between professional golfers who revealed automatic motor processes and less experienced golfers whose skills have not been encoded as overlearned. The condition for these players is that they probably are still processing verbal-motor behavior in their frontal cortex and that the skill has not been turned over to a higher brain function. Initial testing of EEG activity at the David Leadbetter World Teaching Headquarters using professionals and amateurs on a portable Peak Achievement Trainer® revealed graphic visual disruptions between accomplished golfers and those who were developing specific motor competence. The initial findings revealed that when professional golfers and experienced instructors followed their pre-shot initiation or ritual (pre-shot routine) a series of electrical firings (brainwave output in microvolts versus time in seconds) were noted on the graph. However, just before initiating the golf backswing or takeaway, every experienced golfer (n = 6) of high motor proficiency showed a reduction and low electrical activity on the EEG monitor (Peak Achievement Trainer®). This reduction of electrical activity or "quiet time" lasted for only a second, but it was positively identified for every accomplished golfer, whether using a five iron, using a driver, or on a 10-foot putting task. The findings were different for students just receiving lessons and those players (n = 4) who were having trouble with a specific component move of their golf swing. The graph revealed that at the initiation of their swings, significant electrical activity was evident and that these amateur golfers never had a "down time" or quiet moment to initiate the swing. Brainwave output was variable and complex during the pre-swing phase, initiating the takeaway and the through-swing phase. These findings may represent a crucial element in discovering what the motor component of trust may be or how well a learned skill movement is edified by the performer."

From an Editorial by Robert M. Quencer, MDa, Robert K. Wintersb and David Leadbetterc in the American Journal of Neuroradiology 24:1033-1034, June-July 2003.

- a. Editor-in-Chief, American Journal of Neuroradiology.
- b. Sport Psychologist, David Leadbetter Golf Academies.
- c. David Leadbetter is widely acknowledged as the world's number one golf instructor, and his student list, which reads like a Who's Who of Golf, includes Nick Price, Nick Faldo, Greg Norman, Ernie Els, Charles Howell III, Michael Campbell, Aaron Baddeley, Justin Rose, Lee Westwood, Scott Hoch, and Ty Tryon, among others.