



Instinctive Golf was founded by Kendal McWade who had changed his coaching direction after being influenced by Fred Shoemaker who is the founder of Extraordinary Golf.

The pillars of Instinctive Golf tuition are:

- To harness and give you awareness of your body's natural ability to learn
- To facilitate deep learning and self-coaching
- To develop skill
- To create master problem solvers
- To create a new learning paradigm
- To challenge the cultural views on learning
- To discover the real joy and adventure of learning
- To discover that extraordinary performance is a function of letting go, taking risks and rediscovering trust for our instincts
- Opening possibilities for play and the freedom to be detached from fear
- To shift from living inside of a story to an innate sense of sufficiency, wholeness and being complete
- To distinguish the nature of self-interference as an access to self-discovery, self-expression and freedom
- To commit to shifting the culture of golf from tips, formulas and answers to one of exploration, discovery and freedom

As the great Fred Shoemaker states:

*"We've come to see that golfers are far more able than they believe. But, they haven't learned to develop--or access-- what they have".*

The Instinctive approach to golf tuition fosters a person's innate ability and capacity to learn. The belief is that you already know there's something 'in there'. You know that the game of getting better isn't so much one of adding information, understanding and concepts but one of 'leading out'. And, what

leads out our ability is our capacity to cultivate an awareness of what's happening in subtle and important areas, our capacity for deep learning.

When using this form of tuition we will explore the content of golf, such as swing plane, solid contact, etc., but not in the way you might imagine. We will coach you to learn beyond just content. We will foster your ability to self-coach, to integrate deeper and broader aspects of learning, including how to





