

Nikhil Gholkar Reflects on Jack Nicklaus's Tips for Eliminating Golf Course Pressure

Written by Australian Business

KANSAS CITY, KS, October 15, 2013 **/24-7PressRelease/** -- As an experienced golfer, Nikhil Gholkar knows that every golf enthusiast will face pressure at some point as they take the course. Whether they are competing in a tournament or trying to hold their own against more seasoned players, a case of the jitters is to be expected. For this reason, Nikhil Gholkar is proud to lend his support to a

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that features tips from golf legend Jack Nicklaus on beating golf course nerves.

For pros like Jack Nicklaus, pressure is just a normal part of life as a golfer, however for amateur golfers this pressure can be unsettling. The necessity of making a specific shot can feel paralyzing, and may cause even a careful golfer to take risky shots. Jack Nicklaus notes that taking risks under pressure should be avoided in favor of good, solid shots that make sense. Instead of trying to get creative and try things that they have never tried before, the golfer should focus on using shots that they have mastered and feel comfortable executing.

Nikhil Gholkar supports this notion stating, "A high-pressure situation is not the time to start taking risks and trying to make unfamiliar shots. It's much smarter to make a shot that the person feels comfortable with and has tried many times before. The right time for risk-taking is during a low pressure, casual game with friends."

Though he has become a household name in golf, Jack Nicklaus explains that he experiences the same nerves that any other golfer does when they take the course. He states that there are several ways to combat this anxiety. Taking a deep breath and surveying the scene can help a person to feel more calm and centered. Instead of feeling rushed, this slows the pace of the competition and allows the individual to stay focused.

When it comes to dealing with a high-pressure situation, Nicklaus explains his state of mind by saying that he thinks, "This is what I've worked for during the last several months. Enjoy it and finish it. Golf is supposed to be fun; it's not supposed to be pressure and torture. The pressure is what you practice for. Prepare yourself, and think of what works for you."

He explains that approaching the game with a sense of calm allows individuals to focus and perform their best, even during a situation that may feel stressful.

"Above all else, golf is enjoyable. Putting too much pressure on one single shot takes the joy out of the game, and should be avoided. When a person takes a few minutes to just enjoy the

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natural beauty that surrounds them as they play, it is easier to feel ready to take on the next shot," states Nikhil Gholkar.

ABOUT:

Nikhil Gholkar is passionate about golf, and has enjoyed the sport since he was a child. During his free time, he is regularly found practicing his swing and improving his game. He is also passionate about scuba diving.