

BRYSON DeCHAMBEAU

SHARON SHIN: All right, I would like to welcome in Bryson DeChambeau into the virtual press conference here at the Rocket Mortgage Classic. Bryson is coming off a T-6 finish last week at the Travelers Championship, and Bryson, you were the only player to have finished in the top-10 in each of the first three events since the season resumed. Can we just get some comments on how you're playing so well?

BRYSON DeCHAMBEAU: Yeah, I think that my iron play and driving has been pretty good the past three weeks. Obviously, Colonial and RBC I felt like my driving was really good. Last week wasn't as good as I thought, I slowed down my speed trying to find some stuff. Wasn't really able to all week and unfortunately hit a shot on 13 that cost me the tournament. Just some putts early in the week that didn't go in. Besides that, I felt like I played really good these past three weeks.

Again, like I said last week, I'm just trying to be the house when it comes to, you know, a casino and things like that. Trying to be. Now, whether that can be done fully for longevity, I don't know, but just going to keep hitting it as far as I can, wedging it on the green and making some putts.

SHARON SHIN: You're also making your tournament debut here at the Rocket Mortgage Classic. What are your initial thoughts of this golf course at Detroit Golf Club?

BRYSON DeCHAMBEAU: Well, the conditions are really nice, they're beautiful. Greens are beautiful, fairways are perfect. It's a golf course that I enjoy. I do really well on country club-style golf courses, so I'm looking forward to another great week.

SHARON SHIN: We'll open it up for questions.

Q. Bryson, I have a few for you. What were you trying to find last week with the driver?

BRYSON DeCHAMBEAU: Repeatability. Stability and repeatability. At the higher speeds that I had at Colonial, I had it really locked in, it was working really well.

RBC, I felt like there was a couple shots that just came out of nowhere and I was like, hmm, that wasn't what I wanted to see. I felt something, should have done something and did something else. So, for me, that always brings up a little bit of concern and I have to go work on some things to figure out a better way to troubleshoot on the golf course so I can get it back like that.

That's what this whole thing's about. It's a system. There's never really one thing that's going to allow me to get all the way back, it's a system of things in play that they all have to work in continuity with each other to be able to produce a consistent result. That's just what I didn't have this past week with the driver and 3-wood. Albeit my error wasn't that bad, I was still able to get it in the fairway and hit shots on the green. I wish I would have been able to hit it a little straighter so I could have swung a little harder.

Q. Your last six starts, your worst finish has been a T-8, but are you still a little disappointed you haven't put up a W during that time?

BRYSON DeCHAMBEAU: Absolutely. Look, I played some incredible golf even though I'm disappointed, again, I think over the long run, I'm looking at this as a long-term investment, this driving stuff. Albeit it's all great, he's hitting it far, pretty straight, it's awesome, for me it's more of a long-term investment. I want this to work really, really well for majors, especially majors. You know, East Lake, WGCs, I really want to perform at those events. These are great preparation tournaments, I love them, I want to win them. Every tournament I come to I want to win, but, you know, again, the most important things for me are those majors.

Q. Hello, Bryson. First one's from another reporter who wanted to know if this course limits your effectiveness with length given that it's shorter and tighter?

BRYSON DeCHAMBEAU: I don't know. I actually really haven't been out on the -- both sides yet, so we're going to see what it produces for me. But again, being able to hit an 8-iron 195 yards is a pretty good asset, I'd say. So even though it limits my driving capabilities, my irons are going to be a lot shorter going into the greens no matter what club I have in, yardage I have in.

Q. And secondly and unrelated, I wonder if you can comment on Dustin. He's won 22 times on 18 different courses. I'm wondering if that appeals to you. You know, yourself for a shorter sample size, if you go back a couple years ago you won Ridgewood and Boston back to back, two different courses. Is that meaningful to you at all and does that number of DJ impress you at all?

BRYSON DeCHAMBEAU: It's the most impressive feat since I've been on Tour, to keep winning every single year and to have that consistency, not really get injured and do the right things to his body and be able to switch putters and win. I mean, it's amazing what he can do. Definitely a special talent out here that I highly respect, have the utmost respect for. That's something I even envy. Albeit I can hit it farther than him now, he's still winning. It's one of those things, it's not about just hitting it far, I understand that, I understand it's about winning. And he played well last week, he played unbelievable.

So I definitely look up to that. Being able to adapt is a huge deal, play on different golf courses, right? And that's what I'm kind of trying to learn how to do. I'm starting to figure it out. Even though I haven't necessarily won yet, I think that will happen down the road if I just keep playing good golf, but being able to adapt in different situations and play in different

conditions, win everywhere is pretty impressive.

Q. Wait, are you saying that Dustin has figured out something that you haven't?

BRYSON DeCHAMBEAU: Probably, but he's played out here for a lot longer than I have. No, look, I don't know everything. I'm not claiming to know everything by any means. It's one of those things that he's had enough experience to be able to adapt a lot better, a lot quicker to these different golf courses that he's played numerous times.

Q. Just wondering, was there anything that Chris Como's kind of living room laboratory allowed you to do that you wouldn't have normally been able to do because of the shutdown that's helped with your play the past few weeks?

BRYSON DeCHAMBEAU: Yeah, we were absolutely able to look at different things that most people aren't normally capable of looking at. For example, we were looking at ground reaction forces and how I apply force to the ground to create speed, and there's some unique properties that I have in regards to how I create speed compared to other players, so it's interesting to see that. Gave me a better understanding of what I need to do to produce the speed and to be able to repeat the speed.

The other thing, too, Gears is really nice, being able to see how the club was moving, getting some speed data. And honestly, just having a place to practice in quarantine was kind of nice. When everybody was shut down, I was still able to go over there and hit shots and do some work, so that was fun.

Q. Is the bigger benefit with the 3D and the Forceplates, is the bigger benefit when you're making a swing change it kind of confirms you're doing what you're trying to do or do you just like to get the data as kind of a benchmark of what you're doing when you're playing well?

BRYSON DeCHAMBEAU: Both. We look at it when I'm playing really well and we also have the data for when I'm trying different things. So, you know me, I go through a lot of iterations, I try a lot of different things, and 99 percent of them don't work, 99.9 percent of them don't work, but it's great information to have so we know what doesn't work and when we find that little nugget, it's a special, it's very special. That's how you gain an edge, I think, out here is when you find just these little things that can make all the difference for repeatability, for speed, whatever it may be that you're trying to accomplish.

Q. My question to you is related to the course and I wanted to know how familiar are you with Donald Ross designs and how do you see those characteristics represented at Detroit Golf Club?

BRYSON DeCHAMBEAU: Yeah, well, a lot of the slopes are from back to front. I haven't played both sides yet, so seems like it's fairly tight, a lot of rough. I think there's a lot of bunkers that are around like 290, so hopefully I'll be able to clear those and take those out of

play. So, sorry, Mr. Ross, but, you know, it is what it is.

And I like the style of golf courses, it just seems to fit me. They're like country club style. I grew up on Belmont Country Club, which is very similar to that style of course, so I'm comfortable with it. I really enjoy those types of courses and I feel like I thrive on them, so this course is none the different.

Q. A couple weeks ago you were talking about your diet and basically said that, you know, you could eat whatever you want whenever you want. I was just curious if you could maybe take us through an average day or maybe even an extreme day of what specifically you might eat.

BRYSON DeCHAMBEAU: Yeah. Well, I'll start off by saying I don't necessarily eat anything or everything I want. There is this overlying principle of a two-to-one carb-to-protein ratio, so that is first and foremost. I try and retain that throughout the whole day with everything I eat and drink.

I would say that in the mornings I usually have four eggs, five pieces of bacon, some toast and two protein shakes, two Orgain protein shakes.

Throughout the course of the day, I'll have a GoMacro bar here and there, I'll have a peanut butter and jelly sandwich, I'll have another protein drink, I'll have at least two protein drinks on the golf course, at every six holes, and then after the round I'll have one.

After that, I'm snacking when I'm practicing after. Go back to the hotel, eat a dinner, steak, potatoes. Then -- and I'll have two protein shakes with it there as well. So I'm consuming around, I'd say, around six to seven of those Orgain protein shakes a day now where I used to be two or three. With the weight up, I just had to consume a lot more. Luckily, I like the taste of those shakes so I can take those pretty easily.

Q. What would be your caloric intake?

BRYSON DeCHAMBEAU: Shoot, I have no idea. Probably, if you would add all that up, it'd be around 3,000 to 3,500 I think, something like that.

Q. I did have one other question. I was curious how much you studied Moe Norman, maybe especially with this ulnar deviation you referenced last week?

BRYSON DeCHAMBEAU: Yeah, I've studied him a lot, a great deal.

When I was younger working with Mike Schy, we talked about that all the time. I wanted to be like Moe Norman. I saw Ben Hogan, how he would hold that off during his follow-through, so there was definitely things I noticed about it.

It just allows me to control the clubface a lot better, especially with the way I set my left arm

up. If it gets more into this bent position, I feel like it's more difficult to get that thing to close a lot easier.

There's reasons that I won't explain, but it just doesn't line the forces up properly, it doesn't allow the wrist to rotate to get the clubface back to square as easy. So definitely things that Moe Norman, Ben Hogan, a lot of these great ball-strikers. Even Tiger when he was doing his little thing right back in 2000, he did it. There's so many great players that do these things where they throw the club out and it's just a motion through impact that looks very similar through the great ball-strikers of this game.

Q. I don't know if you guys have talked about the lack of visual, if you will, with the no stands in terms of (inaudible) during rounds. You've had a good sample size now. Is that something you noticed, courses looking different without the framing around them?

BRYSON DeCHAMBEAU: Yeah, they do look a little different. This is the first golf course that I haven't played in previous years so it's going to be totally new to me. It goes back to junior golf and college golf, I would always pick trees or pick something in the distance. I guess we just have to adapt. Again, it's about who can adapt the best out here, especially in these challenging times.

I feel like the PGA TOUR is doing a great job of adapting as well as all us players. We're all doing our part and I think it's no different on the golf course.

Q. How does your body feel right now?

BRYSON DeCHAMBEAU: Great question.

Q. I know we talked about the changes, but like how is it going right now? Do you still feel pretty healthy? Is everything still fully functioning?

BRYSON DeCHAMBEAU: That's a great question. A lot of people think that I was going to get injured and there's going to be issues, albeit during this whole process I was injuring myself all the time, but recovering off of it based on how I train.

So to keep a long story short, Greg Roskopf has helped me understand ways to -- a lot of the pain that I experienced or that most people experience is neurological pain, it's not necessarily muscular pain. So it's about how do you get the body to realize that you can tolerate force through a motion. It's painful, right? So whenever pain exists, it's a check engine light.

So, for me, whenever something occurs or something bad happens, I go into the thought process of okay, what motion does it hurt in. How can I train that motion to tolerate more force so I can show myself I can tolerate that force and there's no need for my body to freak out saying there's something wrong.

So, I've taken those types of principles, and I won't go too into detail because this is some of the secret sauce that we've figured out, but with Greg and with MAT, muscle activation techniques, he's given me positions of emphasis, motions to move into, that allow me to tolerate force through each and every specific muscle in my entire body.

So I have a checks and balance, I have kind of a checks and balances in my body that I just kind of allow me to go through that allow me to, even when something bad goes on. For example, Saturday night I had something come up in my back and for an hour I was working on my body to fix that, and guess what? came out Sunday, no problem, no nothing. Every night I work out to fix my body, not to hurt myself. Most people think, oh, he's going out to hurt himself and stress the system. Yeah, a little bit to stress, but it's mainly to recover my body, which is unique. A lot of people will say, oh, you've got to rest, it's hurting, you've got to rest. It's actually one of worst things you could possibly do for me With the knowledge that I have. For most people I would say it's a great thing. let me just rephrase that. For most people it's a great thing to rest their body when they don't know how to fix it and they know something's messed up, but for me, I'm lucky enough to have a guy like Greg that has allowed me to understand how to fix my body on the fly.

Q. Last thing really quick, say someone was inspired by the changes they've seen you make, are like, all right, Bryson, I'm going to go do this now, I want to put on 35 pounds, I want to gain 15 miles an hour swing speed. What should they be careful of doing along the way, I guess?

BRYSON DeCHAMBEAU: They should be careful of the whole process. It can be a very difficult process to go through if you don't have the right training, the right teaching.

So, for someone trying to put on size and strength -- it's mainly strength. Along with strength comes size. It doesn't always happen, but for me that's the way it worked. I had to work out really rigorously with a lot of weight and consequently I just went up in weight, muscle size got bigger.

For someone trying to attain these speeds and going up there at the next level, you have to be very aware of your body. You have to say, okay, something just gave out, I need to go fix that. Rather than trying to keep swinging harder or keep doing whatever, they have to go try and figure out how to fix their body in the gym. That's one of the most important things that you could possibly do.

The next thing is you've got to exceed your thresholds. Whenever you're trying to swing it faster, for 10 minutes you think you've got it, you think you're done, I can't swing any faster, you've got to keep pushing through, you've got to break that ceiling. Once you break that ceiling, I'm sure there's something that's going to happen with your body and you've got to be careful. you've got to go back to the gym and work out and build it up. Okay, I can tolerate this next level of speed, keep pushing that. I can only go 180 miles an hour, and you go, nope, I'm going to push through, I'm going to swing it harder, and you break that ceiling.

Something's going to shut down in your body and then you have to go raise that body tolerance level.

So, it's a process of going roundabout; golf swing, moving it faster, then going and working out, fixing your body, swing it faster, fixing your body. It's a circle.

So, somebody trying to gain that strength and weight, that's what you're going to have to do. You're going to experience some pain and anguish. Make sure that you're taking care of your body so when you wake up, you don't feel any pain or tightness the next day. If you feel tightness or pain, I would be concerned, I would go consult with somebody.

Mainly for me, Greg Roskopf, MAT, he's told me things I would have never understood, never figured out. Sometimes people go down these roads and they injure themselves, hurt themselves and they don't know how to get out of it, and that's a scary thing, too. I don't want anybody to get injured off of this. This is something that I was working with trained professionals, very experienced to figure this stuff out.

Q. All right. If I make the leap, I'll keep you posted.

BRYSON DeCHAMBEAU: Perfect.

SHARON SHIN: Thanks for the time, Bryson, and good luck this week.

BRYSON DeCHAMBEAU: Thank you, all. See you.