
Q. Given the run of play that you've been on, how encouraged are you by that round out there?

JASON DAY: Yeah, I am encouraged. I think it's a good step in the right direction. I obviously, I've got to give myself a pat on the back because I played some nice golf today, but we've got three more days after this and I think the main goal is to try and focus and get yourself in a position where you can win. Yeah, good positive stuff today. Get back, recover and try and get into tomorrow's round.

Q. The work with Chris, where are you on that process?

JASON DAY: I mean, it's close. I mean, there's a lot of behind-the-scenes stuff that I think about the golf swing in the morning, I think about the golf swing during the day and I think about the golf swing at night. There's been conversations at 12:00 at night with Chris just because I have an idea in my head and a certain sensation and a feel.

If you've been around me at that time, you've kind of -- it's interesting. I'm obsessed with it. And once again, I'm to a point where the swing is really nice with the iron, I feel like, and even to a certain point in the fairway woods, but the driver, I really need to really focus on that to make sure that I'm doing the correct movement because it can potentially hurt. Overall, it's moving in the right direction.

Q. You say hurt; hurt your back?

JASON DAY: Yeah. It's not hurting, it just like over time if I do it too much, it just gets aggravated and it gets a little bit sore. But, I mean, you walk down the range here, everyone's sore at some point.

Q. Twelve fairways today, sounds like the driver was actually working for you today. What part of the game most excited you today?

JASON DAY: Like you said, I drove it nice, I hit a lot of good quality iron shots into the greens and I actually putted good. Even though I missed some pretty easy looking putts, it was -- it just didn't quite match when I was standing over it and I was trying to match the speed of the putt going in the hole and I hit the putt, it didn't quite match it as good as I could.

Q. How do you feel for the rest of the tournament?

JASON DAY: I mean, obviously we've got some weather coming in, so I feel like we're going to go into grind mode over the next few days, which I typically like. It's going to be difficult, I know that we're going to get a lot of rain, so just got to take it as it is and just focus on myself and just do whatever I can to shoot a low one.

Q. Jason, your struggles with injury of course are well documented and as you said, you're adjusting your swing to try to make it easier on your back. How good can this version of Jason Day be?

JASON DAY: Well, I don't know. Obviously I don't want to get ahead of myself because I know that it's easy in the position I am right now after a good round to get ahead of myself and start talking where it could potentially go, but I think I've just got to stay as present as possible because if I can swing it the way I'm swinging it and have the short game and the touch that I have on the greens, I mean, I played some really good golf today. I feel like I can get back to where I need to be, but that's a total decision up top in my head if I want to climb that mountain again. I feel good about myself and I've just got to slowly work on the confidence. The thing that's different between now and when I was No. 1 in the world, even though the technique might not have been as crisp as it is right now, I had all the confidence in the world, especially on the greens. So that's always the goal.

Q. Five birdies from inside 10 feet today, so was there something there with the ball-striking that hasn't been there?

JASON DAY: Yeah. I mean, I would say a lot of the touch shots that you have to hit. Obviously I got a little bit greedy on I think the par-4 13th or 14th, whatever it is. Tried to kind of hit a certain shot in there and ended up pulling up short.

I think overall just the half shots, the quarter shots, those like little arm feels that you have to hit, those delicate chip shots with a wedge to a 9-iron, those are really difficult to hit. They're really difficult to always work on, but I feel like the speed of the swing was nice today, so good stuff.