

**PRE-TOURNAMENT PRESS CONFERENCE**  
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**COLLIN MORIKAWA**

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**MODERATOR:** We would like to welcome Collin Morikawa into the Hero World Challenge interview room here today. You're making your first start since winning your sixth PGA TOUR title at the ZOZO CHAMPIONSHIP in the FedExCup Fall.

Can you give us a little information on your game and how you're playing right now?

**COLLIN MORIKAWA:** Does it feel good to win? There's no better feeling kind of knowing that the pieces you're putting together, and to be honest, I don't think the pieces I had were going to really make a winning formula. I had to make a couple changes, kind of figure out a few things.

It was nice to see the same, similar shots and have the same misses I had in the past. So winning is winning and there's no better feeling, and hopefully there's more in my future. It was nice to get that the back, and you guys not keep asking me about when I'm going to win, so thank you.

**MODERATOR:** You finished T-5 in '21 and sixth in 2022. What do you like about this course here?

**COLLIN MORIKAWA:** I've actually had some really good rounds. Obviously the first year blew a big lead and that happened, and the last year came right off our wedding and just kind of probably didn't practice for a couple weeks and figured that out. I've had some good rounds out here and that's kind of good momentum.

It's a fun week. We're in the Bahamas, you're having a very relaxed attitude, mindset, but you still want to win and kind of cap off these last couple months on a good note.

**Q. How are you feeling? We saw you at the Netflix Cup, but it was obviously a DNS there for you. What's the update on your injury front?**

**COLLIN MORIKAWA:** Yeah, started hitting balls yesterday, so that's good. You know, I'm swinging it. I'm not really thinking about the back right now, which is great. It's not fun being in that position. I've talked to other players about this. It's just not -- it's not good. I'm 26 and I've had -- now this is twice in kind of the past handful of months, but it's something we're going to be on top of. We kind of know what to do.

It's not like I'm doing anything ridiculous in the gym. It's just I think it's understanding how my body works and making sure I protect it in the long term. It hasn't been a fun past two weeks knowing that I want to go out. I was planning to use this kind of offseason to possibly gain



speed and whatnot, but hopefully we kind of turn that around and use it to protect myself for the long run, and I think we're going to do a really good job kind of with everyone behind me.

**Q. So you feel like you have an understanding of what led to the injury and how to hopefully prevent it from happening again?**

**COLLIN MORIKAWA:** Yeah, we knew why it happened three months ago. And not that we did the same thing, but just trying to push certain limits here and there. To be honest, I almost have to take not one step back or two steps back with this, I have to take 10 steps back and start like as if I was a baby just reprogramming how my body works.

Simply sitting in a chair, I've got bad posture and I do things very improperly that isn't good for the long term of my body or of my spine essentially. Look, you get in habits. We look at our phone, we curl up in our bed, it is what it is. But if I want to do this for a long time and I want to do it really well, there are things that you can just slowly change, but it has to start with simply the way I move my body around day to day.

**Q. Collin, given that Viktor has won this tournament the last two years, have you decided to throw him out of your house this time just to break the run?**

**COLLIN MORIKAWA:** No, no, no, I gave him the master bedroom this year. I had the master bedroom the past two years and that hasn't worked out for me, but it has for him.

So I decided, and I texted him yesterday to make sure he was taking the master bedroom. We showed up at like 3:00 a.m. today, so it was nice to find my little guest room in the corner. He's got everything he needs.

This will be the last year, though. If he wins this, this will be the last year. I am going to find someone else to stay with. Something has to change, something has to give.

**Q. Can I just ask you about the kind of run that he is on, and we saw it in you as well, but just talk to us about the kind of run that he is having, the kind of form that he's having right now.**

**COLLIN MORIKAWA:** I think you saw when we -- you know, a couple of us, and obviously Justin, Matt Wolff, we all turned pro in '19. There was a lot of hype, but you can see that we had the potential to be great golfers.

What he's done kind of this entire year, especially starting at Memorial, it doesn't surprise me at all because I've seen it. I've seen it for years. I've seen it in college, I've seen it even when we first turned pro.

Yeah, he didn't win that first summer he turned pro, but the consistency was there, right? You could tell the golf game. We know what our weaknesses are. When you don't know where your weaknesses are, you can't really improve, you don't know what bar you can



reach, right? But early on I think we both knew what we needed to work on.

As we kind of tinker and we learn and just experiment, and that's the thing, being out here on Tour you learn so much that you start to figure out what works, what doesn't. We can see it in his golf game. Putting's great, chipping's great now. It's just fun to watch.

It's motivating for me because I want to get back out there, I want to get back up top and be with these guys contending week in and week out. I think I have a great opportunity to do that, especially heading into the beginning of next year.

**Q. Jordan was just in here talking about the Ryder Cup and he said it kind of came down to a couple of different things, not having played a lot leading up to the matches, but he said it boiled down to it's just hard to win overseas. Is that as simple as you allow yourself to think, or have you thought about how you could have individually performed better?**

**COLLIN MORIKAWA:** I 100 percent could have performed better. I think all of us, we didn't play great golf. They played phenomenal golf and we played very, very below average, right?

The golf game I had in Japan unfortunately was a lot different than what I had at the Ryder Cup, but that's because of changes I made and things that I had to figure out. I wish I had made those changes earlier, but that's golf, right?

Look, for me, I do understand the part and the aspect of wanting to play a little bit sooner. I agree with that. But I didn't want to believe into the history books that it was so tough to win over there, but it really is.

The fans over there, you draw so much energy from them and that's just a big part of golf that you don't really get on a daily -- on a weekly basis or at these tournaments, right? They're all kind of rooting for everyone, and if they're following your group, they're not going to be booing you.

But I think it's a mindset thing of how we step in. We were -- Saturday morning or Saturday afternoon when Sam and I walked out there, like it was like an F-you to everyone. Like, we had to. We were down a million points. At that point Viktor and Ludvig had played 10 holes that morning. Like we had to go out there and just absolutely not give anything to them, right? To give no energy to the fans. We had to be, excuse me, but we had to be assholes. Not that we didn't believe that we could do it and we didn't have the right mindset coming in as a team like stepping out Friday morning and as the week led in, but it's just different. Like it's a different thing going on an away turf. And that was my first one and I hope I have many more in the future where one time's enough, right? I would like to think that one time's enough's enough for my back, it wasn't. We're doing every necessary step. Hopefully for me playing this away match, everyone figures out what to do. Obviously it's been more than one time, though.



**Q. Collin, there's so much happening in world golf right now, mergers, no mergers, delayed mergers, lots of money being put on the table to join or not join. In these circumstances, how difficult is it for young established stars as yourself and maybe Viktor and a few others to keep focused only on golf and not get distracted or kind of paying more attention to what's happening off the course?**

**COLLIN MORIKAWA:** Yeah, I think a lot of it right now is in the rumor mill. It's all kind of under the table stuff saying this guy's getting this, this guy's doing this.

About a year ago, especially beginning of this year, I kind of just -- it is what it is, right? When I had an opportunity to possibly turn pro, whether it was my junior, senior year in college, golf was never going to go away, and golf still isn't going to go away, right?

Yes, we've been split up. Yes, we've had these let's call it issues, but hopefully in the long run it turns out to be for the better. At the end of the day, it's like I'm so happy to be playing golf. And to like this week, you don't know how excited I am to literally be swinging a golf club right now and working on my game because this is something I love to do.

Yeah, I do take myself out of it. I'm not on the board, I'm not on any of the committees, so I don't necessarily have to sit in meetings for multiple hours and figure it out. I just kind of get the updates here and there and go on with my life. Yeah, it's been pretty enjoyable for me.

**Q. Even before you picked up those majors, you said that playing golf was far more important than thinking about the tons of money that was being offered to players. Does it still say the same way despite many others just picking up -- like fattening bank balances?**

**COLLIN MORIKAWA:** I mean, I would trade winning many, many more times for the money that's being offered -- the money that you win at a tournament. I don't know what I won in Japan, but the moment making the last putt knowing that I won, like you can't trade that in. I think when you ask great athletes would they rather win -- do they like winning more or do they like losing. At the end of the day, that feeling that you get, that satisfaction of either option you choose when it does happen is the best feeling in the world.

There's no amount of money that you could trade in for that because it's just -- like that's who I am as a competitor and that's who I am as an athlete of just being able to go out there and say I beat everyone. That is like the best feeling ever. There's no better feeling than that.

I don't know how to describe that to other people, but that's truly the fact of like you hear what Viktor said I think at the DP World, right, at the Race to Dubai, the money, it's nice, we live a great -- we live a phenomenal life. Trust me, we live very, very nicely. Yeah, sometimes money does help, I'm not saying that's a problem, but right now where we're at, I'm living an amazing life and all I want to do is just enjoy it.



**Q. Collin, could you just maybe briefly sum up what changes you have incorporated that have meant so much to I guess getting your game where you want it to be?**

**COLLIN MORIKAWA:** Yeah. Right after the Ryder Cup or actually right before the Ryder Cup, I let go of my long-time coach, Rick Sessinghaus for -- we've been working for just over 18 years, which wasn't easy. He's more than just a coach, he's one of my really good friends. He's someone I've always looked up to, someone that's been there for every step of my life essentially, not just in golf but just kind of living life, right? Someone that's growing up as a kid. It wasn't easy, and sometimes things happen like that. But 18 years is a long time. Not many relationships that I can say with a lot of people that I've had relationships for 18 years, and real relationships where I'm talking to them every week, right? So that wasn't easy at all.

I had to do it, I just felt like it was time to make a change at some point. What I saw kind of over the past two years wasn't to my expectations and standards and goals what I wanted, so I brought on Mark Blackburn. Struggling with his name. I brought on Mark right before ZOZO, got a little work in. Obviously there's no better way to start, but this is just the tip of the iceberg for us to kind of dig in and really know what we're going to do.

**Q. Was there one -- I'm sort of looking for like one technical thing or thing that you changed.**

**COLLIN MORIKAWA:** For me it's going to back to like hurting my back, right? Understanding the foundation of what -- why things work. I always like to know the why, I always ask a lot of questions, so if I can understand the actual fundamentals, I can go like how I've been going two weeks of no golf, show up hopefully this week and hopefully have a chance to win.

**Q. Collin, you mentioned the renewed focus on your body and kind of focus on longevity. Just wondering as you have this month after this tournament before Sentry, what do you plan on doing, how do you plan on spending the time to get yourself ready for that?**

**COLLIN MORIKAWA:** Working with the team, kind of having the program together and making sure we stick to it. Every day just making sure I'm doing the right things, making sure I move properly.

Like nothing's taken for granted anymore. People talk about, oh, I picked up my dog, I picked up my kid and I hurt my back. I don't want any of that in my future, so we're going to make sure that I really start crawling properly and then walking. We're not sprinting. Even though I like to get to the finish line as quick as possible, it's going to be hard for me to stay patient, but I know I have to if I want to do this right.

**MODERATOR:** Thanks so much, Collin. Appreciate you joining us today.



