

## Why Dancers Can Also Be Golfers ...

by Phyllis Dayao



(l-r) Manny Dayao, Patrick Young, Mona Chock, Ted Sodaria, Rodney Chong, Les Tawata, and Eric Tiwanak at the Navy Marine Golf Course on June 13, 2007.

In addition to dancing together, members of the **Kaneohe Chapter** are now playing golf together. Why? Because golf, in many ways, is a lot like dancing. For example ...

1. You don't have to start early in life.
2. We can all be better with a little practice and hard work.
3. Avoiding physical activity because "I'm a klutz" can be hazardous to your health. The body needs to stay fit and in shape. Heart health is vital, of course, but so is the need to keep all our parts exercised and working, in order to live long and stave off injury, atrophy, and dysfunction.
4. Getting your body to do what it needs to do requires coordination. Balance is also involved, and reflexes, and conditioning.
5. Be brave. You can't learn a simple movement if you are self-conscious, afraid to fail, or afraid even to try. So what if we embarrass ourselves trying, sometimes a few times? Give yourself a break, or at least a fighting chance. Didn't look too good that first outing? Then you should quit and never try again, right? Wrong. No matter your age, you're just beginning to learn to move. Forgive yourself those first stumbles and pat yourself on the back when you progress and learn.
6. Attitude and motivation. You don't have to compete. Competition can be a lovely thing, but if it bugs you, just do it for yourself.
7. You never know when you'll be partnered with a celebrity.
8. Switch off that brain! "Thinking is the opposite of dancing," according to the great Nijinsky. Put away your how-to books and videos and just do it. No one expects you to be bad, to not make the cut. It's your life and you're in charge. The important thing is to relax, and have fun! Just like the golfers and dancers of Kaneohe.



(Eric Tiwanak and Tina Chau performing at the "Dancing with Celebrities" fundraiser.)