

# Honda LPGA Thailand

Wednesday, 22 February 2023

Pattaya, Thailand

Siam Country Club Pattaya, Old Course

## Jin Young Ko

Press Conference



So it will be win or like good -- like I think good result, so I can't wait.

FastScripts by ASAP Sports

**Q. All right, here with Jin Young Ko. I know the topic of last year was your wrist. Just a couple questions. I know you did some pre-season training. Were you in Vietnam for that?**

JIN YOUNG KO: Yeah, I've been in Vietnam all month, and after the champ I back to Korea and I stayed over two weeks in Korea with my parents.

I practiced a lot in Vietnam and then work out hard as well. Like my life balance and golf balance is like getting more flatter right now, so I'm so happy. It's ready to play 2023 season, so it's so -- time flies so fast.

**Q. Absolutely.**

JIN YOUNG KO: Yeah, so I can't wait.

**Q. How is it? Is there any pain when you're hitting shots?**

JIN YOUNG KO: It's feeling better.

**Q. Okay.**

JIN YOUNG KO: I work out a lot still. So, yeah, I need to like protect little more, but it's getting better.

**Q. And what did you work on while you were in Vietnam? Anything you wouldn't mind sharing, I guess.**

JIN YOUNG KO: I worked out everything, like swing and whole my bodies and mental as well.

After the off-season I started meditate every morning, every night, so it help me a lot. So, yeah.

**Q. I guess finally, 2023, new year, new you it sounds like. What are some of your goals for this season?**

JIN YOUNG KO: Well, my first -- what is my goal? My goal is like find my -- find out my like swing well on the course, especially during the tournament.

So I wanted to get good feel of my swing, and then I think if I find something on my swing, result comes out quickly.

