

# Hilton Grand Vacations Tournament of Champions

Friday, January 30, 2026  
Orlando, Florida, USA  
Lake Nona Golf & Country Club

## Amy Yang

### Quick Quotes

**Q. Okay, here with Amy Yang after the second round of the Hilton Grand Vacations Tournament of Champions. Just talk a little bit about your round today. What stood out to you?**

AMY YANG: A lot of things went well. You know, I kept things very simple. I was just focusing on my good rhythm on my swing and try to -- greens are playing very fast, so just try to put some good pace in it.

Just, yeah, very simple, focused, having fun with nice guys out there. So, yeah, having a good time.

**Q. Can you say the green speed is any different compared to yesterday or are you just saying the week in general the green speed has been kind of quick?**

AMY YANG: Oh, yeah, the whole week have been playing very fast, especially today on No. 7. I was try to putt about nine it ten feet short of the cup but it went 15 feet past the cup. It's playing very fast, but it's fun.

**Q. How do you adjust that a little bit? Anything you're mentally telling yourself?**

AMY YANG: Yeah, just try to go through the same process again, same routine. Just treat it as a new shot, next one, and forget about what I did the first one.

**Q. Yeah. We were just talking a little bit about you had a little bit of a longer offseason as well.**

AMY YANG: Uh-huh.

**Q. What did you do and what did you enjoy about that extended break a little bit?**

AMY YANG: Yeah, actually that was my first-ever long break for me. I didn't have a good year last year so I stayed home while everyone was playing in Asia and also CME.



Really I needed that time. Took some time off from golf and I worked some on my game. You know, coming back this week wasn't sure if it will, you know, pay off or not, but I just try to apply what I've been preparing all offseason and it's nice to see, yeah.

**Q. Jeeno had a great quote yesterday about burnout and burnout and playing golf. Do you relate to that at all and did that apply to your season at all last year?**

AMY YANG: Oh, here and there. Not just once, yeah. I played many years on Tour. I've had it since I was early 20s. Sometimes you love the game; sometimes you just want to walk away. I've been through many burnouts.

I still love the game, and understanding and knowing that like there aren't always bad days if you love the game and you stick to your like little work every day, someday you will have a good day.

So kind of like this.

**Q. What at this point in your career continues to motivate you to go out and really try to keep it going the way you have?**

AMY YANG: Just love for this game, yeah. I don't know. Just golf -- I love competing, yeah. I love competing, and just I'm not sure. Yeah. (Laughter.)

**Q. Looking ahead to the next two days put yourself in a really good position. How do you take this and build on it and keep it going over the next two rounds?**

AMY YANG: Tomorrow I'll just try to do the same. The weather is going to be very cold so it will be playing very different compared to last two days.

It's really just simple: There is nothing but the work I've been doing in this offseason. So, yeah, just stick to process, stick to the plan, yeah.

**Q. The last two times you were here you had one round in the 60s. Now you've tripled that number.**

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## What's the difference?

AMY YANG: I feel like I prepared better this time, this offseason than previous years. I think that's the difference, yeah.

**Q. And during that time off and working your way back, was there anything in particular that you paid attention to in your work?**

AMY YANG: I worked on -- work a lot on my putting, yeah, because I thought that part of my game needs to improve more than other parts. I think it is slowly paying off. Yeah, and I'm going to keep stick to my practice, too.

**Q. Some putting fixes are simple; some are not. Where would you put this one?**

AMY YANG: Oh, I would say a good alignment, aiming, yeah, and good rhythm tempo work helped a lot, yeah.

**Q. Kind of along the lines of Sarah's questions, I'm sure you've heard about all it's like the end of the world coming with how cold it's going to be here. When you're on the golf course is that distracting to think, okay, I better do the best I can now, Thursday and Friday, so that whatever happens Saturday, Sunday, or are you able to block that out of your mind and just continue focused on the task at hand?**

AMY YANG: Oh, yeah, just keep thing simple. I know my -- part of me will really want to play well and worry about the cold weather. I want best out of this shot and best out of this.

But I try to not think of that part and just focus on one shot. Just today, this hole, this shot, that's it. I think there is nothing else other than that.

**Q. One last one. You seem like a very thoughtful person. Thinking about what you're going to say before you answer. What are some of the things you enjoy doing away from the golf course to kind of keep yourself fresh, keep the mind working and that kind of thing? Do you have some vacations or favorite things you do to get away from the game?**

AMY YANG: I've been cooking. (Laughter.)

**Q. Okay. Okay.**

AMY YANG: Yes. Just start to learning cooking. I enjoy that part. I really enjoy that part during my offseason. I like to read and just, you know, to take it easy. Not going anywhere because we travel all the time. I enjoy being at

home and just take it easy, yeah.

**Q. Put you on the spot and ask you what's the best thing you cook.**

AMY YANG: Oh, I want to say the garlic creamy salmon.

**Q. Okay.**

AMY YANG: Yeah. But I'm not sure if I can do it again, but I'm going to keep practicing.

**Q. Was that also your favorite thing to cook, like the process of cooking it, or was it kind of difficult?**

AMY YANG: It was pretty easy. I always look for easy recipes first. Always surprised how good it comes out, so we'll see.

**Q. Is there anything you're looking to cook next?**

AMY YANG: Next.

**Q. Do you have a recipe in mind that you're going to cook when you get the chance?**

AMY YANG: I want to -- I tried couple of meat sauce before and didn't come out quite as good, so I want to give it another go after this.

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