



THE POWER OF
Core-Breathing 4 Golf™

MIND | BODY | BREATH

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

LESSON 2: Understanding D.I.G.F.A.: Dynamic Internal Ground Force Action

In the golf swing, you can only direct the motion of the upper body effectively when the lower body is strong, solid and grounded to the earth.

Dynamic Internal Ground Force Action (“DIGFA”) is the most effective technique to build a solid foundation of lower-body strength, and transfer that power to the upper body to shape your golf swing.

To achieve these results, it is important to understand each component of DIGFA.

1. **Dynamic** – Mindfully engaging the lower core muscles, creating an internal tension that serves as a solid foundation to generate strength to support the swing.
2. **Internal** – Developing a deeper awareness of the muscles you are activating and releasing, from the set-up through the entire swing sequence.
3. **Ground Force** – A core energetic effect that is achieved when both feet are fully engaged, with downward pressure in a dual 60/40-balance form (balls of both feet and big toes pressed down, with ankles turned in and pressed down).
4. **Action** – For a right-handed player, start by directing your energy down to your left foot to create muscle tension. Duplicate this process for the right foot. This gives you the ability to shift during the hip rotation by pulling the right heel up to bring the knees together, resulting in the most effective hip rotation possible.

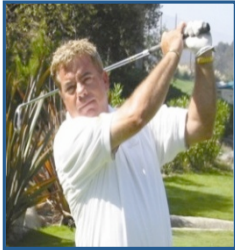
The breath is an integral part of this process, connecting and coordinating the power within your core, legs, feet, and upper body.

Learning how to transfer your internal force through your swing will directly and dramatically improve the amount of power you can generate, within each swing and throughout your entire golf game.

“You can only be as good as your ability
to direct your internal core-force
into your golf swing...
repeatedly.”

You now have an understanding as to what D.I.G.F.A. creates. To receive the eight sequential steps that define how it works you should sign up for our Core-Breathing 4 Golf Instruction program.

4-2011



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