



THE POWER OF  
Core-Breathing 4 Golf™

MIND | BODY | BREATH

# CORE-BREATHING 4 GOLF™

## *The Missing Link in Your Golf Game*

### **LESSON 5: POSITIONING YOUR PELVIS AT SETUP**

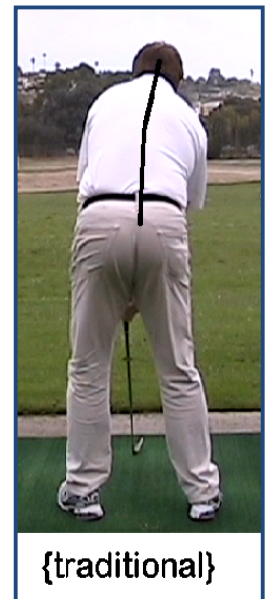
One of the primary goals in developing your setup posture is creating a swing path/plane that is repeatable. The question is: how can you create a setup posture that produces the most effective swing path/plane?

Traditionally, golfers have created their setup posture by first bending forward, then flexing at the knees and tilting their shoulders to the side. This setup method puts the hips parallel to the ground. If seen from behind, the belt line appears level, and the shoulders and head are tilted to the side. This creates a mid-spine curve.

The problem with this type of setup is that it leaves much room for error as you take the club back. Because hips and shoulders are not parallel to each other, there is too much flexibility and movement in the mid-spine area throughout your swing. This is the most basic reason why your swings are not consistently repeatable.

The second problem with this setup is that your body's core energy, strength and internal force cannot flow effectively up your spine when it has needless curves, as the curves weaken the hip-shoulder muscle connection. The curves prevent your hips and shoulders from fully engaging, and this limits your ability to control the ball's direction and distance, thus affecting your accuracy.

In order to create the most efficient swing, it is important to apply a step-by-step approach in shaping your hips, spine and shoulders. This process starts with a focus on the pelvis.

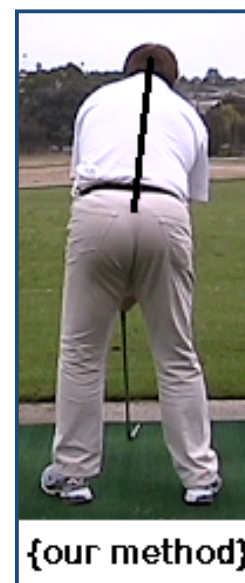


For most full swings,  
your belt line should be angled, not flat.

**STEP 1:** To create an optimum pelvic tilt, start by standing tall and balancing your weight 50% on the ball and toe, 50% on the heel. Inhaling into your lower core, tighten and pause, then push the energy down to your feet, curling the "little" and "big" toes and lightly gripping the ground with them. This creates a stronger sense of grounded balance. This positioning also permits the hips to tilt slightly forward, bringing your shoulders down, eliminating any arch in your lower spine, and aligning the vertebrae from the tailbone up to the head.

**STEP 2:** Now tilt your pelvis to the *side*, creating an uneven belt line. Be sure to keep the spine aligned, feeling it tilt from the tailbone all the way up to your head. Allow your hips and shoulders to angle to the side, keeping your legs and spine straight. Bend forward from your chest, engaging your hip flexors. This is the foundation for a repeatable swing path/plane.

**STEP 3:** Now flex the knees. By holding tension in your feet and creating minimal flex at the knees, you optimize the muscle tension in your legs. This maximizes the directional movement of your knees and your hips' ability to rotate. (Note: Traditionally, knee flex was achieved by sinking your body weight and flexing. This program takes that process one step further: activating your internal lower-core force and driving this energy down to your feet before shifting your body weight and flexing your knees. For more information, refer to Lesson 2: Understanding D.I.G.F.A. – Dynamic Internal Ground Force Action.)



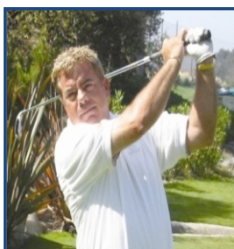
**STEP 4:** Blend the steps to create **D.I.G.F.A.**

Remember, the lessons in this series are sequential segments that build on each other, linking your mental awareness with your physical performance. This is the most effective way to play the game of golf.

If you have any questions, please be sure to ask.

**Acknowledgement:** Some concepts in this lesson (i.e. tilted hips, angled beltline and straight spine) were adapted from *Power Golf* by Ben Hogan.

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