



THE POWER OF
Core-Breathing 4 Golf™

MIND | BODY | BREATH

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

LESSON 6: ADJUSTING YOUR STANCE FOR OPTIMUM HIP ROTATION

The following material details a step-by-step method to establish the optimum stance width to effectively bring your knees together and achieve appropriate hip rotation at the finish of your swing.

Traditionally, for a full swing, golfers are instructed to position their feet shoulder width apart. But, what does that really mean? Do you measure from the inside of the foot or the outside edge? Start by measuring from the inside of your left foot (at the ball of the foot), assuming a shoulder-width stance as a baseline. From here, you can use practice swings to adjust your stance width accordingly until your knees connect properly at the finish. (More on that later.)

Why is your stance width so important? Because stance width has a big impact on your hip rotation. It determines their alignment and path of motion. Every golf swing is consciously constructed and supported by how you use the hips – and the hips' ability to support the swing starts at the feet. When the feet are properly aligned, they prevent the hips from over-rotating or under-rotating. The correct amount of rotation dramatically improves your ability to control the ball's direction, distance and accuracy.

The mark of proper hip rotation is finishing the swing with your bellybutton pointed just to the left of your target. This can only be achieved through proper stance width.

Another sign of proper hip rotation is when your right knee fires straight across and down your target line, connecting with your left knee at the finish. How you bring the knees together affects the upper body's ability to bring the club around. Where your end right knee ends up, in relation to the left knee, is a crucial link, connecting the lower body action with upper body motion.

To perfect your stance width,
use a PRACTICE swing every time to check your
knees' connection and hips' rotation.

3 STEPS TO ACHIEVE AN OPTIMUM STANCE

- 1. Practice swing** – Begin by placing your feet shoulder width apart. Adjust the angles of both feet as follows: angle your left foot out 22°; this is your baseline starting point, adjusted to fit your shot. This allows your hips to turn most effectively. Next, align your right foot perpendicular to the target line, then adjust it outward about 3-5° to fit the shot. Then go into your address/setup. Take a practice swing with a speed that is appropriate for the desired distance.
- 2. At the finish** – Stay in position and check your hip rotation. Is your bellybutton pointed to the left of the target? Are your knees pressed together? Is your right heel straight up, with the tip of your big toe supporting the foot?
- 3. Checkpoint** – When the knees are pressed together at the finish, the inseam of your right leg should be positioned behind the inseam of the left leg. This will lead your hips to rotate effectively at finish.



Conclusion: For optimum directional control and swing repeatability, your left foot position must remain stable, with your knees pressing together, hips correctly rotated, and shoulders fully turned at the finish of your swing. All of this is based on the width of your stance.

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