



THE POWER OF
Core-Breathing 4 Golf™

MIND | BODY | BREATH

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

Program of Instruction

LESSON 1: Understanding the Link between Breathing and Core Power

LESSON 2: Understanding “Dynamic Internal Ground Force Action” (DIGFA)

LESSON 3: HOW TO DEVELOP THE MOST EFFECTIVE GRIP

Lesson 4: Understanding “Dynamic Diaphragmatic Action” (DDA)

Lesson 5: Positioning Your Pelvis at Setup

Lesson 6: Positioning your Stance Width for Optimum Hip Rotation

Lesson 7: Understanding your Left Wrist being Flat vs. Cupped

Lesson 8: How to shape your Right Elbow utilizing your Internal Energy

Lesson 9: How your Lower Core and Hips Power your Downswing

Lesson 10: How to develop your internal waggle vs. traditional waggle

Lesson 11: Understanding your Internal Energy approach to Putting

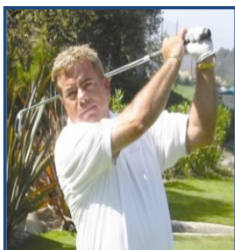
Lesson 12: Understanding your Internal Energy approach to Chipping

Lesson 13: Understanding your Internal Energy approach to Pitching

Lesson 14: Understanding your Internal Energy approach to Sand Shots

Lesson 15: Understanding your Internal Energy approach to Flop Shots

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BILL WESTERLUND
PGA Teaching Professional
Mission Bay Golf Course
(760) 613-6368
www.pgainstructor.com

