



THE POWER OF
Core-Breathing 4 Golf™

MIND | BODY | BREATH

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

This Lesson is part of a larger golf instruction program that addresses strengths and weaknesses, and teaches you the most effective ways to reshape, restructure, and rebuild your golf game – by pulling the tension out of your shoulders, one belly/core-breath at a time.

LIFESTYLE LESSON: HOW TO BREATHE, FOR GOLF PERFORMANCE AND HEALTH

As a baby, you were a belly breather, naturally and easily inhaling deep into your abdomen. Your stomach muscles were constantly moving, and this movement gently massaged your internal organs, bathing them in blood and energy (Chi). This kept them healthy and strong, preventing Chi stagnation (a major cause of illness). The abundant flow of oxygen also left your mind relaxed and clear.

At about age 30, your breathing naturally grows shallower. Instead of breathing into your lower abdomen, your inhale only reaches to about the stomach. The inhale and exhale are almost equal in duration, a change from the long, deep breaths of your childhood. But the diaphragm still moves up and down, and you still get enough oxygen to supply your body and maintain your health.

As you age, your breath becomes progressively shallower. Instead of breathing into the stomach area, your breath rises up into your chest and it becomes harder to maximize your range of movement. The shoulders become tighter, your core becomes weaker, your range of motion decreases and your mental acuity starts to fade. As your breathing becomes more shallow, the diaphragm moves much less and the internal organs no longer get massaged. The flow of energy (Chi) stagnates, and the cells and organs begin to deteriorate.

Your golf game deteriorates too, because chest breathing causes a chain reaction of problems. As your chest is expanding:

- Shoulders raise, tense and tighten up.
- The lower core/abs weaken, compromising the hips' and feet's ability to function as the main rotational force for your swing.
- Thus your shoulders become the dominant force.

This kills your performance.

For golf - the best way to get your entire body fluid, supple, energized and aligned is to retrain yourself to breathe into your belly – in through your nose and out through your mouth.

Abdominal breathing is also the best way to get your Chi channels flowing again – especially those that connect the front of the body to the legs and back. (Very important for golfers!) So please read through the following material to learn the specifics of proper breathing.

ABDOMINAL BREATHING 101

Before you begin, relax your mind and focus on the muscles of your abdomen. Put your index finger on your bellybutton, with other fingers against your lower core, to feel for expansion and contraction.

As you inhale through your nose, down your chest to your lower core/abs, intentionally expand your abdomen by pushing your bellybutton out and down and at a 45° angle. Abdominal breathing is controlled by your lower abdomen (lower core), so you should not be expanding and contracting your chest. Instead, the lungs are expanded and contracted by the muscles of the diaphragm and abdomen.

As you exhale through your lips, let your abdominal muscles contract fully by pulling your belly button in toward your spine and tailbone, pulling in on both glutes, this keeps your shoulders down.

Focus on breathing into your "center of force," located in your lower core/abs. Also known as your *dantien* or center of gravity, it is a few inches below the bellybutton in males; in females it is behind the bellybutton. When you draw the breath all the way down to this area, it becomes invigorated and increases the flow of energy throughout your body.

Practice core-breathing for 10 minutes, three times a day, alternating your exhales between your mouth and nose. Work on keeping your shoulders neutral and down, and feeling the lower core muscles engage. Your breath should be smooth, natural, continuous and comfortable.

Within 30 days of abdominal breathing practice, you will:

- Regain the deep breathing patterns you had in your youth
- Notice an improvement in the flow of energy throughout your body
- Drain the stress/tension from your shoulders, and
- Increase the power in your lower core, hips and glutes, empowering them to be the driving force of your golf swing.

DISCLAIMER

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