

COMING FULL CIRCLE

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The most dynamic act a golfer can do is develop internal core strength. Prior to setup it's important to take several core breaths to generate strength, with an emphasis on each exhale being longer and slower to release muscle tension in your shoulders for better rotation.

Here are other terms and things to keep in mind:

Balanced ground force action: The most effective action at address is to stand tall, slightly flex your knees and maintain a 60-40 balance between the balls and heels of your feet. You want to feel your weight during the backswing on the balls of your feet and in the toes, with the little toe supporting your hips so they can shift and turn on the downswing.

Lower-coiled strength: This creates turning resistance for your hips in the backswing and enhances your forward swing speed from the ground up. It starts in your back foot to permit the twisting of muscle groups from your feet to your waist. Having the majority of coiled strength in your lower body creates an effortless rotation of your shoulders in the downswing.

Upper-coiled strength: As the shoulders rotate back, your stored energy should start in the back ankle as a pivot point up the leg and into your gluteus muscles to facilitate hip rotation strength.

Core muscle-coiled strength: The separation of your shoulders and hips during the backswing creates coiled strength throughout your body. As the shoulders rotate, the need to limit your hip turn is based on your back foot and leg. This creates pressure to turn the hips forward and pull your shoulders around for swing speed. **SG**