



THINK ABOUT IT

Developing a practice routine with memory impressions can lead to a better mental outlook and physical capabilities. BY BILL WESTERLUND, PGA AND SCOTT BARTLEY

MUSCLE MEMORY HAS often been associated with motor skills development, which entails movement, coordination and speed through repetitive action.

Core-Breathing 4 Golf's definition involves more of a memory impression in the brain that highlights muscle-feeling sensations where groups of muscles are utilized during repetitive practice. Enhancing muscle memory feelings requires four steps:

Mental: Whatever emotional attitude starts your action will be incorporated into your muscle memory during practice and become part of your playing attitude during the swing.

Mind: Energy directed here will activate your cognitive abilities to make judgments and amplify your coordinative abilities to execute a swing.

Brain: It takes three forces to change your brain network pattern for memorization – core-energy force, muscle energy and focus.

Muscles: Repetitive muscle movement increases your energy flow through the tightening and relaxing of appropriate groups of muscles. This is what creates your dynamic feeling for repeatability and allows your muscles to respond in the same way outside of practice.

Developing muscle memory goes beyond swing movement to muscle preparation at address, during the swing and its completion. Taking time between each practice swing is a good way to control your compulsive desires. The longer you wait between swings while focusing on muscle memory feelings will strengthen your energy link and enhance your judgment and physical abilities. **SG**

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