



THE POWER OF
Core-Breathing 4 Golf™

MIND | BODY | BREATH

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

LESSON 1: Understanding the Link between Breathing and Core Power

The game of golf is mental, physical, and emotional – and as we all know, we only play well when these three are in harmony. The breath releases, links and integrates all three aspects.

To be smooth and powerful, one must release the muscle tension and barriers that inhibit the flow of energy. Proper breathing can achieve this in seconds.

But there's more to breathing than releasing tension, getting centered and feeling integrated. A LOT more.

As millions of professional athletes and martial artists know, certain breathing techniques can give you access to a deep, internal source of power – a power far greater than your muscles alone can produce.

This instruction program is based on the ancient principles of Qigong. "Qi" (also spelled chi; pronounced "chee") is energy. Gong = method. Qigong is a method of moving energy.

Core-Breathing 4 Golf methods teach you to activate and engage your deep, internal core energy – and transfer that energy flow into a smooth, continuous sequence, for a consistently repeatable golf swing.

"By directing your core-breathing, you can direct your swing."

Breath can affect the level of muscle tension and strength.

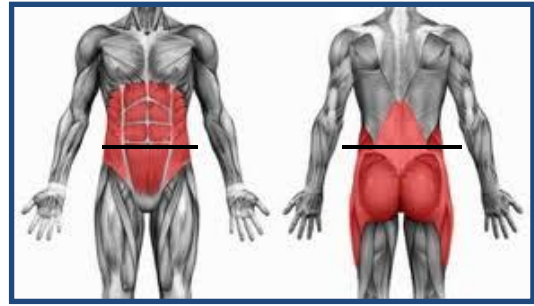
This is an effective way to generate force in the golf swing.

FOR PEAK PERFORMANCE, PROPER BREATHING IS ESSENTIAL.

To harness power for your golf swing, the first requirement is to generate muscle strength in your core: from the top of the diaphragm to the bottom of the glutes.

To address the golf swing, we divide the core into two parts:

- ▶ **Upper:** extending from the belly-button to the chest, and largely influenced by the diaphragm, the upper-core affects the spine, shoulders, hands, and head.
- ▶ **Lower:** extending from the belly-button to the glutes, the lower-core is involved in transferring energy and strength from the hip flexors to the feet.



Because it takes strength in the lower-body to control the motion of the upper-body, it is important to develop strength in both areas in order to execute the most dynamic and powerful swing possible.

HOW TO ACTIVATE YOUR CORE AND GENERATE FORCE WITH CORE-BREATHING 4 GOLF

Step 1 Inhale and activate your core, mindfully feeling the air flow into your nose and down the front of your chest, pushing your belly-button out and down and at a 45 degree angle.

Step 2 Pause and activate the muscles in your lower-core area by tightening, compressing and increasing the air pressure within. Gently pull your shoulder blades down, becoming more neutral.

Step 3 Exhale through your mouth. As you complete the exhale, pull your belly-button into your spine and tailbone, and pull in on both glutes.

Step 4 Pause and release the shoulder blades to keep them toned and down. This is the most important part in terms of repeatability. It enhances endurance and prepares you for the next swing.

This four-step **Core-Breathing 4 Golf** process improves the mind-body connection, develops physical strength, and engages your core-energy – resulting in more force, more control, and more success with your golf swing.

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