



THE POWER OF
Core-Breathing 4 Golf™

MIND | BODY | BREATH

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

LESSON 17: How "*Shoulder Stress*" affects your game.

Core breathing is the greatest influence to change your physical stress and increase your coordinated muscle strength in developing your golf swing. In order to change any golf swings force "meaning club head movement" you have to change the stress in your shoulders. This stress is located at the top of your shoulders, and limits your range of turning movement by tightening inappropriate muscles during your back swing.

There are other consequences to holding stress in the top of your shoulders. One is as soon as you start your hands back the left shoulder will elevate upwards, creating needless left shoulder blade movement. This also shifts the dynamic force of your left hand grip from your pinky fingertip pad and thumb to your index finger. Which has the consequence of limiting the ability of the left hand to effectively rotate during your release/crossover. Now the effects for the right shoulder being up in taking the club back, this pulls the elbow inward towards the body. There are numerous other consequences in having stress at the top of your shoulders; it limits your breathing ability and engaging appropriate muscles in your core area to generate strength.

In order to effectively change shoulder stress a golfer has to mentally re-focus on their core-developed breathing pattern. Examples of this relationship between stress and core breathing is illustrated in every relaxing program, where you have core breathing with mental cluing to direct the stress out of your shoulders and then calming the body down, which quiets the mind, and changes your mental focus. All these programs utilize core breathing but how they mentally direct to reach their goals will be different.

By learning a breathing program that is designed specifically to alter stress in your shoulders, and then utilizing core movement ability, to develop the four distinct parts of your breathing pattern. Is what replaces the stress blockage in your shoulders with energy flow from your core to be directed into your golf swing.

The goal to be reached in this type of program is to "replace" your mental stress thought process with a physical "feeling" coordination experience in executing your swing. There is an axiom for golf "the more you think the less you feel, but the more you feel the less you think about executing your swing".

From an internal energy point of view, your breath has four distinct parts that are linked together, that create energy and strength flow into your muscle force.

1. "Inhale", which brings in energy in the form of air into the torso is the weakest period of time in physical strength expression.

2. "Pause", is to condense and coordinates the energy affect of the air in the core area that has the greatest point of physical strength and force possibilities.
3. "Exhale", is the release of energy from all the parts of the body, as an expression of energy and strength force during the exhalation.
4. "Pause", is a state of emptiness of air, you have the least amount of energy for physical strength and emotional expressive force. For what projected attitude that is created during this pause is going to get energy to make it the force of action on the next inhale.

By changing anyone of these four parts mentally affects the existing breathing pattern that supports one's physical emotional reality in the moment. If a golfer is mentally stressing, there is a breathing pattern supporting it.

It is observable in watching tour players on TV, before they take a difficult shot; they change their breathing pattern to address the stress and strength issues. Without understanding and developing these four parts consciously and physically you will intuitively and subconsciously engage these four parts with less structured repeatability.

Directed core breathing has the ability either to remove stress through relaxation of the mind and body, or remove stress to generate core strength to be mindfully directed into your golf swing.

From an energy point of view stress is stored energy in the top of the shoulders waiting to be mindfully directed into your hands and feet, through a mental thought. How to direct the stress out of your shoulders begins with a focused thought to your belly button area to act like a trigger for your core muscles to release the stress in your shoulders by exhaling out your mouth and through your lips and by pulling the belly button into the spine and down to the tailbone. Always keep in mind your exhalation is the release of energy and stress is stored energy, as you direct it to your hands and feet it energizes selective muscles of your choice. This transforms the shoulders from a blockage of energy to transmit strength into your golf swing.

The way a person directs and uses the breath is what supports their emotional physical reality in the moment of an activity. There are two different ways to exhale your breath, one is out the mouth and the other is out the nose, and each way effects muscle energy characteristics in areas of the body. When your goal is to lessen shoulder stress, as the main focus then exhaling out the mouth will produce the most dynamic affect, "this is used in golf the most". If you want to affect the whole body then exhaling out the nose gives you the greatest range of exhalation possible to release your muscle tension throughout your body. In closing, this concept is an energy physical muscle approach to change stress to influence the psychology of a golfer.

Lower core/belly breathing is the only natural cure for shoulder "stress-tension".

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