



THE POWER OF
Core-Breathing 4 Golf™

MIND | BODY | BREATH

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

LESSON 18: Core Techniques to amplify your "Muscle Memory" feeling! "The most neglected part of practice"

In the context of your golf swing what has been the meaning of "*Muscle Memory*? In the past it was associated more with your motor skills development, which entails movement, coordination, and speed through repetitive action.

Here is Core-Breathing 4 Golf's definition of the term "*Muscle Memory Feelings*". It is a mental recall of your mind memory impression imprinted in the brain of highlighted muscle-feeling sensations where groups of muscles are utilized during repetitive practice. Our program added the word "*feeling*" to further clarify the terminology to reflect what are the actual sensory muscle experiences that are being developed and then directed during your repetitive practice.

In the early 1900's, scientists wanted to understand the physical effects of repetitive muscle action. They observed an increase in the brain nerve network pattern memorization that creates your muscle memory feelings. This gives your focused mind the ability to recall the same muscle memory feelings in order to repeat the same muscle memory action for your golf swing.

In the late 1970's, scientists discovered that repetitive muscle practice increased the energy ability to flow between each muscle cell that was utilized during this repetitive motion. This increased the speed and muscle reaction time, which emitted higher energy to your brain, leaving a muscle memory feeling impression, to be developed by the mind.

The value of having techniques to enhance your muscle memory feelings lowers the chance of your muscle mistakes and has better physical judgment abilities on the course. How to enhance your muscle memory feelings development requires "4" key steps that create mental-physical techniques with core-breathing that is directed into each swing.

The April issue of Southland Golf Magazine was our article on "Core Philosophy" this becomes an intricate part of developing the "4" steps required in building muscle memory feelings.

The "4" steps begin with "Mental" that affects the "Mind's" focus ability on the "Brain" and it senses the "Muscles Feeling" during the swing. By understanding what each one of these "4" steps does, a golfer can create their own techniques to enhance muscle memory feelings.

The first step is "*mental*" and it's role in development of muscle memory feelings. Mental is your analytical thinking, combined with knowledge, then emotional judgment to decide your goals which influences mind's ability to reach them. Whatever emotional attitude being either positive or negative that starts your muscle memory action, will be incorporated into your muscle memory

feeling, during repetitive practice and becomes part of your playing attitude feeling in executing your swing.

The second step is the ability of the "*mind*" to develop a set discipline in order to focus on core energy that can be directed in two separate ways. This energy can be directed into your mental in order to activate cognitive abilities to make judgments, or into muscle memory feelings to amplify your coordinative abilities to execute a swing.

The third step of muscle memory feelings is to physically change your "*brain*" network pattern during repetitive practice that then memorizes optimum muscle-coordinated feelings. It takes three forces to change your brain network pattern for memorization, one is core-energy force, two is muscle energy emitted going to the brain, and three is mindful focus on what feeling sensations are received constructing your memorization impression.

The fourth step is "*muscles*" being directed in a repetitive muscle movement, which increases your energy flow through the ability to tighten and relax appropriate groups of muscles; this then creates your dynamic feeling for repeatability. By repeating the same muscle activation and intensity, conditions muscles to respond in the same way outside of practice.

Golf swing muscle memory feeling development can be confusing given its complexity. Repetitive practice to develop muscle memory feelings is not just swing movement but it's about repetitive muscle preparation at address to create muscle feeling to take the club back. Then you have coordinated muscle feeling that has to be memorized to execute a swing, which is not simple, but its fast. There is also set muscle feelings that you finish the swing with in order not to hurt your back. There is so much of the swing development that has repetitive muscle feelings to be memorized, that has "*no*" physical or swing movement, thus making golf a very physical sport to master.

Creating time between each practice swing is an act of control of one's emotional compulsive desires to hit another ball as fast as you feel like with no judgment adjustment to muscle memory feelings for a swing.

The longer the pause between each swing if focused on muscle memory feelings strengthens the mind and body muscle feeling energy link, that creates golf judgment of physical abilities. To replace doubt with confidence is a judgment adjustment by feeling memorized muscle strength changes the mental outlook to what is familiar that can be done.

As a player you know what to do "*mentally*", now you have the "*physical techniques*" to transition for optimum "MUSCLE MEMORY**" repeat ability.**

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