



THE POWER OF
Core-Breathing 4 Golf™

MIND | BODY | BREATH

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

LESSON 19: How to develop “ground force” to build your lower body coil.

The most single dynamic act any golfer at any level can do to advance their swing, is to narrow their thoughts. Next mindfully focus on lower-core/belly breathing techniques to physically create your internal core strength and then start developing your “ground force” to activate each foot. Your right foot/leg with lower body twisted coiled-muscle strength then powers your hips, and gives the ability to actively release your shoulders rotation, from the ground up, not your shoulders down.

The first tagline to be defined is “balanced ground force action”. Its purpose is to build a solid foundation of lower-body and foot strength, and its function is to prevent feet separation, meaning no inner or outer feet movement. It also creates the ability for the right foot to stay in place during the back swing without wobbling. Then on the down swing it permits the right foot/leg coiled resistance to shift forward, thus turning the hips based on the shift and rotation of your heel to point up. This facilitates a well-balanced finish. Your goal is to get your right foot to fire your right knee straight across and connect to your left knee at the finish. The left leg and foot are in a support role to develop and release your right leg muscle coiled strength, and prepares to receive your ground force/body weight and the resistance to stop your swing at the finish.

The second tagline to be defined is “lower-coiled strength”. This creates your grounded turning resistance for your hips in the back swing, and enhances your forward swing speed from the ground up. It starts in your right foot ground force, to permit the “twisting” of groups of muscles from the ankle, up the leg and through the thigh muscle and into your glute, and ends around the lower-core/waist area.

The third tagline is “upper-coiled strength”. Begins with the establishment of lower-coiled strength at the waist. This gives the ability to twist selective groups of muscles, upwards from the waist during the creation of the hip and shoulder separation gap. This forms a level of physical strength to close the gap creating your shoulder rotation speed.

Prior to your swing setup, it is important to do several preparatory core-breaths to generate your strength, with emphasis on each exhale being longer and slower, to increase your breath range, so you can then effectively create your “balanced ground force action”. This directed exhale releases muscle tension in your shoulders, and at the same time, you’re working the feet muscles to make them stronger, to be directed into the development of your balanced ground force action.

The most affective “balanced ground force action” at address/setup, begins by standing tall and then focusing on shaping both feet, to hold a 60/40 balance between the ball and heel. Next with both knees slightly flexed, this amplifies your ground force pressure with the ball and big toe. Now bringing focus to your toes, start by activating the little toe to press down, next press down on your ball and big toe, and turn ankle inward and press down gives the ability to setup the ankle 60/40 inside to outside balance which prevents foot wobble during the back swing.

Obtaining effective “balanced ground force action” places entire focus on the ball and toes as the point to store and direct strength, starting in your foot, up your leg, and into your lower core, not heel. The heel is the last place you want to feel your weight during the back swing. You cannot build muscle-coiled strength off the heel, only the ball and toes. This process activates your thigh muscle, and not your hamstring. The little toe is the key to prevent wobble of your foot during the back swing and supports the ability for hips to shift and then turn on your down swing. This dual 60/40 balance does not change during the back swing rotation of the shoulders but on the down swing. The right foot ball is the focal sensation point to push the right hip forward and bring the right heel around and up at the end of the swing.

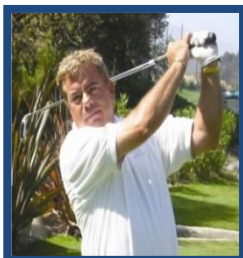
The fourth tagline to be defined is “core muscle-coiled strength”. Which is consciously constructed twisting of selective groups of muscles, divided at the waist (core) during the separation of shoulders and hips with the rotation of the back swing. This separation creates an upper and lower body muscle-coiled strength that has to be linked together at the top of the swing.

As the shoulders rotate back the first group of muscles to feel the muscle twisting (which is stored energy) starts in the right ankle as a pivot point to twist the “thigh muscle” into the gluts to facilitate your hip rotational strength. As the shoulders rotate the need to limit the hip turn is based on your right foot ground force strength and your right leg twisted coiled-muscle strength. This creates pressure to shift and then turn the hips forward in order to pull the shoulders around for swing speed.

By developing your lower body coil strength, you have the ability to stabilize, support and construct your upper body coiled strength thus allowing the muscles to become fluid during your downswing shoulder rotation speed. The ability to have the vast majority of your coiled strength in your lower body, with fluid upper body muscles creates an effortless rotation of your shoulders in the downswing.

**The term “Balanced Ground Force Action” =
Core muscle-coiled strength, directed mindfully
down to both feet, for the purpose of creating your
swing from the ground up.**

6-2013



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