

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

LESSON 2: Understanding D.I.G.F.A.: Dynamic Internal Ground Force Action

In the golf swing, you can only direct the motion of the upper body effectively when the lower body is strong, solid and grounded to the earth.

Dynamic Internal Ground Force Action (“DIGFA”) is the most effective technique to build a solid foundation of lower-body strength, and transfer that power to the upper body to shape your golf swing.

To achieve these results, it is important to understand each component of **DIGFA**.

1. **Dynamic** – Mindfully engaging the lower core muscles, creating an internal tension that serves as a solid foundation to generate strength to support the swing.
2. **Internal** – Developing a deeper awareness of the muscles you are activating and releasing, from the set-up through the entire swing sequence.
3. **Ground Force** – A core energetic effect that is achieved when both feet are fully engaged, with downward pressure in a dual 60/40-balance form (balls of both feet and big toes pressed down, with ankles turned in and pressed down), *final activation*.
4. **Action** – For a right-handed player, this is your *initial activation*, start by standing tall, now inhaling to bring strength into your lower core, next tighten and pause, then directing this energy force down to your left foot first by spreading and pressing down from the "little" to "big" toe into the ground. Then duplicate this process for the right foot. This creates the strongest sense of grounded balance. This sets up the ability to "pivot" shift/turn during the hip rotation by pulling the right heel up to bring the knees together, resulting in the most effective hip rotation possible.

The breath is an integral part of this process, connecting and coordinating the power within your core, legs, feet, and upper body.

Learning how to transfer your internal force through your swing will directly and dramatically improve the amount of power you can generate, within each swing and throughout your entire golf game.

**“You can only be as good as your ability
to direct your internal core-force
into your golf swing...
repeatedly.”**

STEP 1: Start by standing tall and adjusting your stance width to fit the shot. Tilt your hips forward, releasing any lower-back arch and straightening the spine. (Any arch in your lower spine blocks your core strength from transferring rotational force into your swing and diminishes striking ability.)

STEP 2: Engage your core, pushing your belly button out and down and at a 45° angle to draw air in through the nose and down your chest to the lower-core area. (This is your inhale.)

STEP 3: Once the lower-core area is expanded, pause your breath, tightening the muscles around the belly-button area and then tighten both glutes.

STEP 4: Feel the muscle tension in your lower-core creating strength at your hip flexors, then directing it down to your left foot first, then right foot by spreading and pressing down from the "little" to "big" toe into the ground. This energizes the inner leg muscles all the way down to your feet, generating the force you need in order to ground both feet properly, which also creates appropriate resistance between your knees. Now tilting forward from your hip flexors as the pivot point in your setup/posture.

STEP 5: Energize your feet. Right-handed players start by energizing the left foot first, feeling 60% of your weight on the ball of your foot and 40% on the heel, then pressing down on the "little" toe and then the "ball" and "big" toe. Next, turn your ankle inward and press down, creating a grounding force on the inside of the foot. This creates muscle tension on the inside of your left leg, stabilizes your left knee, and flows all the way up to your lower-core area. Duplicate this procedure on the right foot.

STEP 6: Initiate your backswing with left-foot force; by pushing down on your "big" toe, then "ball" of foot, this powers your hip rotation. (Otherwise, your shoulders would be doing all the work to move your hands.) The forward swing starts with your hips shifting and then is rooted in the inside of the right foot, pivoting around the right heel, bringing the right knee straight across. This sequence creates the most powerful hip rotation possible.

STEP 7: Release the force at impact, exhaling vigorously from your mouth. Pull your belly button toward your spine and tailbone, and pull up on both glutes. Pause after you exhale, maintaining muscle tension in your core. This slows your swing and lessens the risk of damage to the lower back.

STEP 8: Put the brakes on. Tighten your core muscles and glutes, with the belly button pulled into your spine and tailbone. Hold this tension more firmly in the left glute. Pulling the left "big" toe up tightens your foot to ankle muscles, straightens the leg, tenses the thigh muscles and brings the hip flexor into coordinated action. This supports the natural braking action of your left foot and leg during the follow-through and finish of your swing.

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