



THE POWER OF
Core-Breathing 4 Golf™

MIND | BODY | BREATH

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

Lesson 4: Understanding “Dynamic Diaphragmatic Action” (DDA)

How you direct, energize and shape your breath, in both your lower-core and upper-core areas, will influence your mind-body connection and dictate the amount of physical force required to execute your golf swing.

Dynamic Diaphragmatic Action (DDA) is a technique to strengthen the diaphragm muscle so it can be used to energize certain muscles in your pre-swing, in-swing, and post-swing phases.

Dynamic – Mindfully tightening and relaxing select muscles in order to direct, shape and build your movement.

Diaphragmatic – The muscular partition in your abdomen, which divides the lower and upper core, it affects your chest cavity; and by working your diaphragm generates strength in your torso.

Action – By engaging your core-breath, you initiate physical strength from the diaphragm area. This creates the ability to build your swing from the ground up.

By utilizing **DDA**, you can effectively shape your spine, direct your shoulder blades, activate your grip, and stabilize your head for a disciplined setup. As you learn to manage your internal levels of muscle tension, your physical performance abilities increase.

PART A: Pre-Address/Setup

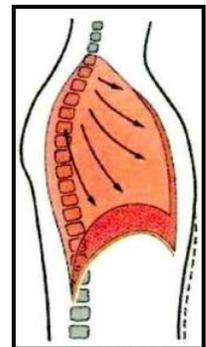
Position yourself four steps behind your ball, facing your target and standing tall.

Step 1: Inhale, pushing your bellybutton out and down and at a 45-degree angle. Tightening your lower-core muscles, pause and hold this level of tension.

Step 2: Shift your focus to your diaphragm and inhale slightly into that area. With this tension bringing focus to the lower-core area, adjust your pelvis forward to neutralize the arch in your lower back. This gives you the ability to flatten and align your lower spine with your upper spine, and brings focus to engaging your hip flexors.

Step 3: Position your shoulder blades to be neutral and down, approximately two inches from your spine. This brings your head up, in alignment with your spine. As you do this, be aware that the placement of your chin affects your shoulders' ability to stay stable, neutral and down.

Step 4: Bring your attention to your left-hand grip, applying pressure to your pinky-fingertip pad only. Do not grip the club in your right hand, but in last three fingers, feeling the fingertip pressure. Verify that both shoulders are neutral and down.



PART B: Address/Setup and In-Swing

Remember: The backswing is designed to create muscle tension throughout the whole body by building a coiling effect from the ground up (see Lesson 2: DIGFA). The forward swing releases that tightly-wound coil, creating a chain reaction from your feet up through your body and out to your hands.

To move this power through your body in the most effective way, follow this checklist:

- ☑ **Spine** – Shape your spine and engage your upper-core breath to remove the arch from your lower back, energizing the hip flexors and adjusting the side and forward tilt of the spine to the appropriate angles.
- ☑ **Shoulders** – With the lower spine now aligned with the upper spine, position your shoulder blades to be neutral and down, with each shoulder blade approximately two inches from your spine.
- ☑ **Hands** – With your spine in alignment and your shoulders down, your grip can be energized with strength from your diaphragm (see Lesson 3: How to develop the most effective grip).
- ☑ **Head** – Your head becomes the locking force in setting your spine and stabilizing your shoulder blades; this influences the directional force of your hands during the swing.

Now you are in position, ready to swing. First, tilt your spine to the side and then forward. As you tilt forward, let your shoulder blades fall forward naturally, and point your chin at the ball.

What initiates your backswing is the left big toe being pressed down, feeling that leverage through the foot, and using it to direct your hands and hips as you build that coil effect.

What triggers your downswing is pulling your left big toe up forcefully; you then direct the inside of your left foot upwards, which shifts your weight to the outside edge of your left foot and into the ground; your left knee straightens and your left lower glute tightens. Your right lower glute releases tension in order to shift and turn through impact, thus firing the right knee in line with your target line.

At impact (with a full swing iron), release your (exhale) breath vigorously through your mouth, by pulling your bellybutton into your spine. This creates a braking force that effectively stops your club's momentum at the finish.

Continue pulling up on your left big toe. Your left leg becomes straight, bringing the outside edge of your foot into the ground, and shifting your weight from the side of your foot to the outside heel to stop your hips.

What stops your hips is your left lower glute tightening, then bringing and pressing the knees together. What stops rotation of your shoulders is your right lower glute tightening.

PART C: Post Swing

Upon completion of your swing, there is a discharging of muscle tension that was created during your swing. No swing completely releases all the muscle tension built up during the swing. To release this tension your breath should be in the pause state of exhale. The longer you can pause, the more time your mind has to focus on releasing tension. The goal is to bring muscle tension back to a comfortable level so you can create your next swing.

Once you get comfortable with sequencing your **DDA**, and you take the time to consciously refine each part to fit your swing mechanics, these techniques will become the building blocks to expanding your performance and repeatability. Want to know more? Just ask!

7-2011



BILL WESTERLUND
PGA Teaching Professional
Mission Bay Golf Course
(760) 613-6368
www.pgainstructor.com

