



THE POWER OF
Core-Breathing 4 Golf™

MIND | BODY | BREATH

CORE-BREATHING 4 GOLF™

The Missing Link in Your Golf Game

Program of Instruction

LESSON 1: Understanding the Link between Breathing and Core Power

LESSON 2: Understanding “Dynamic Internal Ground Force Action” (DIGFA)

LESSON 3: HOW TO DEVELOP THE MOST EFFECTIVE GRIP

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

Lesson 5: Positioning Your Pelvis at Setup

Lesson 6: Adjusting Your Stance for Optimum Hip Shift/Turn

Lesson 7: Positioning your Left Wrist

Lesson 8: How to Shape your Right Elbow Utilizing your Internal Energy

Lesson 9: How your Lower Core and Hips Power your Downswing

Lesson 10: How to Develop your Internal Waggle vs. Traditional Waggle

Lesson 11: The Optimum Pendulum Putting Method

Lesson 12: Understanding your Internal Energy Approach to Chipping

Lesson 13: Understanding your Internal Energy Approach to Pitching

Lesson 14: Understanding your Internal Energy Approach to Sand Shots

Lesson 15: Understanding your Internal Energy Approach to Flop Shots

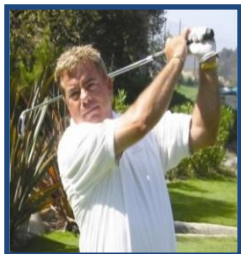
LESSON 16: Understanding your Internal Energy approach to Punch Shots

LESSON 17: How “Shoulder Stress” affects your game.

LESSON 18: Core Techniques to amplify your “Muscle Memory” feeling!

“The most neglected part of practice”

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



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