

# The power of NATURAL MOVEMENT

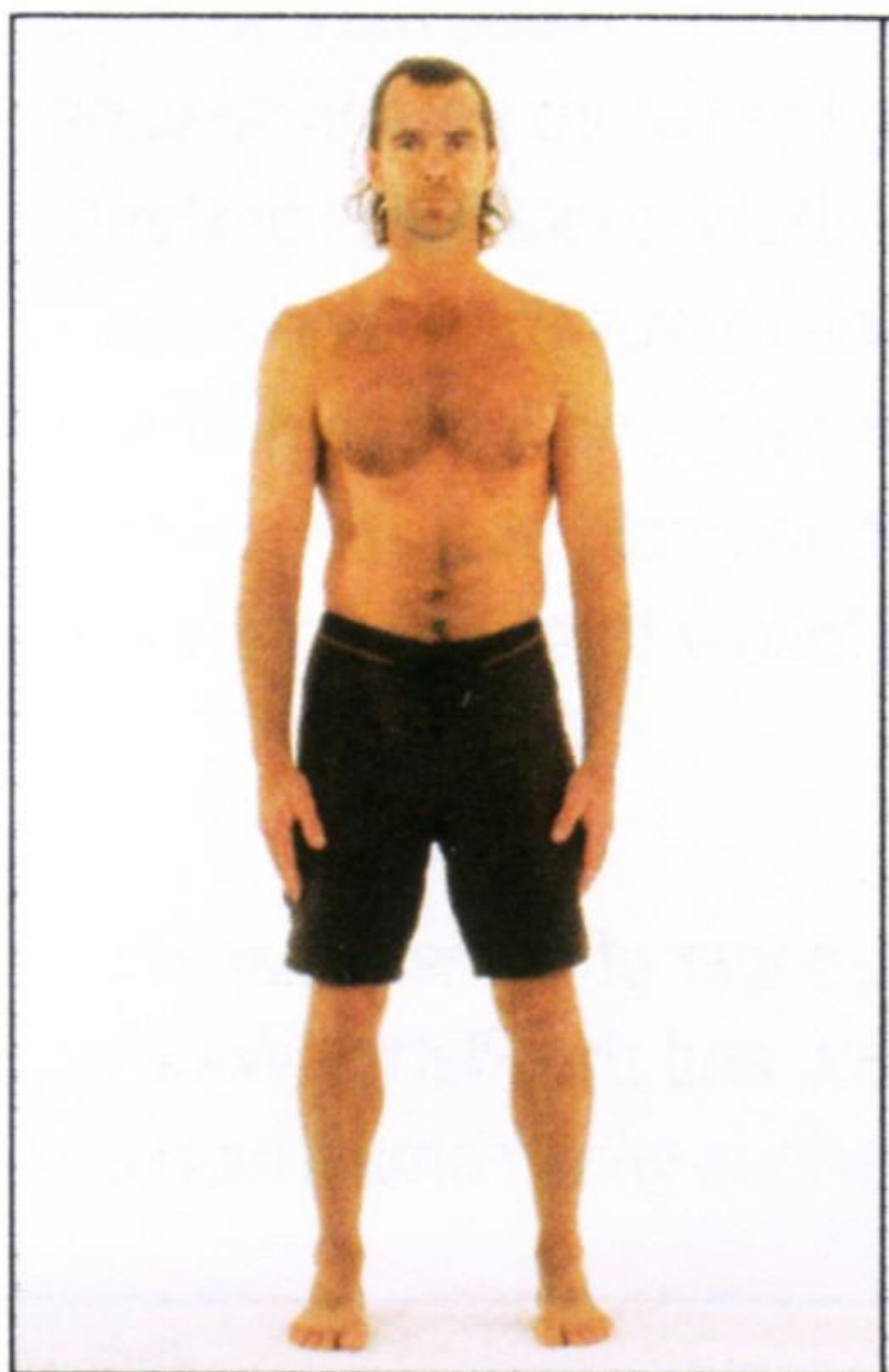
This is the first in a six part series where we will be showing you movements that will help improve your game, correct your posture and help you to breathe more easily and deeply.

*By André Oelofse – Natural movement coach*

The purpose of these exercises is to improve your natural strength through working from the centre of your body. These exercises also help to bring a sense of calm and focus before your game. If you think that all your movements are controlled by your mind it makes sense to develop an approach to your game that encourages ultimate focus and has the most powerful effect.

**GETTING STARTED:** Before you begin any of the movements you need to clear your mind of distracting thoughts by focusing on your breath. The movements must be done with ease, evenness and continuity. Remember that inner stillness aids in developing awareness of your game and it also relaxes the nervous system helping to relieve stress and tension.

**BREATHING:** Deep abdominal breathing lowers the diaphragm and increases the oxygen supply to the body. It also strengthens the muscles of the abdomen.



#### CORRECT STANDING POSTURE:

Feet parallel, hip width apart. Lengthen through the upper back (think of leading the crown of your head upwards to the sky), chin slightly in, arms on side of body. Joints must be relaxed. Shoulders and knees slightly 'soft' with relaxed abdominals. Your eyes must focus at a point about 15 metres away, at your throat level. Breathe in and out so that you feel your abdominals moving in and out as you breathe. This way you can 'let go' into the legs without collapsing the upper back.

The idea of creating the optimal kinetic chain throughout the whole body will become clearer as all the exercises are followed – step by step.

## WORKING WITH THE DRIVER



Spine, back and head in one straight line, knees and hips bent accordingly, elbows relaxed and soft, relaxed abdominals with natural breathing.



Feet parallel hip width apart, hands in centre in line with nose, head straight and shoulders square.



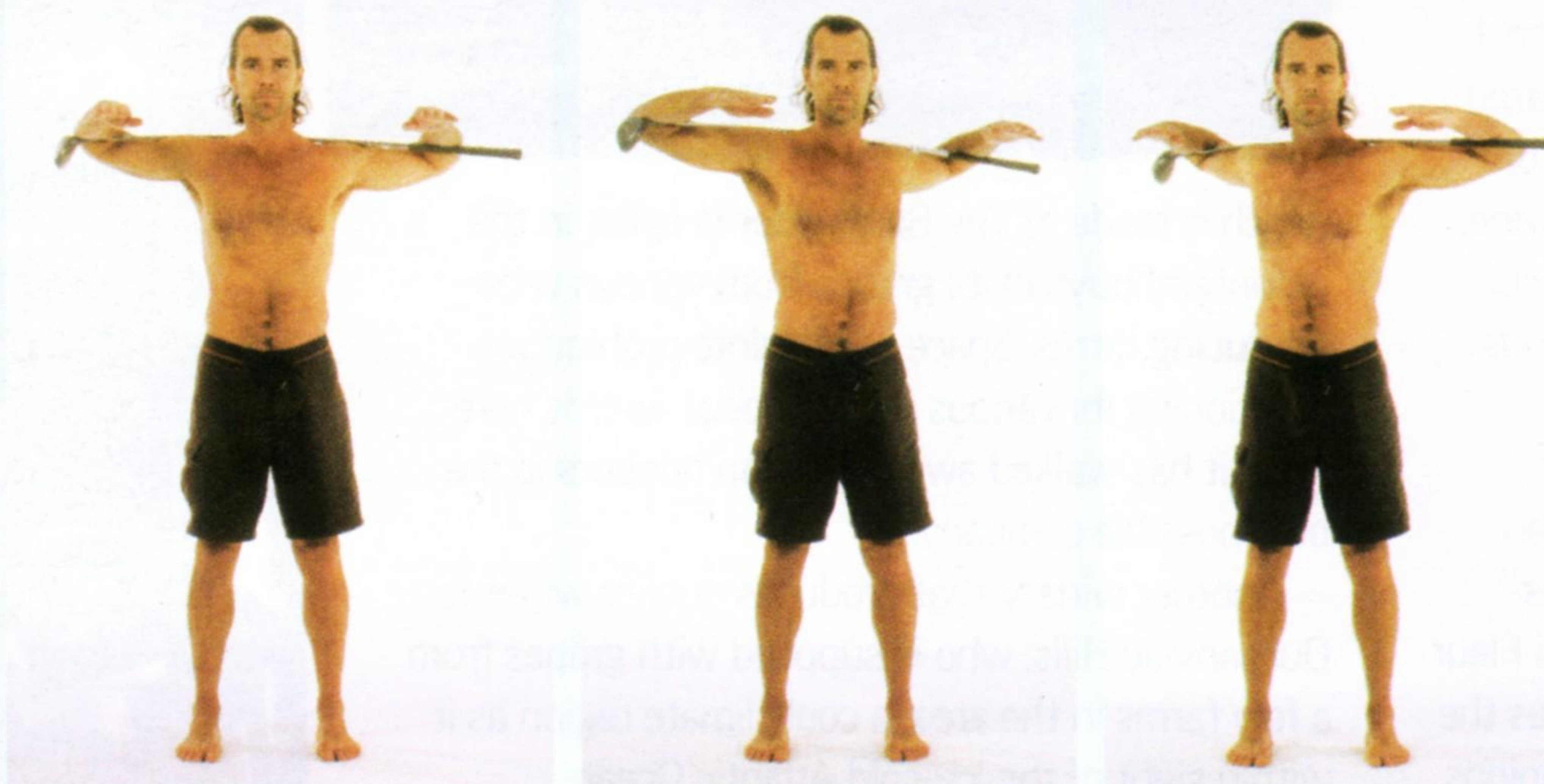
The upper back is rounded, hips and knees not bent enough, elbows are locked meaning that the shoulders will lock and you become too top heavy and disconnected from the legs.



Feet facing outward and wider than your hips, with your head tilted to the side and your right shoulder dropped.

## UPPER BODY ROTATION WITH GOLF CLUB

Place the golf club, preferably a driver across your shoulders. Your fingers should face in the direction you are facing as this creates alertness in the body and prevents the upper back from rounding. Now rotate the upper body 45 degrees to the left without moving your hips. You must face forward as you need to learn to start the movement from the chest/upper back area and not from your hips.



Your head should also continue to face forward with your weight evenly distributed on both feet. This should be your focus even when you turn your body left to right. If your abdominals are not relaxed you will restrict your 45 degree rotation. After rotating to the left return to neutral (facing forward) and repeat to the right. Remember not to roll over onto sides of feet and keep your breathing relaxed and deep. Nothing should be forced. Keep repeating this movement until you feel relaxed and centred.