

One Minute Golf Tips

'WHERE PASSION MEETS PERFORMANCE'

BREATHING PROPERLY

This topic is medically about what we refer to as 'Pulmonary Pressure'. As we cycle from 'Energy Accumulation, Load and Store' to 'Power Delivery or Energy Release' we must smoothly and predictably jettison 'Pulmonary Pressure'. (see 'ALSDR')

All power sports participants know this fact first hand. Think heavy weight lifters and the new breed of tennis star. Lots of exhaling noise!

Here is the 'Pulmonary or Breathing Rule' ... **'If Your Hands Are In Motion, You shall be Breathing Out'**.

That means the millisecond that you commence your 'Take-Away' you must be exhaling and NOT breathing in!

Most people under pressure 'Hold Their Breath' during the 'Delivery Of Power'. That is both inefficient and produces damaging 'Tension'.

A lot of you will NOT embrace this 'Physiological Truth'.

There is a price for 'Closed Mindedness!

"Welcome Aboard!"
"Enjoy The Ride!"

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