

GET THE USGFA FLUID STRENGTH™ PROGRAM.



The golf swing must be taught in the terms of motion and not positions. Traditional golf instruction has taught focusing on positions and pieces of the golf swing in static terms. What typically transpires during the instruction is the student's subconscious receives the information and reproduces a pieced golf swing rather than a fluid reproduction of a golf swing.

We must, in our instruction and development, work with and train in fluid movements. The PGFA refers to this as **FLUID STRENGTH™**. The training methods must develop this dynamic in our fitness training as well as our golf instruction.

The foundation and core must be developed to have a strong, stable, fluid balance. Without this core strength golfers will create manipulation to establish a false balance. The student is conscious and fearful of the effects of gravity, which creates the mental fear of being in posi-

tions they have not developed stability or trust in. The only thing that can occur is tension and an un-fluid motion.

We must allow ourselves to listen to our bodies and develop natural motions. This will create **FLUID STRENGTH**.

- ① Train with fluid motions
- ② Practice with fluid motions
- ③ Use terms that create those impressions of **FLUID STRENGTH**

We can provide movements in our training and the training of the golf swing that will create those strong fluid motions.

This does not mean that we do not need to understand where the swing starts from and where the 'transitions' are; we must show the biomechanical motion to achieve those stages.