3D Performance Analysis:
3D Transformational Zones & 3D Mostability
Primary Contents

1. Biomechanics and Transformational Zones (TZ) of Golf
2. Backswing (Bs) and Follow Through (FT) Biomechanics
Privilege to Help Someone with Their Passion
  • Need to Understand Biomechanics of Golf Swing
Analysis Emanates from Truths of Applied Functional Science™
Responsibility of Transforming Complexity Into Simplicity
  • Bringing Truth of Golf Swing and Applying to Uniqueness of Golfer’s Body and Swing
Power of Knowing “Why” Allows “What” to Become Easy
Biomechanics and Transformational Zones of Golf

› More We Know About Movement, More We Can Help Movement of Golfers
› Key – Studying Golf Swing in Transformational Zones
› Understanding Chain Reaction® of Golf Swing
  • Bottom-Up
  • Top-Down
Biomechanics and Transformational Zones of Golf

- Taking Advantage of Symmetry (Mirror Image) of Golf Swing
- Benefit – Acquiring Information Quickly and Effectively
  - Transform Performance Analysis Into Performance Training Will Immediately Benefit Golfers
- Realizing Asymmetrical Requirements of Follow Through Transformational Zone
- Analyze, Train, Compete (Repeat)
- Allowing Golfers to Show Us
  - “What They Got”
  - “What to Build Upon”
Biomechanics and Transformational Zones of Golf

- NG360 Golf Performance Specialist (GPS)
  - Bring Performance to Golfers
- Enhance Body, Enhance Swing
- Mirror Approach to Analysis
- Symmetry of Golf Swing Hidden Between Two Bookends (TZs) of Golf Swing
- Why and What of NG360 Performance Analysis
Biomechanics and Transformational Zones of Golf

- Golf Swing – Driven
  - Primary Drivers – Hands, Feet, Eyes, and Pelvis
  - Analyze Utilizing Same Drivers
- Providing Seamless Opportunity to Allow Golfer to Reveal Abilities
- Taking Advantage of Golf Swing Symmetry and Asymmetry in Analysis and Training
Biomechanics and Transformational Zones of Golf

- All Joints in TZs of Golf
  - Where Movement Occurs, Proprioceptors Activated, Muscles Turned On
  - All 3 Planes of Motion ("Show Me What You Got")

- Strategies
  - TZs
    - Each Joint in 3D
  - Motion and Stability ("Mostability")
    - Each Joint in 3D

- Appreciating System of NG360 Functional Performance System as NG360 Golf Performance Specialist
Subtalar Joint (Backside)

- Motion into Bs TZ
  - Inversion
- Position in Bs TZ
  - Everted
- TZ Question
  - Can You Roll Your Foot in More?
Subtalar Joint

- Mostability 3D Analysis
  - Right Single Leg Balance, Left Foot, Left Lateral @ Ground, Reach (Rotation)
  - Right Single Leg Balance, Left Foot, Left Lateral @ Ankle, Reach (Rotation)
  - Left Single Leg Balance, Right Foot, Right Lateral @ Ground, Reach (Rotation)
  - Left Single Leg Balance, Right Foot, Right Lateral @ Ankle, Reach (Rotation)
Ankle Joint (Backside)

- Motion into Bs TZ
  - Plantarflexion
- Position in Bs TZ
  - Dorsiflexed
- TZ Question
  - Can You Drive Your Knee Forward More?
Ankle Joint

- Mostability 3D Analysis
  - Right Single Leg Balance, Left Foot, Left Anterior-Lateral @ Ground, Reach (Rotation)
  - Right Single Leg Balance, Left Foot, Left Anterior-Lateral @ Ankle, Reach (Rotation)
  - Right Single Leg Balance, Left Foot, Right Anterior-Lateral @ Ground, Reach (Rotation)
  - Right Single Leg Balance, Left Foot, Right Anterior-Lateral @ Ankle, Reach (Rotation)
Ankle Joint

Mostability 3D Analysis

• Left Single Leg Balance, Right Foot, Right Anterior-Lateral @ Ground, Reach (Rotation)
• Left Single Leg Balance, Right Foot, Right Anterior-Lateral @ Ankle, Reach (Rotation)
• Left Single Leg Balance, Right Foot, Left Anterior-Lateral @ Ground, Reach (Rotation)
• Left Single Leg Balance, Right Foot, Left Anterior-Lateral @ Ankle, Reach (Rotation)
Knee Joint (Backside)

- Motion into Bs TZ
  - Extension and Adduction
- Position in Bs TZ
  - Flexed and Abducted
- TZ Question
  - Can You Drive Your Knee Towards Golf Ball More?
Knee Joint

- Mostability 3D Analysis
  - Right Single Leg Balance (Left Toe Touch, Left Anterior-Lateral (Rotation)), Pelvis, @ Vertical, Squat
  - Right Single Leg Balance (Left Foot, Left Anterior-Lateral (Rotation) @ Ankle), Pelvis, @ Vertical, Squat
  - Left Single Leg Balance (Right Toe Touch, Right Anterior-Lateral (Rotation)), Pelvis, @ Vertical, Squat
  - Left Single Leg Balance (Right Foot, Right Anterior-Lateral (Rotation) @ Ankle), Pelvis, @ Vertical, Squat
Hip Joint (Backside)

- Motion into Bs TZ
  - Flexion, Adduction, and Internal Rotation
- Position in Bs TZ
  - Flexed, Adducted, and Internally Rotated
- TZ Questions
  - Can You Squat More?
  - Can You Drop Your Pelvis More (on Opposite Side)?
  - Can You Twist Your Pelvis More (Toward Same Side)?
Hip Joint

- Mostability 3D Analysis
  - Right Single Leg Balance, Left Foot, Posterior @ Ground, Reach
  - Right Single Leg Balance, Left Foot, Posterior @ Ankle, Reach
  - Right Single Leg Balance, Left Foot, Right Lateral @ Ground, Reach
  - Right Single Leg Balance, Left Foot, Right Lateral @ Ankle, Reach
  - Right Single Leg Balance, Left Foot, Right Rotational @ Ground, Reach
  - Right Single Leg Balance, Left Foot, Right Rotational @ Ankle, Reach
Hip Joint

- Mostability 3D Analysis
  - Left Single Leg Balance, Right Foot, Posterior @ Ground, Reach
  - Left Single Leg Balance, Right Foot, Posterior @ Ankle, Reach
  - Left Single Leg Balance, Right Foot, Left Lateral @ Ground, Reach
  - Left Single Leg Balance, Right Foot, Left Lateral @ Ankle, Reach
  - Left Single Leg Balance, Right Foot, Left Rotational @ Ground, Reach
  - Left Single Leg Balance, Right Foot, Left Rotational @ Ankle, Reach
Hip Joint (Front Side)

- Motion into Bs TZ
  - Extension, Abduction, and External Rotation
- Position in Bs TZ
  - Flexed, Abducted, and Externally Rotated
- TZ Questions
  - Can You Drive Your Pelvis Forward More?
  - Can You Drop Your Pelvis More (on Same Side)?
  - Can You Twist Your Pelvis More (Toward Opposite Side)?
Hip Joint

- Mostability 3D Analysis
  - Right Single Leg Balance, Left Foot, Anterior @ Ground, Reach
  - Right Single Leg Balance, Left Foot, Anterior @ Ankle, Reach
  - Right Single Leg Balance, Left Foot, Left Lateral @ Ground, Reach
  - Right Single Leg Balance, Left Foot, Left Lateral @ Ankle, Reach
  - Right Single Leg Balance, Left Foot, Left Rotational @ Ground, Reach
  - Right Single Leg Balance, Left Foot, Left Rotational @ Ankle, Reach
Mostability 3D Analysis

- Left Single Leg Balance, Right Foot, Anterior @ Ground, Reach
- Left Single Leg Balance, Right Foot, Anterior @ Ankle, Reach
- Left Single Leg Balance, Right Foot, Right Lateral @ Ground, Reach
- Left Single Leg Balance, Right Foot, Right Lateral @ Ankle, Reach
- Left Single Leg Balance, Right Foot, Right Rotational @ Ground, Reach
- Left Single Leg Balance, Right Foot, Right Rotational @ Ankle, Reach
Knee Joint (Front Side)

- Motion into Bs TZ
  - Flexion and Abduction
- Position in Bs TZ
  - Flexed and Abducted
- TZ Question
  - Can You Drive Your Knee Towards Golf Ball More?
Knee Joint

- Mostability 3D Analysis
  - Right Single Leg Balance (Left Toe Touch, Left Anterior-Lateral (Rotation)), Pelvis, @ Vertical, Squat
  - Right Single Leg Balance (Left Foot, Left Anterior-Lateral (Rotation) @ Ankle), Pelvis, @ Vertical, Squat
  - Left Single Leg Balance (Right Toe Touch, Right Anterior-Lateral (Rotation)), Pelvis, @ Vertical, Squat
  - Left Single Leg Balance (Right Foot, Right Anterior-Lateral (Rotation) @ Ankle), Pelvis, @ Vertical, Squat
Ankle Joint (Front Side)

- Motion into Bs TZ
  - Dorsiflexion
- Position in Bs TZ
  - Dorsiflexed
- TZ Question
  - Can You Drive Your Knee Forward More?
Ankle Joint

- Mostability 3D Analysis
  - Right Single Leg Balance, Left Foot, Left Anterior-Lateral @ Ground, Reach (Rotation)
  - Right Single Leg Balance, Left Foot, Left Anterior-Lateral @ Ankle, Reach (Rotation)
  - Right Single Leg Balance, Left Foot, Right Anterior-Lateral @ Ground, Reach (Rotation)
  - Right Single Leg Balance, Left Foot, Right Anterior-Lateral @ Ankle, Reach (Rotation)
Ankle Joint

- Mostability 3D Analysis
  - Left Single Leg Balance, Right Foot, Right Anterior-Lateral @ Ground, Reach (Rotation)
  - Left Single Leg Balance, Right Foot, Right Anterior-Lateral @ Ankle, Reach (Rotation)
  - Left Single Leg Balance, Right Foot, Left Anterior-Lateral @ Ground, Reach (Rotation)
  - Left Single Leg Balance, Right Foot, Left Anterior-Lateral @ Ankle, Reach (Rotation)
Subtalar Joint (Front Side)

- Motion into Bs TZ
  - Eversion
- Position in Bs TZ
  - Everted
- TZ Question
  - Can You Roll Your Foot in More?
Subtalar Joint

- Mostability 3D Analysis
  - Right Single Leg Balance, Left Foot, Left Lateral @ Ground, Reach (Rotation)
  - Right Single Leg Balance, Left Foot, Left Lateral @ Ankle, Reach (Rotation)
  - Left Single Leg Balance, Right Foot, Right Lateral @ Ground, Reach (Rotation)
  - Left Single Leg Balance, Right Foot, Right Lateral @ Ankle, Reach (Rotation)
Lumbar Spine

- Motion into Bs TZ
  - Extension and Backside Lateral Flexion
- Position in Bs TZ
  - Extended and Backside Laterally Flexed
- TZ Questions
  - Can You Drive Your Trunk Back More?
  - Can You Drive Your Trunk Towards Your Hands (Backside) More?
Lumbar Spine

- Mostability 3D Analysis
  - Right Single Leg Balance (Left Toe Touch, Posterior), Trunk, Posterior, Reach
  - Right Single Leg Balance (Left Foot, Posterior @ Ankle), Trunk, Posterior, Reach
  - Right Single Leg Balance (Left Toe Touch, Right Lateral), Trunk, Right Lateral, Reach
  - Right Single Leg Balance (Left Foot, Right Lateral @ Ankle), Trunk, Right Lateral, Reach
Lumbar Spine

- Mostability 3D Analysis
  - Left Single Leg Balance (Right Toe Touch, Posterior), Trunk, Posterior, Reach
  - Left Single Leg Balance (Right Foot, Posterior @ Ankle), Trunk, Posterior, Reach
  - Left Single Leg Balance (Right Toe Touch, Left Lateral), Trunk, Left Lateral, Reach
  - Left Single Leg Balance (Right Foot, Left Lateral @ Ankle), Trunk, Left Lateral, Reach
Thoracic Spine

- Motion into Bs TZ
  - Extension, Front Side Lateral Flexion, and Backside Rotation
- Position in Bs TZ
  - Extended, Front Side Laterally Flexed, and Backside Rotated
- TZ Questions
  - Can You Drive Your Shoulders Back More?
  - Can You Laterally Flex Your Shoulders Away From Hands (Front Side) More?
  - Can You Rotate Your Shoulders Towards Your Hands (Backside) More?
Thoracic Spine

- Mostability 3D Analysis
  - Right Single Leg Balance (Left Toe Touch, Anterior; Bilateral Hands, Anterior @ Shoulder), Bilateral Hands, Posterior @ Overhead, Reach
  - Right Single Leg Balance (Left Foot, Anterior @ Ankle; Bilateral Hands, Anterior @ Shoulder), Bilateral Hands, Posterior @ Overhead, Reach
  - Right Single Leg Balance (Left Toe Touch, Right Lateral; Bilateral Hands, @ Overhead), Bilateral Hands, Left Lateral @ Overhead, Reach
  - Right Single Leg Balance (Left Foot, Right Lateral @ Ankle; Bilateral Hands, @ Overhead), Bilateral Hands, Left Lateral @ Overhead, Reach
  - Right Single Leg Balance (Left Toe Touch, Right Rotational; Bilateral Hands, Anterior @ Shoulder), Bilateral Hands, Right Rotational @ Shoulder, Reach
  - Right Single Leg Balance (Left Foot, Right Rotational @ Ankle; Bilateral Hands, Anterior @ Shoulder), Bilateral Hands, Right Rotational @ Shoulder, Reach
Thoracic Spine

Mostability 3D Analysis

- Left Single Leg Balance (Right Toe Touch, Anterior; Bilateral Hands, Anterior @ Shoulder), Bilateral Hands, Posterior @ Overhead, Reach
- Left Single Leg Balance (Right Foot, Anterior @ Ankle; Bilateral Hands, Anterior @ Shoulder), Bilateral Hands, Posterior @ Overhead, Reach
- Left Single Leg Balance (Right Toe Touch, Left Lateral; Bilateral Hands, @ Overhead), Bilateral Hands, Right Lateral @ Overhead, Reach
- Left Single Leg Balance (Right Foot, Left Lateral @ Ankle; Bilateral Hands, @ Overhead), Bilateral Hands, Right Lateral @ Overhead, Reach
- Left Single Leg Balance (Right Toe Touch, Left Rotational; Bilateral Hands, Anterior @ Shoulder), Bilateral Hands, Left Rotational @ Shoulder, Reach
- Left Single Leg Balance (Right Foot, Left Rotational @ Ankle; Bilateral Hands, Anterior @ Shoulder), Bilateral Hands, Left Rotational @ Shoulder, Reach
Cervical Spine

- Motion into Bs TZ
  - Backside Lateral Flexion and Front Side Rotation
- Position in Bs TZ
  - Backside Laterally Flexed and Front Side Rotated
- TZ Questions
  - Can You Bring Your Head Forward More?
  - Can You Take Your Head Back More?
  - Can You Laterally Flex Your Head Towards Your Hands (Backside) More?
  - Can You Rotate Your Head Away from Your Hands (Front Side) More?
Cervical Spine

- Mostability 3D Analysis
  - Right Single Leg Balance (Left Toe Touch, Anterior; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Posterior @ Overhead, Reach
  - Right Single Leg Balance (Left Foot, Anterior @ Ankle; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Posterior @ Overhead, Reach
  - Right Single Leg Balance (Left Toe Touch, Posterior; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Anterior @ Ankle, Reach
  - Right Single Leg Balance (Left Foot, Posterior @ Ankle; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Anterior @ Ankle, Reach
Cervical Spine

> Mostability 3D Analysis

- Right Single Leg Balance (Left Toe Touch, Right Lateral; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Left Lateral @ Overhead, Reach
- Right Single Leg Balance (Left Foot, Right Lateral @ Ankle; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Left Lateral @ Overhead, Reach
- Right Single Leg Balance (Left Toe Touch, Right Rotational; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Right Rotational @ Shoulder, Reach
- Right Single Leg Balance (Left Foot, Right Rotational @ Ankle; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Right Rotational @ Shoulder, Reach
Mostability 3D Analysis

- Left Single Leg Balance (Right Toe Touch, Anterior; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Posterior @ Overhead, Reach
- Left Single Leg Balance (Right Foot, Anterior @ Ankle; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Posterior @ Overhead, Reach
- Left Single Leg Balance (Right Toe Touch, Posterior; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Anterior @ Ankle, Reach
- Left Single Leg Balance (Right Foot, Posterior @ Ankle; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Anterior @ Ankle, Reach
Cervical Spine

- Mostability 3D Analysis
  - Left Single Leg Balance (Right Toe Touch, Left Lateral; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Right Lateral @ Overhead, Reach
  - Left Single Leg Balance (Right Foot, Left Lateral @ Ankle; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Right Lateral @ Overhead, Reach
  - Left Single Leg Balance (Right Toe Touch, Left Rotational; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Left Rotational @ Shoulder, Reach
  - Left Single Leg Balance (Right Foot, Left Rotational @ Ankle; Eyes, Fixed Anterior @ Eyes), Bilateral Hands, Left Rotational @ Shoulder, Reach
Shoulder Joints

- Motion into Bs TZ
  - Back Side – Abduction and Horizontal Abduction
  - Front Side – Adduction and Horizontal Adduction

- Position in Bs TZ
  - Back Side – Abducted and Horizontally Abducted
  - Front Side – Adducted and Horizontally Adducted

- TZ Question
  - Can You Take Your Hands Up and Around More (Separately)?
Shoulder Joints

- Mostability 3D Analysis
  - Right Single Leg Balance (Left Toe Touch), Right Hand, Sagittal Plane, Swing
  - Right Single Leg Balance, Right Hand, Sagittal Plane, Swing
  - Right Single Leg Balance (Left Toe Touch), Right Hand, Frontal Plane, Swing
  - Right Single Leg Balance, Right Hand, Frontal Plane, Swing
  - Right Single Leg Balance (Left Toe Touch), Right Hand, Transverse Plane, Swing
  - Right Single Leg Balance, Right Hand, Transverse Plane, Swing
Shoulder Joints

- Mostability 3D Analysis
  - Right Single Leg Balance (Left Toe Touch), Left Hand, Sagittal Plane, Swing
  - Right Single Leg Balance, Left Hand, Sagittal Plane, Swing
  - Right Single Leg Balance (Left Toe Touch), Left Hand, Frontal Plane, Swing
  - Right Single Leg Balance, Left Hand, Frontal Plane, Swing
  - Right Single Leg Balance (Left Toe Touch), Left Hand, Transverse Plane, Swing
  - Right Single Leg Balance, Left Hand, Transverse Plane, Swing
Shoulder Joints

- Mostability 3D Analysis
  - Left Single Leg Balance (Right Toe Touch), Left Hand, Sagittal Plane, Swing
  - Left Single Leg Balance, Left Hand, Sagittal Plane, Swing
  - Left Single Leg Balance (Right Toe Touch), Left Hand, Frontal Plane, Swing
  - Left Single Leg Balance, Left Hand, Frontal Plane, Swing
  - Left Single Leg Balance (Right Toe Touch), Left Hand, Transverse Plane, Swing
  - Left Single Leg Balance, Left Hand, Transverse Plane, Swing
Shoulder Joints

- Mostability 3D Analysis
  - Left Single Leg Balance (Right Toe Touch), Right Hand, Sagittal Plane, Swing
  - Left Single Leg Balance, Right Hand, Sagittal Plane, Swing
  - Left Single Leg Balance (Right Toe Touch), Right Hand, Frontal Plane, Swing
  - Left Single Leg Balance, Right Hand, Frontal Plane, Swing
  - Left Single Leg Balance (Right Toe Touch), Right Hand, Transverse Plane, Swing
  - Left Single Leg Balance, Right Hand, Transverse Plane, Swing
Wrist Joints

- Motion into Bs TZ
  - Radial Deviation
- Position in Bs TZ
  - Radially Deviated
- TZ Questions
  - Can You Bring Your Club Down More?
  - Can You Rotate Your Club Both Ways More?
  - Can You Bend Your Wrist Back and Forth More?
Wrist Joints

Mostability 3D Analysis

- (Golf Club), (Right Hand, Fixed Right Anterior-Lateral @ Shoulder), Right Wrist, Excursion (Radial Deviation)
- (Golf Club), (Right Hand, Fixed Right Anterior-Lateral @ Shoulder), Right Wrist, Excursion (Ulnar Deviation)
- (Golf Club), (Right Hand, Fixed Right Anterior-Lateral @ Shoulder), Right Wrist, Excursion (Pronation)
- (Golf Club), (Right Hand, Fixed Right Anterior-Lateral @ Shoulder), Right Wrist, Excursion (Supination)
- (Golf Club), (Right Hand, Fixed Right Anterior-Lateral @ Shoulder), Right Wrist, Excursion (Extension)
- (Golf Club), (Right Hand, Fixed Right Anterior-Lateral @ Shoulder), Right Wrist, Excursion (Flexion)
Wrist Joints

Mostability 3D Analysis

- (Golf Club), (Left Hand, Fixed Left Anterior-Lateral @ Shoulder), Left Wrist, Excursion (Radial Deviation)
- (Golf Club), (Left Hand, Fixed Left Anterior-Lateral @ Shoulder), Left Wrist, Excursion (Ulnar Deviation)
- (Golf Club), (Left Hand, Fixed Left Anterior-Lateral @ Shoulder), Left Wrist, Excursion (Pronation)
- (Golf Club), (Left Hand, Fixed Left Anterior-Lateral @ Shoulder), Left Wrist, Excursion (Supination)
- (Golf Club), (Left Hand, Fixed Left Anterior-Lateral @ Shoulder), Left Wrist, Excursion (Extension)
- (Golf Club), (Left Hand, Fixed Left Anterior-Lateral @ Shoulder), Left Wrist, Excursion (Flexion)
Distal Deceleration / Proximal Acceleration

- Backswing Motion Decelerated By Muscles Lengthening (Loading)
- Proper Sequence of Coming Out of Bs TZ
- Legs Serve As Foundation for Pelvis to “Proximally Accelerate” to Facilitate Additional Loading
- Pelvis Drives Down Target Line in Sagittal Plane, Frontal Plane, and Transverse Plane
- TZ Question
  - Can You Drive Your Pelvis Down Target Line More?
Mostability 3D Analysis

- Right Single Leg Balance, (Left Toe Touch, Left Anterior-Lateral; Bilateral Hands, Golf Grip Clasped), Bilateral Hands, Right Rotational @ Overhead, Reach
- Right Single Leg Balance, (Left Foot, Left Anterior-Lateral @ Ankle; Bilateral Hands, Golf Grip Clasped), Bilateral Hands, Right Rotational @ Overhead, Reach
- Right Single Leg Balance, (Bilateral Hands, Golf Grip Clasped; Bilateral Hands, Fixed Right Rotational @ Overhead), Left Foot, Left Rotational @ Ground, Reach
- Right Single Leg Balance, (Bilateral Hands, Golf Grip Clasped; Bilateral Hands, Fixed Right Rotational @ Overhead), Left Foot, Left Rotational @ Ankle, Reach
Mostability 3D Analysis

- Right Single Leg Balance, (Left Toe Touch, Left Anterior-Lateral; Bilateral Hands, Golf Grip Clasped), Bilateral Hands, Right Rotational @ Overhead, Reach with Left Foot, Left Rotational @ Ground, Reach
- Right Single Leg Balance, (Left Foot, Left Anterior-Lateral @ Ankle; Bilateral Hands, Golf Grip Clasped), Bilateral Hands, Right Rotational @ Overhead, Reach with Left Foot, Left Rotational @ Ankle, Reach
- Left Single Leg Balance, (Right Toe Touch, Right Anterior-Lateral; Bilateral Hands, Golf Grip Clasped), Bilateral Hands, Left Rotational @ Overhead, Reach
- Left Single Leg Balance, (Right Foot, Right Anterior-Lateral @ Ankle; Bilateral Hands, Golf Grip Clasped), Bilateral Hands, Left Rotational @ Overhead, Reach
Distal Deceleration / Proximal Acceleration

- Mostability 3D Analysis
  - Left Single Leg Balance, (Bilateral Hands, Golf Grip Clasped; Bilateral Hands, Fixed Left Rotational @ Overhead), Right Foot, Right Rotational @ Ground, Reach
  - Left Single Leg Balance, (Bilateral Hands, Golf Grip Clasped; Bilateral Hands, Fixed Left Rotational @ Overhead), Right Foot, Right Rotational @ Ankle, Reach
  - Left Single Leg Balance, (Right Toe Touch, Right Anterior-Lateral; Bilateral Hands, Golf Grip Clasped), Bilateral Hands, Left Rotational @ Overhead, Reach with Right Foot, Right Rotational @ Ground, Reach
  - Left Single Leg Balance, (Right Foot, Right Anterior-Lateral @ Ankle; Bilateral Hands, Golf Grip Clasped), Bilateral Hands, Left Rotational @ Overhead, Reach with Right Foot, Right Rotational @ Ankle, Reach
Contact / Hitting Zone

- Zone of Sequences During Downswing
  - Between 9 O'clock and 3 O'clock
- Analyze with Mirror Strategy Based on Biomechanical Understanding
- Proximal Deceleration Whip
  - Chain Reaction® Whip Caused By Sequential Deceleration
Contact / Hitting Zone

- Mostability 3D Analysis
  - Power of Applied Functional Science™ is Tweakology
  - Creating Stable Post Tweaked Faster and Further
  - Seeing What We Want to See Beyond the Mirror
Unique Requirements of Follow Through
• Speed, Mass and Momentum
• Backside Leg Release
• Front Side Challenge – 3D Mobility and 3D Stability

Front Side Biomechanics
• Hip Joint – Significant Amount of Extension, Adduction, and Internal Rotation
• Subtalar Joint – Significant Amount of Inversion
• Foot Becomes More Rigid with Reduced Ground Contact
• Foot / Leg Requires 3D Mobility and 3D Stability

TZ Question
• Can You Take Your Hands Up and Around More?
Follow Through

- Mostability 3D Analysis (Tweak Motion Faster, Further, and Specific to Follow Through TZ)
  - Right Single Leg Balance (Left Toe Touch, Right Rotational; Right Knee, Fixed Extended), Bilateral Hands, Right Rotational @ Overhead, Reach
  - Right Single Leg Balance (Left Foot, Right Rotational @ Ankle; Right Knee, Fixed Extended), Bilateral Hands, Right Rotational @ Overhead, Reach
  - Left Single Leg Balance (Right Toe Touch, Left Rotational; Left Knee, Fixed Extended), Bilateral Hands, Left Rotational @ Overhead, Reach
  - Left Single Leg Balance (Right Foot, Left Rotational @ Ankle; Left Knee, Fixed Extended), Bilateral Hands, Left Rotational @ Overhead, Reach