

We can learn almost any sporting activity by first narrowing our focus to that task's essential mind-to-body core connections.

The Thought
that counts

The Primary
LEVERS

The Quiet
EYES gaze

Staying in
BALANCE

Primary LEVERS

IN GOLF – both ARMS + Hands **RULE**

The essence of a good golf swing

- The **CLUB** is connected to our HANDS
- HANDS + ARMS are connected to the MIND
- The **MIND** is the **GOLF SWING**

Primary LEVERS

IN SKIING – both THIGHS + Arms **RULE**

The essence of parallel ski turns

- The **SKIS** are connected to our **FEET**
- FEET + THIGHS are connected to the **MIND**
- The **MIND** is the **SKI TURN**

Primary LEVERS

IN BASEBALL – both ARMS + Hands **RULE**

The essence of a good baseball swing

- The **BAT** is connected to our HANDS
- HANDS + ARMS are connected to the MIND
- The **MIND** is the **BASEBALL SWING**

Primary LEVERS

IN TENNIS – both ARMS + Hands **RULE**

The essence of a good tennis stroke

- The **RACKET** is connected to our HANDS
- HANDS + ARMS are connected to the **MIND**
- The **MIND** is the **TENNIS SWING**

Primary LEVERS

IN BILLIARDS – both ARMS + Hands **RULE**

The essence of a good pool cue stroke

- The **CUE** is connected to our HANDS
- HANDS + ARMS are connected to the **MIND**
- The **MIND** is the **BILLIARD STROKE**