

# GYROTONIC® Training for Golf by Ellen Barlow

Paul Hable came to a golf lesson a year ago. He told his instructor he wouldn't be playing golf for the next 6 months because he was scheduled for hip replacement surgery. Paul, 54, had suffered with constant pain for over 15 years, which restricted his playing ability. His handicap had jumped from 6 to 14 and surgery seemed like the only way out. Prior to the surgery, Paul started taking Gyrotonic lessons.

Soon his pain decreased and eventually disappeared, obviating the need for surgery. His handicap spiraled down to a 4. He was able to do things in his golf swing easily and painlessly that he'd never been able to do. Golfers all over are starting to see improvement in their games they never thought possible thanks to Gyrotonic equipment and training. It teaches people how to work their bodies more efficiently which translates into greater distance and improved consistency.

Now golfers seeking expert guidance in physical conditioning to improve their game can benefit from

golf specific Gyrotonic lessons offered at studio infinity™ in Northwest Washington. Gyrotonic exercises for golfers are very beneficial because they restore and improve the natural forces of body alignment. This is the basis for improving functional strength, flexibility, endurance and speed required for overall conditioning and for the correct swing. The design of the equipment itself guides the body to move in 3-dimensions, making it a natural fit with the elliptical pathway of the golf swing.

Recently, the co-creator of Gyrotonic Applications for Golf Workshop and 30-year veteran golf instructor, David Rasmussen, was in Washington D.C. training certified Gyrotonic instructors. There are currently more than a dozen players he's taught on the PGA tour. Bobby Clampett, a CBS golf analyst and long time student of his stated, "David has developed over the years as one of the best instructors in the world." Rasmussen's teacher was Hank Haney, who is currently Tiger Wood's coach.



In 2000, Rasmussen saw a photograph in Forbes Magazine showing Juliu Horvath, creator of the Gyrotonic method, teaching a Gyrotonic exercise called single spiral, which mirrors perfectly the shoulder turn. David had been searching for a better way to train golfers for years. This was the turning point! The Gyrotonic method offered what he was looking for, a comprehensive movement and conditioning method that includes rotational movements of the spine in multi planes. "My research and experience brought me to the realization that Gyrotonic methodology is the perfect complement for golf" said Rasmussen.

Gyrotonic Applications for Golf came from a five-year collaboration between Rasmussen and Juliu Horvath. "The toughest part of teaching golf is to know what you want a student to accomplish physically and because of their body's restrictions they are simply unable to do what you want them to do" said Rasmussen. "Gyrotonic training removes these restrictions and allows a golfer to truly improve". It does so by teaching a golf client how to improve their posture, how to turn their shoulders and hips correctly, and how to coordinate arm and body movements during the swing. Specific golf related exercises reinforce correct golf swing movements, which no other system can duplicate. Gyrotonic training is also very effective in the rehabilitation and prevention of injury. In a sport where 33 percent of all

golfers are injured at any one time, this is key!

At studio infinity, Barbara Haines, Gyrotonic instructor, ballet dancer and an amateur golfer, is having success applying what she learned from Rasmussen. "I always had a straight shot, probably due to my balance from ballet, but I could never hit the ball far enough. These exercises helped me figure out how I had been limiting my power, and in my next game I got immediate results". Studio infinity client and golfer, Mike Levy, said "I found the golf specific Gyrotonic lessons to be immediately useful in slowing down the shoulder turn and adding significant distance (20 yards) off the tee."

"This is going to change golf!" said Kathy Lucia, certified Gyrotonic instructor who attended Rasmussen's workshop at studio infinity, lifelong golfer and founder of Fitness for Golf. The discovery that golf and the Gyrotonic method have an amazing natural affinity is creating a previously unimaginable breakthrough in golf training.

Visit [www.studioinfinitydc.com](http://www.studioinfinitydc.com), or call (202) 333-0664.

Ellen Barlow is a certified Gyrotonic instructor at studio infinity with a 25-year background in movement therapy and fitness training. GYROTONIC is a registered trademark of Gyrotonic Sales Corp. ■

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