

## INSPIRATIONS ALONG the ROAD to MACH 3...

I've had a long career in fitness, beginning as a personal trainer in 1984 and continuing to the present day with Mach 3. In 1999 I decided to work primarily with golfers, and that trend has continued for the last 20 years. Along the road to Mach 3, I've been influenced by many practitioners in the world of athletic training, rehab, and golf. Here are my Top 10 that I would say have influenced my thinking the most in creating Mach 3:

1. Vern Gambetta – Gambetta is an “Old School” strength and conditioning coach whom I ran across while I was teaching seminars for AFPA (American Fitness Professionals and Associates) in the mid 2000's. His book, *Athletic Development: The Art and Science of Sports Conditioning (2007)*, was an eye-opener for me. The phrase, “Train movements, not muscles,” has guided my training philosophies for the last 12 years. The golf swing is a motion that can be sensed as a whole, without having to intellectualize the parts. In Mach 3, we take that a step further by stating that purposeful movement is guided by its destination. The destination is the end of the swing, not the ball. We ask the golfer to make a leap of faith that total commitment to the finish of the swing will create the movement for them. They can sense the swing as a whole, not as a collection of parts. That one credo - train movements, not muscles - is at the epicenter of Mach 3.
2. John Brookfield – Brookfield is another “Old School” strongman and strength coach. He uses real world objects such as sledgehammers, heavy stones, thick ropes, and chains to train himself and his athletes. Brookfield brought me into the world of chains and ropes as training tools. Although his methods are much more hardcore than would typically be used with golfers, he was the first to make me understand the value of a “live” resistance. A rope or chain in motion creates a dynamic that cannot be reproduced with traditional gym equipment like weights and cables. Each repetition becomes a series of actions and reactions that create an element of randomness and unpredictability. No two reps are exactly the same. The athlete simultaneously creates the motion and reacts to the motion. There is huge value in that phenomenon.
3. Brian Hepler – Hepler is the golf instructor who created Tathata Golf, a brilliant system of golf body movement drawn straight from the world of Martial Arts. I encountered Tathata Golf in 2016, became certified, and have strongly incorporated it into Mach 3. Our warmup for every class is entirely Tathata-based. One important aspect of Tathata is that the strike resembles an uppercut punch. This image is invaluable to Mach 3. We teach our golfers that the end of this punch must be the strongest part of their swing. Tathata Golf's greatest contribution to the manner in which I shaped Mach 3 was the concept of “Pressure.” Pressure is the engagement of the muscles in the body equally from head to toe. In Tathata, and in Mach 3, the pressure is greatest at the end of the swing. This concept is what led me to emphasize “Speed Out in Front,” and an upward path of energy, as opposed to dumping energy downward or considering impact to be the “moment of truth.” In Mach 3, all the golfer's energy, strength, speed, and focus flows upward and well past the ball. Tathata Golf led me to that perception of the swinging (striking) motion, and it became a key premise of Mach 3.

4. Kelvin Miyahira – Kelvin is a golf instructor based in Hawaii. In the mid 2000's he was totally committed to speed training as the one and only way that golfers should be working out. Kelvin was far ahead of his time with this concept, and I was fortunate to spend several days with him in 2007 at my gym in Baltimore County. Kelvin was the first golf trainer I ever saw who used chain-driven tools. He had a Speed Chain, which was a golf-grip handle connected to 26 feet of chain. The chain graduated from small, light links at the handle, through several segments of progressively heavier links, and ended with what was essentially anchor chain at the far end. He also had a "Torso Burner," which was literally a Lat Pull bar with a chain bolted to each end of the handle, and a ball-and-chain swinging tool that he called an "NOS," which stood for Neuromuscular Overspeed. At the time I was using my Brookfield chain tools in a very generalized way, but I did not have any tools that were specific to the golf swing itself. Kelvin believed that speed would be gained exclusively by activating fast-twitch muscle fibers, and he was adamantly against workout techniques that utilized anything less than maximum speed and effort. In this, we differed. In Mach 3 there is only one tool that we swing as fast as possible. Ninety-five percent of our training is sub-maximal. We did use Kelvin's Speed Chain until 2018, but we have left it out of our training protocols since we moved exclusively to rope tools. The ropes are much more conducive to the golfer being able to generate maximum speed well out in front of the ball and are more easily adapted to the variety of handles that we use. Kelvin's NOS tool, after a bit of tweaking, became our JetStick. I do not consider the JetStick to be an overspeed tool... it is more of a proprioceptive learning tool. Kelvin's greatest contribution to me was his insistence that speed training could deliver a full complement of fitness benefits, i.e. speed, strength, mobility, stability, anaerobic conditioning, etc. Back in 2007, I told him he was wrong. I later came to realize he was right.
5. Dr. Joe LaCaze – A former Navy Seal and Navy Seal Instructor, Dr. LaCaze is the inventor of the ROTEXMotion devices that we use to keep our golfers healthy and injury-free. ROTEXMotion has become crucial to our program and I consider it to be responsible for 50% of the speed gains our golfers have attained. The one thing that training programs of the past have missed is the concept of rapid recovery from training. What I learned from Dr. LaCaze is that the most crucial part of recovery is the few minutes immediately post-workout. This is the critical juncture where an athlete can regain tissue and joint neutrality to the greatest possible degree. That sets the stage for rapid recovery from a workout. Rather than having to wait 48 or 72 or 96 hours to recover from a training session, our golfers are largely recovered by the time they walk out the door. We use a sub-maximal training style combined with ROTEXMotion protocols to allow our golfers to feel strong and well on the way to recovery before they even leave the gym.
6. Dr. Greg Rose – Dr. Rose is the creator of TPI (Titleist Performance Institute), the world-wide leader in golf fitness. By fate, I lived in the same town as Greg (Rockville, MD), and met him in 1999 at his chiropractic clinic. At the time, he was creating and teaching the forerunner of TPI. It was called The Body/Swing Connection, and I had a front row seat as it blossomed into what is now TPI. I was fortunate to work 3 days per week in Greg's chiro clinic for a couple of years and traveled with him several times as he taught The Body/Swing and I taught my own fitness workshops. It was fascinating to see the connections between each individual golfer's physical limitations and how they swung a golf club. I did not learn speed training techniques from Greg, but his influence – his way of thinking and of seeing the body – has pervaded everything I've done in golf fitness since 1999.

7. Gary Gray – Dr. Gray is the creator of the groundbreaking “Chain Reaction” seminars that cast human motion in a new light. Again, this information helped change the way I viewed the body and how it moves. Gary Gray is also an extremely avid golfer... he is one of the brotherhood!
  8. Pete Egoscue – I discovered the Egoscue Method in 1993, via the book *The Egoscue Method of Health Through Motion*. This book forever changed the way I looked at the body and significantly affected everything I did subsequently in the field of post-rehab. Posture and alignment is crucial to human movement, and it has been a main focus in my work ever since I read the book.
  9. Gray Cook – A physical therapist from Danville, VA, Gray Cook is the creator of the FMS (Functional Movement System). Cook has taught thousands of physical therapists and personal trainers how to evaluate the body in motion.
  10. Thomas Myers – Another groundbreaker in the field of physical therapy and human movement, Dr. Myers wrote the book *Anatomy Trains*. Again, he saw the body in a different way, and countless physical therapists have adopted his method of focusing on the fascial systems of human anatomy and how they affect human movement.
- 11 and 12. David Ogrin and Mark Caldwell – Both of these gentlemen have junior golf academies in the San Antonio area, and I was fortunate to use their young golfers as a proving ground for Mach 3. Week after week I could see the positive changes in their movement patterns, using Mach 3 tools with very little verbal instruction. David and Mark helped me prove to myself that I was on the right track as each new tool was developed.

These are all names that many fitness professionals recognize as leaders in the athletic training/rehab/post-rehab fields. I met or attended their seminars along my journey. They are all brilliant and have contributed much to fitness professionals and physical therapists all over the world. They represent a unique way of looking at the human body and human movement that differs from much of what was taught in the past. They see the body as a whole. They see integrated systems and how everything works together. They see action, reaction, and chain reaction. Although I never discussed speed training or golf training with any of them, I took a lot from their lectures, books, and seminars. They had a profound effect on how I view the body and how I “see” movement. In their own way they all contributed to what eventually emerged as Mach 3 Golf Speed Training.