

# .363 42 HR

There's a reason for that.

# 20-8 2.84 ERA

There's a reason for that too.

Actually, there are three reasons....

## Great seasons happen to players when:

- Time slows down
- The highly discriminating intellect shuts down
- The fast-twitch muscles are activated

## THIS IS WHAT WE TEACH

We've identified where powerful, fluid, effortless motion comes from, and are able to teach players to access this by design, rather than it happening by chance.

"That is what I experienced by chance in the 1985 World Series, when I played the best baseball of my life...I didn't know where that experience came from, and when it left, I didn't know where to look to get it back. Now I teach it." — Buddy Biancalana

### How good is the program?

**317** point combined increase for four professional hitters

**58** point increase in career avg. by one professional player

**19** HR increase from '06-'07 season by one professional hitter

*"Not worrying about mechanics is giving me the right mechanics. I'm not trying to fix things on the mound. I'm naturally staying behind the ball."*

—Professional Pitcher

*"I'm using more of my fast-twitch muscles, and less of my bulky muscles. I am much more relaxed...it will prevent injuries because there is not as much stress on the body."*

—Professional Hitter

**CALL US WHILE IN NASHVILLE TO SET UP A PRESENTATION**

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# Perfect Mind-Perfect Motion

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